

## January 2023 Calendar notes

You see a notation for “Memory” listed on Tuesday the 17th and continuing for the month at 1:00 throughout the month. It’s actually a Memory training seminar which Sarah and I will host with up to 10 individuals here at Harper. OK, you ask, what is it...? The University of California Memory Training program from the UCLA Longevity Institute is an evidence-based, four-week educational program to improve memory for those individuals experiencing normal age-related memory loss. Four weeks for this equals 2 hours a week. Not too bad and of course we’ll furnish snacks.

The program is designed to teach memory enhancing tips and tools. It’s really meant for people who have those moderate non-dementia memory slips which occur naturally. It’s not a class to help individuals with Alzheimers or other dementias. Sarah and I participated in the training to offer these classes awhile ago, hops and bumps from random Covid infestations skewed everything for a while but now we’re already flying again. Let us know if you’re interested.

Our book discussion group, actually now called the “First Friday Book Group” meeting at the Milne Library has a new slate of books ready to read. I’m posting the titles for February and March assuming that the group is well into the January book already;

For February, authors Heather Terrell and Victoria C. Murray have written a book titled “The Personal Libraria and the March reading is A. Manette Ansay”s “Vinegar Hill”. Individuals interested in joining the group should contact Julie Mackaman ia email- [jmackaman@gmail.com](mailto:jmackaman@gmail.com)

Here’s a new twist, pardon the pun, on Thursday the 12th Sheryl Gibson, a Massage Therapist at Williamstown Wellness will be in the house on that afternoon offering 10 minute chair massage sessions for \$12. There are a few appointments still available. She’ll be here between 1:00 and 3:15 so call us here at 458-8250 or stop in to reserve a slot.

The remainder of the month is pretty basic-Rick will be transporting folks to the NORAD for lunch on the 12th at 11:00 and two trips to the Clark Art Institute (free admission for the months of January through March) on the 19th and 26th at 10:30.

Friday Coffee features a visit from Randy Fippinger on the 6th and a celebration for everyone who has a January birthday on the 27th. How about french toast instead of coffee cake?

The monthly BP clinic with Justin from Williamstown Commons is scheduled for 1:45 on the 6th, the Stamp Collectors group returns to action on the 12th-actually, all the activities which have been off following the Holidays are returning this month. We’re back to full speed ahead!

All we have to do is avoid random blizzards..

From us here at Harper to all y’all out there, Happy New Year!!!