Wayland	COA News
---------	-----------------



May COA Calendar

Page 9

			I	I	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)	Watch WayCam TV on Verizon Channel 37 or Comcast Chan- nel 8, or at www.waycam.tv/ live	I 9:00am Theratube I 1:30am Med Take- Back I 2:00pm Pizza Café	2 9:30am Today's Brew 10:00am Fit 4 Future 1:00pm Julia (last 2 episodes)	3 9:30am SAIL Fitness 10:00am Yoga
5 8:00am Fish Fitness 4:00pm Chair Yoga	6 9:30am Games/Papers 9:30am Walking Club 9:30am T'ai Chi 11:30am Cardio Dance 1:00pm Great Courses 2:00pm Connections	7 Town Election 8:00am Lydia Maria Child 10:00am Fit 4 Future 12:00pm Yoga 10:30am Knit Together 2:00pm WHS Concert	8 9:00am Theratube 1:30pm Concord Players 3:00pm Trivia Time! Legal Clinic by appt.	9 10:00am Fit 4 Future 10:00am Floral Workshop 1:00pm Lessons in Chemistry 7:00pm Green Elec- tricity Trip to MIT Museum	10 9:30am SAIL Fitness 9:30am Today's Brew 10:00am Yoga
12 8:00am Fish Fitness 4:00pm Chair Yoga	13 Town Meeting 9:30am: Games/Papers 9:30am: Walking Club 9:30am T'ai Chi 11:30am Cardio Dance 1:00pm Great Courses 2:00pm Connections	14 Town Meeting 8:00am Tick Man Dan 9:30am Today's Brew 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga 1:00pm Genealogy 2:00pm Line Dancing	15 9:00am Theratube 2:00pm Estate Plan- ning	16 10:00am Fit 4 Future 10:00am Jewelry Workshop 1:00pm Lessons in Chemistry	17 9:30am SAIL Fitness 10:00am Yoga (in COA)
19 8:00am Fish Fitness 4:00pm Chair Yoga	20 9:30am: Games/Papers 9:30am: Walking Club 9:30am T'ai Chi I 1:30am Cardio Dance I:00pm Great Courses 2:00pm Connections Trip to Market Basket	21 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga 1:00pm Armchair Travel 2:00pm Lydia Maria Child	22 9:00am Theratube 1:00pm Movie: The Boys in the Boat	23 10:00am Fit 4 Future 1:00pm Lessons in Chemistry	24 9:30am SAIL Fitness 10:00am Yoga
26 8:00am Fish Fitness I:00pm SPIR- IT workshop 4:00pm Chair Yoga	27 Memorial Day Holiday	28 8:00am WHS Concert 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga 12:00pm: Lunch & Learn 1:00pm Genealogy 2:00pm Tick Man Dan	29 9:00am Theratube 2:00pm Medical Deci- sions (at Library)	30 10:00am Fit 4 Future 1:00pm Lessons in Chemistry	3 I 9:30am SAIL Fitness 10:00am Yoga