



TOWN OF MATTAPOISETT COUNCIL ON AGING



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For Immediate Publication

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MARCH HAPPENINGS

Mattapoissett COA, 17 Barstow St., Mattapoissett

Phone: 508-758-4110 | E-mail: coadirector@mattapoissett.net

Newsletter online at: <https://www.ourseniorcenter.com/find/mattapoissett-council-on-aging>

Find us on Facebook: Mattapoissett Council on Aging

Painting Class (new)

For beginners to intermediate; learn about mixed media technique; color mixing and more! Instructor: Bernie Klim, artist and educator.

Fridays | 9:30 a.m. – 11:00 a.m. | Registration Requested

Cost*: 60+ Free. Under 60, \$5

*cost does not include materials. Call for details.

Manicures

You benefit from having a free manicure; the sophomore cosmetology students from Old Colony benefit from hands-on practice.

Monday, March 9 | appts. every ½ hour from 10-11:30 | Call 508-758-4110

Cost: Free

Healthy Eating for One

Lunch & Learn with Lauren Langevin.

Tuesday, March 10th | 12:00 p.m.

Cost: Free. Registration Required: 508-758-4110

Pottery / Clay Building

Create your own pieces. They will be fired in a kiln and returned to be painted and fired again for a polished look. Instruction and guidance by professional, Barbara Greenspan.

Thursday, March 12 & March 26th | 9:30 a.m. – 11:00 a.m.

Registration Requested | Offered every other week perpetually

Cost: \$8 (includes all materials)

Fabric Art Workshop

Bring out your creativity with fabric. All materials provided. No experience necessary. Led by Lauren Langevin.

Friday, March 20th | 1:00 p.m.

Cost: Free | Registration Requested

Lunch & Sing-a-long

Join pianist and singer, Steve Richardson for entertaining fun.

Thursday, March 26th | 12:30 p.m.

Cost: \$3 lunch | Registration Required

Art History: Famous Impressions

The featured topic offers a chance to enjoy the work of famous Impressionist painters such as Monet, Renoir, Degas and others. You'll gain insight into the Impressionists' new techniques, what they believed and how their creations stirred the art world, inspiring artists.

Tuesday, March 17th | 12:30 noon

Cost: Free | Registration Required | 508-758-4110

Movie & Pizza

HARRIET. The story of Harriet Tubman.

Tuesday, March 31st | 12:00 noon

Cost: Free movie. Pizza: \$1 per slice | Call 508-758-4110

Computer Tutor

One-on-one computer assistance on Fridays, by appointment only. Bring your own or use one of the COA computers. FREE.

Hearing Aid Services

Hearing Aid check-ups, including cleaning and adjustment.

Basic hearing examination, with recommendations, as needed.

1st Monday of each month | 1:30 p.m. – 2:30 p.m.

Cost: Free | 10-minute appointments

Cribbage

Tuesdays & Thursdays | 3:00 p.m. – 4:30 p.m.

Still Life Drawing – For Adults

Tuesdays | 6:00 p.m.

Cost: 60+ Free | Under 60, \$5 | Supplies not included

Space is limited. Registration Required.

Collections Appreciation: Coins, Stamps & Postcards

Bring your items to share and/or appreciate others' items.

Fridays | 10:00 a.m. | Every Other Week

Upcoming dates: February 7 & 21

Knitting Group

Knit, crochet, socialize. Stuck on something? Bring it in and ask for assistance. Free.

Mondays | 10:00 a.m.

Scrabble

Mondays | 1:00 p.m.

Bingo

Wednesdays | 1:00 p.m.

Bridge

Thursdays | 1:00 p.m.

Mah Jongg

Join in or watch & learn! New players always welcome!

Wednesdays | 1:00 p.m.

Fitness Classes: Yoga, Yo-lates, Zumba, Dance Fit, Barre & more! For full schedule, call or access the newsletter online at <https://www.ourseniorcenter.com/find/mattapoissett-council-on-aging>