



December 2022

Williamstown COA 413 458 8250

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Van shopping Tuesdays, need a ride there or elsewhere? Call Rick at 413-458-8250</p>				<p>1 9:00 Walking 9:30 Tai Chi 11:00 Exercise, Apple Barn trip 1:30 Caregiver Support</p>	<p>2 10:00 Book discussion group at Milne Library 9:00 Coffee hour 9:30 Yoga inside 11:00 Exercise 1:00 Bingo 1:45 BP clinic 4:00 Tech Tutoring</p>	<p>3</p>
<p>4</p>	<p>5 9:30 Yoga live 11:00 Exercise 1:30 Garden Club Green Tai Chi 3:30</p>	<p>6 9:00 Painting Class 1:00 Games afternoon with Williams students.</p>	<p>7 9:30 Chair Yoga Zoom 11:00 Exercise 12:45 Bridge, Coloring Group</p>	<p>8 9:00 Walking 9:30 Tai Chi 11:00 Exercise 1:30 Stamp Collectors</p>	<p>9 9:00 Coffee hour with Randy 9:30 Yoga inside 11:00 Exercise 12:30 Hot Dogs 1:00 WFD Fire safety 4:00 Tech Tutoring</p>	<p>10</p>
<p>11</p>	<p>12 9:30 Yoga live 11:00 Exercise 1:00 Karyn's Exercise Class 2:15 Tai Chi</p>	<p>13 9:00 Painting Class 1:00 Movie and snacks "It's a Wonderful Life"</p>	<p>14 9:30 Chair Yoga Zoom 11:00 Exercise 12:45 Bridge, Coloring Group</p>	<p>15 9:00 Walking 9:30 Tai Chi 11:00 Exercise 1:00 Bingo 1:30 Caregiver Support</p>	<p>16 9:00 Coffee hour 9:30 Yoga inside 11:00 Exercise 1:00 Richard Meyer</p>	<p>17 Saturday Art Group 1:00</p>
<p>18</p>	<p>19 9:30 Yoga live 11:00 Exercise 1:00 Karyn's Exercise Class 2:15 Tai Chi 3:30 Holiday Cheer</p>	<p>20 9:00 Painting Class 1:00 Cookie Decorating with Williamstown Common friends</p>	<p>21 9:30 Chair Yoga Zoom 11:00 Exercise 12:45 Bridge, Coloring Group 4:30 Holiday lights tour</p>	<p>22 9:00 Walking 9:30 Tai Chi 11:00 Exercise</p>	<p>23 9:00 Holiday Sweater Coffee hour 9:30 Yoga inside 11:00 Exercise 1:00 Bingo Brown bag</p>	<p>24</p>
<p>25 Christmas Day</p>	<p>26 Harper Center Closed. Holiday observation</p>	<p>27 9:00 Painting Class 1:00 Bingo</p>	<p>28 9:30 Chair Yoga Zoom 11:00 Exercise 12:45 Bridge, Coloring Group</p>	<p>29 9:00 Walking 9:30 Tai Chi 11:00 Exercise</p>	<p>30 9:00 Coffee hour 9:30 Yoga inside 11:00 Exercise 1:00 TBD</p>	<p>31</p>