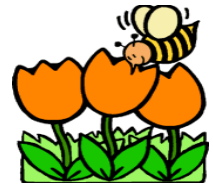


# April 2023



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, Tuesday from 6:00 to 9:00 and Saturday from 10:00 to noon until April 15. Appointments required</p>				<p>10:00 Friday April 7th, Book Discussion Group meets at Milne Library</p>	<p>1</p>
<p>2</p> 	<p>3 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi</p>	<p>4 9:00 Painting Class 11:00 Reiki</p>	<p>5 9:30 Chair Yoga Zoom 11:00 Exercise 1:00 Bridge, Coloring Group</p>	<p>6 9:00 Walking 9:30 Tai Chi 11:00 Exercise 2:00 Caregiver Support</p> <p>11:00 Van trip to Misty Moonlight</p>	<p>7 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo</p>	<p>8</p>
<p>9</p> 	<p>10 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi</p>	<p>11 9:00 Painting Class 11:00 Reiki 1:00 Spring craft with Kayla from Williamstown Commons</p>	<p>12 9:30 Chair Yoga Zoom 11:00 Exercise 1:00 Bridge, Coloring Group</p>	<p>13 9:00 Walking 9:30 Tai Chi 11:00 Exercise 1:00 Self Defense 1:30 Stamp Collectors</p>	<p>14 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo 4:00 Tech Tutoring</p>	<p>15 Saturday Art Group</p>
<p>16</p>	<p>17 Harper Center Closed; Patriots Day</p> 	<p>18 9:00 Painting Class 11:00 Reiki</p>	<p>19 9:30 Chair Yoga Zoom 11:00 Exercise 1:00 Bridge, Coloring Group</p>	<p>20 9:00 Walking 9:30 Tai Chi 11:00 Exercise 2:00 Caregiver Support</p> <p>11:00 Van trip to Apple Barn</p>	<p>21 9:00 Coffee / Stephanie Boyd 9:30 Yoga 11:00 Exercise 1:00 Bingo 4:00 Tech Tutoring</p>	<p>22</p> 
<p>23/30</p>	<p>24 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi</p>	<p>25 9:00 Painting Class 11:00 Reiki 1:00 Bingo</p>	<p>26 9:30 Chair Yoga Zoom 11:00 Exercise 1:00 Bridge, Coloring Group</p>	<p>27 9:00 Walking 9:30 Tai Chi 11:00 Exercise 1:00 Self defense 1:30 Stamp Collectors</p>	<p>28 9:00 Coffee 9:30 Yoga 11:00 Exercise 12:30 Luncheon 1:00 Open Mic 4:00 Tech Tutoring</p>	<p>29</p>