





September 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>
The van goes on shopping expeditions to Stop and Shop every Tuesday at 9:45 and 10:45	The van also goes to Walmart by appointment with the driver.			On Fridays, at 10:00, the Book Discussion group meets at Milne Library	1 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo	2
3	4 Labor Day Harper Center Closed 	5 9:00 Oil Painting 1:00 Trivia w/ Sue from Hospice of WMA	6 9:30 Yoga 11:00 Exercise 12:45 Bridge	7* 9:00 Walking 9:30 Tai Chi 11:00 Exercise, Reiki 1:00 Writing workshop 2:00 Caregiver Support	8 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00, BP Clinic, Fall Krafts with Kayla	9 * Van to Chefs Hat  <small>Cartoon Download in Vector Art from the Illustration of ADRIAN AGUIAR. Free high resolution file without watermark available at www.LineArtStation.com</small>
10	11 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi	12 9:00 Painting Class 1:00 Garden Club	13 9:30 Yoga 11:00 Exercise 12:45 Bridge	14 9:30 Tai Chi 11:00 Exercise, Reiki 1:00 Writing workshop 1:30 Stamp Collectors	15 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo	16 1:00 Saturday Art group
17 	18 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi	19 9:00 Painting Class 12:30 Cookout 1:00 Social Security updates with Sabrina Feliciano	20 9:30 Yoga 11:00 Exercise 12:45 Bridge 2:30-4:00 Loss Support	21** 9:00 Walking 9:30 Tai Chi 11:00 Exercise, Reiki 1:00 Writing workshop 2:00 Caregiver Support	22 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo Brown Bag	23 **Van to Daily Grind
24/31	25 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi	26 9:00 Painting Class 1:00 Bingo	27 9:30 Yoga 11:00 Exercise 12:45 Bridge 2:30-4:00 Loss Support	28 10:00-1:00 Wellness Fair Fair -includes immunization opportunities for Flu and COVID, registration required. 1:30 Stamps	29 9:00 Coffee 9:30 Yoga 10:30 Exercise 1:00 Presentation on the Charter review	30 