WENHAM COUNCIL ON AGING

JANUARY 2014 CALENDAR

H: Hamilton Council on Aging
W: Wenham Council on Aging
LH: Lamson Hall
HWL: Hamilton Wenham Library
HWCH: Hamilton Wenham Community House
ENON: Enon Village
HWR: Hamilton Wenham Recreation Dept.
MIM: Meet in the Middle
LEG: Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
WHEN YOU SEE * **CALL FOR SIGN UP** **(978) 468-5534**	***Holiday Lunch *rescheduled*** for Friday, January 17th from 12-2pm	**1.** **New Years Day**	**2** **Walking Time - HWR** 12:30pm ***Stre(tch)ngth & Balance (w/Regina)** **W-** 12:30 - 1:30pm	**3** **Downton Abbey Local HWL—10:30 AM** **Low Impact Aerobics LEG -** 8:30-10:15 am **Zumba Gold** - 9am **HWR**
6 **Low Impact Aerobics LEG -** 8:30-10:15 am ***SHINE - W-**10-12p ***Pickelball - HWR** 10am-12pm **Bridge - W** 6:30 - 8:30 pm	**7** ***MOVIE "Silver Linings Playbook" 10 am** **Sen. Tarr Rep - W -** 12—2pm **Bridge Classes HWL** Call 468-5577 6-7:30PM	**8 OPEN HOUSE** **Fun talk on hearing? 2-3 PM** **Low Impact Aerobics LEG -** 8:30-10:15 am **Blood Pressure Clinic H -** 10am-12pm ***Pickelball - HWR** 10am-12pm	**9** **Market Basket 10am** **Walking Time - HWR** 12:30pm ***Stre(tch)ngth & Balance (w/Regina)** **W- 12:30-1:30pm**	**10** **Low Impact Aerobics LEG** - 8:30-10:15 am **Zumba Gold** - 9am **HWR** **Bridge - HWL** 1:30pm - 4pm
13 **Low Impact Aerobics LEG -** 8:30-10:15 am ***SHINE - W-**10-12p ***Pickelball - HWR** 10am-12pm **Bridge - W** 6:30 - 8:30 pm	**14** ***NEW Chair Yoga (w/Lisa) -W** 12:30pm - 1:30pm **Mystery Mayhem - HWL -** 10am **Bridge Classes HWL** Call 468-5577 6-7:30PM	**15** **Low Impact Aerobics LEG** - 8:30-10:15 am ***Podiatrist - W -** 9am ***Pickelball - HWR** 10am-12pm **Bridge - HWL** - 10am	**16** **Market Basket 10am** ***Audiology - W-** 11am **Walking Time - HWR** 12:30pm ***Stre(tch)ngth & Balance (w/Regina)** **W-** 12:30-1:30pm	**17 HART HOUSE Lunch 12-2PM** **Low Impact Aerobics - LEG -** 8:30-10:15 am **Zumba Gold** - 9am **HWR** **Bridge - HWL** 1:30pm – 4pm **SATURDAY COFFEE SPEAKER>>>9-10:30AM**
20 **Low Impact Aerobics LEG -** 8:30-10:15 am ***SHINE - W–** 10-12a ***Pickelball - HWR** 10am-12pm **Bridge - W** 6:30 - 8:30 pm	**21** ***NEW Chair Yoga (w/Lisa) -W** 12:30pm - 1:30pm ***MOVIE "Man on Wire" W - 2pm** **Bridge Classes HWL** Call 468-5577 6-7:30PM	**22 OPEN HOUSE** **Trips Scheduled 2014 2-3 PM** **Blood Pressure Clinic - H -** 10am - 12pm **Low Impact Aerobics LEG -** 8:30-10:15 am	**23** **Market Basket** 10am **Low Vision-H -** 12:30p ***Stre(tch)ngth & Balance (w/Regina)** **W-** 12:30-1:30pm	**24** **Low Impact Aerobics LEG -** 8:30-10:15 am **Zumba Gold** - 9am **HWR** **Bridge - HWL** 1:30pm - 4pm
27 **Low Impact Aerobics LEG -** 8:30 -10:15 am **Bridge - W -** 6:30 - 8:30 pm	**28** ***NEW Chair Yoga (w/Lisa) W** 12:30pm - 1:30pm **Bridge Classes HWL** Call 468-5577 6-7:30PM	**29** **Low Impact Aerobics LEG -** 8:30-10:15 am ***ART CLASS WITH ALEAH 2 PM**	**30** **Market Basket 10AM** ***Stre(tch)ngth & Balance (w/Regina)** **W-** 12:30-1:30pm	**24** **Low Impact Aerobics LEG -** 8:30-10:15 am **Zumba Gold** - 9am **HWR** **Bridge - HWL** 1:30pm - 4pm **SATURDAY COFFEE SPEAKER>>>9-10:30AM**

