

# JANUARY

# HAPPY★NEW★YEAR

# 2017

Mon	Tue	Wed	Thu	Fri
<b>2</b> <b>COA CLOSED</b>	<b>3</b> COA CAFÉ 12:30 Line Dancing 10:30 Men's Exercise Class 10:45 Women's Reflections 6:30	<b>4</b> Chi Kung 8:30 Strength Training 9:00-10 Coffee Hour 10:00 Adult Coloring Class 10:00	<b>5</b> CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>6</b> Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30
<b>9</b> Strength Training 9:00-10:00 Memoirs Writing Group 10:30 *Chair Massage 10:15-11:15	<b>10</b> COA Board Meeting 10:00 Men's Exercise Class 10:45- COA CAFÉ 12:30 Women's Reflections 6:30	<b>11</b> Chi Kung 8:30 Strength Training w/ Kathy Stetson 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1:00-2:30 Free Legal Assistance (By Appointment Only)	<b>12</b> CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>13</b> Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30
<b>16</b> <b>MARTIN LUTHER KING DAY</b> <b>COA CLOSED</b>	<b>17</b> COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	<b>18</b> Chi Kung 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Story Swap 11:00	<b>19</b> CORE 11-12:00 MOVE AND STRETCH 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>20</b> Dr. Campo –Podiatrist (By Appointment Only) 8:30 Strength Training 9:00-10:00 Mystery Book Club 12:30-1:30 White Line Open Studio 1:30-3:30
<b>23</b> Strength Training 9:00-10:00 *Chair Massage 10:15-11:15 Memoirs Writing Group 10:30	<b>24</b> COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	<b>25</b> Chi Kung 8:30 Strength Training w/ Kathy Stetson 9:00-10 Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1:00-2:30	<b>26</b> CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>27</b> Strength Training 9:00-10:00 White Line Open Studio 1:30-3:30
<b>30</b> Strength Training 9:00-10:00 Memoirs Writing Group 10:30 *Chair Massage 10:15-11:15	<b>31</b> COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30		<b>OUTER CAPE WHITE LINE PRINTMAKERS ART GALLERY OPEINING</b>  <b>SUNDAY, JANUARY 8</b>	