

Well, we blew through January, didn't we? Now it's February and we've got a few things lined up for you guys to enjoy.

This Tuesday, February 3rd at 1:00, we are hosting a virtual AARP Driving at Night Workshop- Challenges and Tips. Viewers will hear expert advice about vision changes that hinder older adults as it gets dark, headlight technology, assistive driving tools, and essential tips for safer, more confident nighttime driving. No registration required.

Dance Free is back with Ellen and Karen on Thursday the 5th and 19th at 2:30 with . This is a great way to shake off the winter, beat to your own drummer and move to music! No experience necessary!

On February 10, Jennifer Barbeau from Mountain Girl Farm will be in the house to discuss ensuring folks have easy access to monthly SNAP and HIP (Healthy Incentive Program) benefits. The thing with these guys is that you can arrange for free monthly delivery and they'll bring fresh fruit and veggies directly to you from Mountain Girl Farm. They're able to access and process your HIP rewards using your SNAP/EBT card right at your house! Other forms of payment are also accepted. A light lunch will be available first, menu TBD. Kindly register for lunch by Friday the 6th! Home delivery of fresh veggies, that works for me, right?

On Friday the 13th a group who's been here before as Champagne Jam are now a duo; now they're called Lighten Up. They'll be here to entertain us starting at 1 o'clock, and we'll have some pretty decent refreshments. Sounds good?

Tuesday the 17th is Karen's annual Winter Tea with all those delicious goodies that you normally see in the summer. I'm not sure about the cucumbers sandwiches though it's not really cucumber season but who knows? Anyway, that's at 1 o'clock. It's not High Tea. You don't have to wear goofy hats and gloves but come and enjoy the tea and fellowship.

Rick will be taking people to Chef's Hat on the 26th at 11:30. The scheduled Walmart run is Thursday the 12th at 9 o'clock, other dates and times can be scheduled by arrangement. There are two haircut sessions this month. The 4th is reschedule from the big snowstorm in January. The regularly scheduled date is the 23rd. with appointments times are still available for the 23rd. Call or stop in if you would like to make an appointment.

I think for the most part the rest of the month looks normal. We have a regular array of programs that are arranged and ready to go. Of course, the wildcard in all this is snow and remember if it the weather causes Williamstown Mount Greylock Regional School District to be closed, there will be no programs. And-if you don't feel well please stay home! Have a great month!