

## **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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