

**Registration Requests**  
**November/December 2018 Programs**

**NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **D.O.B:** \_\_\_\_\_

**SPECIAL HAPPENINGS:**

- Reality of Retirement-MIT Agelab, 11/1
- Protecting Assests from Cost of Long-term Care, 11/5
- 21<sup>st</sup> Century Learning in Action! What is a Hero?, 11/9
- Pre-Thanksgiving Arts, Crafts and Movement, 11/16
- Annual Thanksgiving Dinner, 11/17
- Welcome Breakfast, 11/19
- Non-financial Guide to Finding Meaning, Identity and Purpose in Retirement, 11/19
- Mocktails by Maplewood, 11/20
- COA Musical Lunches with Ken Batts, \$4 each
  - o 11/7
  - o 11/21
  - o 12/5
  - o 12/19
- COA Musical Lunches with Dory Lefebvre, \$4 each
  - o 11/4
  - o 12/4
- COA Musical Lunches with Jacquie Van Haelst, \$4 each
  - o 11/5
  - o 11/26
  - o 12/3
  - o 12/17
- Wear your Red, White and Blue for Veterans Lunch 11/9, \$4
- Wear Your Favorite Holiday Attire Lunch, 12/21, \$4
- Frank King Musical Lecture on Jo Stafford, 11/27
- The End to Alzheimer's, 11/28
- TRIAD, 11/29
- Making Decisions When it Matters Most-5 Wishes, 11/30
- Lumbar and Spinal Stenosis, 12/3

- Festival of Trees, 12/3, \$5
- Classical Piano Concert Dianne Impallaria, 12/4
- Recipe Swap, 12/6
- Happy Holidays Party, 12/7
- Roadmap to Aging Well, 12/10
- Gab with Gayle, 12/11
- Hardy Elementary Sings Holiday Songs, 12/12
- Opera Talk with Helen Sagan – La Traviata, 12/13
- Get to Know Your Community Leaders, David Cohen, 11/16
- Sounds of the Season: A Holiday Show, 12/18
- Greenland: Journey Into the Land of Ice, 12/20
- The Goldenaires Holiday Program 12/21
- Pizza Party and Elf, 12/26, \$2
- Excerpts from the Nutcracker, 12/27
- Mindfulness
  - o 11/19
  - o 12/17
- Chair Massage, \$10 each
  - o 11/13
  - o 11/27
  - o 12/18
- Newsletter Preview Party, 1/2
- Home Energy Cost Savings
  - o 11/14
  - o 12/19

**DAY TRIPS:**

- Foxwoods, 11/14, \$28
- Old Deerfield Holiday Tour, 12/10, \$85
- Jackson Homestead, 12/20, \$10



**FITNESS CLASSES:**

- Fit For Life, 11/19-12/17, \$25
- Yoga (mixed levels)
  - Tuesdays 9:30, 11/13-12/18, \$66
  - Tuesdays 11:15, 11/13-12/18, \$66
- Traditional Tai Chi, 11/19-12/17, \$25
- Zumba Gold, 11/19-12/17, \$25
- Free Trial Yoga Dance, 12/3 and 12/10
- Tai Chi for Better Balance, 11/14-12/19, \$25
- Water Aerobics, 11/7-12/19, \$60
- Qi Gong, 11/9-12/21, \$30
- Gentle Yoga, 11/8-12/20, \$30
- Chair Yoga, 11/8-12/20, \$30
- Seated Strength and Balance, 11/8-12/20, \$24
- Art of Social Dancing, 11/14-12/19, \$20
- Pilates
  - Mondays 1:30pm, 11/19-12/17, \$25
  - Mondays 2:45pm, 11/19-12/17, \$25
- Cardio Sculpt, 11/14-12/19, \$15

**FINE ART CLASSES AND ACTIVITIES:**

- Clay Pot Fall Centerpieces, 11/9
- Exploring Watercolor Techniques, 11/19-12/17, \$100
- Acrylic Painting, 11/28-12/19, \$48
- Chinese Brush Painting, 11/8-12/13, \$100
- Intro to Self Portrait 11/13-12/11, \$60
- Acrylic Painting Workshop, 12/14, \$25

**DINING OUTINGS:**

- Breakfast – Captain Mardens, 11/7
- Breakfast – Captain Mardens, 12/5
- Lunch – Eli’s, 11/28
- Lunch – Jin’s, 12/19

**EDUCATIONAL CLASSES/CLUBS/GROUPS:**

- Technology Club
  - 11/7
  - 12/5
- Intermediate German, 11/13-12/18
- Buddhism, 11/29-12/20
- Current Issues Discussion Group, 11/8-12/13
- Conversational French Group, 11/5 & 12/3
- Personal Investment Forum
  - Topics of Interest, 11/15
  - Top 10 Estate Planning Opportunities, 12/20
- Shakespeare Discussion Group, 11/20
- Learn MyActiveCenter, 12/12
- LOW VISION SUPPORT GROUP**
  - 11/2
  - 12/7
- Parkinson’s Support Group
  - 11/1
  - 12/6
- Memory Lane Café
  - 11/26
  - 12/17

This registration checklist was developed by COA staff to help simplify your registration process. This checklist is OPTIONAL but encouraged (particularly for individuals registering for multiple programs). Please note: you must have confirmation from a COA staff member for each activity; turning in a completed checklist does not confirm your registration(s). Thank you! Friendly reminder: Please call the COA Transportation Coordinators at 781-235-3046 to request rides to and from COA activities.

