

July 2026 posts

Pretty good Fourth of July, wasn't it? A tad bit warm but it's July after all. The next holiday coming up is Labor Day in September. Seems like quite a gap between then and now, doesn't it?

Here's a couple of early July notes to think about.

This coming Thursday, July 9th, at 4:30, a new, innovative program launches. It's a different type of Fall Prevention class. Instructors from ZenQuest have created a specialized fall prevention program utilizing martial arts principals like balance, strength and controlled movement and safe falling techniques to mitigate the risk of falling. Different, eh? This class will run from this Thursday through early August. It's a collaborative between your COA, the Berkshire Regional Planning folks with some grant funding from the Williamstown Community Chest. It's free to join but preregistration is required. Contact Sophie Carnes Jannen at 413.442.1521, x63 or via email, scarnesjannen@berkshireplanning.org.

This coming Saturday morning, July 11th, we're hosting a local writer of the book "The Scrappy Knights of Cancer". The book celebrates resilience and life; living life with laughter while confronting our own personal mortality. Join us! Beginning at 10:00, we'll have coffee and other baked goodies, a few ghost stories and other tales we explore themes of grief and the Great Beyond. Art from the book will also be on display too. Join us for this local author book launch celebration with Cindy Polinsky and friends- the artists will be here too! See you Saturday morning!

As a reminder there is no 11:00 exercise class on Friday the 17th, Monday the 27th and Wednesday the 29th. Also, there is no 1:00 exercise class on Monday the 27th. Tuesday classes with Christy resume on the 21st.

Finally, the BRTA has announced that the bus, the Fare-free program will continue through June 30th, 2027. That's good right? To go along with this bit of news, if you have a Charlie Card with money on it- "stored value", they'll buy back your Charlie Cards. Every Tuesday and Thursday in July between 9:30 and noon and again from 2:00 to 4:30 customer service will issue refunds during these times only. Bring your Charlie Card to the main lobby at the BRTA Intermodal Transportation Center (ITC) located at 1 Columbus Avenue in Pittsfield any time during those Tuesday and Thursday times. Cash out your unused Charlie Card stored value, get your money back