

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
TH – Town Hall FH -Central Street Field House COA- Council on Aging * Indicates preregistration is required				1
<b>4</b> 10:30am Senior Stretch (FH) 12:30pm Bingo Lunch*(COA)	<b>5</b> 9:30am Market Basket * 1:00pm Mahjong (COA) 4:30-6:30pm Game Night *	<b>6</b> 9:30am Seabrook Commons* 10:00am Yoga (FH) 10:00am Watercolors*(COA)	<b>7</b> 10:00am Knitting (COA) 10:00am Rug Braiding(COA) 12:00pm Traveling Chef*(COA) 1:00pm Card Making*(COA)	<b>8</b>
<b>11</b> 9:30am Constituent Services for Rep. Kristin Kassner(COA) 10:30am Senior Stretch (FH) 12:00pm Blood Pressure(COA) 1:00pm Bingo (COA)	<b>12</b> 10:00am Senior Tea at Triton* 1:00pm Mahjong (COA) 4:00pm Rug Braiding*(COA)	<b>13</b> 10:00am Yoga (FH) 12:00pm Christmas Lunch at Pita Hall*	<b>14</b> 9:30am Market Basket* 10:00pm Knitting(COA) 11:30-12:20pm Vet Serv.(TH) 1:00pm Holiday Movie *(COA) "It's a Wonderful Life"	<b>15</b>
<b>18</b> 10:30am Senior Stretch (FH) 1:00pm Delvina Theatre Presents: A Christmas Carol* (COA)	<b>19</b> 9:30am Market Basket * 1:00pm Mahjong (COA) 4:00pm Out to see the lights* 4:00 Rug Braiding* (COA)	<b>20</b> 10:00am Yoga (FH) 10:00am Holiday Crafts*(COA)	<b>21</b> 9:30am Seabrook Commons* 10:00am Knitting (COA) 12:15pm Constituent Services for Sen Bruce Tarr (COA)	<b>22</b>
<b>25</b> <b>Merry Christmas</b> COA is closed today	<b>26</b> 9:30am Market Basket* 1:00pm Mahjong (COA) 1:00pm Rug Braiding(COA)	<b>27</b> 9:30 Market Basket* 10:00am Yoga (FH)	<b>28</b> 9:30am Seabrook Commons* 10:00 Knitting (COA)	<b>29</b>

12 Kent Way, Byfield

# Newbury Council on Aging

978-462-8114 Ext. 484

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>New Year's Day</b> <b>COA is Closed Today</b>	<b>2</b> 9:30am Market Basket* 1:00pm Mahjong (COA) 4:00pm Rug Braiding(COA)	<b>3</b> 10:00 am Yoga (FH) 12:00 pm Traveling Chef * (COA)	<b>4</b> 9:30am Seabrook Commons *10:00am Knitting (COA) 1:00pm Movie Matinee (COA)	<b>5</b>
<b>8</b> 9:30am Constituent Services for Rep. Krisitin Kassner(COA) 10:30am Senior Stretch (FH) 12:00pm Blood Pressure(COA) 1:00pm Bingo (COA)	<b>9</b> 9:30am Market Basket * 1:00pm Mahjong (COA) 4:00pm Rug Braiding (COA)	<b>10</b> 9:30am Seabrook Commons* 10:00 am Yoga (FH)	<b>11</b> 10:00am Knitting (COA) 12:00pm Traveling Chef*(COA)	<b>12</b>
<b>15</b> <b>Martin Luther King Jr. Day</b> <b>COA is Closed Today</b>	<b>16</b> 9:30am Market Basket * 1:00pm Mahjong (COA) 4:00pm Rug Braiding (COA)	<b>17</b> 10:00am Yoga (FH)	<b>18</b> 9:30am Seabrook Commons* 10:00am Knitting(COA) 12:15pm Constituent Services for Sen. Tarr (COA)	<b>19</b>
<b>22</b> 10:30am Senior Stretch (FH) 12:30pm Bingo Lunch*(COA)	<b>23</b> 9:30am Market Basket * 1:00pm Mahjong (COA) 1:00pm Rug Braiding	<b>24</b> 10:00am Yoga (FH) 10:00-1:00pm Watercolors with Bill Duke (COA) *	<b>25</b> 9:30am Seabrook Commons* 10:00am Knitting (COA)	<b>26</b>
<b>29</b> 10:30am Senior Stretch (FH) 1:00pm Bingo (COA)	<b>30</b> 9:30am Market Basket 1:00pm Mahjong (COA) 4:30-6:30pm Game Night *	<b>31</b> 10:00am Yoga (FH) 10:00am-12:00pm Medi-Pedi*(COA)		FH-Central St. Field House COA – Council on Aging <ul style="list-style-type: none"> <li>Indicates Preregistration is Required</li> </ul>

