



August 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>Grab and Go Hot Meals, Monday-Wednesday and Friday weekly.</p> <p>Walking Group Thursday at 9:00</p>	<p>Van to Stop & Shop on Tuesday mornings, Wal Mart on Thursday August 10th and 17th all by arrangement with van operator</p>	<p>1 9:00 Oil Painting 3:00 National Night Out event at the Spruces Park</p>	<p>2 9:30 Yoga 11:00 Exercise 12:45 Bridge 3:00 Loss Support</p>	<p>3 9:30 Tai Chi 11:00 Exercise, Reiki 1:00 Writing workshop 2:00 Caregiver Support</p>	<p>4 9:00 Coffee hour /Bob Dean guest 9:30 Yoga 11:00 Exercise 1:00 Bingo</p>	5
	<p>7 9:30 Yoga 1:00 Karyn's Exercise Class 3:30 Tai Chi</p>	<p>8 9:00 Painting Class 1:00 BHS private event for Proprietors Field</p>	<p>9 9:30 Yoga 12:45 Bridge 1:00 Ice Cream</p>	<p>10 9:30 Tai Chi 11:00 Reiki 11:30 Luncheon: Blue Mango 1:00 Writing</p>	<p>11 9:00 Coffee hour 9:30 Yoga 1:00 Volunteer Recognition</p>	12
13	<p>14 9:30 Yoga 11:00 Exercise 12:00 Music: Shea Dewen 1:00 Karyn's Exercise Class 3:30 Tai Chi</p>	<p>15 9:00 Painting Class</p>	<p>16 9:30 Yoga 11:00 Exercise 12:45 Bridge</p>	<p>17 9:30 Tai Chi 11:00 Reiki 1:00 Writing</p>	<p>18 9:00 Coffee hour 9:30 Yoga 1:00 Bingo</p>	19
20	<p>21 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi</p>	<p>22 9:00 Painting Class 1:00 Summer High Tea</p>	<p>23 9:30 Yoga 11:00 Exercise 12:45 Bridge 1:00 Ice Cream</p>	<p>24 9:30 Tai Chi 11:00 Exercise, Reiki 11:30 Luncheon: Madison Brewery 1:00 Writing</p>	<p>25 9:00 Coffee hour 9:30 Yoga 11:00 Exercise 1:00 Bingo</p>	26
	<p>28 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi</p>	<p>29 9:00 Painting Class 1:00 Croquet</p>	<p>30 9:30 Yoga 11:00 Exercise 12:45 Bridge</p>	<p>31 9:30 Tai Chi 11:00 Reiki</p>	<p>*Brown Bag for pick up is here on the 25th</p>	