

August 2026 Calendar notes.

We're just flying through the summer, eh? Hope you're getting your fair share of fresh fruits and veggies! Lots of good stuff out there now... Before anyone asks, we will be "Bingo-ing" every Friday in August. Plus, a Super BINGO with our friends at Sugar Hill on Wednesday, the 12<sup>th</sup> Transportation will be provided at 12:30. RSVP if you need a ride. Any questions?

Destiny Easler will be here to offer classes and individual sessions on the fine art of managing all your infernal toys and necessities, computers, cell, phones, tablets or anything else electronic. She'll be here at 2:00 on Monday afternoons. 15-minute individual sessions start at 3:00 by advanced reservation and limited per session.

Something new is coming our way on the 13<sup>th</sup>. It's an innovative program entitled "Hip Hop Chair Dance for Seniors" This class is about an hour. You'll move to music from the "Soul Train", remember that show? This exercise should be fun, it's different, a newer version of exercise so pop in! Senior participants will leave feeling more limber having participated in this activity. The instructor for this one-time opportunity is Rondae Drafts, Ph.D., who has researched hip hop's impact on modern music and taught classes in all sorts of diverse settings including MIT. This program is sponsored by a generous grant from the Cultural Council of North Berkshire. Registration is encouraged but not required.

Sophie Carnes-Jannen, our friend and Nurse Practitioner from Berkshire Regional Planning, will be here Tuesday the 4<sup>th</sup> at 1:00 to talk about ticks, tick bites, tick borne illness and how to avoid them. Pizza will be available at 12:30 with preregistration.

OK, the biggest news of August is Karyn's Annual High Tea. This year it's on the 18<sup>th</sup>, at 1:00 as usual. Different varieties of tea, fancy sandwiches you can only get once a year and scones-my favorite! Participation is limited to 40 so make sure that you sign up soon. This is Karyn's thirty something annual tea. Anybody know the actual number?

The Diabetes Support Group meets at 1:30 on the 13<sup>th</sup>, the monthly Blood Pressure Clinic is at 1:45 on Friday the 14<sup>th</sup>. It looks like the van will be going to Chillis in Bennington on the 20<sup>th</sup>, registration required. Brown Bag for the month is on Friday the 28<sup>th</sup>.

We also may have to cancel a couple exercise classes, August is a prime vacation month and while we're asking our folks about their availability, it may not happen-everyone is away. Good for them, right?

Have a great month!