

# MARCH

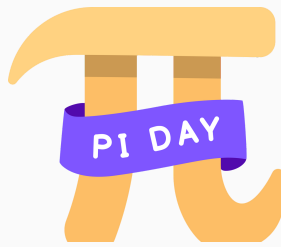
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**1**  
10:00 Balance  
10:30 Mobile  
Market: Acord  
12:00 Senior Club

**4**  
9:30 Jessie Palm,  
Regional SW  
9:30 Groove  
Fitness Video  
10:00 Creative  
Connections  
10:30 Shredding  
12:00 Grab 'n Go

**5**  
10:00 Balance in  
Motion Class  
11:30-12:30 FECOA  
Trash Bags for Sale  
1:00 Arts & Crafts  
6:00 COA Board

**6**  
10:00 Fitness Fun  
with Gil CANCELED  
1:00-3:00 Curt's  
Computer Asst  
1:00 GAMES

**7**  
11:00 TALK OF THE  
TOWN - SCAMS  
12:00 Grab 'n Go

**8**  
10:00 Balance in  
Motion Class

**11**  
9:30 Jessie Palm,  
Regional SW  
9:30 Pancake House  
9:30 GrooveFitness  
10:00 Creative  
Connections  
12:00 Grab 'n Go  
12:30 Mystery Ride

**12**  
10:00 Balance in  
Motion Class  
1:00 Arts & Crafts  
3:00 FECOA Mtg

**13**  
9:30 Men's Coffee  
and Donuts  
10:00 Fitness Fun  
1:00-3:00 Curt's  
Computer Assist  
1:00 GAMES

**14**  
10:30 Sen Tarr's  
Office Rep  
12:00 Grab 'n Go  
1:00 PI DAY  
CELEBRATION

**15**  
10:00 Balance  
10:30 Mobile  
Market: Open  
Door  
12:00 Senior Club

**18**  
9:30 Jessie Palm,  
Regional SW  
9:30 Groove Fit  
10:30 Caregiver  
Support Group  
10:30 Creative  
Connections  
12:00 Grab 'n Go

**19**  
10:00 Balance in  
Motion Class  
11:00 Ladies  
Brunch  
1:00 Arts & Crafts

**20**  
9:30 ELDER LAW  
Atty B. DesRosiers  
10:00 Fitness Fun  
1:00-3:00 Curt's  
Computer Assist  
1:00 GAMES

**21**  
11:00 CAPE ANN  
CINEMA - League  
of Their Own  
12:00 Grab 'n Go

**22**  
10:00 Balance in  
Motion Class

**25**  
9:30 Jessie Palm,  
Regional SW  
9:30 Groove Fit  
10:00 Creative  
Connections  
12:00 Grab 'n Go  
12:00 ESSEX EATS

**26**  
10:00 Balance in  
Motion Class  
1:00 Arts & Crafts  
1:00 Book Club

**27**  
10:00 Fitness Fun  
11:00 BOWLING  
Cape Ann Lanes  
1:00-3:00 Curt's  
Computer Assist  
1:00 GAMES

**28**  
12:00 Grab 'n Go  
1:00 REMEMBER  
WHEN - ESSEX

**29**  
10:00 Balance in  
Motion Class

# CALENDAR OF SPECIAL EVENTS

## MARCH 2024

Friday, March 1	10:30 AM	Mobile Market - Acord Food Pantry
Monday, March 4	9:30 AM	Jessie Palm, Regional Social Worker
	10:00 AM	Creative Connections
Tuesday, March 5	11:30 AM	Trash Bags for Sale by Friends
	1:00 PM	Arts & Crafts Group
	6:00 PM	COA Board Meeting
Wednesday, March 6	10:00 AM	Fitness Fun with Gil CANCELLED
Thursday, March 7	11:00 AM	Talk of the Town - SCAMS
Monday, March 11	9:30 AM	Jessie Palm, Regional Social Worker
	9:30 AM	Pancake House Rowley
	10:00 AM	Creative Connections
	12:30 PM	Mystery Ride
Tuesday, March 12	1:00 PM	Arts & Crafts Group
	3:00 PM	FECOIA Meeting
Wednesday, March 13	9:30 AM	Men's Coffee and Donuts
	10:00 AM	Fitness Fun with Gil
Thursday, March 14	1:00 PM	PI DAY CELEBRATION
Friday, March 15	10:30 AM	Mobile Market - The Open Door
Monday, March 18	10:30 AM	Caregivers' Support Group
Tuesday, March 19	11:00 AM	Ladies Brunch
Wednesday, March 20	9:30 AM	Elder Law Attorney Brian DesRosiers
	10:00 AM	Fitness Fun with Gil
Thursday, March 21	11:00 AM	Cape Ann Cinema - League of Their Own
Friday, March 22	11:00 AM	Guest Chef
Monday, March 25	9:30 AM	Jessie Palm, Regional Social Worker
	12:00 PM	Essex Eats - Vita Bella
Tuesday, March 26	1:00 PM	Book Club
Wednesday, March 27	11:00 AM	Bowling - Cape Ann Lanes
Thursday, March 28	1:00 PM	"Remember When...Essex"