


# APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:30 Jessie Palm, Regional SW 9:30 Groove Fitness Video 10:30 Shredding 12:00 Grab 'n Go	<b>2</b> 10:00 Balance in Motion Class 11:30-12:30 FECOA Trash Bags for Sale 1:00 Arts & Crafts 6:00 COA Board	<b>3</b> 10:00 Fitness Fun with Gil 1:00-3:00 Tech and Computer Assist 1:00 GAMES 1:30 OPEN DOOR BOWL PAINTING	<b>4</b> 12:00 Grab 'n Go	<b>5</b> 10:00 Balance 10:30 Mobile Market: Acord 12:00 Senior Club
<b>8</b> 9:30 Jessie Palm, Regional SW 9:30 PANCAKE HOUSE TRIP 12:00 Grab 'n Go 1:00 SOLAR ECLIPSE PARTY	<b>9</b> 10:00 Balance in Motion Class 1:00 Arts & Crafts 3:00 FECOA Mtg	<b>10</b> 9:30 Men's Coffee and Donute 10:00 Fitness Fun 12:30 Mystery Ride 1:00-3:00 Tech and Computer Assist 1:00 GAMES 5:00 KNITTING	<b>11</b> 12:00 Grab 'n Go 1:00 PM TALK OF THE TOWN - ZONING BYLAWS	<b>12</b> 10:00 Balance in Motion Class
<b>15 OFFICE CLOSED</b> 	<b>16</b> 10:00 Balance in Motion Class 11:00 Ladies Brunch 1:00 Arts & Crafts	<b>17</b> 9:30 ELDER LAW 10:00 Fitness Fun 10:00 GUIDED WALK 11:00 GUEST CHEF 1:00-3:00 Tech and Computer Assist 1:00 GAMES	<b>18</b> 10:30 Sen Tarr's Office Rep 11:00 CAPE ANN CINEMA 12:00 Grab 'n Go	<b>19</b> 10:00 Balance 10:30 Mobile Market: Open Door 12:00 Senior Club
<b>22</b> 9:30 Jessie Palm, Regional SW 10:30 Caregiver Support Group 12:00 Grab 'n Go 6:00 PLANNING Your Departure	<b>23</b> 10:00 Balance in Motion Class 11:00 TALK OF THE TOWN - ZONING 12:00 ESSEX EATS WOODMANS 1:00 Arts & Crafts	<b>24</b> 10:00 Fitness Fun 11:00 BOWLING at Cape Ann Lanes 1:00-3:00 Tech and Computer Assist 1:00 GAMES	<b>25</b> 12:00 Grab 'n Go 1:00 REMEMBER WHEN - ESSEX	<b>26</b> 10:00 Balance in Motion Class 11:00 TALK OF THE TOWN - NARCAN DEMO
<b>29</b> 9:30 Jessie Palm, Regional SW 9:30 Groove Fit 11:00 CRACKER BARREL TRIP 12:00 Grab 'n Go	<b>30</b> 10:00 Balance in Motion Class 1:00 Arts & Crafts 1:00 BOOK CLUB			

# APRIL 2024

Tuesday, April 2	11:30 AM	Trash Bags for Sale by Friends
	6:00 PM	COA Board Meeting
Wednesday, April 3	10:00 AM	Fitness Fun with Gil
	1:30 PM	BOWL PAINTING FOR OPEN DOOR
Friday, April 5	10:30 AM	Mobile Market - Acord
Monday, April 8	9:30 AM	Jessie Palm, Regional Social Worker
	9:30 AM	Pancake House Rowley
	1:00 PM	SOLAR ECLIPSE SOIREE
Tuesday, April 9	3:00 PM	FECOIA Meeting
Wednesday, April 10	9:30 AM	Men's Coffee and Donuts
	10:00 AM	Fitness Fun with Gil
	12:30 PM	Mystery Ride
	5:00 PM	Knitting at Night
Thursday, April 11	1:00 PM	TALK OF THE TOWN - ZONING Q&A
Monday, April 15		OFFICES CLOSED FOR PATRIOTS DAY
Tuesday, April 16	11:00 AM	Ladies Brunch
Wednesday, April 17	9:30 AM	Elder Law Attorney Brian DesRosiers
	10:00 AM	Fitness Fun with Gil
	10:00 AM	COX RESERVATION GUIDED WALK
	11:00 AM	Guest Chef
Thursday, April 18	11:00 AM	Cape Ann Cinema - The Purple Movie
Friday, April 19	10:30 AM	Mobile Market - Open Door
Monday, April 22	10:30 AM	Caregivers' Support Group
	6:00 PM	"PLANNING YOUR DEPARTURE"
Tuesday, April 23	11:00 AM	TALK OF THE TOWN - ZONING Q&A
	12:00 PM	Essex Eats - Woodman's
Wednesday, April 24	11:00 AM	Bowling - Cape Ann Lanes
Thursday, April 25	1:00 PM	"Remember When...Essex"
Friday, April 26	11:00 AM	TALK OF THE TOWN - NARCAN DEMO
Monday, April 29	11:00 AM	CRACKER BARREL TRIP
Tuesday, April 30	1:00 PM	Book Club