



# April 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>                                                     |
|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| <b>Van to Stop and Shop every Tuesday</b>                                                        | <b>AARP Tax Aide assistance</b><br><b>Appointments are all filled for this year.</b>                                            |                                                                  | <b>1</b><br>9:00 Foot Care<br>10:00 Cribbage<br>11:00 Exercise<br>11:00 Dementia care Partners at Milne<br>1:00 Bridge | <b>2</b><br>9:30 Tai Chi<br>10:00 Reiki<br>11:00 Exercise<br>2:30 Dance Free                                                | <b>3</b><br>9:00 Coffee<br>9:30 Yoga<br>11:00 Exercise, Loss Support Group<br>1:00 Bingo<br>4:00 Williams/neighborhood meeting | <b>4</b>                                                       |
| <b>5</b>                                                                                         | <b>6</b><br>9:30 Yoga<br>10:45 WES<br>11:00 Exercise, 1:00 Karyn's Exercise Class, AMP<br>2:00 Tablets<br>3:00 Tai Chi          | <b>7</b><br>9:00 Painting Class<br>12:30 Pasta<br>2:00 Scrabble  | <b>8</b><br>9:00 Walmart<br>9:30 Yoga<br>10:00 Cribbage<br>11:00 Exercise<br>1:00 Bridge, Writing Group                | <b>9</b><br>9:30 Tai Chi<br>10:00 Reiki<br>11:00 Exercise, 1:00 Diabetes support<br>1:30 Stamps                             | <b>10</b><br>9:00 Coffee, 9:30 Yoga, 11:00 Exercise, Loss Support Group<br>12:00 Dartmouth Program Amazon incentive            | <b>11</b><br>3:00—4:00 Tech Tutors                             |
| <b>12</b><br> | <b>13</b><br>9:30 Yoga<br>11:00 Exercise, 1:00 Karyn's Exercise Class, AMP<br>2:00 Tablets<br>3:00 Tai Chi                      | <b>14</b><br>9:00 Painting Class<br>2:00 Scrabble                | <b>15</b><br>9:30 Yoga<br>10:00 Cribbage<br>11:00 Exercise<br>1:00 Bridge, Writing Group                               | <b>16</b><br>9:30 Tai Chi<br>10:00 Reiki, 11:00 Exercise, van to Madison for lunch<br>2:00 Mending party<br>2:30 Dance Free | <b>17</b><br>9:00 Coffee<br>9:30 Yoga<br>11:00 Exercise<br>2:00 Bingo@ Williamstown Commons                                    | <b>18</b><br>1:00 Saturday Art Group<br>Tech Tutors, 3:00-4:00 |
| <b>19</b>                                                                                        | <b>20</b><br>Patriots Day<br>                | <b>21</b><br>9:00 Painting Class<br>2:00 Scrabble                | <b>22</b><br>9:30 Yoga<br>10:00 Cribbage<br>1:00 Bridge, Writing Group                                                 | <b>23</b><br>9:30 Tai Chi<br>10:00 Reiki, 11:00 Exercise<br>1:30 Stamp Collectors                                           | <b>24</b><br>9:30 Yoga<br>11:00 Exercise<br>1:00 Bingo<br>Brown bag                                                            | <b>25</b><br>2:00– 4:00 Book Reading, "Tales of Resilience"    |
| <b>26</b>                                                                                        | <b>27</b><br>9:00 Hair Cuts<br>9:30 Yoga<br>11:00 Exercise<br>1:00 Karyn's Exercise Class , AMP<br>2:00 Tablets<br>3:00 Tai Chi | <b>28</b><br>9:00 Painting Class<br>12:00 Volunteer Appreciation | <b>29</b><br>9:30 Yoga<br>10:00 Cribbage<br>11:00 Exercise<br>1:00 Bridge, Writing Group                               | <b>30</b><br>9:30 Tai Chi<br>10:00 Reiki<br>11:00 Exercise                                                                  |                                           |                                                                |