






December 2025

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>
Loss Support group meets Wednesday the 3rd, 10th and 17th at 1:00	1 9:30 Yoga 11:00 Exercise, 1:00 Karyn's Exercise Class 3:00 Tai Chi	2 9:00 Painting Class	3 9:00 Foot Care 9:30 Yoga 10:00 Cribbage 11:00 Exercise, Dementia Care @ Milne. 1:00 Bridge, Loss Support	4 10:00 Reiki 9:30 Tai Chi 11:00 Exercise, 1:00 Card making with Deborah & friends 12:30 Garden Club Green 2:30 Dance Free	5 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo	6 11:00 Harper Center Art Group Art Sale t
7	8 9:30 Yoga 11:00 Exercise, 1:00 Karyn's Exercise Class 3:00 Tai Chi	9 9:00 Painting Class 9:30 Cyber Seniors 1:00 Pie Day	10 9:30 Yoga 10:00 Cribbage 11:00 Exercise 1:00 Bridge, Loss Support	11 9:30 Tai Chi 10:00 Reiki 11:00 Exercise 1:00 Diabetes group, Proprietors Field holiday 1:30 Stamps	12 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo	13 Saturday Art Group 1:00
14 Happy Hannukah! 	15 9:00 Hair cuts 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:00 Tai Chi	16 9:00 Painting Class 9:30 Cyber Seniors 2:00 Scrabble	17 9:30 Yoga 10:00 Cribbage 11:00 Exercise 1:00 Bridge, Loss Support 5:00 Christmas Lights tour	18 10:00 Reiki 9:30 Tai Chi 10:30 van to China Wok 11:00 Exercise, Sweetwood Memory Cafe 2:30 Dance Free	19 9:00 Coffee w/ Sophie and Ruth 11:00 Exercise 1:00 Bingo	20
21	22 11:00 Exercise 1:00 Karyn's Exercise Class 2:00 Tai Chi 3:45 Christmas pageant	23 9:00 Painting Class 9:30 Cyber Seniors 1:00 Scrabble Cocoa, caroling and cookie swap	24 No formal programs. Staff 2026 planning day.	25 Harper Center closed. Merry Christmas 	26 11:00 Exercise 1:00 Bingo Happy Kwanza 	27
28	29 1:00 Karyn's Exercise Class 3:00 Tai Chi	30 9:00 Painting Class 1:00 New Year celebration 2:00 Scrabble	31 9:30 Yoga Afternoon activity TBD	Van shopping trips to Stop and Shop on Tuesdays	Van to Walmart by arrangement with Rick.	

OK here we are in December, and the weather actually feels like it's acting December-ish doesn't it? We had a bit of snow over the weekend, with more on the way, and the temperature is rather chilly. Time to put the birdfeeders out! And find those snow shovels!

Due to the predicted storm, the Williamstown Garden Club will be here on Thursday at 12:30 to host their annual Garden Club green event. If you're interested in popping in and making a festive holiday decoration, please do.

On the 4th at 1:00 our friend Deborah MacDonald and a couple of her friends will be hosting a holiday card making session here in the classroom. All the materials will be furnished; participation is limited so reserve your spot today!

On Saturday the 6th at 11 o'clock, the Harper Center art group will be hosting a group art sale to purchase supplies for the art class and will be donating to a designated entity as well. That's 11 to 2. Tuesday, December 9 is pie day so bring a pie to share with others or just come in and have a piece. Kindly rsvp and let us know the pie you're bringing

On the 11th at 1 o'clock Hearthway people will be hosting the annual Proprietor's Field holiday luncheon here at the Harper Center. It's open to all the individuals who live at Proprietors Field. On the 17th at 5 o'clock Dave and Sarah will be hosting the annual Christmas lights tour. On the 22nd at 3:45 Karen's an annual Christmas pageant with the children from Saint Patrick's and Saint Raphael's church will be here to do their thing. On the 23rd at 1 o'clock we'll have hot cocoa, caroling and a cookie swap and at 1 o'clock on the 30th we'll have it new year celebration.

Some of our usual monthly activities will have holes in their schedule this month as the presenters are away on vacation and spending quality time with their families. If you are a member of the yoga or exercise classes, please consult the schedule before you come in.

Another couple of notes, the cyber seniors group will meet on Tuesdays at 9:30 going forward or at least for the month of December. Our barbers will be here on the 15th at 9 o'clock to cut hair. I believe at this moment there are still some openings so if you're interested in having a haircut for \$20, please sign up as registrations are required. Corrine is hosting a brief series of loss support group meetings on December 3rd, 10th and 17th, at 1:00 in the classroom. We are aware that holidays are tough for some people for many different reasons, please stop in if you feel that you could use a friendly, supportive moment or two.

With weather on the way, please note if school is closed, programs are cancelled and there is no transportation.

Finally, from your friends here at the Harper Center to all of you happy holidays