



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 12:30PM Piano 2:00PM Mahjong</p>	<p>28 Meals on Wheels</p> <p>9:30AM Walking Club 2:00PM Bridge</p>	<p>29</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 11:00AM Scams & Frauds</p>	<p>30</p> <p>10:30AM Chair Yoga 1:00PM Open Studio 2:00PM Needlework</p>	<p>31</p> <p>10:00AM Men's Group 10:30AM Stretch & Flow</p>
<p>3</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 12:30PM Piano 1:30PM Cribbage 2:00PM Mahjong</p>	<p>4 Meals on Wheels</p> <p>2:00PM Bridge</p>	<p>5</p> <p>9:00AM Board Meeting 9:30AM Yoga 10:00AM Zoom Fitness 2:00PM Coloring Kits</p>	<p>6</p> <p>10:30AM Chair Yoga 1:00PM Open Studio 2:00PM Needlework</p>	<p>7</p> <p>10:00AM Men's Group 10:30AM Stretch & Flow</p>
<p>10</p> <p>9:30AM Yoga 9:30AM Line Dancing 10:00AM Zoom Fitness 12:30PM Piano 1:30PM Cribbage 2:00PM Mahjong</p>	<p>11 Meals on Wheels</p> <p>9:00AM Footcare 1:00PM Hypertension Lecture 2:00PM Bridge</p>	<p>12</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 1:00PM Town Buzz 2:00PM Volunteer Tea</p>	<p>13</p> <p>10:30AM Chair Yoga 1:00PM Open Studio 2:00PM Needlework</p>	<p>14</p> <p>9:00AM Senior Food Pantry 10:00AM Men's Group 10:30AM Stretch & Flow</p>
<p>17</p> <p>Closed for Presidents' Day</p>	<p>18 Meals on Wheels</p> <p>12:30PM Produce Market 2:00PM Bridge</p>	<p>19</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 10:00AM SHINE 10:00AM Senior Hike 1:00PM Book Club</p>	<p>20</p> <p>10:30AM Chair Yoga 2:00PM Needlework</p>	<p>21</p> <p>10:00AM Men's Group 10:30AM Stretch & Flow</p>
<p>24</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 12:30PM Piano 1:30PM Cribbage 2:00PM Mahjong</p>	<p>25 Meals on Wheels</p> <p>9:00AM Footcare 10:30AM Pastels 2:00PM Bridge</p>	<p>26</p> <p>9:30AM Yoga 10:00AM Zoom Fitness 10:30AM CPR Training 1:00PM Town Buzz</p>	<p>27</p> <p>10:30AM Chair Yoga 2:00PM Needlework</p>	<p>28</p> <p>10:00AM Men's Group 10:30AM Stretch & Flow</p>



CENTRAL MA SENIOR DENTAL PROGRAM

Are you looking for affordable preventative dental care? The *Central MA Agency on Aging* and the *Quinsigamond Community College Dental Hygiene Program* have teamed up to run the *Central MA Senior Dental Clinic* which provides comprehensive dental assessments, cleanings, x-rays, fluoride treatments and other services for older adults ages 55+ in Central MA, **FREE OF CHARGE!** Located at Quinsigamond Community College Main Campus, 670 West Boylston St., Worcester, MA 01606. **Call 508 854 4306 to schedule an appointment.**



POP-UP LINE DANCING

MONDAY, APRIL 10TH, 9:30 to 11:30AM

For all our line dance devotees, we will have a mini-series of pop-up line dancing classes with Anne Gilmartin on Mondays! Sessions are April 10th, May 8th, and June 5th. Anne's classes are super popular at several COAs, so bring a friend and make it a party! **Held in the Fellowship Hall of the First Congregational Church of Princeton.** **Call the COA to reserve your spot for the 1st class, 978 464 5977. \$5 donation/class**



UNDERSTANDING HYPERTENSION

TUESDAY, APRIL 11, 2023 AT 1:00AM

Hypertension — *elevated blood pressure* — is a serious medical condition that significantly increases the risks of heart, brain, kidney, and other diseases. Nearly 50% of hypertensive adults are unaware of their condition and remain undiagnosed and without appropriate treatment. Come learn more about hypertension's detection and the best ways to manage this major cause of premature mortality among adults. The lecture will be given by **Dr. Chandra Lingisetty MD, MBA, MHCM**, the Chief Medical Officer at EternalHealth, who delivered an excellent lecture on diabetes last November. **Call the COA to register at 978 464 5977**



PASTELS CLASS

TUESDAYS from 10:30AM to 12:30PM

***This is a 6-week class, held on:
April 25, May 2, 9, 16, 30, and June 6***

Come learn about pastels in this new hands-on, 6-week class with Princeton's **Denis Coughlin**. We'll learn about pastels' unique qualities and experiment with specific techniques using sandpaper and later pastel paper as we become more experienced. All materials and supplies will be provided but bring a cloth to lay under your work. This program is supported in part by a grant from the Princeton Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. **Call the COA at 978 464 5977 to register.**

