

Newbury Council on Aging

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 Senior Stretch (FH) 11:00-12:30 - Drawing Class with Jan LeDoux (COA) * 1:00pm Bingo (COA)	4 9:30am Market Basket* 12:00pm Trip to The Brook Casino *	5 10:00am Yoga (FH)	6 9:30 am Seabrook Commons * 1:00pm Movie Matinee (COA)	7 10:00-12:00 pm Writers Workshop (LIB) *
10 COLUMBUS DAY	11 9:30am Market Basket 1:00pm Birds of Prey (COA) * 4:30-6:30pm Game Night * (COA)	12 10:00am Yoga (FH) 10:00-1:00pm Watercolors with Bill Duke (COA) *	13 11:00am Hampton Airfield Café * 11:30 am Veteran's Services - Town Hall	14 10:00-12:00 pm Writer's Workshop (LIB) *
17 10:30am Senior Stretch (FH) 1:00pm Delvena Theater Presents: Salem Witch Hysteria (COA) *	18 9:30am Market Basket * 2:00-6:00pm OPEN HOUSE (COA)	19 10:00am Yoga (FH) 1:00pm Bingo (QH)	20 9:30am Seabrook Commons * 12:00-1:00pm Constituent Services (COA) 1:00pm The Price is Right (COA)	21 10:00-12:00pm Writer's Workshop (LIB) *
24 10:30am Senior Stretch (FH) 1:00pm Real ID Program* (COA)	25 9:30am Market Basket * 4:00-5:00 pm Mindfulness (COA) *	26 10:00am Yoga (FH) 10:00am Breakfast with the Chiefs (COA) *	27 10:00am Seabrook Commons* 1:00pm Movie Matinee (COA)	28 10:00-12:00pm Writer's Workshop (LIB) *
31 10:30am Senior Stretch (FH) 1:00pm Halloween Party* (COA)			* Indicates preregistration is required	FH – Central St. Field House QH – Quaker Hill COA – Council on Aging LIB – Newbury Library

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November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30am Market Basket* 1:00 pm Dr. Dan (COA)	2 10:00 am Yoga (FH) 12:00 pm Traveling Chef * (COA)	3 9:30am Seabrook Commons* 1:00pm Movie Matinee (COA)	4
7 10:30am Senior Stretch (FH)	8 9:30am Market Basket * 4:30-6:30 pm Flu Clinic * (COA)	9 10:00 am Yoga (FH) 10:00 am Veterans Breakfast* (COA)	10 9:30am Seabrook Commons * 11:30am Veterans Services (TH) 1:00pm Movie Matinee (COA)	11 Veterans Day
14 10:30am Senior Stretch (FH) 12:00-2:00pm Health Fair (COA)	15 9:30am Market Basket *	16 10:00am Yoga (FH)	17 12:00pm Thanksgiving Luncheon at Pita Hall * 12:00-1:00pm Constituent Services at Pita Hall	18
21 10:30am Senior Stretch (FH) 1:00 pm Bingo (COA)	22 9:30am Market Basket *	23 10:00am Yoga (FH) 10:00-1:00pm Watercolors with Bill Duke (COA) *	24 THANKSGIVING	25
28 10:30am Senior Stretch (FH) 1:00pm Bingo (COA)	29 9:30am Market Basket 4:30-6:30pm Game Night *	30 10:00am Yoga (FH)	<ul style="list-style-type: none"> Indicates preregistration is required 	FH-Central St. Field House QH – Quaker Hill COA – Council on Aging LIB – Newbury Library

