



# March 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 at 9:15 and 10:15</p>	<p>AARP Tax Assistance, every Tuesday from 6:00 to 9:00 and Saturday from 10:00 to noon. Appointments required.</p>		<p><b>1</b> 9:30 Chair Yoga Zoom 11:00 Exercise 1:00 Bridge, Coloring Group</p>	<p><b>2</b> 9:00 Walking 9:30 Tai Chi 11:00 Exercise 1:30 Caregiver Support</p>	<p><b>3</b> 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo 4:00 Tech Tutoring</p>	<b>4</b>
<p><b>5</b> No Tai Chi on the 9th, 13th and 16th.</p>	<p><b>6</b> 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi</p>	<p><b>7</b> 9:00 Painting Class 12:30 Luncheon 1:00 Davis Bates</p>	<p><b>8</b> 9:30 Chair Yoga Zoom 11:00 Exercise 1:00 Bridge, Coloring Group</p>	<p><b>9</b> 9:00 Walking 11:00 Exercise 1:00 Crafts with Denise 1:30 Stamp Collectors</p>	<p><b>10</b> 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo 4:00 Tech Tutoring</p>	<p><b>11</b></p> 
<p><b>12</b></p> 	<p><b>13</b> 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class</p>	<p><b>14</b> 9:00 Painting Class 1:00 Bingo</p>	<p><b>15</b> 9:30 Yoga zoom 11:00 Exercise 1:00 Bridge, Coloring Group</p>	<p><b>16</b> 9:00 Walking 11:00 Exercise 1:30 Caregiver Support</p>	<p><b>17</b> 9:00 Coffee 9:30 Yoga 11:00 Exercise 12:30 Luncheon 1:00 Party!</p>	<p><b>18</b> 1:00 Saturday Art Group</p>
<p><b>19</b> No Yoga classes March 20th through the 31st.</p>	<p><b>20</b> 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi</p>	<p><b>21</b> 9:00 Painting Class 12:30 Luncheon 1:00 Introduction to Reiki</p>	<p><b>22</b> 11:00 Exercise 1:00 Bridge, Coloring Group</p>	<p><b>23</b> 9:00 Walking 9:30 Tai Chi 11:00 Exercise 1:30 Stamp Collectors</p>	<p><b>24</b> 9:00 Coffee 11:00 Exercise 1:00 Bingo  Brown bag</p>	<b>25</b>
<p><b>26</b></p> 	<p><b>27</b> Annual Strip and Wax-Harper closed for programming</p>	<p><b>28</b> 9:00 Painting Class 1:00 Bingo</p>	<p><b>29</b> 11:00 Exercise 1:00 Bridge, Coloring group</p>	<p><b>30</b> 9:00 Walking 9:30 Tai Chi 11:00 Exercise</p>	<p><b>31</b> 9:00 Coffee 11:00 Exercise 3:00 Berkshire Housing and Residents gathering</p>	