

## ONGOING MEETINGS & EVENTS

### DISCUSSION GROUPS

**COA BOOK DISCUSSION:** The COA Book Discussion Group is taking a summer break. The next meeting will be in September. For more info, contact Phyllis Di Marzio at (978) 369-1558.

**COFFEE & CONVERSATION** meets every Tuesday, 10:30 a.m. - 11:30 a.m. at HWCC. Join us for a cup of coffee or tea, enjoy a snack and meet a new friend. Call the COA for more information or just come!!

**INTERNATIONAL CURRENT EVENTS** meets every Wednesday at 1:00 p.m. Come and join a lively discussion group. Join old friends and meet new friends. Share your opinions with interesting and talented people on various world events. Moderated by Barbara Howell.

**OCTOGENARIAN GROUP** – The group will not be meeting in June. Please look for updated information in your July issue of the Senior Spirit.

**RETIRED MEN'S LUNCH** - Call Bob Nelson at 978-369-3105 for information/reservations.

### ACTIVITIES & MUSIC

**BRIDGE GROUP** meets every Tuesday at 1:00 p.m. at HWCC. We play Contract Bridge. Come join the group, no reservation needed.

**CRIBBAGE** Join us Thursdays at 1:00 p.m. at HWCC for a relaxing afternoon playing cribbage with friends.

**MUSIC MAKERS** meets on Mondays at 1:00 p.m. For further information, please call Nancy Manson 978-369-4216.

**COA QUILTERS** meets Tuesdays at 9:00 a.m. Stop by, bring your sewing, have some fun!

**SENIOR "SHAKERS"**- The last rehearsal of this season will be on Monday, June 6<sup>th</sup> at 2:00 p.m. The Shakers will start rehearsals again in September. Anyone interested in learning to play the tambourine and becoming a member of the Shakers, please call Marge Stetson 978-369-9084 for more information.

**SENIOR DRAMA CLUB** – *Will not meet this summer!!!*  
See you in September!!!

**MEMOIR GROUP** Write your story for you family! This group will be taking the summer off.

### FITNESS CLASSES

**AEROBICS CLASS** - Mondays & Thursdays at 9:30 a.m.  
**STRENGTH & FLEX** at 10:45 a.m. Classes with the instructor are \$4; classes with video if the instructor is absent are only 50 cents.

**TAI CHI CLASS** The Tai Chi form Judy Stokey teaches is simplified and tailored to seniors. All students are invited. No need to sign up. \$5/class – Mondays 3:00-4:00 p.m.

**YOGA CLASSES** Taught by Cathy Mandrioli on Fridays at 9:30 a.m. for \$5.00 a class. Everyone is welcome.

**YOGA NITE** Wednesday nights from 5:30p.m. - 6:30p.m. \$5 (seniors), \$10 (community).

### ADDITIONAL SERVICES

**"NIP & TUCK"**. On **June 14<sup>th</sup> & June 28<sup>th</sup>** our seamstress will be here from 10:30 a.m. - 12:30 p.m. **THIS IS THE LAST TIME SHE WILL BE AVAILABLE TO US UNTIL SEPTEMBER!!!!!!** REMEMBER: ANY ITEMS BROUGHT IN TO HER **MUST BE CLEAN OR THEY WILL NOT BE MENDED.** Please call the COA to confirm the dates before coming to HWCC.

### SUPPORT SERVICES

**"ASK A LAWYER"**. Last Thursday of the month from 9:00a.m. to 12:00 p.m. Please call for an appointment.

**LOW VISION GROUP** meets the last Wednesday of the month at 1:00 p.m. Everyone is welcome.

**S.H.I.N.E. COUNSELORS** Virginia Lemire or Pat Lanchester may be able to answer your health insurance questions directly over the phone. Call the COA office, 978-318-3020. If necessary, one of them will set up an appointment to meet with you.

