

The month of June has arrived and the 21st, is officially the beginning of summer. We've waited for summer for a long time, haven't we?

On Tuesday, June 2, we have a guest coming from the Social Security administration to update and discuss changes that are happening with them which may actually impact seniors. It could be a terrific opportunity to get your questions answered. On Friday, June 5th at 1:00 local poet, Pam Wax, will be reading from her just published book "Every Single Beast of My Heart. It's a collection structured around Zen remembrance and accepting the reality of aging loss and death while living with consciousness that our deeds do matter. Come enjoy this program. And there will be refreshments.

On Tuesday, June 16, Murial, an actor, will be presenting a one woman play about Mary Surrat, who was hanged as one of the conspirators following the murder of Abraham Lincoln in 1865. It should be an interesting performance, don't you think?

On June 18th, Rick will transport the lunch bunch to the Moonlight Dinner at 12:00 noon. From there, for those who are interested, he will deliver folks to High Stakes BINGO at Williamstown Commons.

On the 23rd, Sophie Carnnes Jannen and Christy Lemoine will be here to talk about a new program called Community Connections. The program was designed in collaboration with the Berkshire Medical Reserve Corps to help people stay connected via daily phone call. The discussion will start at 1:00 preceded by a luncheon. We're not quite sure what the menu will be, but it's still early!

Our friend Destiny Easler from Cyber Seniors will be here on Mondays at 2:00 to share tech tips in a group setting for your electronic devices, iPads, cell phones, and laptops.

On the 11th, we are hosting the McCann postgraduate LPN students for the last time this year. This final presentation is titled "Leisure Activities that bring Joy." We will be cooking out at 12:30 with the program to follow.

June also marks the start of new outdoor fitness classes. On Mondays at 8:00 a class called "Fitness for Seniors" with Christy Abel, will meet on Spring Street opposite the Tunnel City Coffee shop. This is a walking class using existing objects like lamp poles, benches, and sidewalk curbs instead of a gym equipment to build strength and endurance. On Tuesdays at 5:00, "Get moving with Christy" takes place at the Cole Field fitness court on Stetson Court (across the street from the Cal Ripken baseball field). Wednesdays at 8:00, a new class called "Strong and Limber," led by Amanda Bayliss, also meets at the Cole Field fitness court. Weather permitting.