

Newsletter and Classes



NEW CLASSES!!!

Watercolor Painting with Suzanne Blackwell

***WEDNESDAY May 15th and 29th
at 1 PM, supplies are donated.
This month Suz is teaching us
how to paint landscapes.***

Crafts with Annette McLeod

***THURSDAY, May 16th at 11 AM. We will be creating loose leaf tea
blends.***

PICKELBALL COMING SOON!

Join us on Mondays!

May Classes- May 6th and 13th

Beginners 9-10am, non-beginners 10-11am

Gym Shoes Highly Recommended.

Please Call 413-298-4170 ext. 263 to sign up. Classes are limited to 8 people.

Recurring Events and Activities

Elder Service CONGREGATE MEALS

Tuesdays at 11:30 - 12 in the Senior Center

BROWN BAG

Every second Wednesday - 11:30 a.m. at Heaton Court

YOGA CLASSES

Mondays and Thursdays: 4:00 - 5:00 p.m. Yoga with Crystal - in the Gym

Wednesdays at 10am - Chair Yoga with Antoinette - in the Gym

WALK WITH FRIENDS

Tuesdays & Thursdays 10-11AM

BINGO

Tuesdays 12:45 - 3:00 PM Senior Center

UKULELES MUSIC - enjoy the sounds of uplifting songs on ukuleles - Mondays 10:30-12

Footcare Clinic- Contact Laurie Ann Altzman (413)770-0653 to make an appointment. She is here on the third Wednesdays of the month. (Except for the month of May, she will be at the town hall on the second Wednesday.)

SHINE For appointments: contact Winne Veretto at 413-528-1556 or Elder Services at 413-499-0524

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