

March 2024 calendar notes.

Daylight Savings Time begins again on March 10<sup>th</sup> so, yay, it will be lighter later. The first day of Spring is the 19<sup>th</sup>. Get ready to clean out the winter debris!

Our Tech Tutors will be here at 4:15 on the 6<sup>th</sup> to answer any quick questions about devices, anything that can be answered in 15 minutes or less, more complicated questions will be referred to the longer Tech sessions on Fridays. Appointments are not needed for these sessions. We're calling these Wednesday sessions "Drop in Office Hours". We have the Tech Tutors here on the Friday the 1<sup>st</sup> and 8<sup>th</sup>, then on break until April.

Tuesday the 5<sup>th</sup> we are having pasta and meatballs by popular demand.

Amedisys and Williamstown Commons colleagues will be here at 1:00 on Friday the 8<sup>th</sup> to talk about transitioning from the hospital or skilled nursing (also known as rehab or nursing home) to home with home care such as home physical or occupational therapy and nursing services. On Friday the 15<sup>th</sup>, Marguerite from the Massachusetts Equipment Distribution Program will be here to talk about phones for people with disabilities. Lunch precedes both of these events.

Laurie-Ann Altsman, our new friend and Footcare Nurse will be in on Wednesday the 6<sup>th</sup> to trim toenails, calluses and massage aching feet. If you want to see her, call her and make an appointment at 413-770-0653.

On the same topic, a sad note, her predecessor in footcare, Serena Merrill, passed on February 17<sup>th</sup>. Rest in Peace friend.

Kayla Cloutier from Williamstown Commons will be here on the 12<sup>th</sup> to lead folks in a Spring craft, participation is limited, reservations required.

The Harper Center building itself will be closed for the annual floor strip and wax on the 19<sup>th</sup>, COA staff will be working out there somewhere. Rick will be bringing folks to the Clark at 10:00 that morning, it's the end of free admission months. He's also bringing lunch-ers to the Daily Grind on the 21<sup>st</sup> at 11:00 and Walmart on the 28<sup>th</sup> at 9:00.

Kate O'Connor, a talented musician from the Northampton area will be here to entertain on the 26<sup>th</sup>. We know Kate, she's entertained here before. We're cooking out beforehand, first cookout of the season beforehand, and, it will be the first party of the Spring!

The rest of the calendar is reflecting all of the monthly activities on the days they should be-except Bingo which can move about. Hopefully there won't be snow to cancel anything this month, I've been waiting for a blizzard since November, that has passed and and now ready for grass and flowers!

The AARP Tax Aides will be here to help file your state and Federal income taxes on Tuesday evenings and Saturday morning. You do need a reservation for this program and slots are mostly filled until April. Call us at 413-458-8250 for more information.

There will be no Tai Chi on the week of the 11<sup>th</sup> as Youlin will be away.

Have a great month!