

Registration Requests

September/October 2018 Programs

NAME: _____ PHONE: _____ ADDRESS: _____ D.O.B: _____

<p>SPECIAL HAPPENINGS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Calling All Green Thumbs, 9/6 <input type="checkbox"/> Sewing Bee, 9/7 <input type="checkbox"/> Lunch and Learn Emergency Preparedness, 9/7 <input type="checkbox"/> Welcome Back Social, 9/13, \$4 <input type="checkbox"/> Skin Growths of Mature Skin, 9/14 <input type="checkbox"/> Mocktails by Maplewood, 9/18 <input type="checkbox"/> What to Eat to Feed Your Memory, 9/20 <input type="checkbox"/> Red Sox Talk with Dick Flavin, 9/28 <input type="checkbox"/> American Healthcare System Bankruptcy, 10/5 <input type="checkbox"/> COA Musical Lunches with Ken Batts, \$4 each <ul style="list-style-type: none"> <input type="checkbox"/> 9/12 <input type="checkbox"/> 9/17 <input type="checkbox"/> 10/10 <input type="checkbox"/> 10/29 <input type="checkbox"/> COA Musical Lunches with Dory Lefebvre, \$4 each <ul style="list-style-type: none"> <input type="checkbox"/> 10/3 <input type="checkbox"/> 10/22 <input type="checkbox"/> Happy Birthday TPC, 10/1 <input type="checkbox"/> Opera Talk with Helen Sagan – Aida, 10/4 <input type="checkbox"/> Metrowest Legal Services, 10/9 <input type="checkbox"/> The End to Alzheimer’s, 10/10 <input type="checkbox"/> Fire Safety Breakfast, 10/12 <input type="checkbox"/> Saving Seniors’ Smiles, 10/15 <input type="checkbox"/> Dine with the Director, 10/15, \$4 <input type="checkbox"/> COA Golf Tournament, 10/17 <input type="checkbox"/> Magical Lunch with Magician Michael G. 10/17, \$4 <input type="checkbox"/> Classical Piano Concert, 10/18 <input type="checkbox"/> Frank King’s Musical Lecture Nat King Cole, 10/23 <input type="checkbox"/> Recipe Swap, 10/22 <input type="checkbox"/> MyActiveCenter Info Session, 10/22 <input type="checkbox"/> Age Healthy, Wealthy and Wise, 10/23 <input type="checkbox"/> Fragrant Flower Lecture, 10/26 <input type="checkbox"/> Halloween Luncheon Party, 10/31 \$4 <input type="checkbox"/> Home Energy Cost Savings, 9/27 or 10/22 <input type="checkbox"/> Get to Know Your Community Leaders <ul style="list-style-type: none"> <input type="checkbox"/> Sheryl Strother, Finance Dept. 9/21 <input type="checkbox"/> Brian Dupont, IT Director, 10/19 <input type="checkbox"/> Chair Massage, \$10.00 each <ul style="list-style-type: none"> <input type="checkbox"/> 9/25 <input type="checkbox"/> 10/16 <input type="checkbox"/> 10/30 <input type="checkbox"/> Newsletter Preview Party, 10/30 <input type="checkbox"/> Series on Mindfulness, 9/17 and 10/16 <input type="checkbox"/> Reality of Retirement – MIT Age Lab, 11/1 <p>DAY TRIPS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Turkey Train Tour, 10/29, \$85 <input type="checkbox"/> Foxwoods, 11/14, \$28 <input type="checkbox"/> JFK National Historic Site (select one) <ul style="list-style-type: none"> <input type="checkbox"/> 9/27 <input type="checkbox"/> 10/25 	<p>FITNESS CLASSES:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fit For Life, 9/17-10/29, \$30 <input type="checkbox"/> Yoga (mixed levels), <ul style="list-style-type: none"> <input type="checkbox"/> Tuesdays 9:30, 9/11-10/30, \$88 <input type="checkbox"/> Tuesdays 11:15, 9/11-10/30, \$88 <input type="checkbox"/> Traditional Tai Chi, 9/17-10/29, \$30 <input type="checkbox"/> Zumba Gold, 9/17-10/29, \$30 <input type="checkbox"/> Free Trial Seated Zumba Gold, 9/25 <input type="checkbox"/> Tai Chi for Better Balance, 9/5-10/31, \$40 <input type="checkbox"/> Water Aerobics, 9/26-10/31, \$60 <input type="checkbox"/> Qi Gong, 9/14-10/26, \$35 <input type="checkbox"/> Chair Yoga, 9/13-10/25, \$35 <input type="checkbox"/> Free Trial Gentle Yoga Class, 9/13 <input type="checkbox"/> Gentle Yoga, 9/20-10/25, \$30 <input type="checkbox"/> Seated Strength and Balance, 9/6-10/25, \$32 <input type="checkbox"/> Art of Social Dancing, 9/26-10/24, \$25 <input type="checkbox"/> Pilates, 9/17-10/15, \$20 <input type="checkbox"/> Cardio Sculpt, 9/26-10/31, \$18 <p>FINE ART CLASSES AND ACTIVITIES:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Decorative Keepsake Box, 9/14 <input type="checkbox"/> Exploring Watercolor Techniques, 9/17-10/29, \$120 <input type="checkbox"/> Acrylic Painting, 9/26-10/31, \$72 <input type="checkbox"/> Chinese Brush Painting, 9/27-10/25, \$100 <input type="checkbox"/> Intro to Self Portrait, 9/17 (meet Alfred De Angelo) <input type="checkbox"/> Intro to Self Portrait Session, 9/24-10/29, \$60 <input type="checkbox"/> Acrylic Painting Workshop, 10/26, \$25 <p>DINING OUTINGS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Breakfast – Captain Mardens, 9/12 <input type="checkbox"/> Breakfast – Captain Mardens, 10/3 <input type="checkbox"/> Lunch – The Wok, 9/26 <input type="checkbox"/> Lunch – O’Haras, 10/24 <p>EDUCATIONAL CLASSES/CLUBS/GROUPS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Play Reading Group 10/22, 10/29, \$10 <input type="checkbox"/> Intermediate German, 9/18-10/30 <input type="checkbox"/> Learn to Knit, 9/18-12/4, \$10 <input type="checkbox"/> Learn to Knit II, 9/18-12/4 <input type="checkbox"/> World War II, 9/5-12/19 <input type="checkbox"/> Mah Jong Lessons, Thursdays 10/4-10/25 <input type="checkbox"/> Hinduism, 9/13-10/11 <input type="checkbox"/> Designing your Retirement, 10/5 and 10/12 <input type="checkbox"/> Shakespeare Discussion Group, 9/24 and 10/15 <input type="checkbox"/> Personal Investment Forum <ul style="list-style-type: none"> <input type="checkbox"/> Peer Discussion, 10/11 <input type="checkbox"/> Topics of Interest, 11/15 <input type="checkbox"/> Memory Lane Café, 9/24 and 10/22 <input type="checkbox"/> LOW VISION SUPPORT GROUP, 9/7 and 10/5 <input type="checkbox"/> Parkinson’s Support Group, 10/4 <p>INTERGENERATIONAL PROGRAMS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> One Wellesley Interviews <ul style="list-style-type: none"> <input type="checkbox"/> 9/19 <input type="checkbox"/> 10/17
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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. Reservations should be placed at least 3 days in advance.