

# November 2023

Williamstown Council on Aging, 413-458-8250

*Sun*

*Mon*





*Tue*

*Wed*

*Thu*

*Fri*

*Sat*

			<b>1</b> 9:30 Yoga 11:00 Exercise 12:45 Bridge 2:30 Loss Support	<b>2</b> 9:00 Walking 9:30 Tai Chi 11:00 Exercise, Reiki 1:00 Movie day 2:00 Caregiver Support	<b>3</b> 9:00 Coffee 9:30 Yoga 10:30 Exercise 1:00 Fire Safety 4:00 Tech Tutoring	<b>4</b> 
<b>5</b>	<b>6</b> 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class, Mahjongg 3:30 Tai Chi	<b>7</b> 9:00 Painting Class 1:00 Bingo	<b>8</b> 9:30 Yoga 11:00 Exercise 12:45 Bridge 1:00-3:00 Writing Group	<b>9</b> 9:00 Walking 9:30 Tai Chi 11:00 Exercise, Reiki 1:30 Rick lunch TBD 1:30 Stamp Collectors	<b>10</b>  Veterans Day Harper Center Closed. 9:30 Zoom Yoga	<b>11</b>
<b>12</b>	<b>13</b> 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 1:00 Mahjongg 3:30 Tai Chi	<b>14</b> 9:00 Painting Class 1:00 Bingo 1:45 Blood Pressure checks	<b>15</b> 9:30 Yoga 11:00 Exercise 12:45 Bridge 1:00-3:00 Writing Group	<b>16</b> 9:00 Walking 9:30 Tai Chi 11:00 Exercise, Reiki 1:00 Pie swap 2:00 Caregiver Support	<b>17</b> 9:00 Coffee 9:30 Yoga 11:00 Exercise 12:30 Cook out 1:00 Roger does the Beatles 4:00 Tech Tutoring	<b>18</b> Saturday Art Group
<b>19</b>	<b>20</b> 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:30 Tai Chi BROWN BAG	<b>21</b> 9:00 Painting Class 10:00-11:30 Loss Support 1:00 Bingo 1:00 Krafts with Kayla	<b>22</b> 9:30 Yoga 11:00 Exercise 12:45 Bridge 1:00-3:00 Writing Group	<b>23</b> Thanksgiving 	<b>24</b> Municipal Holiday Harper Center Closed	<b>25</b>
<b>26</b>	<b>27</b> 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 1:00 Mahjongg 3:30 Tai Chi	<b>28</b> 9:00 Painting Class 10:00-11:30 Loss Support 12:00-3:30 Speed SHINE	<b>29</b> 9:30 Yoga 11:00 Exercise 12:45 Bridge 1:00-3:00 Writing Group	<b>30</b> 9:00 Walking 9:30 Tai Chi 11:00 Exercise, Reiki 11:30 Rick Lunch, TBD	