

# MCoA Attendance Records Key

**Group Category**  
The occupational category that is representative of the listed groups.

**Duplicated Participants**  
the total number of individual check-ins, regardless of whether it was the same person checking in multiple times.

**Unduplicated Participants**  
the distinct number of individuals who checked in for group sessions, regardless of how many times they attended.

**Hours Per Participant**  
the total amount of time each individual participant spent in the group sessions.

**Frequency of Group**  
the number of times a group was held between January 1, 2023, and June 7, 2024.

Health Management Groups (1/1/2023) - (6/7/2024)	Duplicated Participants	Unduplicated Participants	Hours Per Participant	Frequency of Group
Health Screenings and Clinics				
Blood Pressure Clinic	1586	211	1,586	7
Blood Sugar Testing	20	20	20	1
Covid Clinic	39	39	117	1
Flu Clinic	28	28	84	1

<b>Health Management Groups (1/1/2023) - (6/7/2024)</b>	<b>Duplicated Participants</b>	<b>Unduplicated Participants</b>	<b>Hours Per Participant</b>	<b>Frequency of Group</b>
<b>Health Screenings and Clinics</b>				
Blood Pressure Clinic	1586	211	1,586	7
Blood Sugar Testing	20	20	20	1
Covid Clinic	39	39	117	1
Flu Clinic	28	28	84	1
<b>Health and Well-being Seminars</b>				
BCBS Seminar	4	4	4	1
Blood Pressure Seminar	16	11	16	1
Brain Health	23	22	23	2
Dementia Seminar	9	9	9	1
Heart Talk	6	6	6	1
MGH Aging Mastery	58	16	58	3
MGH Occ Therapy	26	14	26	2
Osteoporosis	7	7	7	1
Parkinsons Group	6	2	6	10
Stroke Awareness	9	9	18	1
Pop Up Mindful Moment	5	5	5	1
Pop Up OT Talk	7	7	7	1
Siennas Seminar	106	47	106	2
<b>Support Groups</b>				
Al Anon	330	19	495	58
Grief Support	96	21	117.5	12
Low Vision Meeting	128	24	256	15
Mass Senior Action	6	6	18	1
Memory Cafe	96	32	192	18
Loss Support	21	7	31.5	9
Veterans Group	44	14	44	13
<b>Physical Activity and Exercise</b>				
Core and Balance	4330	174	42,370	139
Yoga - Chair	1177	26	21.5	2
Zumba / Yoga Dance	927	60	309	21
Yoga - Gentle	402	19	20	1
Line Dancing	309	42	240	43
Tai Chi	240	26	230	32
Walking Club	230	111	1,177	57
Fall Prevention	32	33	301	60
Meditation	20	74	927	27

<b>Education and Vocation Groups (1/1/2023) - (6/7/2024)</b>	<b>Duplicated Participants</b>	<b>Unduplicated Participants</b>	<b>Hours Per Participant</b>	<b>Frequency of Group</b>
<b>Informational Seminars and Talks</b>				
Charter Study	7	7	7	1
COVID - How to Test	10	10	10	1
COVID - Long term	6	6	6	1
Dementia Seminar	9	9	9	1
Fall Prevention	32	26	21.5	2
Fraud - Banking	15	15	15	1
Legal Seminar	64	54	64	7
Life Transitions	6	6	6	1
Medicare seminar	6	6	6	1
Program - Informational	63	52	63	1
Scam Seminar	76	70	134	1
Tax Seminar	23	23	23	1
Charlie Card	36	35	34	1
<b>Financial and Legal Seminars</b>				
Estate Planning	3	3	3	1
Finance Seminar	7	7	7	1
ReMax Seminar	17	16	17	2
Real Estate Seminar	10	10	10	1
<b>Technology and Educational Skills</b>				
Computer class	2	2	2	11
English class	40	11	40	4
English classes	5	4	5	20
Ipad - Iphone tech	10	10	10	1
Tech w Marc	32	19	52	30
Tech with Kevin	11	9	11	2
Tech with Marc	10	5	15	2
Tufts English Class	12	3	12	4
Tufts tech	53	28	56	2
Tufts VR	43	23	43	7
<b>Community Engagement</b>				
Garden Club	15	11	15	3
Gardening	12	12	12	1
Housing Talk	11	11	11	1
MSCI Board Meeting	163	23	163	13
Rep. Donato	17	11	17	14
Red Cross	7	7	7	1
Farmers Market Coupons	64	64	96	1
Food Pantry	2603	247	5,206	36
Pop Up Ride Flex	5	5	5	1

