


Advisory Committee on Age Friendly Bowdoinham (ACOA)

Activity and Resource List

~ February 2019~

Mon	Tue	Wed	Thu	Fri
<p>Additional information for listed activities provided below.</p> <p>All activities are free unless otherwise noted.</p> <p>R – Activity Requires Registration</p> <p>Need more details? To register or FMI about any of the Committee on Aging activities, please contact the Town Office (Phone: 666-5531; Email: assistantclerk@bowdoinham.com).</p>				1
<p>4 9:00 Bridge @Bowdoinham Estates</p>	<p>5 9:00-11:00 Line Dancing @Fire Station, 57 Post Road. The 1st hour is for beginners; the 2nd hour is for all 10:00-11:00: Tech Time @ Bowdoinham Library</p>	6	<p>7 9:00 Yoga @ Coombs Building, Kendall Room 9:30 Continental Breakfast@ Fire Station 10:00 Cribbage @ Fire station</p>	8
<p>11 9:00 Bridge @Bowdoinham Estates 2:30-4:30: Advisory Committee on Age Friendly Bowdoinham @ Coombs Building, Kendall Room <i>Public is welcome!</i></p>	<p>12 10:00-11:00: Tech Time @ Bowdoinham Library 12:30-2:30 NYM Garden Club @ Coombs Building, Kendall Room 12:30 Refreshments/Social time; 1PM- “Critters -How to Deal With them!” 1:00: Caregiver support Group @ Coombs Building, Graduate Room</p>	<p>13 9:00-12:00: Painting with Marge @ Marge’s house (snow date 2/27) No experience needed. \$10; RSVP to reserve your spot (R)</p>	<p>14 9:00 Yoga @ Coombs Building, Kendall Room 10:00 Cribbage @ Coombs Building, Graduate Room 12:00: Lunch @ Bowdoinham Estates \$4.00 Followed by BINGO</p>	15
<p>18 9:00 Bridge @Bowdoinham Estates</p>	<p>19 10:00-11:00: Tech Time @ Bowdoinham Library 6:00-8:00 PM: Line Dancing @Fire Station The 1st hour is for beginners; the 2nd hour is for all levels.</p>	20	<p>21 9:00 Yoga @ Coombs Building, Kendall Room 10:00 Cribbage @ Coombs Building, Graduate Room 1:00 PM- Loose Ladies Book Club@ Bowdoinham Library Book: “Becoming” by Michelle Obama</p>	22
<p>25 9:00 Bridge @Bowdoinham Estates</p>	<p>26 10:00-11:00: Tech Time @ Bowdoinham Library</p>	27	<p>28 9:00 Yoga @ Coombs Building, Kendall Room 10:00 Cribbage @ Coombs Building, Graduate Room 11:45 Luncheon @ Fire Station Followed by BINGO</p>	

Please submit all activity cancellations or changes by the 20th of each month to be posted on the following month’s calendar. Thank you for your assistance.

