

ROCHESTER COUNCIL ON AGING DAILY & MONTHLY ACTIVITIES

Monday	7:00-9:00 Breakfast – See Menu for prices 9:00-1:00 Fitness Center Open 9:00 Mahjong 9:00 Monday Morning Painters 9:00-12:00 - Scrabble 9:30 Cribbage 11:30 Lunch provided by Volunteer Chefs – Cost is \$5.00 unless noted – Sign-up with front desk 1:00 Five Crowns (Card Game in Conference Room) 6:00 – Historical Commission Meeting (1 st Monday of the month in Conference Room)
Tuesday	7:00-9:00 Breakfast – See Menu for prices 9:00-1:00 Fitness Center Open 9:30 Line Dancing with Instructor Nancy Cabral - \$3.00 Donation 10:00 Caregiver Group – 1st & 3rd Tuesday of the month (Conference Room) 10:00-2:00 Happy Hookers – 3 rd Tuesday of the month (Rug hooking) 11:30 Lunch w/Coastline Elderly - \$2.00 Voluntary Donation – Call 508-999-6400, Ext. 3 12:30 Beginner Line Dancing with Instructor Nancy Cabral - \$3.00 Donation 1:00-2:00 – 3 rd Tuesday of the month – Book Club 2:00 Strength and Stretch Exercise Group with Instructor Larry Bigos - \$2.00 Voluntary Donation
Wednesday	7:00-9:00 Breakfast – See Menu for prices 8:00-9:00 – Office Hours for Senator Rodrigues, 4 th Wed. of the month 9:00-1:00 Fitness Center Open 9:00-12:00 Scrabble (Conference Room) 10:00 – 12:00 Blood Pressure Clinic (Nurse’s Office) 11:30 Lunch w/Coastline Elderly - \$2.00 Voluntary Donation – Call 508-999-6400, Ext. 3 12:30 Bingo 9:00 2 nd Wednesday of the month – COA Board Meeting (public welcome) 10:30 2 nd Wednesday of the month – Friends of the Rochester Senior Center Meeting (public welcome) 11:00 – 1:00 2 nd Wednesday of the month - Greater Boston Food Bank Distribution
Thursday	7:00-9:00 Breakfast – See Menu for prices 9:00-1:00 Fitness Center Open 9:00 Hand & Foot (Card Game) 10:00 French Conversation (Conference Room) 11:30 – 12:15 Zumba Gold with Instructor Ann-Marie Gallos (\$5 per person) 11:30 Lunch w/Coastline Elderly - \$2.00 Voluntary Donation – Call 508-999-6400, Ext. 3 1:00 – Brain Builders on select Thursdays each month, check bulletin boards or call center for dates 1:00 Creative Crafters (knitting, crocheting, quilting, embroidery and more!) 2:00 Strength & Stretch Exercise Group with Instructor Larry Bigos - \$2.00 Voluntary Donation 3:00 Chair Yoga with Instructor Marsha Hartley (\$5 per person) 5:00 Veteran’s Social – 1 st Thursday of the month
Friday	7:00-9:00 Breakfast – See Menu for prices 9:00-1:00 Fitness Center Open 9:30 Line Dancing with Instructor Nancy Cabral - \$3.00 Donation 11:30 Lunch w/Coastline Elderly - \$2.00 Voluntary Donation – Call 508-999-6400, Ext. 3 12:30 - 1:15 - Tai-Yo-Ba with Instructor Cam Bergeron – No Cost – Voluntary Donations Accepted