Mass Senior Action	6	6	18	1
<b>Administrative Meetings</b>				
Board Meeting	6	6	6	1
CoA Board Meeting	79	14	79	14
MSCI Board Meeting	163	23	163	13

<b>Social Participation and Lesiure Groups (1/1/2023) - (6/7/2024)</b>	<b>Duplicated Participants</b>	<b>Unduplicated Participants</b>	<b>Hours Per Participant</b>	<b>Frequency of Group</b>
<b>Social Events and Parties</b>				
Caribbean Festival	91	91	227.5	1
Chinese New Year Party	97	97	291	1
Halloween Party	88	88	264	1
Letty Patierno Party	54	54	162	1
Patrolamans Party	76	76	228	1
St. Patrick's Day Party	102	102	306	1
Tea Party	115	95	172.5	2
Thanksgiving Party	91	91	273	1
Valentine Party	209	158	627	2
Chinese NY Party	95	95	285	1
<b>Lesiure and Games</b>				
Bingo	3398	151	6,796	71
Brain Games	33	13	33	8
Cribbage-Dominos	226	10	452	61
Board Games	33	14	66	12
Movie	581	42	1,162	36
Mah Jogg	147	22	206	60
Whist	839	42	875	129
<b>Trips (off-site)</b>				
ABBA Trip	27	27	270	1
ARBORS TRIP	13	13	35.75	1
Ballet	14	14	63	1
Beach Boys Trip	9	9	58.5	1
Bee Gees	26	26	260	1
Bistro 489	10	10	30	1
Bowling	49	20	196	3
Bowling Trip	6	6	24	1
Carole King Trip	13	13	65	1
Encore Casino	154	38	539	17
Farmers Market	9	7	9	18
Isles of Shoals Trip	33	33	330	1
Jersey Boys	13	13	78	1
Lake Sunapee Trip	51	51	510	1

Library Tour	2	2	3	1
Library Trip	1	1	1.5	1
Lobster Trip	42	42	420	1
Market Basket	144	30	288	19
Merrimack Outlets	9	9	45	1
Merry Country Xmas Trip	13	13	130	1
Mini Golf	24	24	96	1
Neil Diamond Trip	40	40	400	1
NShore MUSIC Theatre	26	20	145	1
Old Mill Trip	43	43	430	1
Parc Trip	6	6	21	1
Parkers & Winery	37	37	259	1
Peabody Essex	21	20	77.5	1
Texas Tenors	7	7	70	1
Turkey Train Trip	35	35	350	1
VA Trip	8	8	80	1
Walmart	14	14	56	1
Walmart - Iron Town Diner	15	12	60	5
Wegmans Kohls	29	14	109	3
Compass Points	31	31	31	2
<b>Meals and Food</b>				
Grab N Go	9899	405	39,596	14
Lunch	9919	331	9,919	340
Dinner Movie	53	53	159	2
Music-Ice Cream	66	66	132	1
Pop Up Recipe Swap	10	10	10	1
<b>Arts and Crafts</b>				
Art - Virtual	57	12	114	4
Art Class	205	31	307.5	4
Artitude	35	10	70	20
Bow Making	7	7	7	1
Ceramics	71	9	159.75	51
Crafts	41	21	41	2
Crafts with Grace	64	24	64	9
Tufts Crafts	121	30	121	4
<b>Music and Performing Arts</b>				
AMER Music Experience	32	32	32	1
Dan Fox Concert	24	24	24	3
Dee Morris Love	6	6	6	1
Jazz Concert	45	45	45	1
Music Concert	5	5	7.5	1

Public Harmony	14	14	14	1
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