

February 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>
1	2 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:00 Tai Chi 	3 9:00 Painting Class 1:00 Night driving AARP zoom 2:00 Scrabble 4:00 Weight Training	4 9:00 Foot Care 9:30 Yoga 10:00 Cribbage 11:00 Exercise, Dementia Friendly support group 12:45 Bridge	5 9:30 Tai Chi 10:00 Reiki 11:00 Exercise, 2:30 Dance Free	6 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo	7
8	9 9:00 Hair Cuts January reschedule 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:00 Tai Chi	10 9:00 Painting 12:30 Lunch 1:00 Mountain Girl Farm 2:00 Scrabble 4:00 Weight Training	11 9:30 Yoga 10:00 Cribbage 11:00 Exercise 12:45 Bridge 1:00 Writing group	12 9:00 Walmart 9:30 Tai Chi 10:00 Reiki 11:00 Exercise, 1:00 Diabetes support 1:30 Stamps	13 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 "Lighten Up" Music w/ refreshments	14
15	16 Presidents Day 	17 No painting class today 1:00 Karyn's Winter Tea	18 9:30 Yoga 10:00 Cribbage 11:00 Exercise 12:45 Bridge 1:00 Writing group	19 9:30 Tai Chi 10:00 Reiki 11:00 Exercise, 2:30 Dance Free	20 No Friday Coffee this week 9:30 Yoga 11:00 Exercise 1:00 Bingo	21 1:00 Saturday Art Group
22	23 9:00 Hair Cuts 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 3:00 Tai Chi	24 9:00 Painting Class 2:00 Scrabble 4:00 Weight Training	25 9:30 Yoga 10:00 Cribbage 11:00 Exercise 12:45 Bridge 1:00 Writing group	26 9:30 Tai Chi 10:00 Reiki 11:00 Exercise, 11:30 Chefs Hat 1:30 Stamps	27 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo Brown Bag	28
			Van shopping trips to Stop and Shop every Tuesday morning			