

12 Kent Way

Newbury Council on Aging

978-462-8114 Ext. 484

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30am Senior Stretch (FH) 12:00pm Blood Pressure (COA) 1:00pm Bingo (COA)	3 9:00am Pickleball (FH) 9:30am Market Basket 1:00pm Mahjong(COA) 4:00-6:00pm Rug Braiding* (COA)	4 9:30am Seabrook Commons* 10:00am Yoga (FH) 10:00am Coffee & Trivia *(COA)	5 9:00am Pickleball (FH) 10:00am Knitting (COA) 12:00pm Octoberfest Traveling Chef*(COA)	6
9 Columbus Day COA closed today	10 9:00am Pickleball (FH) 9:30am Market Basket* 1:00pm Mahjong(COA) 4:00-6:00pm Rug Braiding*(COA)	11 10:00am Yoga (FH) 1:00pm Ride for Ice Cream to Dairy Queen*	12 9:00am Pickleball (FH) 9:30am Seabrook Commons* 10:00am Knitting (COA)	13
16	17 9:00am Pickleball (FH) 9:30am Market Basket* 1:00pm Mahjong (COA) 2:00-4:00pm Flu Clinic*(COA) 4:00-6:00pm Rug Braiding*	18 10:00am Yoga (FH) 10:00am Crossword Puzzles (COA)	19 9:00am Pickleball (FH) 9:30am Seabrook Commons 10:00am Knitting (COA) 12:15pm Const Services(COA) 1:00pm Bingo (COA)	20
23 10:30am Senior Stretch (FH) 12:30pm Bingo Lunch* (COA)	24 9:00am Pickleball (FH) 9:30am Market Basket* 1:00pm Mahjong(COA) 4:00-6:00pm Rug Braiding* (COA)	25 9:30am Seabrook Commons* 10:00am Yoga (FH)	26 9:00am Pickleball (FH) 10:00am Knitting (COA) 11:00am Out to lunch at the Airport Café*	27
30 10:30am Senior Stretch (FH) 1:00pm Bingo (COA)	31 Halloween 9:00am Pickleball (FH) 9:30am Market Basket* 1:00pm Mahjong(COA) 4:30-6:30pm Halloween Game Night*			FH- Central St. Field House TH- Town Hall COA- Council on Aging LOCATION: 12 Kent Way, Byfield 978-462-8114

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November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
FH- Central St. Field House TH- Town Hall COA- Council on Aging LOCATION: 12 Kent Way, Byfield 978-462-8114		1 9:30am Seabrook Commons* 10:00am Yoga (FH)	2 9:00am Pickleball (FH) 11:00-2:00pm Craft Fair (COA) 12:00pm Traveling Chef*(COA)	3
6 10:30am Senior Stretch (FH) 12:00pm Blood Pressure(COA) 2:00pm Tech Class (COA)	7 9:00am Pickleball (FH) 9:30am Market Basket 1:00pm Mahjong (COA) 4:00-6:00pm Rug Braiding* (COA)	8 9:30am Seabrook Commons* 10:00am Yoga (FH) 10:00am Watercolors*(COA)	9 9:00am Pickleball (FH) 12:00pm Veterans Lunch at Pita Hall*	10
13 10:30am Senior Stretch (FH) 1:00pm Bingo (COA)	14 9:00am Pickleball (FH) 9:30am Market Basket 1:00pm Mahjong 4:00-6:00pm Rug Braiding* (COA)	15 10:00am Yoga (FH) 12:00pm Thanksgiving Dinner at Pita Hall with Music by Sergei Novikov*	16 9:00am Pickleball (FH) 9:30am Seabrook Commons 12:15pm Constituent Services (COA)	17
20 10:30am Senior Stretch (FH) 1:00pm Bingo (COA)	21 9:00am Pickleball (FH) 9:30am Market Basket 1:00pm Mahjong (COA) 4:00-6:00pm Rug Braiding* (COA)	22 9:30am Seabrook Commons* 10:00am Yoga (FH)	23 Happy Thanksgiving	24
27 10:30am Senior Stretch (FH) 12:30pm Bingo Lunch*(COA)	28 9:00am Pickleball (FH) 9:30am Market Basket 1:00pm Mahjong (COA) 1:00-3:00pm Rug Braiding* 4:30-6:30pm Game Night*	29 9:30am Seabrook Commons* 10:00am Yoga (FH)	30 9:00am Pickleball (FH) 11:00am Out to Lunch to The American BBQ*	

