



**Registration Requests**  
**March/April 2019 Programs**

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

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

**SPECIAL HAPPENINGS:**

- Garden Travel Safety Presentation, 3/1
- Theodore Roosevelt, 3/8
- Downsizing Presentation, 3/8
- Welcome Breakfast, 3/11
- Housing Options Tour Waterstone at the Circle, 3/14
- St. Patrick's Day Celebration, 3/15, \$5
- Wellesley College Slam Team, 3/18
- Iran - Persian Glory and Islamic Revolution, 3/18
- Corrupt Politicians in American History, 3/19
- Mocktails by Maplewood, 3/19
- Hearing Aid Check, 3/20
- Reverse Mortgage, 3/20
- Classical Piano Concert, 3/26
- Discover Your Purpose, 3/28
- Meet and Greet Norfolk's New Sheriff, 4/8
- Recipe Swap, 4/23
- The Science of Hope: A World Without Alzheimer's, 4/25
- Dine with the Director, 4/29
- Get to Know Community Leaders David Cohen, 4/29
- Musical Lecture on Doris Day, 4/30
- Mindfulness
  - o 3/11
  - o 4/1
- Chair Massage, \$10.00 each
  - o 3/18
  - o 4/1- NEW Participants Only
  - o 4/29
- Newsletter Preview Party, 4/30
- Home Energy Cost Savings, 4/2
- Learn MyActiveCenter, 4/24
- Gaming the Brain Tuesdays, 3/5-4/30
- A Mystifying Evening with Christopher Grace, 5/17, \$10

**FITNESS CLASSES:**

- Fit For Life, 3/11-4/29, \$35
- Level I Mixed Yoga, Tuesdays at 11:15, 3/12-4/30, \$88
- Level II Mixed Yoga, Tuesdays at 9:30, 3/12-4/30, \$88
- Traditional Tai Chi, 3/11-4/29, \$35
- Zumba Gold, 3/11-4/22, \$30
- Yoga Dance, 3/11, 3/25, 4/22, Free
- Tai Chi for Better Balance, 3/20-4/24, \$30
- Water Aerobics, 3/13-4/17, \$60
- Qi Gong, 3/8-4/26, \$35
- Chair Yoga, 3/14-4/4, \$20
- Gentle Yoga, 3/14-4/4, \$20
- Seated Strength &Balance, 3/7-4/25, \$32
- Pilates
  - o Mondays, 1:30, 3/11-4/22, \$30
  - o Mondays, 2:45, 3/11-4/22, \$30
- Yoga and Nutrition Workshop 4/23, \$25
- Cardio Sculpt, 3/13-4/24, \$21
- No Partner Needed Ballroom Line Dancing, 3/13-4/24, \$35

**FINE ART CLASSES AND ACTIVITIES:**

- Tea Towel & Glass Sun Catcher Craft 3/12, \$5
- Acrylic Painting, 3/20-4/17, \$60
- Exploring Watercolor Techniques, 3/11-4/22, \$120
- Chinese Brush Painting, 3/7-4/4, \$100
- Acrylic Painting Workshop, 4/12, \$25

**CHECKLIST CONTINUED ON REVERSE SIDE**



**EDUCATIONAL CLASSES/CLUBS/GROUPS:**

- Sign and Speak Workshops, \$10 each
  - March 4
  - April 8
- Technology Club
  - 3/6
  - 4/3
- Intermediate German, Tuesdays 3/12-4/30
- Christianity, Thursdays, 3/14, 3/21, 3/28 & 4/4
- Conversational French Group, 3/4, 3/25 & 4/22
- Learn to Play Ukulele Thursdays 3/14-4/25, \$35
- Once Upon a Time, 3/13 & 4/10
- Shakespeare Discussion Group, 3/13 & 4/17
- Personal Investment Forum
  - Build Your Real Estate Dynasty, 3/28
  - Peer Discussion, 4/25
- End of a Challenging Decade (Schechter), 3/22-4/26 \$40
- LOW VISION SUPPORT GROUP
  - 3/1
  - 4/5
- Parkinson's Support Group
  - 3/7
  - 4/4
- Memory Lane Café
  - 3/25
  - 4/22

**DINING OUTINGS:**

- Breakfast – Captain Mardens, 3/13
- Breakfast – Captain Mardens, 4/3
- Lunch – The Villa, 3/27
- Lunch – Mexicali Grill, 4/24

**DAY TRIPS:**

- Lunch and Movie, 3/28, \$30
- Spellman Museum and Lunch at Regis Café, \$16 (cash paid that day)
- Currier Museum of Arts and Lunch at Fratello's, 5/6, \$85
- Lighthouses and Lobster Bake York, ME, 6/18, \$85

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.