

January 2023 – COA Programing
SPEAKER SERIES R.S.V.P. (413)298-4170 ext 263

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 WALKING CLUB w/ Chris & Nancy 10am in the GYM BINGO 12:45 – 3 pm Senior Center	4 Gentle Yoga w/ Antoinette at 10am In the GYM KNITTING w/ Roxanne 11:30am Senior Center	5 WALKING CLUB w/ Chris & Nancy 10am in the GYM Meals on Wheels 11:30 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	6	7
8	9 Chair Yoga w/ Antoinette 10 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	10 WALKING CLUB w/ Chris & Nancy 10am in the GYM Blood Pressure Clinic at Heaton Court 10:30 am BINGO 12:45 – 3 pm Senior Center	11 Gentle Yoga w/ Antoinette at 10am In the GYM KNITTING w/ Roxanne 11:30am Senior Center	12 WALKING CLUB w/ Chris & Nancy 10am in the GYM Meals on Wheels 11:30 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	13	14
15	16 Chair Yoga w/ Antoinette 10 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	17 WALKING CLUB w/ Chris & Nancy 10am in the GYM BINGO 12:45–3pm Senior Center	18 Gentle Yoga w/ Antoinette at 10am In the GYM Speaker Series Poetry & Pottery of Leslie Klein & Elvis' Birthday Party Sing-a-long 11:00am Lunch included Senior Center R.S.V.P. please	19 WALKING CLUB w/ Chris & Nancy 10am in the GYM Meals on Wheels 11:30 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	20	21
22	23 Chair Yoga w/ Antoinette 10 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	24 WALKING CLUB w/ Chris & Nancy 10am in the GYM BINGO 12:4 5–3 pm Senior Center	25 Gentle Yoga w/ Antoinette at 10am In the GYM KNITTING w/ Roxanne 11:30am Senior Center	26 WALKING CLUB w/ Chris & Nancy 10am in the GYM Meals on Wheels 11:30 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	27	28
29	30 Chair Yoga w/ Antoinette 10 am Heaton Court Yoga with Crystal 4-5 pm In the GYM	31 WALKING CLUB w/ Chris & Nancy 10am in the GYM BINGO 12:45 – 3 pm Senior Center				