

AGE OF MASTERY CALENDER ~ FEBRUARY 2011

TOWN OF MIDDLETON MA COUNCIL ON AGING

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**For some repeating activities detailed descriptions are written during the 1st full week.
Please review these for subsequent listings of same events.**

Tuesday, February 1

9:00 AM	<u>Liquid Muscle New Aquatic Exercise Program ~ Atlantis Sports Club & Spa</u> 1st 2 classes free, then just \$9 per class, which can be applied toward membership. Call us to register	Location: Crowne Royal Hotel (Formerly Sheraton) Atlantis Spa
11:00 AM	<u>Watercolor Art Classes</u> \$35 pd in advance 6 wk sessions: beginners to advanced	Location: Main Hall
1:30 PM	<u>General Fitness Weights & Resistance > Lower Hall</u> Certified Instructor \$5.00/class	Location: Lower Level
1:30 PM	<u>Radio Show ~ Station 88.3 FM</u> Fun, Informative, Entertaining! Call for schedule	Location: Offsite

Wednesday, February 2

9:00 AM	<u>AARP FREE Income Tax Service Wkly Feb 2nd>Apr 13th</u> 50 minute appts on the hour Bring 2009 return, 2010 info for filing	Location: Lower Level
10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
10:00 AM	<u>Podiatrist Appts Dr. McCullough</u> \$25 Book a 15 minute appt	Location: Lower Level
11:30 AM	<u>Lunch with Chef Ron</u> \$3 "Homemade" Meatloaf w/ all the extras!! Reserve ahead, transportation available	Location: Main Hall
12:00 PM	<u>Needlework / Bring your own Project</u> Whatever level you are, come join in!!	Location: Main Hall

Thursday, February 3

9:30 AM	<u>Gen'l Fitness ~ Weights & Resistance > Congregational Church</u> Certified Instructor \$5.00/class	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, February 4

7:55 AM	<u>Pike's Hikes > Meet at Angelica's Rear Lot</u> Free and meet at 7:55		Location: Offsite
9:15 AM	<u>Laughter Yoga Senior Center/ Dot McKeen</u>	\$3.50	Location: Lower Level
9:30 AM	<u>In-Town Errands</u> Call to reserve		Location: Offsite
9:30 AM	<u>Men's Breakfast > Offsite</u> 1 st & 3 rd Wks Call to reserve. Lunch cost on your own.	\$2	Location: Offsite
10:15 AM	<u>Well-Being Clinic > Ferncroft Towers</u>	Free!	Location: Danvers
1:00 PM	<u>Food Bank</u> Proof of Middleton Residency		Location: Lower Level

Saturday, February 5

8:30 AM	<u>Liquid Muscle Aquatic Exercise Program > Atlantis Sports Club & Spa</u> 1st 2 classes free, then just \$9 per class, which can be applied toward membership. Call us to register		Location: Crowne Plaza Atlantis Spa
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Sunday, February 6

11:00 AM	LIVE THEATRE.....LES MISERABLES <u>by Neverland Theatre</u> \$16 w/ Transp <u>@ Temple B'nai Abraham Theater</u> Premier Reserve Seating BRUNCH AT THE BLACK COW/Hamilton Lunch cost on your own		Leave from Angelcia's Parking Lot Location: Beverly >>> Brunch The Black Co
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Monday, February 7

9:00 AM	<u>Well-Being Clinic @ Oak Knoll</u>	Free!	Location: Community Room
9:30 AM	<u>YOGA with Dot McKeen</u> <u>Certified Yoga Instructor</u>	\$3.50	Location: Congregational Church
10:00 AM	<u>S.H.I.N.E. (Serving Health Insurance Needs of Elders)</u> RETURNS IN MARCH, other options for February		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 > Orchard Circle</u>	Free!	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

Tuesday, February 8

9:00 AM	<u>Liquid Muscle Aquatic Exercise Program > Atlantis Sports Club & Spa</u>		Location: Crowne Plaza Atlantis Spa
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1st 2 classes free, then just \$9 per class, which can be applied toward membership. Call **us** to register

11:00 AM	<u>Watercolor Art Classes</u>	Location: Main Hall
12:00 PM	<u>Lunch Bunch > Ride and Dine</u> \$2 Transp Lunch cost on your own. Reserve early. Destinations vary	Location: Offsite>>Restaurants TBD
1:30 PM	<u>General Fitness Weights & Resistance > Lower Hall</u> Certified Instructor \$5.00/class	Location: Lower Level
1:30 PM	<u>Radio Show ~ Station 88.3 FM</u>	Location: Offsite

