



May 2023



Williamstown Council on Aging 413-458-8250

Sun

Mon





Tue

Wed

Thu

Fri

Sat

	1 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi	2 9:00 Painting Class 11:00 Reiki	3 9:30 Chair Yo- ga Zoom 11:00 Exercise 1:00 Bridge, Coloring Group	4 9:00 Walking 9:30 Tai Chi 11:00 Exercise 11:30 Chefs Hat 2:00 Caregiver Support	5 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo 4:00 Tech Tutoring	6 
7	8 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi	9 9:00 Painting Class 11:00 Reiki	10 9:30 Chair Yo- ga Zoom 11:00 Exercise 1:00 Bridge, Coloring Group	11 9:00 Walking, 9:30 Tai Chi 11:00 Exercise 1:00 Craft with Kayla 1:30 Stamp Collectors	12 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo	13
14 Happy Mothers Day! 	15 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi	16 9:00 Painting Class 11:00 Reiki 1:00 Argentine Tango	17 9:30 Chair Yo- ga Zoom 11:00 Exercise 1:00 Bridge, Coloring Group	18 9:00 Walking 9:30 Tai Chi 11:00 Exercise 11:30 Daily Grind 12:30 Lunch- eon 1:00 McCann 2:00 Caregiver	19 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo	20
21	22 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi	23 9:00 Painting Class 11:00 Reiki 12:30 Luncheon 1:00 Sandy Ward, Funeral Alliance	24 9:30 Chair Yo- ga Zoom 11:00 Exercise 1:00 Bridge, Coloring Group	25 9:00 Walking, 9:30 Tai Chi 11:00 Exercise 12:30 Lunch- eon 1:00 McCann	26 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo BROWN BAG!	27
28	29 Memorial Day 	30 9:00 Painting Class 11:00 Reiki 1:00 MOB	31 9:30 Chair Yo- ga Zoom 11:00 Exercise 1:00 Bridge, Coloring Group	Van shopping trips to Stop and Shop on Tuesdays starting at 9:15	Van trips to Wal-Mart on the 11th and 25th of May at 11:00	