

# May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 8:00 Technology Assistance 9:00 Projects for Purpose 9:30 Discussions with Denise 9:30 Hearing Clinic 10:00 Senior Fitness 10:00 Well Adult Clinic 11:15 Stretch & Flex 1:00 Musical Baseball Show	<b>2</b> 10:00 Men's Discussion Group 10:00 SFCOA Creators Club 10:30 Scrabble 12:00 Meal Site 1:00 Mexican Train Dominoes 1:30 Ping Pong	<b>3</b> 9:00 Yoga 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
<b>6</b> 8:50 Qi Gong 9:30 Open Art 10:00 Reiki 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	<b>7</b> 9:00 Line Dancing 9:00 Quilting 10:00 SFCOA Board Meeting 12:00 Meal Site 1:00 Poker 1:30 Ping Pong	<b>8</b> 8:00 Epilepsy Foundation Clothing Drive 8:00 Technology Assistance 9:00 Projects for Purpose <b>9:30 American Heritage Museum</b> 10:00 Senior Fitness 11:15 Stretch & Flex	<b>9</b> 10:00 COA Board Meeting 10:00 SFCOA Creators Club 10:30 Scrabble 12:00 Meal Site 1:00 Mexican Train Dominoes 1:30 Ping Pong	<b>10</b> <b>8:30 Breakfast Club</b> 9:00 Yoga 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
<b>13</b> 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	<b>14</b> 9:00 Line Dancing 9:00 Quilting 12:00 Meal Site 1:00 Assabet River Wildlife Nature Talk 1:00 Poker 1:30 Ping Pong	<b>15</b> 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Cemetery 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Lauras Spring Tea	<b>16</b> <b>10:00 Pickleball Beginners</b> 10:30 Scrabble 12:00 Meal Site <b>12:00 Pickleball Beyond Beginners</b> 1:00 Mexican Train Dominoes 1:30 Ping Pong	<b>17</b> 9:00 Yoga 10:00 Senior Fitness Video Class 11:15 Stretch & Flex Video Class 1:00 Mahjong
<b>20</b> 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness Video Class 10:30 SHINE 11:15 Stretch & Flex Video Class 1:00 Bridge 1:00 Knitting and More	<b>21</b> 9:00 Line Dancing 9:00 Quilting 10:00 Veterans Social 12:00 Meal Site 1:00 Armchair Travel 1:00 Poker 1:30 Ping Pong	<b>22</b> 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Senior Fitness Video Class <b>10:30 Auschwitz Not Long Ago. Not Far Away.</b> 11:15 Stretch & Flex Video Class	<b>23</b> <b>10:00 Pickleball Beginners</b> 10:00 SFCOA Creators Club 10:30 Scrabble 12:00 Meal Site <b>12:00 Pickleball Beyond Beginners</b> 1:00 Indoor Herb Garden 1:00 Mexican Train Dominoes 1:30 Ping Pong 2:00 Grief and Healing Group	<b>24</b> 9:00 Yoga 10:00 Senior Fitness Video Class 11:15 Stretch & Flex Video Class 1:00 Mahjong
<b>27</b> <b>Closed in Observance of Memorial Day</b>	<b>28</b> 9:00 Line Dancing 9:00 Quilting 12:00 Meal Site 1:00 Genealogy 1:00 Poker 1:30 Ping Pong	<b>29</b> 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Senior Fitness Video Class <b>10:45 Lunch Bunch</b> 11:15 Stretch & Flex Video Class	<b>30</b> 10:00 SFCOA Creators Club 10:30 Scrabble 12:00 Meal Site 1:00 Mexican Train Dominoes 1:00 Movie Matinee 1:30 Ping Pong	<b>31</b> 9:00 Yoga 10:00 Senior Fitness Video Class 11:15 Stretch & Flex Video Class 1:00 Mahjong