

# AGE OF MATURITY NEWSLETTER ~ TOWN OF MIDDLETON ~ MARCH 2011

## Tuesday, March 1

9:00 AM	<u>Liquid Muscle New Aquatic Exercise Program ~ Atlantis Sports Club &amp; Spa</u> This also runs on Saturdays at same time	Location: Crown Royal Hotel (Formerly Sheraton)
11:00 AM	<u>Watercolor Art Classes</u>	Location: Main Hall
1:30 PM	<u>General Fitness Weights &amp; Resistance &gt; Lower Hall</u>	Location: Lower Level
1:30 PM	<u>Radio Show ~ Station 88.3 FM</u>	Location: Offsite

## Wednesday, March 2

9:00 AM	<u>AARP Free Income Tax Service Wkly Feb 2nd&gt;Apr 13th</u> Appts on the hour – bring 2009 return All Documents for 2010	Location: Lower Level
10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
10:00 AM	<u>Podiatrist Appts Dr. McCullough</u>	Location: Lower Level
11:30 AM	<u>Lunch with Chef Ron</u>	Location: Main Hall
12:00 PM	<u>Needlework / Bring your own Project</u>	Location: Main Hall

## Thursday, March 3

9:30 AM	<u>Gen'l Fitness ~ Weights &amp; Resistance</u>	Location: Congreg. Church
10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
11:30 AM	<u>Lunch at Senior Center/Reserve Ahead</u>	Location: Main Hall
12:00 PM	<u>Current Events Discussion / Eileen Poirier</u>	Location: Main Hall
12:00 PM	<u>Free Computer Lessons and Open Computer Time by Appt.</u>	Location: Lower Level

## Friday, March 4

7:55 AM	<u>Pike's Hikes &gt; Meet at Angelica's Rear Lot</u>	Location: Offsite
9:15 AM	<u>Laughter Yoga Senior Center/ Dot McKeen</u>	Location: Lower Level
9:30 AM	<u>In-Town Errands</u>	Location: Offsite
9:30 AM	<u>Men's Breakfast &gt; Offsite</u>	Location: Offsite
10:15 AM	<u>Well-Being Clinic &gt; Ferncroft Towers</u>	Location: Danvers
1:00 PM	<u>Food Bank</u>	Location: Lower Level

## Monday, March 7

9:00 AM	<u>Well-Being Clinic &gt; Oak Knoll</u>	Location: Community Room
9:30 AM	<u>YOGA Offsite &gt; Dot McKeen Certified Yoga Instructor</u>	Location: Congregational Church
10:00 AM	<u>S.H.I.N.E. (Serving Health Insurance Needs of Elders)</u>	Location: Main Hall
10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
11:00 AM	<u>Pianist Marie Magliozzi</u>	Location: Main Hall
11:30 AM	<u>Well-Being Clinic &gt; Orchard Circle</u>	Location: Offsite
11:30 AM	<u>Lunch at Senior Center/Reserve Ahead (Mon/Thurs)</u>	Location: Main Hall
12:00 PM	<u>Bingo w/ Prizes</u>	Location: Main Hall
6:00 PM	<u>CELEBRATION DEDICATION</u> Thank-you to Danversbank for HD T.V.; Friends of the COA for Wii system & Patti's Place signage	Location: Senior Center, Maple Street

## Tuesday, March 8

9:00 AM	<u>Liquid Muscle New Aquatic Exercise Program ~ Atlantis Sports Club &amp; Spa</u>	Location: Crown Royal Hotel (Formerly She
11:00 AM	<u>Watercolor Art Classes</u>	Location: Main Hall
12:00 PM	<u>Lunch Bunch &gt; Ride and Dine</u>	Location: Offsite>>Restaurants TBD
1:30 PM	<u>General Fitness Weights &amp; Resistance &gt; Lower Hall</u>	Location: Lower Level
1:30 PM	<u>Radio Show ~ Station 88.3 FM</u>	Location: Offsite

### Wednesday, March 9

9:00 AM	<u>AARP Free Income Tax Service Wkly Feb 2nd&gt;Apr 13th</u>	Location: Lower Level
10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
10:45 AM	<u>Free Lecture &gt; Label Lingo: Understanding the Language of Food Labels</u> Lynn O'Reilly, MS, RD, CDE/Registered Dietician Beverly Hosp.	Location: Main Hall
11:30 AM	<u>Lunch with Chef Ron</u>	Location: Main Hall
12:00 PM	<u>Needlework / Bring your own Project</u>	Location: Main Hall

