

COA – NOVEMBER 2016 (508-559-0060)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 12pm Lunch 12:30 Cribbage EARLY VOTING	2	3 12pm Lunch SHINE (by apt.) EARLY VOTING	4 10am Tap class	5
6	7 1pm Chair Yoga	8 ELECTION DAY MOW ONLY COA CLOSED	9 Lunch @ Chateau De Bleu (sign up at COA)	10 12pm Lunch 6pm Caregiver Support SHINE (by apt.)	11 VETERANS DAY COA CLOSED	12 FYI 4:30pm Avon Baptist Church Ham & Bean Supper
13	14 1pm Chair Yoga	15 12pm Lunch 12:30 Cribbage 1pm LAWYER- (by apt.)	16 Avon Baptist Church Ecumenical lunch 11:30 (call for ride)	17 12pm Lunch 11-1 B/P clinic SHINE (by apt.)	18 10am Tap class	19
20	21 1pm Chair Yoga	22 12pm Lunch 12:30 Cribbage	23	24 Happy Thanksgiving	25 NO TAP CLASS TODAY	26
27	28 NO CHAIR YOGA TODAY	29 12pm Lunch 12:30 Cribbage	30 Movie Day 11-1pm			