

# FEBRUARY 2018

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Coastline Elderly Nutrition Program <b>Tuesday, Wednesday, &amp; Thursday Lunches</b> 1646 Purchase Street New Bedford, MA 02740	For Reservations / Cancellations: 508-763-8723 24 hours in advance!  Menu is subject to change without notice.	Your suggested voluntary donation of \$2.00 per meal helps to feed more elders in the greater New Bedford area.	7-9 Breakfast <b>1.</b> <b>8:00-12:00 Fitness Room</b> 9:00 Busy Bees / Hand & Foot 11:30 Lunch: Meatloaf, Gravy, Carrots, Mash Potato 1:00 Stepping & Stretching <b>3:00 Legal Appointments</b>	7-9 Breakfast <b>2.</b> <b>8:00-12:00 Fitness Room</b> 9:30 Line Dancing Class <b>9:30-11:30 Conversational French 1 &amp; 2</b> 1:30 Movie
7-9 Breakfast <b>5.</b> <b>8:00-12:00 Fitness Room</b> 10:00 Art Group <b>11:30 Pampered Chef Demo</b> <b>12:00 Pampered Chef Lunch</b> 1:15 Chair Yoga	7-9 Breakfast <b>6.</b> 9:00 Scrabble <b>10:00-2:00 Fitness Room</b> 10:00 Cardio Dance-Fit 11:30 Lunch: German Beef Stew /w Roast Potato 1:00 Stepping & Stretching 2:15 Line Dancing Class	7-9 Breakfast <b>7.</b> <b>8:00-12:00 Fitness Room</b> 8:30 Grocery Shopping/M.B. <b>9:00 COA Board Meeting</b> <b>9-12 Tax Appointments</b> <b>10:00 Blood Pressure Clinic</b> 10:00 Ballroom Dance Lessons 11:30 Lunch: Roast Turkey, Gravy, Mash Potato, Squash 12:30 BINGO 7:00-8:00 ZUMBA	7-9 Breakfast <b>8.</b> <b>8:00-12:00 Hand &amp; Foot</b> 9:00 Busy Bees / Hand & Foot 11:30 Lunch: Stuffed shells /w Sauce, Veggies 1:00 Stepping & Stretching	7-9 Breakfast <b>9.</b> <b>8:00-12:00 Fitness Room</b> 9:30 Line Dancing Class <b>9:30-11:30 Conversational French 1 &amp; 2</b> <b>1:30 Years of Remembrance Program</b>
7-9 Breakfast <b>12.</b> <b>8:00-12:00 Fitness Room</b> 10:00 Art Group <b>11:30-2:30 South Coastal County Legal Services Appointments</b> 12:00 Soup & Sandwich Lunch 1:15 Chair Yoga	7-9 Breakfast <b>13.</b> 9:00 Scrabble <b>10:00-2:00 Fitness Room</b> <b>10:00 Happy Hookers</b> 10:00 Cardio Dance-Fit 11:30 Lunch: Spanish Soup, Mex Chix /w Peach Salsa & Rice 1:00 Stepping & Stretching 2:15 Line Dancing Class	7-9 Breakfast <b>14.</b> <b>8:00-12:00 Fitness Room</b> 8:30 Grocery Shopping/M.B. <b>10:00 FRIENDS Board Meeting</b> <b>10:00 Blood Pressure Clinic</b> 10:00 Ballroom Dance Lessons 11:30: Lunch: Baked Haddock <b>12:00-4:00 GBFB Food Pick-Up</b> 12:30 BINGO 7:00-8:00 ZUMBA	7-9 Breakfast <b>15.</b> <b>8:00-12:00 Hand &amp; Foot PODIATRIST VISITS</b> 9:00 Busy Bees / Hand & Foot 11:30 Lunch: Cheeseburger 1:00 Stepping & Stretching	7-9 Breakfast <b>16.</b> <b>8:00-12:00 Fitness Room</b> 9:30 Line Dancing Class <b>9:30-11:30 Conversational French 1 &amp; 2</b> 1:30 Movie
<b>19.</b>  <b>Senior Center Closed for the President's Day Holiday</b>	7-9 Breakfast <b>20.</b> 9:00 Scrabble <b>10:00-2:00 Fitness Room</b> 10:00 Cardio Dance-Fit <b>10:15 Senior Book Club</b> 11:30 Lunch: BBQ Chix, Rice & Peas, Corn Bread 1:00 Stepping & Stretching 2:15 Line Dancing Class	7-9 Breakfast <b>21.</b> <b>8:00-12:00 Fitness Room</b> 8:30 Grocery Shopping/M.B. <b>9-12 Tax Appointments</b> 10:00 Ballroom Dance Lessons <b>10:00 Blood Pressure Clinic</b> 11:30 Lunch: Swedish Meatballs 12:30 BINGO 7:00-8:00 ZUMBA	7-9 Breakfast <b>22.</b> <b>8:00-12:00 Fitness Room</b> 9:00 Busy Bees / Hand & Foot 11:30 Lunch: Hot Dog & Beans 1:00 Stepping & Stretching	7-9 Breakfast <b>23.</b> <b>8:00-12:00 Fitness Room</b> 9:30 Line Dancing Class <b>9:30-11:30 Conversational French 1 &amp; 2</b> 1:30 Movie
7-9 Breakfast <b>26.</b> <b>8:00-12:00 Fitness Room</b> 10:00 Art Group <b>12:00 Mike &amp; Ann's Special Lunch</b> 1:15 Chair Yoga	7-9 Breakfast <b>27.</b> 9:00 Scrabble <b>10:00-2:00 Fitness Room</b> 10:00 Cardio Dance-Fit 11:30 Lunch: Minestrone Soup, Penne Pasta /w Meat Sauce 1:00 Stepping & Stretching 2:15 Line Dancing Class	7-9 Breakfast <b>28.</b> <b>8:00-12:00 Fitness Room</b> 8:30 Grocery Shopping/M.B. 10:00 Ballroom Dance Lessons <b>10:00 Blood Pressure Clinic</b> 11:30 Lunch: Tune Salad & Slaw <b>12:00-2:00 Senator's Office Visits</b> 12:30 BINGO 7:00-8:00 ZUMBA	<b>Sunday, February 25<sup>th</sup> Day Trip</b> <b>Mayflower Brewing Company &amp; Lunch at Isaac's</b>	