

BCOA September 2020 Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| <p>31 Walking club 9:00 Fitness Room 9-12 (by apt. only) Exercise 9:15 (ex rm) Pool Playing 10-1 (by apt. only) Circuit Class 1:00 (ex rm) Social Time 1:15 (art rm)</p> | <p>1 Walking Club 9:00 Tap 9:00 (ex rm) Tai Chi 9:15 (lawn) Knitting 9:30 (lg conf/art rm) Pool Playing 10-1 (by apt. only) Cardio Boost 11:45-12:30 Line Dance 1:00 (ex rm)</p> | <p>7 Walking Club 9:00 Fitness Room 9-12 (by apt. only) Yoga 9:15 (ex rm) Ceramics 10-12 (art rm) Pool Playing 10-1 (by apt. only) S.A.I.L 10:30 (ex rm)</p> | <p>3 Walking Club 9:00 Horseshoes 9:15 Tai Chi 9:15 (lawn) Exercise 9:15 (ex rm) Pool Playing 10-1 (by apt. only) Lahey Produce 12:00 – 1:00</p> | <p>4 Walking Club 9:00 Pool Playing 10-1 (by apt. only) Zumba 10:15 (ex rm) Cardio Boost 1-1:45 (ex rm)</p> |
| <p>7</p> <h2 style="margin: 0;">Labor Day COA Closed</h2> | <p>8 Walking Club 9:00 Tap 9:00 (ex rm) Tai Chi 9:15 (lawn) Knitting 9:30 (lg conf/art rm) Pool Playing 10-1 (by apt. only) Cardio Boost 11:45-12:30 Line Dance 1:00 (ex rm)</p> | <p>9 Walking Club 9:00 Fitness Room 9-12 (by apt. only) Yoga 9:15 (ex rm) Ceramics 10-12 (art rm) Pool Playing 10-1 (by apt. only) S.A.I.L 10:30 (ex rm) Card Making 1:00 (art rm) Virtual Memory Café 1:00</p> | <p>10 Walking Club 9:00 Horseshoes 9:15 Tai Chi 9:15 (lawn) Exercise 9:15 (ex rm) Pool Playing 10-1 (by apt. only) Lahey Produce 12:00 – 1:00</p> | <p>11 Walking Club 9:00 Pool Playing 10-1 (by apt. only) Zumba 10:15 (ex rm) Cardio Boost 1-1:45 (ex rm)</p> |
| <p>14 Walking club 9:00 Fitness Room 9-12 (by apt. only) Exercise 9:15 (ex rm) Pool Playing 10-1 (by apt. only) Chair aerobics 11-12 (ex rm) Circuit class 1:00 (ex rm) Social Time 1:15 (art rm)</p> | <p>15 Walking Club 9:00 Tap 9:00 (ex rm) Tai Chi 9:15 (lawn) Knitting 9:30 (lg conf/art rm) Pool Playing 10-1 (by apt. only) Cardio Boost 11:45-12:30 Line Dance 1:00 (ex rm)</p> | <p>16 Walking Club 9:00 Fitness Room 9-12 (by apt. only) Yoga 9:15 (ex rm) Ceramics 10-12 (art rm) Pool Playing 10-1 (by apt. only) S.A.I.L 10:30 (ex rm) Commodity Food Prog. 12:00 Card Making 1:00 (art rm)</p> | <p>17 Walking Club 9:00 Horseshoes 9:15 Tai Chi 9:15 (lawn) Exercise 9:15 (ex rm) Pool Playing 10-1 (by apt. only) Lahey Produce 12:00 – 1:00</p> | <p>18 Walking Club 9:00 Pool Playing 10-1 (by apt. only) Zumba 10:15 (ex rm) Cardio Boost 1-1:45 (ex rm)</p> |
| <p>21 Walking Club 9:00 Fitness Room 9-12 (by apt. only) Exercise 9:15 (ex rm) Pool Playing 10-1 (by apt. only) Chair aerobics 11-12 (ex rm) Circuit class 1:00 (ex rm) Social Time 1:15 (art rm)</p> | <p>22 Walking Club 9:00 Tap 9:00 (ex rm) Tai Chi 9:15 (lawn) Knitting 9:30 (lg conf/art rm) Pool Playing 10-1 (by apt. only) Cardio Boost 11:45-12:30 Line Dance 1:00 (ex rm)</p> | <p>23 Walking Club 9:00 Fitness Room 9-12 (by apt. only) Yoga 9:15 (ex rm) Ceramics 10-12 (art rm) Pool Playing 10-1 (by apt. only) S.A.I.L 10:30 (ex rm)</p> | <p>24 Walking Club 9:00 Horseshoes 9:15 Tai Chi 9:15 (lawn) Exercise 9:15 (ex rm) Pool Playing 10-1 (by apt. only) Lahey Produce 12:00 – 1:00</p> | <p>25 Walking Club 9:00 Pool Playing 10-1 (by apt. only) Zumba 10:15 (ex rm) Cardio Boost 1-1:45 (ex rm)</p> |

**Fitness Room use and Pool Playing is by appointment only, must sign up at My Active Center
October Classes Will Start on Monday, September 28th, Registration Begins September 21st at 9:00am**