










# December 2023

Williamstown Council on Aging 413-458-8250

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>The van goes on shopping expeditions to Stop and Shop every Tuesday at 9:45 and 10:45</p>	<p>The van also goes to Walmart by appointment with the driver.</p>			<p>On Fridays, at 10:00, the Book Discussion group meets at Milne Library</p>	<p><b>1</b> 9:00 Coffee 9:30 Yoga 1:00 Bingo 4:00 Tech Tutoring</p>	<p><b>2</b> Williamstown Holiday Walk celebrations</p>
<p><b>3</b></p> 	<p><b>4</b> 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:30 Tai Chi</p>	<p><b>5</b> 9:00 Oil Painting 10:00 Loss Support 1:00 Garden Club Green BP Clinic 1:30</p>	<p><b>6</b> 9:30 Yoga 11:00 Exercise 12:45 Bridge 1:00 Writing Group</p>	<p><b>7</b> 9:00 Walking 9:30 Tai Chi 11:00 Exercise, Reiki 12:30 Movie; The Gathering</p> 	<p><b>8</b> 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Holiday Bingo with Kayla</p>	<p><b>9</b></p> 
<p><b>10</b></p>	<p><b>11</b> 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:30 Tai Chi  BROWN BAG</p>	<p><b>12</b> 9:00 Painting Class 10:00 Loss Support 4:00 Holiday Lights Tour</p>	<p><b>13</b> 9:30 Yoga 11:00 Exercise 12:45 Bridge 1:00 Writing Group</p>	<p><b>14</b> 9:30 Tai Chi 11:00 Exercise, Reiki, Van to Water Street Grill for lunch 1:00 Stamp Collectors 1:00 Seasonal Sing-a-Long</p>	<p><b>15</b> 9:00 Coffee 9:30 Yoga 1:00 Bingo</p>	<p><b>16</b> 1:00 Saturday Art group</p>
<p><b>17</b></p>	<p><b>18</b> 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:30 Tai Chi St Pats seasonal celebration</p>	<p><b>19</b> 9:00 Painting Class 1:00 Bingo</p> 	<p><b>20</b> 9:30 Yoga 11:00 Exercise 12:45 Bridge 1:00 Writing Group</p>	<p><b>21</b> 9:00 Walking 9:30 Tai Chi 11:00 Exercise, Reiki 12:30 Spaghetti and meatballs 1:00 Fire Cider</p>	<p><b>22</b> 9:00 Coffee 9:30 Yoga 12:00 Proprietors Field tenants meeting</p>	<p><b>23</b></p> 
<p><b>24/31</b></p> 	<p><b>25</b> Harper Center Closed</p>	<p><b>26</b> 9:00 Painting Class 1:00 Bingo</p>	<p><b>27</b> 9:30 Yoga 12:45 Bridge 1:00 Writing Group</p>	<p><b>28</b> 9:00 Walking 9:30 Tai Chi 11:00 Reiki 11:30 van to Spice Root 1:00 Bingo</p>	<p><b>29</b> 9:00 Coffee 9:30 Yoga 12:00 movie "Gathering" sequel</p>	<p><b>30</b></p>