

OCTOBER 2022 – COA Programs

At the Stockbridge Senior Center and Heaton Court

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	<p>3</p> <p>Chair Yoga w/ Antoinette 10 am Heaton Court</p> <p>Yoga with Crystal 4-5 pm In the GYM</p>	<p>4</p> <p>Blood Pressure Clinic at Heaton Court 10:30 am</p> <p>FLU/COVID CLINIC 1-3 pm Senior Center</p>	5	<p>6</p> <p>Meals on Wheels 11:30 am Heaton Court</p> <p>BINGO 12:45 – 3 pm</p> <p>Yoga with Crystal 4-5 pm In the GYM</p>	7	8
9	<p>10</p> <p>HOLIDAY NO CLASSES</p>	<p>11</p> <p>BINGO 12:45 – 3 pm Senior Center</p>	<p>12</p> <p>Brown Bag 11:30 Heaton Court</p> <p>Gentle Yoga w/ Antoinette at 11 am In the GYM</p>	<p>13</p> <p>Meals on Wheels 11:30 am Heaton Court</p> <p>Yoga with Crystal 4-5 pm In the GYM</p>	<p>14</p> <p>TAG Art Sale Heaton Court Apple Pie Contest 11:30 a.m.</p> <p>Jam Session with Jack 1 p.m.</p>	<p>15</p> <p>TAG Art Sale & Chili Cook off Heaton Court 11 am Music 12:30</p>
16	<p>17</p> <p>Chair Yoga w/ Antoinette 10 am Heaton Court</p> <p>Yoga with Crystal 4-5 pm In the GYM</p>	<p>18</p> <p>BINGO 12:45 – 3 pm Senior Center</p>	<p>19</p> <p>Speaker Series Stockbridge Police Department 11 am Lunch Provided Senior Center</p>	<p>20</p> <p>Meals on Wheels 11:30 am Heaton Court</p> <p>Yoga with Crystal 4-5 pm In the GYM</p>	21	22
23	<p>24</p> <p>Chair Yoga w/ Antoinette 10 am Heaton Court</p> <p>Yoga with Crystal 4-5 pm In the GYM</p>	<p>25</p> <p>BINGO 12:45 – 3 pm Senior Center</p>	<p>26</p> <p>Gentle Yoga w/ Antoinette at 11 am In the GYM</p>	<p>27</p> <p>Meals on Wheels 11:30 am Heaton Court</p> <p>Yoga with Crystal 4-5 pm In the GYM</p>	28	29
30	<p>31</p> <p>Chair Yoga w/ Antoinette 10 am Heaton Court</p> <p>Yoga with Crystal 4-5 pm In the GYM</p>					