

MAY

2016

Mon	Tue	Wed	Thu	Fri
2 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	3 Men's Exercise Class 10:45- COA CAFÉ 12:30 Women's Reflections 6:30	4 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00	5 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	6 Strength Training 9:00-10:00 White Line Class 1:30-3:30
9 Strength Training 9:00-10:00 Memoirs Writing Group 10:30	10 Health Fair 9:00-11:30 Men's Exercise Class 10:45- COA CAFÉ 12:30 Women's Reflections 6:30	11 Tai Chi 8:30 Strength Training 9:00-10:00 w/Kathy Stetson Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1-2:30 Free Legal Assistance (By Appointment)	12 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	13 Strength Training 9:00-10:00 Mystery Book Club 12:30-1:30 White Line Class 1:30-3:30
16 Strength Training 9:00-10:00 Memoirs Writing Group Truro Public Library 10:30	17 COA CAFE 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	18 Tai Chi 8:30 Strength Training 9:00-10:00 Coffee Hour 10:00 Adult Coloring Class 10:00 Story Swap 11:00	19 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30 Mass Bar Legal Presentation 1:30	20 Strength Training 9:00-10:00 White Line Class 1:30-3:30 Dr. Campo (Appointment only)
23 Strength Training 9:00-10:00	24 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30	25 Tai Chi 8:30 Strength Training 9:00-10 w/Kathy Stetson Coffee Hour 10:00 Adult Coloring Class 10:00 Bereavement 1-2:30	26 CORE 11-12:00 PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	27 Strength Training 9:00-10:00 White Line Class 1:30-3:30
30 HOLIDAY MEMORIAL DAY COA CLOSED	31 COA CAFÉ 12:30 Men's Exercise Class 10:45 Women's Reflections 6:30		Saturday, May 14 LIVE YOUR LIFE WELL 10:00-12:30 PM	Art Gallery Opening Trish Nuzzola Sunday, May 1 2:00-4:00 pm