

August 2010 Northampton Council on Aging & Senior Center Activities

<u>Monday</u>	1-31 2, 9, 16, 23, 30 2, 9, 16, 23, 30 2, 9, 16, 23, 30 2, 9, 16, 23, 30 2, 16 2, 9, 16, 23, 30 16 2, 9, 16, 23, 30	8:30 a.m.– 4:30 p.m. 10 a.m. – 12:00 p.m. 10:30 – 11:30 a.m. 11 a.m. – 1 p.m. 12:30 p.m. 1 – 4 p.m. 1 – 3 p.m. 1 p.m. 1- 2 p.m.	Art Exhibit: Nature Photography & Oils Creative Writing Low-impact exercise with Andrea Computer Tutor Available Bowling at Canal Lanes Massage & Bodyworks Clinic Needle Work Shop Laugh for No Reason Chronic Illness Peer Support Group
<u>Tuesday</u>	3, 10, 17, 24, 31 17 3, 17 31 3, 17 3 3, 10, 17, 24, 31 3 10 17 10 3, 10, 17, 24, 31	9:30 – 10:45 a.m. 9:30 a.m. – 1 p.m. 10 – 10:45 a.m. 10 -11 a.m. 10 a.m. – 12:30 p.m. 10 a.m. – 12:00 p.m. 12:30 p.m. 1 p.m. 1 p.m. 1 p.m. 3:30 – 4:30 p.m. 6 – 7 p.m.	Cup of Conversation Foot Clinic Tai Chi Chuan Young @ Any Age PVTA Photo ID Blood Pressure Clinic Scat Movie: “The Blind Side” Music of Yesteryear Movie: “Invictus” Bermuda Cruise Informational Meeting Evening Yoga
<u>Wednesday</u>	11 4, 11, 18, 25 4, 11, 18, 25 4, 11, 18, 25 4, 11, 18, 25 11 4, 11, 18, 25 4, 11, 18, 25	7:30 10:30 – 11:30 a.m. 12:30 p.m. 1 p.m. 1 – 3 p.m. 1:30 p.m. 1:30 p.m. 4 – 4:45 p.m.	Casino Trip: Mohegan Sun Low-impact exercise with Andrea Bowling at Canal Lanes Cribbage Game Timeless Tunes Band Cookbook Meeting Scrabble Game Zumba Gold
<u>Thursday</u>	26 5, 12, 19, 26 5, 19 5, 12, 19, 26 5, 12, 19, 26	9 a.m. – 6 p.m. 1:30 – 4:15 p.m. 2- 3:30 p.m. 2:30 – 3 p.m. 3 – 4 p.m.	Rockwell Museum & Stockbridge Mah Jongg Veterans Services Open Computer Lab w/ Tutor Computer Tutor Available
<u>Friday</u>	6 6, 13, 20, 27 6, 13, 20, 27 6, 13, 20, 27 6, 13, 20, 27 6, 13, 20, 27 6 6, 13, 20, 27	10 – 11 a.m. 10:30 – 11:30 a.m. 12:30 p.m. 1 – 4 p.m. 1:30 – 4 p.m. 1:30 – 4 p.m. 2 – 4 p.m. 3 – 4 p.m.	Brown Bag Distribution Low-impact exercise with Helen Bowling at Canal Lanes Open Art Studio w/ Russ Cross Bridge SHINE appointments Staged Play Reading: “The Grapes of Wrath” Yoga
<u>Saturday</u>	14 31	8:30 a.m. 7:30 – 10 p.m.	Tanglewood: Rehearsal Concert Monthly Dance
<u>Sunday</u>	15	2-3 p.m.	Community Concert: Jack Kowal Swing Band

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