



## MANCHESTER C.O.A. EVENTS & TRIPS

### OCTOBER:

10/25 Mystery Ride 1:00

10/30 Meditation @ Newport Park Community Room on Mondays 1:00 p.m. Free

### NOVEMBER:

11/3 Malls 10:00

11/8 Red's 11:00

11/10 Trader Joe's 10:00

11/13 Low Vision Meeting @ The Plains 1:00

11/15 Wegmans 10:30

11/17 Walmart 10:00

11/22 Market Basket on Wednesday

11/23 Town Hall & C.O.A. office closed on Thursday & Friday for Thanksgiving

11/28 Lunch of the Month @ the Chapel 12:15 \$8

11/29 Mystery Ride 1:00

### DECEMBER:

#### MARK YOUR CALENDARS

12/1 Christmas Tree Shops 10:00

12/9 Senior Holiday Lunch @ The High School 11:00 am-1:00 pm

12/13 Production of A Christmas Carol by Delvena Theatre @ Crowell Chapel  
2:00 pm

**Call the C.O.A. for more information or to register (978) 526-7500**

MONTHLY MALL SHOPPING

ZUMBA – TUESDAY @ THE CHAPEL

FOOD SHOPPING - THURSDAY

YOGA - WEDNESDAY