

12 Kent Way, Byfield

Newbury Council on Aging

978-462-8114 Ext. 484

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
FH=Central St. Field House COA=Council on Aging TH-Town Hall * indicates preregistration is required			1 9:30am Seabrook Commons* 10:00am Knitting (COA)	2 Groundhog Day
5 10:30am Senior Stretch (FH) 1pm Bingo (COA)	6 9:30am Market Basket* 10:30am Drawing*(COA) 1:00pm Mahjong (COA) 4:00pm Rug Braiding (COA)	7 10:00am Yoga (FH) 12:00pm Out to lunch* The Hungry Traveler Salisbury	8 9:30am Seabrook Commons* 10:00am Knitting (COA) 11:30am Veterans Serv. (TH)	9
12 10:30am Senior Stretch (FH) 12:00pm Blood Press.(COA) 1pm Bingo (COA)	13 9:30am Market Basket* 10:30am Drawing*(COA) 1:00pm Mahjong (COA) 4:00-6:00pm Valentine's Game Night* (COA)	14 Valentine's Day 10:00am Yoga (FH) 1:00pm Movie and More* "Roman Holiday" (COA)	15 9:30am Seabrook Commons* 9:30am Exploring creativity in watercolor*(COA) 10:00am Knitting (COA) 12:15-1:15pm Constituent Services	16
19 President's Day COA is closed today	20 9:30am Market Basket* 10:30am Drawing*(COA) 10:00am Watercolors*(COA) 1:00pm Mahjong (COA) 4:00 Rug Braiding* (COA)	21 10:00am Yoga (FH) 1:00pm Cheetahs w/Paula* (COA)	22 9:00am Seabrook Commons* 9:30am Exploring creativity in Watercolor*(COA) 10:00am Knitting (COA) 1:00pm Animal World *(COA)	23
26 10:30am Senior Stretch (FH) 12:30pm Bingo Lunch*(COA)	27 9:30am Market Basket* 10:30am Drawing*(COA) 1:00pm Mahjong (COA) 4:00pm Rug Braiding (COA)	28 9:30am Seabrook Commons* 10:00am Yoga (FH) 10:00am Medi-Pedi* (COA)	29 10:00am Knitting (COA) 12:00pm Traveling Chef* (COA)	

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March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
FH=Central St. Field House COA=Council on Aging TH-Town Hall * Indicates preregistration is required				1
4 10:30am Senior Stretch (FH) 1:00pm Bingo (COA)	5 9:30am Market Basket* 10:30am Drawing*(COA) 1:00pm Mahjong (COA) 4:00pm Rug Braiding (COA)	6 10:00am Yoga (FH) 12:00pm Out to lunch* Giuseppe's-Newburyport	7 9:30am Seabrook Commons* 9:30am Exploring Creativity in Watercolor*(COA) 10:00am Knitting (COA)	8
11 9:30am Constituent Serv. for Kristin Kassner (COA) 10:30am Senior Stretch (FH) 12:00pm Blood Pres. (COA) 1:00pm Bingo (COA)	12 12:00pm St. Patrick's Day Lunch at Pita Hall* 4:00pm Rug Braiding (COA)	13 9:30am Market Basket* 10:00am Yoga (FH)	14 9:30am Seabrook Commons* 9:30am Exploring Creativity in Watercolor*(COA) 10:00am Knitting (COA) 11:30am Veterans Serv. (TH)	15
18 9:00am AARP Tax Aide By Appt Only* Please call COA for appt 10:30am Senior Stretch (FH) 1:00pm Bingo (COA)	19 9:30am Market Basket* 10:30am Drawing*(COA) 10:00am Watercolors*(COA) 1:00pm Mahjong (COA) 4:00pm Rug Braiding (COA)	20 9:30am Seabrook Commons* 10:00am Yoga (FH) 10:30am Balance Seminar Presented by Gordon College*	21 10:00am Knitting (COA) 12:00pm Traveling Chef* (COA) 12:15-1:15pm Constituent Services for Sen. Tarr	22
25 10:30am Senior Stretch (FH) 1:00pm Bingo Lunch* (COA)	26 9:30am Market Basket* 1:00pm Mahjong (COA) 4:00-6:00pm Game Night* (COA)	27 10:00am Yoga (FH) 10:00am Medi-Pedi *(COA)	28 9:30am Seabrook Commons* 10:00am Knitting (COA)	29

