



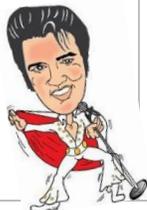
# MARCH 2026



**“SIGN-UP” for Activities/Events**

**HOLBROOK COUNCIL ON AGING**

**781-767-4617**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>2</b> 9:30 Exercise 10:30-ROCK PAINTING 12:30 SOUP MONDAY 1:00 GAME DAY: RUMMY & SCRABBLE	<b>3</b> 9:30 Exercise 10:15-11:30 GENTLE YOGA w/SUSAN 12:00-2:00 AUDIO BOOK CLUB 12:30 BINGO (\$5 FOR TWO CARDS)	<b>4</b> 9:30 Exercise 10:00-11:00 TAI CHI w/LISA 10:00-12:00 AMANDA'S NAILS 12:00 LUCKY'S 777 SENIOR LUNCHEON (Private Pay)	<b>5</b> 9:30 Exercise 11:00-12:00 THE ART OF LIVING JOYFULLY 12:30 SOCIAL 1:00-2:00 REIKI (\$5 Donation)	<b>6</b> 10:30 Fuller Craft Museum Guided Tour & Chataeu Lunch to follow Sign-up required (Private Pay For Lunch only)	<b>7</b>
<b>8</b> 	<b>9</b> 9:30 Exercise 11:00 CONGRESSMAN STEPHEN LYNCH OFFICE HOUR 12:30 SOUP MONDAY 1:00 DIAMOND ART	<b>10</b> 9:30 Exercise 10:15-11:30 GENTLE YOGA w/SUSAN 12:00-2:00 AUDIO BOOK CLUB 12:30 BINGO (\$5 FOR TWO CARDS)	<b>11</b> 9:30 Exercise 10:00-11:00 TAI CHI w/LISA 11:30 DEMOCRACY RENOVATION "On the Ballot" PRESENTATION 12:30 BBQ CHICKEN LUNCH FROM R&S JAMAICAN RESTAURANT \$8.00 3:00 COA BOARD MTG	<b>12</b> 9:30 Exercise 11:00-12:00 QUINCY MEMORIALS COFFEE HOUR/EDUCATION SEMINAR 12:30 SOCIAL 1:00-2:30 BLOOD PRESSURE	<b>13</b> 9:30-12:30 Michaels, TJ Maxx, DSW, Five Below, Ulta Shopping Trip in Stoughton  <b>(NO STANNEY'S BREAKFAST)</b>	<b>14</b> 10:15-11:00 St. Joseph's Food Pantry (Those with transportation)
<b>15</b> 	<b>16</b> 9:30 Exercise 10:00 & 11:15 FOOD PANTRY 10:30 CHAIR VOLLEYBALL 12:00 "SUPERHERO SOUP" MONDAY 1:00-2:30 SENATOR KEENAN OFFICE HOUR	<b>17</b> 9:30 Exercise 10:15-11:30 GENTLE YOGA w/SUSAN 12:00-2:00 AUDIO BOOK CLUB 12:00 St. Patrick's Day Celebration w/ Tim Van Egmond <b>*NO BINGO*</b>	<b>18</b> 9:30 Exercise 10:30 JOIN US FOR A COA VISION CHAT 12:00 Ocean State 12:30 GOLDEN PACIFIC BOXED LUNCH AT THE COA (Private Pay) \$8.00/Person <b>*NO TAI CHI*</b>	<b>19</b> 9:30 Exercise 11:00-12:00 TRIAD 12:30 SOCIAL 1:00-2:00 REIKI (\$5 Donation)  6:00 COOK THE BOOK (Everyone cooks/bakes items from the same cookbook & shares!)	<b>20</b> <b>CLOSED</b>  	<b>21</b> Sweet Caroline Tour Neil Diamond Tribute Norwood Theatre 7:30pm
<b>22</b>	<b>23</b> 9:30 Exercise 10:30 MEET THE CANDIDATES FOR THE UPCOMING TOWN ELECTION  12:30-2:30 SOUP & SANDWICH LUNCH & MOVIE "THE LAST LAUGH"	<b>24</b> 9:30 Exercise 8:30 WALKING CLUB 10:15-11:30 GENTLE YOGA w/SUSAN 12:00-2:00 AUDIO BOOK CLUB 12:30 BINGO (\$5 FOR TWO CARDS)	<b>25</b> 9:30 Exercise 10:00-11:00 TAI CHI w/LISA 10:00-11:00 VETERANS AGENT (BREAKFAST & COFFEE) 1:00 CROCHET W/CHRISSEY	<b>26</b> 9:30 Exercise 10:00-12:00 AT HOME HEARING HEALTHCARE AT COA SIGN-UP REQUIRED 12:30 SOCIAL 1:00-2:30 BLOOD PRESSURE 5:00 MEET THE CANDIDATES FOR THE UPCOMING ELECTION	<b>27</b> 10:00-11:00 COFFEE WITH A COP	<b>28</b>
	<b>30</b> 9:30 Exercise 11:00 DRUMMING CIRCLE 12:30-2:30 "MARCH" BIRTHDAY BASH & CARICATURE ARTIST	<b>31</b> 9:30 Exercise 8:30 WALKING CLUB 10:15-11:30 GENTLE YOGA w/SUSAN 12:00-2:00 AUDIO BOOK CLUB 12:30 BINGO (\$5 FOR TWO CARDS)	<b>APR 1</b> 9:30 Exercise 10:00-11:00 TAI CHI w/LISA 10:00-12:00 AMANDA'S NAILS 12:00 LUCKY'S 777 SENIOR LUNCHEON (Private Pay)	<b>APR 2</b> 9:30 Exercise 11:00-12:00 HOW TO BE HAPPY IN DIFFICULT TIMES 12:30 SOCIAL 1:00-2:00 REIKI (\$5 Donation)	<b>APR 3</b> 9:30 FIRST LIGHT TAUNTON CASINO TRIP	<b>APR 4</b> 