

# FEBRUARY






MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p><b>1</b></p> <p>12:00 Grab 'n Go</p>	<p><b>2</b></p> <p>10:00 Balance 10:30 Mobile Market: Acord</p> 
<p><b>5</b></p> <p>9:30 Jessie Palm, Regional SW 9:30 Groove Fitness Video 10:30 Shredding 12:00 Grab 'n Go</p>	<p><b>6</b></p> <p>10:00 Balance in Motion Class 11:30-12:30 FECOA Trash Bags for Sale 1:00 Arts &amp; Crafts 6:00 COA Board</p>	<p><b>7</b></p> <p>10:00 Fitness Fun with Gil 1:00-3:00 Curt's Computer Asst 1:00 GAMES w/GIL 3:00 GAMES CLUB AT EES</p>	<p><b>8</b></p> <p>12:00 Grab 'n Go</p>	<p><b>9</b></p> <p>10:00 Balance in Motion Class 11:00 GUEST CHEF - Dawn Burnham</p>
<p><b>12</b></p> <p>9:30 Jessie Palm, Regional SW 9:30 Groove Fitness Video 10:30 Shredding 12:00 Grab 'n Go</p>	<p><b>13</b></p> <p>10:00 Balance in Motion Class 10:00-11:00 1:00 FRIENDSHIP CELEBRATION AND BINGO PARTY 3:00 FECOA Mtg</p>	<p><b>14</b></p> <p>9:30 Men's Coffee and Donuts 10:00 Fitness Fun 1:00-3:00 Curt's Computer Assist 1:00 GAMES w/Gil 3:00 GAMES CLUB AT EES</p>	<p><b>15</b></p> <p>10:30 CAPE ANN CINEMA - "Perfect Storm" and Pizza 10:30 Sen Tarr's Office Rep 12:00 Grab 'n Go</p>	<p><b>16</b></p> <p>10:00 Balance 10:30 Mobile Market: Open Door 12:00 Senior Club</p>
<p><b>19 OFFICES CLOSED</b></p> 	<p><b>20</b></p> <p>10:00 Balance in Motion Class 11:00 Ladies Brunch 1:00 Arts &amp; Crafts</p>	<p><b>21</b></p> <p>9:30 ELDER LAW Atty B. DesRosiers 10:00 Fitness Fun 12:30 MYSTERY RIDE 1:00-3:00 Curt's Computer Assist 1:00 GAMES w/Gil 3:00 GAMES CLUB</p>	<p><b>22</b></p> <p>12:00 Grab 'n Go 1:00 "REMEMBER WHEN - ESSEX"</p>	<p><b>23</b></p> <p>10:00 Balance in Motion Class</p>
<p><b>26</b></p> <p>9:30 Jessie Palm, Regional SW 9:30 Groove Fitness Video 10:30 Caregiver Support Group 10:30 Shredding 12:00 Grab 'n Go</p>	<p><b>27</b></p> <p>10:00 Balance in Motion Class 1:00 Arts &amp; Crafts 1:00 Book Club</p>	<p><b>28</b></p> <p>10:00 Fitness Fun 11:00 BOWLING Cape Ann Lanes 1:00-3:00 Curt's Computer Assist 1:00 GAMES with G 3:00 GAMES CLUB AT EES</p>	<p><b>29</b></p> <p>12:00 Grab 'n Go BONUS DAY: 1:00 ICE CREAM SUNDAY BAR 2:00 MOVIE - "LEAP YEAR"</p>	<p><b>1</b></p> <p>10:00 Balance in Motion Class  10:30 Mobile Market - Acord</p>

# CALENDAR OF SPECIAL EVENTS

## FEBRUARY 2024

Friday, February 2	10:30 AM	Mobile Market - Acord Food Pantry
Monday, February 5	9:30 AM	Jessie Palm, Regional Social Worker
Tuesday, February 6	11:30 AM	Trash Bags for Sale by Friends
	1:00 PM	Arts & Crafts Group
	6:00 PM	COA Board Meeting
Wednesday, February 7	9:30 AM	Men's Coffee and Donuts
	10:00 AM	Fitness Fun with Gil
Friday, February 9	11:00 AM	Guest Chef: Dawn Burnham
Monday, February 12	9:30 AM	Jessie Palm, Regional Social Worker
Tuesday, February 13	10:00 AM	Balance in Motion Fitness Class
	1:00 PM	Friendship Celebration and BINGO
	3:00 PM	FECOIA Meeting
Wednesday, February 14	9:30 AM	Men's Coffee and Donuts
	10:00 AM	Fitness Fun with Gil
Thursday, February 15	11:00 AM	Cape Ann Cinema: "Perfect Storm"
Friday, February 16	10:30 AM	Mobile Market - The Open Door
Monday, February 19	CLOSED	PRESIDENTS' DAY - OFFICES CLOSED
Tuesday, February 20	11:00 AM	Ladies Brunch
	9:30 AM	Elder Law Attorney Brian DesRosiers
Wednesday, February 21	10:00 AM	Fitness Fun with Gil
	12:30 PM	Mystery Ride - leave from Memorial Park
Thursday, February 22	1:00 PM	"Remember When...Essex"
Monday, February 26	9:30 AM	Jessie Palm, Regional Social Worker
	10:30 AM	Caregiver's Support Group
Tuesday, February 27	1:00 PM	Book Club
Wednesday, February 28	11:00 AM	Bowling - Cape Ann Lanes
Thursday, February 29	1:00 PM	"Bonus" Day Celebration