

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

### JANUARY

- 1/6 Red's Kitchen & Tavern in Peabody 11:00
- 1/8 Mall 9:30
- 1/11 Low Vision @ The Plains 1:00
- 1/13 Wegman's 11:00
- 1/15 Trader Joe's 9:30
- 1/18 Martin Luther King Day – Town Hall/C.O.A. closed
- 1/19 Zumba resumes @ The Chapel 10:00
- 1/19 Write Time resumes @ The Community Center 1:30
- 1/20 Mystery Ride 1:00
- 1/22 Walmart 9:30
- 1/25 Monday Movie Matinee @ Newport Park 1:30
- 1/26 Lunch of the Month @ The Chapel 12:15 \$10
- 1/29 Christmas Tree Shops 9:30

### FEBRUARY

- 2/12 Malls 9:30
- 2/19 Trader Joe's 9:30

**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  
LONGEVITY TRAINING - FRIDAY