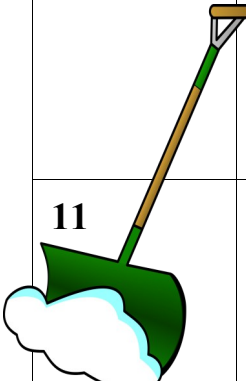




January 2026



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>
Van trips to Stop and Shop each Tuesday. Wal Mart by arrangement with the driver.	Dementia Care-giver Support @ Milne first Wednesday @11:00			1 Happy New Year!	2 No coffee today 9:30 Yoga 11:00 Exercise 1:00 Bingo ,	3
4 	5 9:30 Yoga 10:00 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class	6 9:00 Painting Class 2:00 Scrabble	7 9:00 Foot Care 9:30 Yoga 10:00 Cribbage 11:00 Exercise 12:45 Bridge	8 9:00 Walmart 11:00 Exercise, Reiki 1:00 Diabetes 1:30 Stamp Collectors	9 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo	10
11	12 9:30 Yoga 1:00 Karyn's Exercise Class 2:00 Destiny's Laptop Project	13 9:00 Painting Class, Haircuts 12:30 FT Lunch –survey day 2:00 Scrabble 4:00 Strength training	14 9:30 Yoga 10:00 Cribbage, 11:00 Exercise 1:00 Writing 12:45 Bridge	15 11:00 Exercise, Reiki 2:30 Dance Free	16 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo,	17 Saturday Art Group 1:00
18	19 MARTIN LUTHER KING JR. Day 	20 9:00 Painting Class 2:00 Scrabble 4:00 Strength training	21 9:30 Yoga 10:00 Cribbage, 11:00 Exercise 1:00 Writing 12:45 Bridge	22 9:30 Tai Chi 11:00 Exercise, Reiki 11:30 Chefs Hat 1:30 Stamp Collectors	23 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo BROWN BAG	24 Weavers Guild 9-3
25	26 9:00 Haircuts (by appointment) 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:00 Tai Chi	27 9:00 Painting Class 12:30 Pasta Luncheon 2:00 Scrabble 4:00 Strength Training	28 9:30 Yoga 10:00 Cribbage, 11:00 Exercise 1:00 Writing 12:45 Bridge	29 9:30 Tai Chi 11:00 Exercise, Reiki	30 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo	31 