NOVEMBER 2026 ~ ADAMS COA PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **10:00** Cribbage **11:30** Lunch **12-1** Cyber Seniors~ Tech Support by Appt **3:00** COA Board Meeting	**3 Election Day** **9-10** Chair Yoga **11:30** Lunch **12:30** Dominos **1:00** Crafters	**4** **11:30** Lunch/November Birthdays Celebration **12:30** Cribbage/Pitch **12:30** Friends Meeting	**5** **9-10** Chair Yoga **9-1** Medicare Open Enrollment (by appt) **11:30** Lunch **12:30** Pitch	**6** **10-12** Grandparents Raising Grandchildren **11-11:30** Grab & Go Lunch **10:30-11:30** North Adams Mobile Food Bank
9 **10:00** Cribbage **11:30** Lunch **12-1** Cyber Seniors~ Tech Support by Appt [redacted]	**10** **9-10** Chair Yoga **11:30** Lunch **12:30** Scrabble **12:30-1:30** Mobile Food Bank **1:00** Crafters **3:00** Alz Caregiver Support Group	**11 CLOSED** 	**12** **9-10** Chair Yoga **9-1** Medicare Open Enrollment (by appt) **11-1** Mountain Girl Farm Mobile Farmers Market **11:30** Veterans Luncheon w/ Honor Guard & Lighten Up Duo **12:30** Pitch	**13** **11-11:30** Grab & Go Lunch
16 **10:00** Cribbage **11:30** Lunch **12-1** Cyber Seniors~ Tech Support by Appt **12:30** Bingo	**17** **8-4** Foot Care Clinic (by appt) **9-10** Chair Yoga **10:30-11** BP Clinic **11:30** Lunch **12:30** Dominos **1:00** Crafters	**18** **9-10** Dance Yoga **11:30** Lunch **12:30** Drumming **3:00** Hospice Remembrance Ceremony	**19** **9-10** Chair Yoga **9-1** Medicare Open Enrollment (by appt) **11-1** Mountain Girl Farm Mobile Farmers Market **11:30** Thanksgiving Lunch **12:30** Pitch	**20** **11-11:30** Grab & Go Lunch **10:30-11:30** North Adams Mobile Food Bank
23 **10:00** Cribbage **11:30** Lunch **12-1** Cyber Seniors~ Tech Support by Appt **2-3** Brown Bag	**24** **9-10** Chair Yoga **11:30** Lunch **12:30** Scrabble **12:30-1:30** Mobile Food Bank **1:00** Crafters	**25 Closing at Noon** **11-11:30** Grab & Go Lunch 	**26 CLOSED** 	**27 CLOSED** 
30 **10:00** Cribbage **11:30** Lunch **12-1** Cyber Seniors	**SAVE** **12/2** Friends Meeting 12:30 **12/4** COA Holiday Party at Bounti-Fare 12-4	**THE**	**DATES** **12/8 & 22** Mobile Food Bank 12:30-1:30 **12/15** Friends Holiday Tea	**12/21** Brown Bag 2-3 **12/24 & 25** Closed for the holidays