



# January 2023



Williamstown Council on Aging 413-458-8250

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>1</b> 	<b>2</b> Harper Center Closed-New Year observation	<b>3</b> 9:00 Painting Class “Taking down the decora- tions Day”	<b>4</b> 9:30 Chair Yoga Zoom 11:00 Exercise 12:45 Bridge, Coloring Group	<b>5</b> *9:30 Walking 9:30 Tai Chi 11:00 Exercise 1:30 Caregiver Support	<b>6</b> 10:00 Book dis- cussion group at Milne Li- brary 9:00 Coffee hour with Randy 9:30 Yoga 11:00 Exercise 1:00 Bingo	<b>7</b> *BP Clinic with Justin on Friday at 1:45
<b>8</b> 	<b>9</b> 9:30 Yoga live 11:00 Exercise 1:00 Karyn’s Exercise Class 2:15 Tai Chi	<b>10</b> 9:00 Painting Class	<b>11</b> 9:30 Chair Yoga Zoom 11:00 Exercise 12:45 Bridge, Coloring Group	<b>12</b> 9:00 Walking 9:30 Tai Chi 11:00 Exercise, Van to NORAD 1:00 Chair Massage 1:30 Stamp Col- lectors	<b>13</b> 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo	<b>14</b> 
<b>15</b>	<b>16</b> Harper Center closed-Martin Luther King Day	<b>17</b> 9:00 Painting Class 1:00 Memory	<b>18</b> 9:30 Chair Yoga Zoom 11:00 Exercise 12:45 Bridge, Coloring Group	<b>19</b> 9:00 Walking 9:30 Tai Chi 10:30 Van to Clark Art 11:00 Exercise 1:30 Caregiver Support	<b>20</b> 9:00 Coffee / ESBC on gro- cery shopping 9:30 Yoga 11:00 Exercise 1:00 Bingo	<b>21</b> Saturday Art Group
<b>22</b> 	<b>23</b> 9:30 Yoga live 11:00 Exercise 1:00 Karyn’s Exercise Class 2:15 Tai Chi	<b>24</b> 9:00 Painting Class 1:00 Memory	<b>25</b> 9:30 Chair Yoga Zoom 11:00 Exercise 12:45 Bridge, Coloring Group	<b>26</b> 9:00 Walking 9:30 Tai Chi 10:30 Van to Clark Art ver- sion 2 11:00 Exercise 1:30 Stamp Collectors	<b>27</b> 9:00 Coffee January Birthdays Celebration 9:30 Yoga 11:00 Exercise 1:00 Bingo Brown Bag	<b>28</b> 
<b>29</b>	<b>30</b> 9:30 Yoga live 11:00 Exercise 1:00 Karyn’s Exercise Class 2:15 Tai Chi	<b>31</b> 9:00 Painting Class 1:00 Memory	Van shopping trips to Stop and Shop every Tuesday at 9:45 and 10:45.			