



# Weekly Activities at the Easton Council on Aging

## MONDAY

9:00-11:00 Art Class  
10:00-11:00 Gentle Yoga  
12:00-3:30 Mah Jongg  
1:00-2:00 Senior Fitness

## TUESDAY

9:00-10:00 Tai Chi  
9:30-11:30 Board Games  
9:30 Knitting at Parker Terrace  
10:45-11:30 Zumba Gold

## WEDNESDAY

9:30-11:30 Card Games  
9:30-11:30 Board Games  
10:00-11:00 Gentle Yoga  
1:00-3:00 Bingo  
1:00-2:00 Senior Fitness

## THURSDAY

9:30-11:30 Cribbage  
12:30-2:30 Swedish Weaving  
1:00-2:00 Senior Fitness  
6:00 Quilting @ Parker Terrace

## FRIDAY

10:00-10:45 Sit & Fit  
10:00-11:00 Weight Loss Support. Weigh-ins start at 9:45.  
11:00-12:00 Line Dancing  
12:30-3:30 Poker



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