### Thursday, March 10

9:00 AM	<u>Well-Being Clinic &gt; Oak Knoll</u>	Location: Offsite
9:30 AM	<u>Gen'l Fitness ~ Weights &amp; Resistance &gt; Congregational Church</u>	Location: Offsite
9:30 AM	<u>Legal Clinic Appointments&gt;Atty Arthur Skarmas</u>	Location: Lower Level
10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
11:30 AM	<u>Lunch at Senior Center/Reserve Ahead</u>	Location: Main Hall
12:00 PM	<u>Current Events Discussion / Eileen Poirier</u>	Location: Main Hall
12:00 PM	<u>Free Computer Lessons and Open Computer Time by Appt.</u>	Location: Lower Level

### Friday, March 11

7:55 AM	<u>Pike's Hikes &gt; Meet at Angelica's Rear Lot</u>	Location: Offsite
9:15 AM	<u>Laughter Yoga Senior Center/ Dot McKeen</u>	Location: Lower Level
9:30 AM	<u>In-Town Errands</u>	Location: Offsite
1:00 PM	<u>Food Bank</u>	Location: Lower Level

### Monday, March 14

9:30 AM	<u>YOGA Offsite &gt; Dot McKeen Certified Yoga Instructor</u>	Location: Congregational Church
10:00 AM	<u>S.H.I.N.E. (Serving Health Insurance Needs of Elders)</u>	Location: Main Hall
10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
10:30 AM	<u>Well-Being Clinic Onsite</u>	Location: Lower Level
11:00 AM	<u>Pianist Marie Magliozzi</u>	Location: Main Hall
11:30 AM	<u>Lunch at Senior Center/Reserve Ahead (Mon/Thurs)</u>	Location: Main Hall
12:00 PM	<u>Bingo w/ Prizes</u>	Location: Main Hall

### Tuesday, March 15

9:00 AM	<u>Liquid Muscle New Aquatic Exercise Program ~ Atlantis Sports Club &amp; Spa</u>	Location: Crown Royal Hotel
11:00 AM	<u>Watercolor Art Classes</u>	Location: Main Hall
1:30 PM	<u>General Fitness Weights &amp; Resistance &gt; Lower Hall</u>	Location: Lower Level
1:30 PM	<u>Radio Show ~ Station 88.3 FM</u>	Location: Offsite

### Wednesday, March 16

9:00 AM	<u>AARP Free Income Tax Service Wkly Feb 2nd&gt;Apr 13th</u>	Location: Lower Level
10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
11:30 AM	<b><u>Lunch with Chef Ron</u></b> <b>Followed by BINGO with PACE. Great Prizes!!! Call to register</b>	<b>Location: Main Hall</b>
12:00 PM	<u>Needlework / Bring your own Project</u>	Location: Main Hall

### Thursday, March 17

9:30 AM	<u>Gen'l Fitness ~ Weights &amp; Resistance &gt; Congregational Church</u>	Location: Offsite
10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
10:00 AM	<u>Rogers Hearing Solutions &gt; Appointments</u>	Location: Lower Level
11:30 AM	<b><u>Lunch at Senior Center/Reserve Ahead</u></b> <b>ST. PAT'S DAY PARTY w/ Leprechaun</b>	<b>Location: Main Hall</b>
12:00 PM	<u>Current Events Discussion / Eileen Poirier</u>	Location: Main Hall
12:00 PM	<u>Free Computer Lessons and Open Computer Time by Appt.</u>	Location: Lower Level

### Friday, March 18

7:55 AM	<u>Pike's Hikes &gt; Meet at Angelica's Rear Lot</u>	Location: Offsite
9:15 AM	<u>Laughter Yoga Senior Center/ Dot McKeen</u>	Location: Lower Level
9:30 AM	<u>In-Town Errands</u>	Location: Offsite
9:30 AM	<u>Men's Breakfast &gt; Offsite</u>	Location: Offsite
1:00 PM	<u>Food Bank</u>	Location: Lower Level

