



# June 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 trips to Stop and Shop each Tuesday. Wal Mart by arrangement with the driver.</p>	<p><b>Loss Support group starts Thursday June 8th, 3:30-5:00</b></p>			<p><b>1</b> 9:30 Tai Chi 11:00 Exercise 2:00 Caregiver Support</p>	<p><b>2</b> 10:00 Book discussion group at Milne Library 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo</p>	<p><b>3</b></p>
<p><b>4</b></p>	<p><b>5</b> 9:30 Zoom Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi</p>	<p><b>6</b> 9:00 Painting Class 11:00 Reiki MOB session 2 in Afternoon</p>	<p><b>7</b> 9:30 Yoga Zoom 11:00 Exercise 1:00 Bridge, Coloring Group 1:00-3:00 CHP mobile van</p>	<p><b>8</b> 9:00 Walking 9:30 Tai Chi 11:00 Exercise 11:30 van- Purple Pub Lunch 12:30 Luncheon 1:00 McCann presents</p>	<p><b>9</b> 9:00 Coffee/guests from MassHealth 9:30 Zoom Yoga 11:00 Exercise 1:00 Bingo</p>	<p><b>10</b></p>
<p><b>11</b></p>	<p><b>12</b> 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi</p>	<p><b>13</b> 9:00 Painting Class 11:00 Reiki 12:30 Luncheon 1:00 Social Security update</p>	<p><b>14</b> 9:30 Chair Yoga Zoom 11:00 Exercise 1:00 Bridge, Coloring Group</p>	<p><b>15</b> 9:00 Walking 9:30 Tai Chi 11:00 Exercise 12:30 Luncheon 1:00 McCann presents 2:00 Caregiver support</p>	<p><b>16</b> 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo</p>	<p><b>17</b> Saturday Art Group 1:00</p>
<p><b>18</b></p>	<p><b>19</b> Harper Center Closed- Juneteenth.</p>	<p><b>20</b> 9:00 Painting Class 11:00 Reiki 1:00 "Krafts with Kayla" -Summer Wreaths</p>	<p><b>21</b> 9:30 Chair Yoga Zoom 11:00 Exercise 1:00 Bridge, Coloring Group</p>	<p><b>22</b> 9:00 Walking 9:30 Tai Chi 11:00 Exercise 11:30 Van to Norad Mill for lunch 1:00 Argentine Tango</p>	<p><b>23</b> 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo</p>	<p><b>24</b></p>
	<p><b>25</b></p>	<p><b>26</b> 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi</p>	<p><b>27</b> 9:00 Painting Class 11:00 Reiki 12:30 Luncheon 1:00 Ticks presentation</p>	<p><b>28</b> 9:30 Chair Yoga Zoom 11:00 Exercise 1:00 Bridge, Coloring Group</p>	<p><b>29</b> 9:00 Walking 9:30 Tai Chi 11:00 Exercise</p>	<p><b>30</b> 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Open Mic</p>