

Name: _____ Phone: _____

Address: _____ DOB: _____

SPECIAL HAPPENINGS:

- Discovery Centers for Civic Engagement Session, 1/7
- Alternative Medications, 1/14
- Mocktails by Maplewood, 1/15
- Get to Know COA Transportation Services, 1/23
- The Boston Molasses Flood, 1/25
- Classical Piano Concert 19th Century Masterworks, 1/29
- Chinese Cooking Classes, \$20/class
 - 1/30
 - 2/13
- Diabetic Shoe Clinic, 1/30
- The Boston Police Strike of 1919, 2/1
- Celebrating Chinese New Year in Wellesley, 2/1
- Sign and Speak See and Hear Words 2/4, \$10
- Dine with the Director, 2/4, \$4.00 (paid day of)
- Brain Health Fitness Come and Play, 2/7
- Sages and Seekers Informational Session, 2/8
- Recipe Swap, 2/12
- Noomrate Game, 1/10
- Hunnewell School Card Decorating, 2/13
- End to Alzheimer's, 2/13
- Valentine's Day Lunch 2/14, \$4
- Staging Using Your Own Things, 2/19
- Avoid Financial Scams and Frauds (please select one date)
 - 1/9
 - 2/20
- Nutrition for Healthy Aging, 2/21
- Hikes Through History, 2/22
- Learn MyActiveCenter, 2/22
- Frank King Musical Lecture, Connie Francis, 2/26
- Garden Travel Safety Presentation, 3/1

- Mindfulness
 - 1/22
 - 2/11
- Chair Massage, \$10.00 each
 - 1/15
 - 1/29 (for new participants only)
 - 2/26
- Newsletter Preview Party, 2/25
- Home Energy Cost Savings, 2/6
- Welcome Breakfast, 3/11

FITNESS CLASSES:

- Fit for Life, 1/14-2/25, \$25
- Yoga (mixed levels)
 - Tuesdays 9:30, 1/8-2/19, \$77
 - Tuesdays 11:15, 1/8-2/19, \$77
- Traditional Tai Chi, 1/14-2/25, \$25
- Zumba Gold, 1/14-2/25, \$25
- Tai Chi for Better Balance 1/9-2/27, \$40
- Water Aerobics, 1/9-2/13, \$60
- Qi Gong, 1/11-2/22, \$35
- Chair Yoga 1/10-2/28, \$40
- Gentle Yoga, 1/10-2/28, \$40
- Seated Strength and Balance, 1/10-2/21 \$28
- Pilates
 - Mondays, 1:30, 1/14-2/25, \$25
 - Mondays, 2:45, 1/14-2/25, \$25
- Cardio Sculpt, 1/9-2/20, \$21
- No Partner Needed Ballroom Line Dancing, 1/16 & 2/20

CHECKLIST CONTINUED ON REVERSE SIDE



January/February 2019
 Registration Requests

| FINE ART CLASSES AND ACTIVITIES: | EDUCATIONAL CLASSES/CLUBS/GROUPS: |
|--|---|
| <p><input type="checkbox"/> Make a Fleece Blanket, 1/17, \$5</p> <p><input type="checkbox"/> Acrylic Painting, 1/9-2/27, \$96</p> <p><input type="checkbox"/> Acrylic Painting Workshop, 2/8, \$25</p> <p><input type="checkbox"/> Chinese Brush Painting, 2/21, \$10</p> <p>DAY TRIPS:</p> <p><input type="checkbox"/> Jackson Homestead, 1/31, \$10</p> <p><input type="checkbox"/> Possible Trip: Basketball Hall of Fame, 3/14, approximately \$40.00</p> <p>DINING OUTINGS:</p> <p><input type="checkbox"/> Breakfast – Captain Mardens, 1/9</p> <p><input type="checkbox"/> Breakfast – Captain Mardens, 2/6</p> <p><input type="checkbox"/> Lunch - Cheesecake Factory, 2/23</p> <p><input type="checkbox"/> Lunch – Morse Tavern, 2/20</p> | <p><input type="checkbox"/> Technology Club, 2/6</p> <p><input type="checkbox"/> Intermediate German, 1/8-2/26</p> <p><input type="checkbox"/> Judaism, 1/10-2/7</p> <p><input type="checkbox"/> WWI The Great War, 1/9-5/8</p> <p><input type="checkbox"/> Conversational French Group, 1/7</p> <p><input type="checkbox"/> Learn to Knit, 1/7-2/25, \$10</p> <p><input type="checkbox"/> Learn to Knit II, 1/8-5/28, \$10</p> <p><input type="checkbox"/> Learn to Play Ukulele 1/24-2/28, \$30</p> <p><input type="checkbox"/> Once Upon a Time, 1/9 & 2/13</p> <p><input type="checkbox"/> Play Reading Group 2/25 & 3/4, \$10</p> <p><input type="checkbox"/> Shakespeare Discussion Group, 1/16 & 2/13</p> <p><input type="checkbox"/> Personal Investment Forum</p> <ul style="list-style-type: none"> ○ How the New Tax Law May Affect You, 1/17 ○ Peer Discussion, 2/21 <p><input type="checkbox"/> LOW VISION SUPPORT GROUP</p> <ul style="list-style-type: none"> ○ 1/4 ○ 2/1 <p><input type="checkbox"/> Parkinson’s Support Group</p> <ul style="list-style-type: none"> ○ 1/3 ○ 2/7 <p><input type="checkbox"/> Memory Lane Café</p> <ul style="list-style-type: none"> ○ 1/28 ○ 2/25 |

This registration checklist was developed by COA staff to help simplify your registration process. This checklist is OPTIONAL but encouraged (particularly for individuals registering for multiple programs). Please note: you must have confirmation from a COA staff member for each activity; turning in a completed checklist does not confirm your registration(s). Thank you! Friendly reminder: Please call the COA Transportation Coordinators at 781-235-3046 to request rides to and from COA activities. Reservations should be placed at least 3 days in advance.

CHECKLIST CONTINUED ON REVERSE SIDE

