

## On-Going Classes—Programs—Groups

We have many on-going classes, clubs and groups that are available each month.  
Please check the May/June calendars to view the dates and times:

| <u>Class/Club/Group</u>   | <u>Instructor</u>      | <u>Day(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          |
| Balance Class (closed)    | Pennant Fitness        | Tuesday & Thursday               | #3.00 per class           |
| Ukulele                   | Daniel Metraux         | Friday                           | pay for 8 Week sessions   |
| 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             |                        | Thursday                         | No Charge                 |
| Bocce                     |                        | Friday                           | No Charge                 |

*Classes with paid Instructors (Tai Chi, Fitness, Yoga, & Ukulele will be taking the summer off—Enjoy your Summers)*

### 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.

### 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.

### Woodward School Memorial Day Concert

(Held at Woodward School in Southborough)  
Thursday, May 23rd at 1:30pm  
(Please let Peg know if you would like to attend)

### 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 \_\_\_\_\_