



# BILLERICA COUNCIL ON AGING (COA)

25 Concord Road, Billerica, MA 01821

*Dedicated to Serving Billerica's Finest, Our Senior Citizens*

**978-671-0916**



## Monthly Activities

- Podiatry Appointments (\$25) — 2nd Tuesday
- Free Blood Pressure Checks — Tuesday & Thursday
- Free Book Club — Last Tuesday
- Free Card Making — 3rd Wednesday
- Rep. Marc Lombardo Office Hours — 3rd Wednesday
- Free Caregiver Support Group — 1st & 3rd Wednesday
- Free Genealogy — Last Tuesday
- Free Grief & Healing Support — 2nd & 4th Wednesday
- Free Hearing Appointments — Once a Month
- Free Meditation — 3rd Monday
- Free Men's Group — 1st Thursday
- Free Reiki Clinic — 2nd & 4th Thursday
- Free History Lecture — Last Thursday
- Free SHINE Appointments — Once or Twice a Month
- Trips — A Fun Featured Excursion Each Month

## Follow us on Social Media:

**Facebook** — Billerica Council on Aging

**Twitter** — @billericacoa

**Town of Billerica Website** —  
town.billerica.ma.us

**Nextdoor.com**

## Hours of Operation

- Senior Center Hours:** 8:30 — 4:00 Monday through Friday, 9:00 — 1:00 Saturday
- Fitness Center Hours:** 8:30 — 2:30 Mon. - Thurs., 8:30 — 12:00 on Fri., 9:00 — 12:00 on Sat.
- Computer Room Hours:** 9:00 — 3:00 Monday through Friday, 9:00 — 1:00 on Saturday  
(Unless classes are scheduled)
- Computer Extra Help:** By appointment. — Contact Front Desk for an appointment  
1:00 — 1:45 on Thursday
- Billiard Tables Hours:** 8:30 — 4:00 Monday through Friday, 9:00 — 1:00 on Saturday
- Gift Shop** 9:00 — 3:00 Monday through Friday, 9:00 — 12:30 on Saturday

**See Reverse Side for Weekly Activities**

# Do You Know What Activities are Available at the Senior Center?

## Weekly Activities

### Monday

- 8:00 **Golf League** — Swanson Meadows (Seasonal)
- 8:45 **Walking Wonders** — Walking Club
- 9:00 **Exercise Class** — Low-impact aerobics
- 10:00 **Free Open Art Studio**
- 10:00 **Free Cooperative Art Class**
- 10:00 **Free Scrabble**
- 10:15 **Free Chair Aerobics** — Easy, fun, good for you
- 1:00 **Free Social Time** — Coffee, snacks & conversation

### Tuesday

- 8:45 **Walking Wonders** — Walking Club
- 9:00 **Free Knit / Crochet Group** — Items to be donated
- 9:00 **Tap Dancing** — For experienced students
- 9:30 **Bowling** — At Collins Bowladrome
- 9:30 **Free Blood Pressure Checks**
- 10:15 **Free Tai Chi** — Chinese meditation in motion
- 11:45 **Free Cardio Boost & Conditioning**
- 1:00 **Free Party Bridge** — All skill levels welcome
- 1:00 **Free Dominoes**
- 1:00 **Line Dancing**
- 2:00 **Free Billiards Lessons for Women**

### Gift Shop Open

- 9:00 — 3:00 on Monday through Friday
- 9:00 — 12:30 on Saturday

### Wednesday

- 8:45 **Walking Wonders** — Walking Club
- 9:00 **Exercise Class** — Low-impact aerobics
- 9:00 **Ceramics Class** — Make decorations & gifts
- 10:15 **Yoga** — Relaxing exercises
- 12:00 **Free Cribbage** — A great group of players

### Thursday

- 8:45 **Walking Wonders** — Walking Club
- 9:00 **Free Rummikub**
- 9:30 **Bowling** — At Collins Bowladrome
- 9:30 **Free Tai Chi on Lawn** (Seasonal)
- 10:30 **Free Blood Pressure Checks**
- 10:00 **Horseshoes** (Seasonal)
- 10:30 **Choral Group**
- 12:30 **Bingo** — Everybody's favorite game
- 1:00 **Computer Extra Help** — By appointment

### Friday

- 8:30 **Breakfast from Melissa's Kitchen**
- 8:45 **Walking Wonders** — Walking Club
- 9:00 **Senior Music Makers**
- 10:00 **Free Quilting Group**
- 11:45 **Free Zumba**
- 12:30 **Free Mah Jongg**
- 1:00 **Line Dancing**
- 2:00 **Free Billiards Lessons for Women**
- 7:30 p.m. **Chess Club**

### Saturday

Senior Center is open from 9:00 am — 1:00 pm  
Fitness Center, Computer Lab, Card Games,  
Table Games & Billiard Tables are available.

**Activities are only part of what we do at the senior center.  
We also provide Outreach, Transportation, Meals on Wheels  
and Respite Companion services.**

**See Reverse Side for Monthly Activities and Hours**