Wednesday, February 9

9:00 AM	<u>AARP Free Income Tax Service Wkly Feb 2nd>Apr 13th</u>	Location: Lower Level
10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
10:45 AM	<u>Free Lecture Stroke Prevention & Education</u> Thom Kelly, MSN, RN, Stroke/PCI Programs Coord. Courtesy of Beverly Hospital Speaker Series	Location: Main Hall
11:30 AM	<u>Lunch with Chef Ron</u> \$3 Baked Spaghetti and many extras	Location: Main Hall
12:00 PM	<u>Needlework / Bring your own Project</u>	Location: Main Hall

Thursday, February 10

9:00 AM	<u>Well-Being Clinic > Oak Knoll</u>	Location: Offsite
9:30 AM	<u>Gen'l Fitness ~ Weights & Resistance > Congregational Church</u>	Location: Offsite
9:30 AM	<u>Legal Clinic Appointments>Atty Arthur Skarmeas</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, February 11

7:55 AM	<u>Pike's Hikes > 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
10:00 AM	<u>Middleton Jail Tour and Lunch Onsite</u> This is a reschedule: there may be a few openings	Location: Offsite>>Van from Angelica's
1:00 PM	<u>Food Bank</u>	Location: Lower Level

Saturday, February 12

8:30 AM	<u>Liquid Muscle Aquatic Exercise Program > Atlantis Sports Club & Spa</u>	Location: Offsite
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Monday, February 14

9:30 AM	<u>YOGA Offsite > Dot McKeen Certified Yoga Instructor</u>	Location: Congregational Church
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10:00 AM	<u>S.H.I.N.E. (Serving Health Insurance Needs of Elders) Returns in March</u>	Location: Main Hall
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10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
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10:30 AM	<u>Well-Being Clinic Onsite</u>	Location: Lower Level
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11:00 AM	<u>Pianist Marie Magliozzi</u>	Location: Main Hall
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11:30 AM	Valentine's Day Party \$3 ➤ Lunch at Senior Center/Reserve Ahead ➤ Middleton Garden Club Sponsoring as well	Location: Main Hall
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12:00 PM	<u>Bingo w/ Prizes</u>	Location: Main Hall
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Tuesday, February 15

9:00 AM	<u>Liquid Muscle New Aquatic Exercise Program ~ Atlantis Sports Club & Spa</u>	Location: Crown Royal Hotel (Formerly She
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11:00 AM	<u>Watercolor Art Classes</u>	Location: Main Hall
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1:30 PM	<u>General Fitness Weights & Resistance > Lower Hall</u>	Location: Lower Level
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1:30 PM	<u>Radio Show ~ Station 88.3 FM</u>	Location: Offsite
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Wednesday, February 16

9:00 AM	<u>AARP Free Income Tax Service Wkly Feb 2nd>Apr 13th</u>	Location: Lower Level
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10:00 AM	<u>Coffee Cafe</u>	Location: Main Hall
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11:30 AM	<u>Lunch with Chef Ron</u> \$3 Delicious real turkey pie	Location: Main Hall
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12:00 PM	<u>Needlework / Bring your own Project</u>	Location: Main Hall
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Thursday, February 17

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

Friday, February 18

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

Saturday, February 19

8:30 PM Liquid Muscle Aquatic Exercise Program > Atlantis Sports Club & Spa Location: Offsite

Monday, February 21

All Day **PRESIDENT'S DAY > Senior Center Closed** Location:
9:30 AM YOGA Offsite > Dot McKeen Certified Yoga Instructor Location: Congregational Church

Tuesday, February 22

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

Wednesday, February 23

9:00 AM AARP Free Income Tax Service Wkly Location: Lower Level
10:00 AM Coffee Cafe Location: Main Hall
11:30 AM Lunch with Chef Ron \$3 Location: Main Hall
Cheesburgers and baked beans...all fresh made
12:00 PM Needlework / Bring your own Project Location: Main Hall
6:30 PM Speaker > Your Rights With Nursing Homes Free Location: Senior Center
George Demerritt NSES Ombudsman
Great and informative program w/ coffee and dessert! Main Hall

Thursday, February 24

9:30 AM	<u>Gen'l Fitness ~ Weights & Resistance > 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> SPECIAL TRAVELLING CHEF	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, February 25

7:55 AM	<u>Pike's Hikes > 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

Saturday, February 26

8:30 PM	<u>Liquid Muscle Aquatic Exercise Program > Atlantis Sports Club & Spa</u>	Location: Offsite
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Monday, February 28

9:30 AM	<u>YOGA Offsite > 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

MARCH HIGHLIGHTS

Monday, March 7th Celebration Dedication 6:00 – 8:00pm Coffee and Dessert Buffet
Friends of the Middleton COA are dedicating “Patti’s Place” and donating a Wii system to us, to go along with the Wonderful new HD TV recently donated by Danversbank.
Reservations required so please book early as space is limited!!

Wednesday, March 9th Label Lingo: Understanding the Language of Food Labels 10:45am