

September 2026 calendar notes

If you read the calendar entries, you will notice that there are a few gaps on days when there is no exercise scheduled. This includes the morning walk about and weight training; it means that there is no class on those days-occurs mostly in the week of the 14th.

Vacations, commitments, you know. Speaking of that, Deborah will be away too and there will be days when there's no Yoga. As a reminder, Deborah leads chair yoga on Mondays and Wednesdays. Her Friday class is gentle yoga and welcomes participants who can get onto the floor and back up independently. There is a Yoga outside option Monday and Wednesdays on the lawn out back where Cherie volunteers to lead the "unofficial" class.

Walmart Pharmacists are coming on the 10th from 10-12 to offer seasonal flu shots. Bring your insurance cards if you're coming. Walk ins welcome

Our friend Justin Day from Williamstown Commons will be here at 1:45 on the 1th for the monthly Blood Pressure Clinic. All are welcome. The Diabetes Support Group meets on the 10th at 1:30. All welcome here too!

Dance Free is back! Join every other Thursday at 2:00 to shake and move to the music of the 60's, 70's and 80's. Nothing formal, just free style dancing, hopping and bopping around the big room! It's exercise too! Jump in! On the alternate Thursday, the Stamp Group returns at 1:30. Collect stamps? This group is for you!

Destiny will definitely be here at 2:00 Monday afternoons to teach some helpful Tech Tips you can use as you navigate your way around the internet. She's also available by appointment at 3:00 on Mondays to help with your devices and connections.

Rita Parisi of Waterfall Productions-we've met her before-comes on the 28th to present "Women of '76", documenting the untold stories of courage and conviction from five remarkable women who helped shape the American Revolution. Rita comes courtesy of a grant from the Cultural Council of Northern Berkshire. You are going to love this show, and more details will come next week.

Brown Bag is on the 25th, there's a lunch trip to Chef's Hat and there still are a few openings for hair cuts on the 21st. Call us for reservations. Finally, Mary, our Reiki practitioner is away for September so there will be no Rieke in September.

Fall begins on the 23rd, enjoy the last days of Summer2026!