

March 2010 Northampton Council on Aging & Senior Center Activities

<u>Monday</u>	1-31	8:30 a.m.– 4:30 p.m.	Art Exhibit Bobbe O'Brien	
	1, 8, 15, 22, 29	10 a.m. – 12:00 p.m.	Creative Writing	
	1, 8, 15, 22, 29	10:30 – 11:30 a.m.	Low-impact exercise with Andrea	
	1, 8, 15, 22, 29	11 a.m. – 1 p.m.	Computer Tutor Available	
	1, 8, 15, 22, 29	12:30 p.m.	Bowling at Canal Lanes	
	22	1 p.m.	Laugh for the Health of It	
	8, 22,	1 – 4 p.m.	Massage & Bodyworks Clinic	
	1, 8, 15, 22, 29	1 – 3 p.m.	Needle Work Shop	
	1, 8, 15, 22, 29	2 – 4 p.m.	The Artist's Way Book Study Group	
	1, 8, 15, 22	6:30- 7:15 p.m.	Swim @ Clarke School	
<u>Tuesday</u>	16	8:30 – 4:30 p.m.	Irish Soda Bread	
	2, 9, 16, 23, 30	9:30 – 10:45 a.m.	Cup of Conversation	
	2, 9, 16, 23, 30	10 – 10:45 a.m.	Tai Chi Chuan	
	2, 16	10 a.m. – 12:30 p.m.	PVTA Photo ID	
	2	10 a.m. – 12:00 p.m.	Blood Pressure Clinic	
	2, 9, 16, 23,30	12:30 p.m.	Scat/Michigan Rummy	
	9, 16, 30	1 p.m. – 3 p.m.	Watercolors	
	9, 16, 23, 30	1:15 - 2:15 p.m.	Dancercise	
	9, 16, 23, 30	2 p.m.- 4 p.m.	Writing & Reading Imaginative Literature	
	16	4 p.m.	Committee on Disabilities	
	2, 9, 16, 23,30	6 – 7 p.m.	Evening Yoga	
	<u>Wednesday</u>	10	7:30 a.m.	Mohegan Sun Casino Trip
		17	8:30 – 4:30	Irish Soda Bread
3, 10, 17, 24, 31		9:00 – 12 p.m.	Tax Preparation Assistance	
17		9:30 – 1 p.m.	Foot Clinic	
3, 10, 24, 31		10 – 11:30 a.m.	Musical Journey w/ Great Composers	
31		10 a.m.	Berkshire Hills Music Concert	
17, 24, 31		10 – 12 p.m.	Photo Management	
3, 10, 17, 24, 31		10:30 – 11:30 a.m.	Low-impact exercise with Andrea	
17		11:30 – 1:30 p.m.	Pot O'Luck	
3, 10, 17, 24, 31		12:30 p.m.	Bowling at Canal Lanes	
3, 10, 17, 24, 31		1 p.m.	Cribbage Game	
10, 17, 24		1– 2 p.m.	Chair Yoga	
3, 10, 17, 24		1 – 3 p.m.	Timeless Tunes Band	
3		1 – 3 p.m.	Hearing Clinic	
3, 10, 17, 24		1:30 p.m.	Scrabble Game	
24		2:15 – 3:15 p.m.	Stress Reduction Workshop	
3, 10, 17, 24		6:30- 7:15	Swim @ Clarke School	
<u>Thursday</u>		18	9- 10 a.m.	Stretching Workshop
	4 (make-up)	10:00 – 12:00 p.m.	Intermediate Computers	
	18, 25	10:00 – 12:00 p.m.	Intro to Computers	
	4, 11, 18, 25	10:30– 11:30 a.m.	Beginner Line Dancing	
	4, 11, 18, 25	11:30 a.m.– 12:30 p.m.	Intermediate Line Dancing	
	4	12 – 2 p.m.	Low Vision Group	
	18	1 p.m.	TRIAD	
	25	1 – 3 p.m.	Readers & Thinkers	
	4, 11, 18, 25	1:30 – 2:30 p.m.	Intermediate Tap Dancing	
	11	1:30 p.m.	NCOA Board Meeting	
	4, 11, 18, 25	1:30 – 4:15 p.m.	Mah Jongg	
	4, 11, 18, 25	2 – 3 p.m.	Open Computer Lab w/ Tutor	
	4, 11, 18, 25	3 – 4 p.m.	Computer Tutor Available	
	<u>Friday</u>	5	10 – 11 a.m.	Brown Bag Distribution
5, 12, 19, 26		10:30 – 11:30 a.m.	Low-impact exercise with Helen	
5, 12, 19, 26		12:30 p.m.	Bowling at Canal Lanes	
5, 12, 19, 26		1 – 4 p.m.	Open Art Studio w/ Russ Cross	
12		1 - 2 p.m.	Skin Care Workshop	
19		1 – 2 p.m.	Medicare Fraud	
5, 12, 19, 26		1:30 – 4 p.m.	Bridge	
5, 12, 19, 26		1:30 – 4 p.m.	SHINE appointments	
5		3 – 3:45 p.m.	Save Me A Place at Forest Lawn	
5		2 – 4 p.m.	Play Reading Group	

The Fitness Center is open Monday – Friday from 8:30 a.m. – 4:00 p.m.