

## June 2023 calendar notes

Before I forget, let me begin by reporting that our Yoga class will only be via zoom on the 5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> of June with regular scheduling resuming the week of the 12<sup>th</sup>. Additionally, our exercise leader Amanda will be on vacation from June 22 through the 29<sup>th</sup>. As this is written, I don't know whether Christy will be available but we'll let you know when we find out. Hey-it's June, start of vacation season. What can I say?

The CHP Mobile van will be here at Harper from 1:00 to 3:00 on the afternoon of Wednesday June 7<sup>th</sup> and they are bringing the most recent Covid vaccine with them. CDC recently put out new recommendations for those 65yr+ or immunocompromised to get a 2nd bivalent booster to help build up their immunity.

On Thursday June 8<sup>th</sup> and again on the 15<sup>th</sup>, our friends from the McCann Nursing program will be in the house to talk with us about neurological disorders on the 8<sup>th</sup> and skin care-just in time for summer-on the 15<sup>th</sup>. We can do cookouts on those days, burgers and dogs one day, chicken the next.

On Friday June 9<sup>th</sup>, we'll have some guests from MassHealth to talk about that particular insurance program and answer any questions you may have. There have been lots of changes following Covid...

On Monday the 13<sup>th</sup>, Sabrina Feliciano from the Social Security Administration will be here to talk with us about, well, social security. We've had folks asking for information regarding the steps needed to "get" Social Security benefits, time frames and with setting up an account, what to do if you're still working, etc. and she'll be able to answer those for us. Yup, there will be a luncheon, menu TBD.

On Tuesday the 20<sup>th</sup>, it's "Kraft's with Kayla" as our friend from Williamstown Commons returns to lead a session to create "Summer Wreaths". Please let us know if you're coming!

Then, on the afternoon of the 22<sup>nd</sup>, Dave Gorson will lead a master class on Argentine Tango. Dave has been dancing for 15 years so join us! I guess if you can walk, you can do this dance, it will be a fun 45-minute class followed by a 45-minute practice session. No partner necessary. Soft soled shoes or socks recommended. What a great way to celebrate the first full day of summer eh?

We'd be kind of remiss if we didn't begin the summer talking about ticks...they're out there. Nancy Slattery from the Berkshire Regional Planning Organization will be here to talk everything about these pests and how to avoid them. I've been bitten and was very sick with tick related diseases-yes, plural-you don't want them. This is a topic you'll really need to hear. There will definitely be food.

To end the month, we'll host our second Open Mic session on the 30<sup>th</sup> at 1:00. We had a blast last time so plan on being here. More to follow.

For those who were curious Reiki will continue on Tuesday morning at 11:00. Haven't tried it yet? Ask us.

Have a great month!