

MAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 10:00 Fitness Fun 1:00-3:00 Tech and Computer Assist 1:00 GAMES	2 12:00 Grab 'n Go	3 10:00 Balance in Motion Class 10:30 Mobile Market: Acord
6 9:30 Jessie Palm, Regional SW 9:30 Groove Fitness Video 10:30 Shredding 12:00 Grab 'n Go	7 10:00 Balance in Motion Class 11:30 FECOA Trash Bags for Sale 1:00 Arts & Crafts 6:00 COA BOARD	8 9:30 Veterans' Breakfast/VSO 10:00 Fitness Fun 1:00-3:00 Tech and Computer Assist 1:00 GAMES	9 12:00 Grab 'n Go 12:30 Mystery Ride (meet at Memorial Park at 12:15)	10 10:00 Balance in Motion Class 12:00 AMAZING WOMEN OF ESSEX Party
13 9:30 Jessie Palm, Regional SW 9:30 VILLAGE PANCAKE HOUSE 12:00 Grab 'n Go	14 10:00 Balance in Motion Class 11:30 ESSEX TECH LUNCHEON 1:00 Arts & Crafts 3:00 FECOA MTG	15 9:30 ELDER LAW 10:00 Fitness Fun 1:00-3:00 Tech and Computer Assist 1:00 GAMES 4:00-6:00 GRAD GALLERY/ICE CREAM SOCIAL	16 10:30 Sen Tarr's Office Rep 11:00 CAPE ANN CINEMA 12:00 Grab 'n Go 12:30 Veterans' Services Officer	17 10:00 Balance in Motion Class 10:30 Mobile Market: Open Door 12:00 GUEST CHEF
20 9:30 Jessie Palm, Regional SW 10:30 Caregiver Support Group 12:00 Grab 'n Go	21 10:00 Balance in Motion Class 11:00 Ladies Brunch 1:00 Arts & Crafts	22 10:00 Fitness Fun 11:30 GUIDED WALK - Ipswich 1:00-3:00 Tech and Computer Assist 1:00 GAMES 6:00 Knitting	23 10:00 BUTTERFLY PLACE TRIP 12:00 Grab 'n Go	24 10:00 Balance in Motion Class
27 OFFICE CLOSED 	28 10:00 Balance in Motion Class 12:00 Essex Eats 1:00 Arts & Crafts 1:00 BOOK CLUB	29 10:00 Fitness Fun 11:00 BOWLING at Cape Ann Lanes 1:00-3:00 Tech and Computer Assist 1:00 GAMES	30 12:00 Grab 'n Go 1:00 REMEMBER WHEN - ESSEX	31 9:30 PRIDE Flag Raising Kick-off 10:00 Balance in Motion Class

MAY 2024

Friday, May 3	10:30 AM	Mobile Market - Acord
Monday, May 6	9:30 AM	Jessie Palm, Regional Social Worker
Tuesday, May 7	11:30 AM	Trash Bags for Sale by Friends
	6:00 PM	COA Board Meeting
Wednesday, May 8	9:30 AM	Veterans' Breakfast with Steve Bohn
	10:00 AM	Fitness Fun with Gil
Thursday, May 9	12:30 PM	Mystery Ride
Friday, May 10	12:00 PM	Celebrating our Amazing Essex Women!
Monday, May 13	9:30 AM	Jessie Palm, Regional Social Worker
	9:30 AM	Village Pancake House, Rowley
Tuesday, May 14	11:30 AM	ESSEX TECH LUNCHEON
	3:00 PM	FECOIA Meeting
Wednesday, May 15	9:30 AM	Elder Law Attorney, Brian DesRosiers
	10:00 AM	Fitness Fun with Gil
	4:00 PM	GRADUATION GALLERY OPENING AND ICE CREAM SOCIAL
Thursday, May 16	11:00 AM	Cape Ann Cinema - "The Miracle Club"
Friday, May 17	10:30 AM	Mobile Market - Open Door
	12:00 PM	GUEST CHEF - Kim Williams
Monday, May 20	10:30 AM	Caregiver's Support Group
Tuesday, May 21	11:00 AM	Ladies Brunch
Wednesday, May 22	10:00 AM	Fitness Fun with Gil
	11:30 AM	GENTLE TRAILS GUIDED WALK
Thursday, May 23	10:00 AM	BUTTERFLY PLACE/KIMBALL'S FARM
Monday, May 27	CLOSED	OFFICES CLOSED FOR MEMORIAL DAY
Tuesday, May 28	12:00 PM	ESSEX EATS - THE FARM
	1:00 PM	Book Club - "Trust"
Wednesday, May 29	11:00 AM	Bowling - Cape Ann Lanes
Thursday, May 30	1:00 PM	Remember When, Essex
Friday, May 31	9:30 AM	PRIDE FLAG RAISING