

## On-Going Classes—Programs—Groups

We have many on-going classes, clubs and groups that are available each month.

Please review the March/April calendars to view the dates and times:

<u>Class/Club/Group</u>	<u>Instructor</u>	<u>Date(s)</u>	<u>Suggested Donation</u>
Advanced Tai Chi	Jeanne Friswell	Tuesday & Thursday	\$3.00 per class
Beginner Tai Chi (closed)	Faith Kennedy	Thursday (Class is full)	\$3.00 per class
Intermediate Tai Chi	Faith Kennedy	Thursday	\$3.00 per class
Advanced Tai Chi	Faith Kennedy	Thursday	\$3.00 per class
Chair Yoga	Faith Kennedy	Thursday	\$3.00 per class
Fitness	Delaney Taylor	Monday & Wednesday	\$3.00 per class
Yoga	Michele Landes	Tuesday (Pilgrim church)	\$3.00 per class
Knitting/Crocheting	Helen Varney	Tuesday (two times a month)	No Charge
Mah Jongg	Donna Lubofsky	Thursday	No Charge
Book Club	Pat Ellis	Wednesday (once a month)	No Charge
Dull Men's Club	Bill Harrington	Friday	No Charge
Exciting Women's Circle	A. Alvarez, H. McManus	Tuesday (once a month)	No Charge
Card Games/Pool		Daily (Primarily in the morning)	No Charge
Pitch		Tuesday and Thursday	No Charge
Bridge		Tuesday	No Charge
Canasta		Friday	No Charge
Walking Group (Starting April 4th)		Thursday	No Charge
Bocce (Starting April 5th)		Friday	No Charge

### Senior Center Programs

Senior Center programs are often subsidized or funded through the town budget and/or the Friends of the Council on Aging. Suggested donations are voluntary contributions to the Friends of the Council on Aging. All donations made to the Friends are always used to support the Senior Center.

The sales from Alice's Gift Shop, our two fundraisers (Falconi Golf Tournament and the Annual Autumn Fair) along with your dues payment help keep our program costs as low as possible.

~~Thank you~~

### Handy Man Program

Our Handy Man Program has been very successful over past years. Please feel free to call if you have any small house repairs. Call (508) 229-4453 and ask for Pam LeFrancois to let her know what needs to be done.

Please take a look at our flyer rack in the kitchen from time to time for some impromptu programs, community announcements or local volunteer opportunities.

### FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING 2019 ANNUAL MEMBERSHIP

The Friends of the COA is a non-profit fundraising group that supports our Senior Center. They help to pay for many of the events held at the Senior Center and help purchase supplies and furnishings. This is a very small group of people who work very hard to make the Falconi Golf Tournament and Autumn Fair a success. If you are interested in helping out with these or other fundraising events, please contact the President of the Friends, Bob Myers at the Senior Center. To become a "Friend of the Southborough COA" member, please complete the form below. Priority for certain special limited seating events may be given to Southborough residents regardless of "Friends" membership status.

Membership is \$15.00 per year.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Friends 2019 Membership Donation \_\_\_\_\_

Date \_\_\_\_\_