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3 **Low Impact Aerobics LEG** 8:30 am-10:15 a **Knitting - HWL-** 12 pm - 2 pm **Bridge - W -** 6:30 - 8:30 pm	**4** **Mindful Living & Stress Reduction** **HWL—10:30 - 11:30 AM** ***NEW Chair Yoga (w/Lisa) -W** 12:30pm - 1:30pm **Sen. Tarr Rep - W -** 12—2pm	**5 OPEN HOUSE** **2-3PM** **Low Impact Aerobics LEG** 8:30-10:15 am **Bridge - HWL** - 10am	**6** **Market Basket 10AM** **Stre(tch)ngth & Balance (w/Regina) W-** 12:30-1:30pm	**7** **"Travels thru Ireland" HWL—10:30 AM** **Low Impact Aerobics - LEG** 8:30 am-10:15 am **Gentle Joints H** 10–11am **Zumba Gold HWR** 9am
10 **Low Impact Aerobics LEG** 8:30 am-10:15 a ***SHINE W** 10am - 12p **Knitting - HWL-** 12 pm - 2 pm **Bridge - W -** 6:30 - 8:30 pm	**11** ***MOVIE - "The Aviator" 10am** **Sen. Tarr Rep - W - 12—2pm** ***NEW Chair Yoga (w/Lisa) -W** 12:30pm - 1:30pm	**12** **Low Impact Aerobics LEG** 8:30-10:15 am **Blood Pressure Clinic - H -** 10am-12pm **Bridge - HWL** - 10am **Art Class - W* -** 2pm	**13** **Market Basket 10AM** **Cribbage - HWL -** 10am - 12 **Walking Time - HWR-** 12:30 **Stre(tch)ngth & Balance (w/Regina) W-** 12:30-1:30pm	**14** **SeniorCare Valentine Breafast** **Low ImpactAerobics - LEG** 8:30-10:15 am **Gentle Joints H** 10–11am **Zumba Gold HWR** 9am **SATURDAY COFFEE SPEAKER>>>9-10:30AM**
17 **PRESIDENT'S DAY**	**18** ***NEW Chair Yoga (w/Lisa) -W** 12:30pm - 1:30pm **Bridge Classes HWL** Call 468-5577 6-7:30PM	**19 OPEN HOUSE** **2-3PM** ***Podiatrist -H-**9:00am **Low Impact Aerobics LEG** 8:30-10:15 am **Bridge - HWL** - 10am	**20** **Market Basket 10AM** **Audiology - W* - 12pm** **Cribbage - HWL** 10am - 12 **Walking Time - HWR -** 12:30 **Stre(tch)ngth & Balance (w/Regina) W-** 12:30-1:30pm	**21** **Low Impact Aerobics - LEG** 8:30-10:15 am **Gentle Joints H** 10–11am **Zumba Gold HWR** 9am
24 **Low Impact Aerobics LEG** 8:30 am-10:15 a ***SHINE W** 9am - 12p **Knitting - HWL** 12 pm - 2 pm **Bridge - W -** 6:30 - 8:30 pm	**25** ***NEW Chair Yoga (w/Lisa) -W** 12:30pm - 1:30pm ***MOVIE - "What About Bob" 2 pm** **Bridge Classes HWL** Call 468-5577 6-7:30PM	**26** **Low Impact Aerobics LEG** 8:30-10:15 am **Blood Pressure Clinic - H -** 10am-12pm ***ART CLASS WITH ALEAH 2PM**	**27** **Market Basket 10AM** **Low Vision-H -** 12:30p **Stre(tch)ngth & Balance (w/Regina) W-** 12:30-1:30pm	**28** **Low Impact Aerobics LEG** 8:30-10:15 am **Gentle Joints H** 10–11am **Zumba Gold HWR** 9am **SATURDAY COFFEE SPEAKER>>>9-10:30AM**