

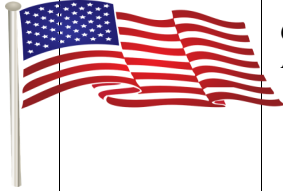
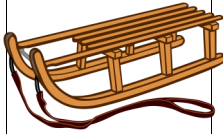


February 2024

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>Van trips to Stop and Shop each Tuesday. Wal Mart by arrangement with the driver.</p>	<p>Loss Support group starts Tuesday February 27 @10:00</p>	<p>Walking Group leaves Harper every Thursday at 9:00</p> <p>*Cribbage Games, 10:00 on Wednesdays, experienced players</p>		<p>1 9:30 Tai Chi 10:00 WES 11:00 Exercise, Reiki 11:30 Norad Mill for lunch 1:00 Memory class</p>	<p>2 10:00 Book discussion group at Milne Library 9:00 Coffee 9:30 Yoga 1:00 Bingo</p>	<p>3</p>
<p>4</p>	<p>5 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:30 Tai Chi</p>	<p>6 9:00 Painting Class 12:30 Spaghetti, meatballs, garlic bread just lunch... 6:00 AARP Tax Aide</p>	<p>7 9:00 Foot Care 9:30 Yoga 11:00 Exercise 12:45 Bridge</p>	<p>8 9:30 Tai Chi 10:00 WES 11:00 Exercise, Reiki 1:00 Memory Class 1:30 Stamp Collectors</p>	<p>9 9:00 Coffee 9:30 Yoga 1:00 Bingo 4:00 Tech Tutoring</p>	<p>10 9:00 AARP Tax Aide</p>
<p>11</p>	<p>12 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:30 Tai Chi</p>	<p>13 9:00 Painting Class 12:30 Alberta and Sarah's Valentine Party 6:00 AARP Tax Aide Day gig</p>	<p>14* 9:30 Yoga 11:00 Exercise 12:45 Bridge 1:00 Writing Group</p> 	<p>15 9:30 Tai Chi 10:00 WES 11:00 Exercise, Reiki 11:30 Moonlight Diner Lunch 1:00 Memory Class</p>	<p>16 9:00 Coffee 9:30 Yoga 11:00 Exercise 4:00 Tech 4:00-6:00 WPD-Bingo 3:30-4:30 Girl Scouts Cookie Sale</p>	<p>17 9:00 AARP Tax Aide Saturday Art Group 1:00</p>
<p>18</p> 	<p>19 Harper Center Closed- Presidents Day</p>	<p>20 9:00 Painting Class 1:00 Karyn's Winter Tea 6:00 AARP Tax Aide</p>	<p>21* 9:30 Yoga 11:00 Writing Group 12:45 Bridge 1:00 Writing Group 4:15 Tech office hours</p>	<p>22 9:00 Wal Mart 9:30 Tai Chi 11:00 Reiki 1:30 Stamp Collectors (No WES School vacation)</p>	<p>23 9:00 Coffee 9:30 Yoga 1:00 Bingo 4:00 Tech 1:45 BP Clinic BROWN BAG 9:15-11:00 Girl Scout Cookie Sale</p>	<p>24 9:00 AARP Tax Aide</p> 
<p>25</p>	<p>26 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:30 Tai Chi</p>	<p>27 9:00 Painting Class 10:00 Loss Support 12:30 TBD</p>	<p>28* 9:30 Yoga 11:00 Exercise 12:45 Bridge 1:00 Writing Group 4:15 Tech office hours</p>	<p>29 9:30 Tai Chi 10:00 WES 11:00 Exercise, Reiki 12:30 Movie plus Mocha</p>		