

Newbury Council on Aging

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
FH -Central Street Field House QH- Quaker Hill Housing COA- Council on Aging *Indicates preregistration is required *		1	2 10:00am Knitting (COA) 1:00pm Movie Matinee* "FROZEN" (COA)	3
6 10:30am Senior Stretch (FH) 12:00pm Blood Pressure Clinic*(COA) 1:00pm Bingo (COA)	7 9:30am Market Basket *	8 10:00am Coffee with a Cop (COA)	9 10:00am Knitting (COA) 1:00pm Make your own Valentine Cards (COA)	10
13 10:30am Senior Stretch (FH)	14 9:30am Market Basket * 12:00pm Valentine's Day Lunch* (COA)	15 10:00am Coffee & Crosswords (COA)	16 10:00am Knitting (COA) 1:00pm Movie Matinee* Disney Nature-Polar Bears (COA)	17
20 President's Day COA is closed today	21 9:30am Market Basket * 10:00am Watercolors with Bill Duke*(COA)	22 10:00am Yoga (FH) 10:00am Coffee & Trivia (COA)	23 10:00am Knitting (COA) 12:00pm Constituent Services (COA) 12:00pm Traveling Chef* (COA)	24
27 10:30am Senior Stretch (FH) 1:00pm Bingo (COA)	28 9:30am Market Basket* 4:30-6:30pm Game Night* (COA)			

Newbury Council on Aging

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
FH- Central Street Field House QH- Quaker Hill COA- Council on Aging * Indicates preregistration is required		1 10:00am Yoga (FH) 12:00 pm Traveling Chef * (COA)	2 10:00am Knitting (COA) 1:00pm Movie Matinee (COA)	3
6 10:30am Senior Stretch (FH) 12:00pm Blood Pressure Clinic* 1:00pm Bingo (COA)	7 9:30am Market Basket *	8 10:00 am Yoga (FH) 10:00am Coffee with a Cop (COA)	9 10:00am Knitting (COA)	10
13 10:30am Senior Stretch (FH) 1:00PM Bingo (COA)	14 9:30am Market Basket* 10:00am Watercolors with Bill Duke* (COA)	15 10:00am Yoga (FH) 12:00 St. Patrick's Day Lunch* Pita Hall	16 10:00am Knitting (COA)	17
20 10:30am Senior Stretch (FH) 1:00 pm Bingo (COA)	21 9:30am Market Basket * 4:30-6:30pm Game Night * (COA)	22 10:00am Yoga (FH) 10:00am U B the Judge and Coffee (COA)	23 10:00am Knitting (COA) 12:00pm Constituent Services(COA) 1:00pm Gordon College Balance Seminar*	24
27 Tax Aide -By appt only 10:30am Senior Stretch (FH) 1:00pm Delvina Theatre Present Julia Childs* (COA)	28 9:30am Market Basket *	29 10:00am Yoga (FH) 10:00am Trivia and Coffee (COA)	30 10:00am Knitting (COA) 1:00pm Ice Cream Social to celebrate Fenway Park Opening Day *	31

