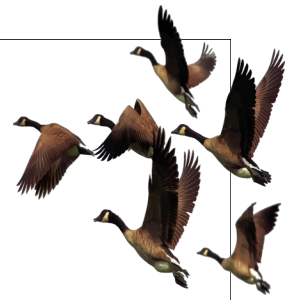




March 2024



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</p>	<p>The van also goes to Walmart by appointment with the driver on March 28th at 9:00.</p>	<p>AARP Taxes Aide assistance Tuesday evenings and Saturday mornings.</p>	<p>Cribbage games Wednesday 13th, 20th and 27th at 10:00</p>	<p>On Fridays, at 10:00, the Book Discussion group meets at Milne Library</p>	<p>1 9:00 Coffee 9:30 Yoga 1:00 Bingo 4:00 Tech Tutoring</p>	<p>2</p>
<p>3</p>	<p>4 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:30 Tai Chi</p>	<p>5 9:00 Oil Painting 10:00 Loss Support 12:30 Pasta and Meatballs, etc...</p>	<p>6 9:00 Foot Care 9:30 Yoga 11:00 Exercise 12:45 Bridge 4:15 Tech Office hour</p>	<p>7 9:00 Walking 9:30 Tai Chi 10:00 5th Graders 11:00 Exercise, Reiki 1:00 Bingo</p>	<p>8 9:00 Coffee 9:30 Yoga 11:00 Exercise 12:30 Luncheon 1:00 W'town Commons and Amedisys 4:00 Tech Tutors</p>	<p>9</p>
<p>10 Turn your clocks ahead!</p> 	<p>11 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class</p>	<p>12 9:00 Painting Class 10:00 Loss Support 1:00 Spring Crafts with Kayla</p>	<p>13 9:30 Yoga 11:00 Exercise 12:45 Bridge 1:00 Writing Group</p>	<p>14 9:00 Walking 10:00 5th Graders 11:00 Exercise, Reiki 1:00 Stamp Collectors 1:00 Bingo</p>	<p>15 9:00 Coffee 9:30 Yoga 11:00 Exercise 12:30 Lunch 1:00 Mass Equipment distribution</p>	<p>16 2:00 Saturday Art group</p>
<p>17</p> 	<p>18 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:15 Tai Chi</p>	<p>19 Strip and Wax Harper Center closed...however the van will bring people to the Clark at 10:00....it's free!</p>	<p>20 9:30 Yoga 11:00 Exercise 12:45 Bridge 1:00 Writing Group</p>	<p>21 9:00 Walking 9:30 Tai Chi 10:00 5th Grade 11:00 Exercise, Reiki Van trip to Daily Grind</p>	<p>22 9:00 Coffee 9:30 Yoga 1:00 Bingo Brown Bag</p>	<p>23</p> 
<p>24/31</p> 	<p>25 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:15 Tai Chi</p>	<p>26 9:00 Painting Class 10:00 Loss Support 12:30 Cookout 1:00 Kate O'Connor</p>	<p>27 9:30 Yoga 11:00 Exercise 12:45 Bridge 1:00 Writing Group</p>	<p>28 9:00 Walking 9:30 Tai Chi 10:00 Cribbage, 5th Graders 11:00 Exercise, Reiki 12:30 Movie 1:00 Stamp Collectors</p>	<p>29 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo 1:45 BP clinic</p>	<p>30</p>