### Monday, March 21

9:30 AM	<u>YOGA Offsite &gt; Dot McKeen Certified Yoga Instructor</u>	Location: Congregational Church
10:00 AM	<u>S.H.I.N.E. (Serving Health Insurance Needs of Elders)</u>	Location: Main Hall
10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
11:00 AM	<u>Pianist Marie Magliozzi</u>	Location: Main Hall
11:30 AM	<u>Lunch at Senior Center/Reserve Ahead (Mon/Thurs)</u>	Location: Main Hall
12:00 PM	<u>Bingo w/ Prizes</u>	Location: Main Hall
12:00 PM	<u>Lunch Bunch</u>	Location: Offsite

### Tuesday, March 22

9:00 AM	<u>Liquid Muscle New Aquatic Exercise Program ~ Atlantis Sports Club &amp; Spa</u>	Location: Crown Royal Hotel (Formerly She)
11:00 AM	<u>Watercolor Art Classes</u>	Location: Main Hall
12:00 PM	<u>Lunch Bunch &gt; Ride and Dine</u>	Location: Offsite>>Restaurants TBD
1:30 PM	<u>General Fitness Weights &amp; Resistance &gt; Lower Hall</u>	Location: Lower Level
1:30 PM	<u>Radio Show ~ Station 88.3 FM</u>	Location: Offsite

### Wednesday, March 23

9:00 AM	<u>AARP Free Income Tax Service Wkly Feb 2nd&gt;Apr 13th</u>	Location: Lower Level
10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall

11:30 AM	<u>Lunch with Chef Ron</u>	Location: Main Hall
12:00 PM	<u>Needlework / Bring your own Project</u>	Location: Main Hall
6:00 PM	<u>Money Management Program w/ North Shore Elder Services</u>	Sr Center > Coffee & Dessert

**Thursday, March 24**

9:30 AM	<u>Gen'l Fitness ~ Weights &amp; Resistance &gt; Congregational Church</u>	Location: Offsite
10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
11:30 AM	<u>Lunch at Senior Center/Reserve Ahead</u>	Location: Main Hall
12:00 PM	<u>Current Events Discussion / Eileen Poirier</u>	Location: Main Hall
12:00 PM	<u>Free Computer Lessons and Open Computer Time by Appt.</u>	Location: Lower Level

**Friday, March 25**

7:55 AM	<u>Pike's Hikes &gt; Meet at Angelica's Rear Lot</u>	Location: Offsite
9:15 AM	<u>Laughter Yoga Senior Center/ Dot McKeen</u>	Location: Lower Level
9:30 AM	<u>In-Town Errands</u>	Location: Offsite
1:00 PM	<u>Food Bank</u>	Location: Lower Level

**Monday, March 28**

9:30 AM	<u>YOGA Offsite &gt; Dot McKeen Certified Yoga Instructor</u>	Location: Congregational Church
10:00 AM	<u>S.H.I.N.E. (Serving Health Insurance Needs of Elders)</u>	Location: Main Hall
10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
10:30 AM	<u>Well-Being Clinic @ Senior Center</u>	Location: Main Hall
11:00 AM	<u>Pianist Marie Magliozzi</u>	Location: Main Hall
11:30 AM	<u>Lunch at Senior Center/Reserve Ahead (Mon/Thurs)</u>	Location: Main Hall
12:00 PM	<u>Bingo w/ Prizes</u>	Location: Main Hall

**Tuesday, March 29**

9:00 AM	<u>Liquid Muscle New Aquatic Exercise Program ~ Atlantis Sports Club &amp; Spa</u>	Location: Crown Royal Hotel (Formerly She
11:00 AM	<u>Watercolor Art Classes</u>	Location: Main Hall
1:30 PM	<u>General Fitness Weights &amp; Resistance &gt; Lower Hall</u>	Location: Lower Level
1:30 PM	<u>Radio Show ~ Station 88.3 FM</u>	Location: Offsite

**Wednesday, March 30**

9:00 AM	<u>AARP Free Income Tax Service Wkly Feb 2nd&gt;Apr 13th</u>	Location: Lower Level
10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
11:30 AM	<u>Lunch with Chef Ron</u>	Location: Main Hall
12:00 PM	<u>Needlework / Bring your own Project</u>	Location: Main Hall

**Thursday, March 31 Same as Thursday, March 24th**