

**Peabody Council on Aging
Classes/Activities 2017**

CLASS/ACTIVITY	ROOM	DAY	TIME	COST
AEROBICS	JUBILEE HALL	MON. WED. FRI.	9:00AM-10:00AM	FREE
BIG BAND DANCING	JUBILEE HALL	THURS.	9:30AM-11:30AM	FREE
BINGO	DINING ROOM	MON. & FRI.	12:30PM-2:30PM	.25/CARD
BOCCE	OUTDOORS	THURS. (SEASONAL)	12:30PM-2:30PM	FREE
BOOK CLUB	CLASSROOM A	1ST TUES. OF MONTH	9:30AM-10:30AM	FREE
BRIDGE	COMPUTER ROOM	MON. & THURS.	10:00AM-3:00PM	FREE
COMPUTER HELP	COMPUTER ROOM	FRIDAYS	9:00AM-11:00AM	FREE
CORNHOLE	DINING ROOM	THURS. (SEASONAL)	12:30PM-2:30PM	FREE
CRAZY CARDS	COMPUTER ROOM	4TH WED.	1:00PM-4:00PM	\$3.00
CROCHETING/ KNITTING	CLASSROOM A	TUES.	12:30PM-2:30 PM	FREE
DRILL TEAM	JUBILEE HALL	MON.	10:00AM-11:00 AM	FREE
DUPLICATE BRIDGE	COMPUTER ROOM	MON.	9:00AM-1:00 PM	FREE
EXERCISE CLASS/EDYE	JUBILEE HALL	TUES.	9:30AM-10:30AM	\$3.00/CLASS
FITNESS ROOM	FITNESS ROOM	EVERY DAY	8:00-11:00AM 12:00-3:00PM	FREE
HUG A BEARS	CLASSROOM A	TUES.(NOT THE 1ST TUES.)	9:00AM-11:30AM	FREE
JAPANESE BUNKA	ART ROOM	TUES.	9:30AM-11:30AM & 12:30PM-2:30PM	13WKS/\$75.00
LIBRARY ON THE ROAD	LOBBY	2nd TUES. OF MONTH	9:00AM-1:00PM	FREE
LINE DANCING/COUNTRY	JUBILEE HALL	TUES.	10:30AM-11:30AM	\$5.00/CLASS
MAH JONGG	COMPUTER ROOM	TUES.	12:30PM-3:30PM	FREE
MODEL SHIP BUILDING	ART ROOM	MON. & WEDS.	12:30PM-3:30PM	FREE
OIL PAINTING (ADVANCED)	ART ROOM	THURS.	9:30AM-11:30AM	FREE
OIL PAINTING (BEGINNER)	ART ROOM	FRI.	8:00AM-11:00AM	FREE
PEABODY KIOSK	LOBBY	TUES.	9:00AM-12:00PM	FREE
PLAY POOL	POOL ROOM	EVERY DAY	8:00AM-3:00PM	FREE
PING-PONG	COMPUTER ROOM	2nd & 3rd FRI. OF MONTH	2:30PM	FREE
QUILTING	CLASSROOM A	THURS.	8:30AM-11:30AM	FREE
RUG HOOKING	COMPUTER ROOM	WEDS.	9:00AM-12:00PM	10WKS/\$35.00
SCRABBLE	COMPUTER ROOM	1ST & 3RD FRI.	1:00PM-2:30PM	FREE
SEWING/REPAIR	CLASSROOM A	WEDS.	9:00AM-11:00AM	FREE
SHREDDING/LAMINATING	CLASSROOM A	2ND MON.	10:00AM-11:00AM	FREE
TAI CHI	JUBILEE HALL	WED.	12:PM - 1:00PM	\$5.00
WHIST	COMPUTER ROOM	TUES. & THURS.	9:15AM-11:30AM	FREE
WOOD CARVING	ART ROOM	WEDS.	9:00AM-11:00AM	FREE
WOOD WORKING	WOOD SHOP	EVERY DAY	8:00AM-3:00PM	-
CHAIR YOGA	JUBILEE HALL	FRI.	11:15AM-12:15PM	8WKS/\$30/\$5 CLASS
ZUMBA	JUBILEE HALL	MON.	11:15AM-12:15PM	\$3.00/CLASS
ZUMBA	JUBILEE HALL	WED.	10:15AM-11:15AM	\$3.00/CLASS
<u>HEALTH/ WELLNESS CLINICS</u>				
WALK IN BLOOD PRESSURE	HEALTH ROOM	2ND THURS. OF MONTH	9:30AM-11:00AM	FREE
PODIATRIST BY APPT.	HEALTH ROOM	(SOME) MONDAYS	9:30AM-12:00PM	\$35.00
HEARING SCREENINGS	HEALTH ROOM	4TH THURS. OF MONTH	10:00AM-1:00PM	FREE
"LIVING WELL WITH DIABETES"	LOBBY	2ND FRIDAY OF MONTH	9:30-10:30	FREE
<u>SUPPORT GROUPS</u>				
ALS SUPPORT GROUP	COMPUTER ROOM	4TH THURS. OF MONTH	1:30 PM-3:30 PM	Contact: Jan Oberman-1-781-255-8884
CAREGIVERS SUPPORT GR.	CLASSROOM A	2nd & 4th MON. OF MONTH	2:00 PM-3:30 PM	Contact: Lisa Fowler- 978-531-2254 Ext. 136
DISABLED AMERICAN VETERANS	CONFERENCE RM	3rd WED. OF MONTH	10:30AM-10:30AM	
LOW VISION GROUP	CLASSROOM A	2nd WEDS. OF MONTH	12:30 PM-2:30 PM	Contact: Jen Buchanan-978-621-8374
TOPS	CLASSROOM A	FRIDAYS	WEIGH-IN - 8:00AM-9:00AM	MEETING - 9:00AM-10:30AM
VETERAN'S LEGAL SERVICES	HEALTH ROOM	2ND & 4TH FRI. OF MONTH	9:30-12:30	BY APPOINTMENT
VETERAN'S GROUP	DINING ROOM	4TH TUES. OF MONTH	9:30AM-10:30AM	Tom Moran 978-968-0999