

# JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**2**  
10:00 Balance in Motion Class  
1:00 Arts & Crafts

**3**  
10:00 Fitness Fun w/Gil **CANCELLED**  
1:00-3:00 Curt's Computer Asst  
1:00 GAMES w/GIL

**4**  
12:00 Grab 'n Go

**5**  
10:00 Balance  
10:30 Mobile Market: Acord  
12:00 Senior Club

**8**  
9:30 Jessie Palm, Regional SW  
9:30 Groove Fitness Video  
10:30 Shredding  
12:00 Grab 'n Go

**9**  
10:00 Balance in Motion Class  
11:30-12:30 FECOA Trash Bags for Sale  
1:00 Arts & Crafts  
3:00 Friends Mtg  
6:00 COA Board

**10**  
9:30 Men's Coffee/Donuts  
10:00 Fitness Fun with Gil  
12:30 MYSTERY RIDE TRIP  
1:00-3:00 Curt's Computer Asst  
1:00 GAMES w/GIL

**11**  
12:00 Grab 'n Go

**12**  
10:00 Balance in Motion Class



**16**  
10:00 Balance in Motion Class  
10:00-11:00  
1:00 GUEST CHEF

**17**  
9:30 ELDER LAW  
10:00 Fitness Fun  
1:00-3:00 Curt's Computer Assist  
1:00 Games w/Gil

**18**  
10:30 Sen Tarr's Office Rep  
12:00 Grab 'n Go  
1:00 WATER COLOR CLASS - Marion Hall

**19**  
10:00 Balance  
10:30 Mobile Market: Open Door  
12:00 Senior Club

**22**  
9:30 Groove Fitness Video  
10:30 Caregiver's Support Group  
10:30 Shredding  
12:00 Grab 'n Go

**23**  
10:00 Balance in Motion Class  
11:00 Ladies Brunch  
1:00 "Remember When - Essex"

**24**  
10:00 Fitness Fun with Gil  
1:00-3:00 Curt's Computer Assist  
1:00 Games w/Gil

**25**  
11:00 CAPE ANN CINEMA - "ELVIS"  
12:00 Grab 'n Go

**26**  
10:00 Balance in Motion Class

**29**  
9:30 Jessie Palm, Regional SW  
9:30 Groove Fitness Video  
10:30 Shredding  
12:00 Grab 'n Go

**30**  
10:00 Balance in Motion Class  
1:00 Arts & Crafts  
1:00 Book Club

**31**  
10:00 Fitness Fun with Fil  
11:00 BOWLING Cape Ann Lanes  
1:00-3:00 Curt's Computer Assist  
1:00 Games with Gil

**1**  
12:00 Grab 'n Go

**2**  
10:00 Balance in Motion Class  
10:30 Mobile Market - Acord

## CALENDAR OF SPECIAL EVENTS

# JANUARY 2024

Monday, January 1	CLOSED	OFFICES CLOSED - HAPPY NEW YEAR!
Friday, January 5	10:30 AM	Mobile Market - Acord Food Pantry
Monday, January 8	9:30 AM	Jessie Palm, Regional Social Worker
Tuesday, January 9	10:00 AM	Balance in Motion Fitness Class
	11:30 AM	Trash Bags for Sale by Friends
	1:00 PM	Arts & Crafts Group
	3:00 PM	Friends ECOA Meeting
	6:00 PM	COA Board Meeting
Wednesday, January 10	9:30 AM	Men's Coffee and Donuts
	10:00 AM	Fitness Fun with Gil
	12:30 PM	Mystery Ride Trip
Friday, January 12	10:00 AM	Balance in Motion Fitness Class
Monday, January 15	CLOSED	Martin Luther King, Jr. Holiday
Tuesday, January 16	10:00 AM	Balance in Motion Fitness Class
	1:00 PM	Guest Chef - Bob Phipps, Common Crow
Wednesday, January 17	9:30 AM	Brian DesRosiers, Elder Law Attorney
	10:00 AM	Fitness Fun with Gil
Thursday, January 18	1:00 PM	Water Color Class with Marion Hall
Friday, January 19	10:30 AM	Mobile Market - The Open Door
Monday, January 22	10:30 AM	Caregiver's Support Group
Tuesday, January 23	10:00 AM	Balance in Motion Fitness Class
	11:00 AM	Ladies Brunch
	1:00 PM	"Remember When...Essex"
Wednesday, January 24	10:00 AM	Fitness Fun with Gil
Thursday, January 25	11:00 AM	Cape Ann Cinema - ELVIS
Friday, January 26	10:00 AM	Balance in Motion Fitness Class
Monday, January 29	9:30 AM	Jessie Palm, Regional Social Worker
Tuesday, January 30	1:00 PM	Book Club - "American Dirt"
Wednesday, January 31	11:00 AM	Bowling - Cape Ann Lanes