



June 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>
Van shopping trips to Stop and Shop on Tuesdays , Wal-mart trips by request	1 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:00 Tech tips with Destiny in the classroom.	2 9:00 Painting Class 12:30 L&L with Social Security 2:00 Scrabble 4:00 Weight Training	3 9:00 Foot Care 9:30 Yoga 10:00 Cribbage 11:00 Exercise, Dementia Care partners group @ Milne. 1:00 Bridge	4 10:00 Reiki 11:00 Exercise, 2:30 Dance Free	5 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Poetry reading; Pam Wax	6
7	8 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:00 Tech tips with Destiny	9 9:00 Painting Class 12:30 Pasta luncheon 2:00 Scrabble 4:00 Weight Training	10 9:30 Yoga 10:00 Cribbage 11:00 Exercise 1:00 Bridge	11 10:00 Reiki 9:30 Tai Chi 11:00 Exercise 12:30 L&L with McCann, Joy in Leisure Activities 1:30 Diabetes Support Group	12 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo	13
14	15 9:00 Hair cuts 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:00 Tech tips with Destiny 3:00 Tai Chi	16 9:00 Painting Class 1:30 Murial-Mary Surrat 2:00 Scrabble 4:00 Weight Training	17 9:30 Yoga 10:00 Cribbage 11:00 Exercise 1:00 Bridge	18 10:00 Reiki 9:30 Tai Chi 11:00 Exercise, (Memory Café @ Sweetwood) 12:00 Moonlight 2:00 High stakes BINGO @WTC 2:30 Dance Free	19 Harper Center Closed Juneteenth	20 Saturday Art Group 1:00
21	22 9:30 Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:00 Tech tips with Destiny 3:00 Tai Chi	23 9:00 Painting 12:30 L&L - Community Connections 2:00 Scrabble 4:00 Weight Training	24 9:30 Yoga 10:00 Cribbage 11:00 Exercise 1:00 Bridge	25 10:00 Reiki, 9:30 Tai Chi 11:00 Exercise	26 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo Brown Bag	27
28	29 9:30 Yoga 11:00 Exercise, Loss Support 1:00 Karyn's Exercise Class 2:00 Tech tips with Destiny	30 9:00 Painting Class 2:00 Scrabble 4:00 Weight Training	Mondays at 8:00 Outdoor Fitness for seniors with Christy. Meet on Spring Street	Tuesdays at 5:00 Get Moving with Christy Abel. Meet at the Cole Field fitness court	Wednesdays at 8:00 Strong and Limber with Amanda Bayliss Meet at the Cole Field fitness court.	

