

Calendar Notes, March 2023

First, some schedule housekeeping notes; There are no Yoga classes scheduled from March 20th through the 31st as our instructor will be away.

There will be no Tai Chi classes on the 9th, 13th or 16th as the Instructor will be away.

Tech Tutoring in March is scheduled for the 3rd and 10th, both Fridays at 4:00 PM. The class will resume in April after Williams Spring break.

The Harper Center will be closed on Monday March 27th, it's the annual floor strip and wax. There will be no in house activities on that day, the van will be running however so get your appointments scheduled as soon as possible. The rest of us will be working remotely for most of the day.

The AARP Tax schedule is filling up for this year so if you haven't made an appointment but need one, act sooner rather than later. Appointments are available on Tuesday evenings from 6-9, and Saturday from 10-noon. You can make an appointment by calling 413-458-8250 Monday through Friday.

Davis Bates returns to Harper on Tuesday March 7th offering a program called "Celtic Celebration, Songs and Stories for the Season". It's a celebration of St. Pats and recognizing the Spring season to come. Lunch at 12:30 will feature Nachos and Mockgueritas with Davis on at 1:00.

On Thursday March 9th we'll be hosting Denise from Bane Care to do a crafts presentation. This is a reschedule event from February-it got wiped out by a pretend blizzard-reservations were required for this program so if you've already signed up, you're still in there! There are two spaces left as of this writing if you're interested in participating, let us know.

On March 17th we'll be celebrating St. Pats Day with a luncheon, corned beef hopefully, and music. A program with Robin Oherin, who comes equipped with a guitar, resonator guitar and ukulele. Robin covers a broad range of songs from blues to pop and folk, all of them very singable. This will be her first trip in here!

On March 21st, Mary Mueller will be here to offer an introduction to Reiki. Reiki is a health approach in which practitioners place their hands lightly on or just above a person, with the goal of directing energy to help facilitate the person's own healing response. It's based on an Eastern belief in an energy that supports the body's innate or natural healing abilities. This is an introduction; an ongoing class may be scheduled. She is at 1:00 preceded by spaghetti and meatballs for lunch.

We've moved a couple bingo days to Tuesday afternoons as there are Friday afternoon conflicts with other activities. Berkshire Housing is borrowing the main hall on the afternoon of the 30th to host a get together gathering for Proprietors Field residents only, otherwise all regular activities, except those suspended because the instructors are away, are scheduled to happen as intended.

See you soon!

