

March 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 Limited ap- pointments for AARP Tax Aide Program here on Tuesday from 10:00 to 8:00 and Thurs- day afternoon	2 9:30 Yoga 10:45 WES Kids/ Intergeneration Mingle 11:00 Exercise 1:00 Karyn's Ex- ercise Class 3:00 Tai Chi	3 9:00 Painting Class 2:00 Scrabble 4:00 Weight Training	4 9:00 Foot Care 9:30 Yoga 10:00 Cribbage Dementia Friendly care- giver support 12:45 Bridge	5 9:30 Tai Chi 10:00 Reiki 11:00 Exercise,	6 9:00 Coffee 9:30 Yoga 11:00 Exercise 11:00 Loss Support 1:00 Bingo 3:30 Proprie- tors Field ten- ants meeting	7 
8	9 9:30 Yoga 10:45 WES Kids/ 11:00 Exercise 1:00 Karyn's Ex- ercise Class 1:00 AMP 3:00 Tai Chi	10 9:00 Painting 1:00 Williams Opera Com- pany performs "Jukebox" 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 11:00 Loss Support 1:00 Bingo	14 3:00 Tech Tu- toring
15 	16 9:30 Yoga 10:45 WES Kids/ 11:00 Exercise 1:00 Karyn's Ex- ercise Class 1:00 AMP	17 9:00 Painting 12:30 Lunch- eon 1:00 Knot- work 2:00 Scrabble 4:00 Weight Training	18 9:30 Yoga 10:00 Cribbage 11:00 Exercise 12:45 Bridge 1:00 Writing group	19* 10:00 Reiki 11:00 Exercise 11:00 Memory Café @ Sweet- wood 2:30 Dance Free	20 9:00 Coffee 9:30 Yoga 11:00 Exercise 11:00 Loss Support 1:00 Bingo	21 1:00 Saturday Art Group
22	23 9:00 Hair Cuts 9:30 Yoga 10:45 WES Kids/ 1:00 Karyn's Ex- ercise Class 1:00 AMP	24 9:00 Painting Class 1:00 Alice gar- dening pro- gram 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 10:00 Reiki 11:00 Exercise, 12:30 Luncheon 1:00 Michelle DMV 1:30 Stamps 2:00 Brigita Mending party	27 9:00 Coffee 9:30 Yoga 11:00 Exercise 11:00 Loss Support 1:00 Bingo Brown Bag	28
29	30 9:30 Yoga 10:45 WES Kids/ 11:00 Exercise 1:00 Karyn's Ex- ercise Class 1:00 AMP 3:00 Tai Chi	31 9:00 Painting 2:00 Scrabble 4:00 Weight Training	Van shopping trips to Stop and Shop every Tuesday morn- ing	* Van to GOAT for lunch		