



February 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>
<p>Van to Stop and Shop every Tuesday. Call Rick for details.</p>	<p>AARP Tax Assistance, see the reverse of this page for registration information.</p>	<p>CHP Mobile unit, Wednesday the 8th, flu shots, boosters and more. 10:00-noon.</p>	<p>1 9:30 Chair Yoga Zoom 11:00 Exercise 12:45 Bridge, Coloring Group</p>	<p>2 9:00 Walking 9:30 Tai Chi 10:30 Van to Clark Art 11:00 Exercise 1:30 Caregiver Support</p>	<p>3* 9:00 Coffee hour with Randy 9:30 Yoga 11:00 Exercise 1:00 Bingo</p>	<p>4 * 10:00 Book discussion group at Milne Library</p>
<p>5</p>	<p>6 9:30 Yoga live 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi</p>	<p>7 9:30 Art Class 1:00 Memory Class</p>	<p>8 9:30 Chair Yoga Zoom 10:00 CHP Mobile Unit 11:00 Exercise 12:45 Bridge, Coloring Group</p>	<p>9 9:00 Walking 9:30 Tai Chi 11:00 Exercise 1:30 Stamp Collectors</p>	<p>10 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo 4:00 Tech Tutoring</p>	
<p>12 SPCP Crafts Day 2:00-4:00</p> 	<p>13 9:30 Yoga live 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi</p>	<p>14 9:30 Art Class 12:30 Luncheon 1:00 Heart Health with Jessi</p> 	<p>15 9:30 Chair Yoga Zoom 11:00 Exercise 12:45 Bridge, Coloring Group</p>	<p>16 9:00 Walking 9:30 Tai Chi 11:00 Exercise 1:00 Fire Station Committee 1:30 Caregiver Support</p>	<p>17 9:00 Coffee 9:30 Yoga 11:00 Exercise 12:30 Luncheon 1:00 Mardi Gras</p>	<p>18 1:00 Saturday Art Group</p>
<p>19</p>	<p>20 Harper Center Closed Presidents Day</p> 	<p>21 9:30 Art Class 1:00 Karyn's Winter Tea</p>	<p>22 9:30 Chair Yoga Zoom 11:00 Exercise 12:45 Bridge, Coloring Group</p>	<p>23 9:00 Walking 9:30 Tai Chi 11:00 Exercise 1:30 Stamp Collectors</p>	<p>24 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo 4:00 Tech Tutoring BROWN BAG</p>	<p>25</p>
<p>26</p>	<p>27 9:30 Yoga live 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi</p>	<p>28 9:30 Art Class 1:00 Crafts with Denise and Ann</p>				