

Registration Requests in person on phone online

March/April 2020 Programs

NAME: _____

PHONE: _____

SPECIAL EVENTS:

- Coffee and Conversation, 3/4, 1:30 pm
- RMV Real ID Workshop, 3/6, 10:30 AM
- **Chair Massage, register in person/online, \$12**
 - March 9, March 23, 9-11:35 AM
 - April 6, April 27, 1-3:05 PM
- **Musical Lectures** with Frank King, 3/9, 2 PM
- Nutrition for Healthy Aging, 3/10, 1:30 PM
- Mocktails Anyone?, 3/19, 1:30 PM
- Senior Housing Options Lecture, 3/20, 11 AM **Housing Options Tour**
- A Series of Mindfulness with Neil Motenko, 3/24 and 4/16, 1:30 PM
- Seminar on Acupuncture, 3/25, 1:30 PM
- Parents Don't Want Parenting, 3/26, 10:30 AM
- Health Fair, 3/27, 9:30 AM
- Flower Arranging Workshop, 3/27, 10:30 AM
- Spring Brunch Cooking Class, 3/31, 11:00 AM, @ PARK AND REC BLDG-**COOKING CLASSES WITH ROBERTA HING**
- Astute Senior Living Consumer, 3/31, 1:30 PM
- Ice Cream Social, 4/1, 12:45 PM
- Red Sox Home Opener, 4/2, 1:30 PM
- **Lunch and Learn** with Harvey Leonard, 4/7, 11:30 AM
- Harp for a Harmonious Spring, 4/14, 1:30 PM
- Housing Options Tour: Sunrise of Weston, 4/16, 11:30 AM
- Lyrical Guitar, 4/17, 10:30 AM
- MUSIC Dance.edu Performance, 4/23, 10:30 AM

- Spring Into a Good Book, 4/24, 10:30 AM-**WARM UP TO A GOOD BOOK**
- Musical Lecture with Frank King, 4/28, 1:30 PM-**MUSICAL LECTURES 2**
- Mass Audubon Live Owl Presentation, 4/30, 1:30 PM

ART CLASSES/PAID CLASSES:

- Arts and Crafts, 3/30, 10:30 AM, **\$5**
- Acrylic Painting, 4/1-4/29, 1:30 **\$60**
- Introduction to Chinese Brush Painting, 3/26, 10 AM, **\$20**
- Chinese Brush Painting Class, 4/2-4/30, 10 AM, **\$100**
- Watercolor Techniques, 4/6-5/18, (no class 4/20) 10 AM, **\$120**
- Pointed Pen Calligraphy Workshop, 4/21, 1:00 PM, **\$20**

DAY TRIPS

- FREE Manicures at Keefe Regional Technical School, 4/30, 9:15 AM
- Newport Flower Show, 6/19, 8:30 AM, depart 219 Washington St. **\$50**

CLUBS:

- Friedman's Photography Club, 3/5-4/30, 1:30 PM, **PHOTOGRAPHY**
- Conversational French Group, 1 PM
 - 3/2
 - 3/16
 - 3/30
 - 4/13

- LEARN TO KNIT 1, 3/3-4/28 1PM
- Wellesley High School Tech Club, 1 PM, **Tech Club**
 - 3/4 or
 - 4/1

- **Learn to Play Mah Jong, 3/4-3/25, 4/1 12:30 PM, \$57**
- **Advanced Beginner Mah Jong, 3/12-4/2, 10 AM \$36**

IN-HOUSE LOTTERY FOR MAH JONG CLASSES

CONTACT OFFICE STAFF

LOTTERY DRAWING 2 PM ON 3/2/20

- Christianity, 3/5-3/26, 10:30AM- **WORLD RELIGIONS**
- Writing Your Spiritual Autobiography, 3/5-4/9 (no class on 3/26) 10 AM
- Intermediate German, 3/10-4/28, 10 AM
- Mindful Living, 3/16-4/13, 10:30 AM
- Great Courses, History's Greatest Military...3/18-6/3, 10:30 AM
- Once Upon A Time, 3/18 and 4/15, 11 AM
- Shakespeare Discussion Group, 3/18 & 4/14, 1 PM
- **America at a Crossroad, 3/23-5/4, 1:30 pm \$40**
- Current Events Discussion, 3/26 and 4/23, 10 AM
- Matter of Balance: Managing Concerns about Falls, 4/1-4/29, 5/6-5/20

FITNESS CLASSES/\$\$CLASSES:

- Cardio Sculpt, 3/4-4/22, 9:15 AM **\$30** (no class 4/15)

- Gentle Yoga, 3/5-4/16, 2:45 PM **\$35**
- Chair Yoga, 3/5-4/16, 1:30 PM, **\$35**
- Seated Strength and Balance, 3/5-4/23, 9:15 AM **\$32**
- Qi Gong, 3/6-4/24-, 9:15 AM, **\$40**
- Fit For Life, 3/9-4/13, 9:15 AM **\$30**
- Zumba Gold, 3/9-4/6, 11:45 AM @PARK AND REC **\$25**
- Pilates
 - 1:30 PM, 3/9-4/13, **\$30**
 - 2:45 PM, 3/9-4/13, **\$30**
- Yoga with Judy, Level 1, 3/10-4/28, 11:15 AM **\$66**
- Yoga with Judy, Level 2, 3/10-4/28, 9:30 AM **\$66**
- Water Aerobics, 3/11-4/22, 8:15 AM **\$70 Longfellow**
- Tai Chi Better Balance, 3/11-4/22, 2 PM **\$35**
- Beginner's Tai Chi, 3/11-4/22, 10 AM, **\$35**
- Advanced Tai Chi, 3/9-4/13 (NO CLASS 4/20), 10:30 AM, **\$30**
- LaBlast, 3/13, 3/20, 4/3 and 4/20, **\$20**
- Personal Training, 3 or 4 sessions/\$50 per session. Sign-up in person or on the phone.

SUPPORT GROUPS:

- Low Vision Group, 3/6 and 4/3, 10:30 AM
- Parkinson's Support Group, 3/6 + 4/3, 10:30 AM
- Memory Loss, 3/23 and 4/27, 1 PM
- Caregiving Connects Group, 3/9, 1-2 PM and 4/13, 12-1 PM

Total courses registered: _____ \$ Collected: Cash _____ Check _____ # _____

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). Payment is due in full with certain activities to ensure your spot. If you have any concerns, hardships or need financial assistance, please contact Kate Burnham, our Social Worker, at 781-235-3961. Thank you!

Friendly reminder: Please call the COA Transportation Coordinator at 781-235-3046 to request rides to and from COA activities. Requests should be placed at least three days in advance.