

# SEPTEMBER 2022 – COA Programs

At the Stockbridge Senior Center and Heaton Court

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Meals on Wheels 11:30 am Heaton Court  Yoga with Crystal 4-5 pm Senior Center	2	3
4	5 <b>HOLIDAY NO CLASSES</b>	6 Blood Pressure Clinic at Heaton Court 10:30 am  <b>ELECTIONS NO CLASSES</b>	7	8 Meals on Wheels 11:30 am Heaton Court  Yoga with Crystal 4-5 pm Senior Center	9	10
11	12 Chair Yoga w/ Antoinette 10 am Heaton Court  Yoga with Crystal 4-5 pm Senior Center	13 <b>BINGO</b> 12:45 – 3 pm Senior Center	14 Brown Bag 11:30 Heaton Court Gentle Yoga w/ Antoinette at 11 am Senior Center	15 Meals on Wheels 11:30 am Heaton Court  Yoga with Crystal 4-5 pm Senior Center	16	17
18	19 Chair Yoga w/ Antoinette 10 am Heaton Court  Yoga with Crystal 4-5 pm Senior Center	20 <b>BINGO</b> 12:45 – 3 pm Senior Center	21 Senior Center Grand Re- Opening 11 am- 2 pm Speaker: Town Administrator, Michael Canales Lunch and music	22 Meals on Wheels at Heaton Court 11:30 AM Yoga with Crystal 4-5 pm Senior Center	23	24
25	26 Chair Yoga w/ Antoinette 10 am Heaton Court  Yoga with Crystal 4-5 pm Senior Center	27 <b>BINGO</b> 12:45 – 3 pm Senior Center	28 Gentle Yoga w/ Antoinette at 11 am Senior Center	29 Meals on Wheels 11:30 am Heaton Court  Yoga with Crystal 4-5 pm Senior Center	30	