

DIGHTON COUNCIL ON AGING

SEPTEMBER 2022 CALENDAR EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
|  | | | 1) Walking Club @ Town Hall 9:00 am Coffee w/ a Cop and Oakie @ Lincoln Village 1:00 pm Cribbage Card Games @ Lincoln Village  | 2) Walking Club @ Town Hall 9:00 am Tai Chi @ COA |
| 5)  | 6) Walking Club @ Town Hall  1:00 pm Art Class COA/Prime Time | 7) Walking Club @ Town Hall 9:00 am Chair Yoga Class @ Lincoln Village | 8) Walking Club @ Town Hall  | 9) Walking Club @ Town Hall 9:00 am Tai Chi COA/Prime Time 9:30am Meet and Greet Breakfast with the COA @ COA |
| 12) Walking Club @ Town Hall 9:00 am Exercise Class @ COA | 13) Walking Club @ Town Hall  1:00 pm Art Class COA/Prime Time | 14) Walking Club @ Town Hall TBD Chair Yoga Class @ Lincoln Village | 15) Walking Club @ Town Hall 1:00 pm Cribbage Card Games @ Lincoln Village  | 16) Walking Club @ Town Hall 9:00 am Tai Chi @ COA 1:00 pm Apple Day with the COA @ COA |
| 19) Walking Club @ Town Hall 9:00 am Exercise Class @ COA | 20) Walking Club @ Town Hall  1:00 pm Art Class COA/Prime Time | 21) Walking Club @ Town Hall TBD Chair Yoga Class @ Lincoln Village | 22) Walking Club @ Town Hall 1:00 pm Support Group @ Lincoln Village First Day of Autumn!  | 23) Walking Club @ Town Hall 9:00 am Tai Chi @ COA |
| 26) Walking Club @ Town Hall 9:00 am Exercise Class @ COA | 27) Walking Club @ Town Hall  1:00 pm Art Class COA/Prime Time | 28) Walking Club @ Town Hall TBD Chair Yoga Class @ Lincoln Village | 29) Walking Club @ Town Hall 1:00 pm Cribbage Card Games @ Lincoln Village  | 30) Walking Club @ Town Hall  |

Please call 508-823-0095 to RSVP to any event you plan to attend.

Thank you!