



# Amherst Senior Spirit

## March & April 2026

Change is a constant the symbol of rebirth, the age of the phoenix. ~ Unknown

I am not sure how many folks know this already, but I believe that you have a real gem here in the Amherst Senior Services Department – I hope that a lot of you do. You have a building, that is conveniently located right downtown and for the most part, “just across the street” from Town Hall. You have a staff who are committed to the older adults of Amherst and are working hard to make the most of the resources at their disposal in order to – create a better living experience for the 60+ residents who live in this lovely community. And... you have a Council on Aging and an Amherst Friends Group who volunteer their time and energy – to support the older adults we serve now and into the future by growing their number with the services and programs they offer, over time. It’s no small task but along with the Senior Center staff and the town as a whole all of these entities are doing their best to address your needs and wants. I was thrilled to be chosen to work along with all of these groups to enhance the life experiences for Amherst’s older residents. And I am sorry to say that I will be leaving the center in early March, due to circumstances outside of my control. You have a great team of dedicated folks at the Senior Center who I know will do their best to support your interests. Thanks for your warm welcome – I am sorry I have to leave earlier than expected.

Thank-you for making me feel welcomed here, I will miss you, wishing you all the best.

**May the road rise up to meet you.**

-Warmly, Lisa



**See Pages 3 & 4  
for information  
about special  
programming:**

- **When A Loved One is Dying**
- **Laughter is the Best Medicine**
- **How to Be Happy in Difficult Times**
- **Documentary Series**

# WHO'S WHO

## Senior Center Staff

**Temporary Director:** Kiko Malin  
(413) 259-3077

**Social Services Coordinator:** Lucas Schildbach  
(413) 259-3062 | schildbachl@amherstma.gov

**Admin Assistant:** Diana Wheeler  
(413) 259-3159 | wheelerd@amherstma.gov

**Volunteer & Outreach Coordinator:**  
Julia MacFadzen  
(413) 259-3038 | macfadzenj@amherstma.gov

**Silver Shuttle Driver:** Rob Roberts

**Civil War Tablets Curator:**  
Debora Bridges  
(413) 259-0330 | bridgesd@amherstma.gov

**HVES Site Director:** Ben Orenstein  
(413) 887-8147

**Main number:** (413) 259-3060

**Address:** 70 Boltwood Walk  
Amherst, MA 01002

## DON'T FORGET!

**Check us out on Facebook to keep up-to-date on the latest news and events from the Amherst Senior Center!**

**<https://www.facebook.com/AmherstSeniorCenter/>**



**VISIT THE FRIENDS WEBSITE BY SCANNING THIS QR CODE**

## Council on Aging

**Chair:** Jeanne Horrigan

**Vice Chair:** Dennis Vandal

**Secretary:** Fred Hulme/Don Ripley

**Members:** Helena Donovan, Ivette Palacin, Karen Romanowski, and Tricia Montgomery

The Council on Aging meets on the second Wednesday of each month at 1:30pm at Town Hall. All meetings are free and open to the public. See town calendar for upcoming dates/times.

## Friends of the Amherst Senior Center

**President:** Dennis Vandal

**Vice President:** Don Ripley

**Treasurer:** Ted Mone

**Secretary:** Judy Brodsky

**Director of Communications:** Marc Barrette  
Everyone who donates to the Friends is considered a member

The Friends Group meets the third Wednesday of the month at 2:30pm at the Bangs Community Center. All meetings are open to the public and new Friends are welcome!

# Special EVENTS

## When a Loved One is Dying: Conversations about Care, Connection, and Coping

Monday, March 9, 3:30 to 5pm



Serious illness and end-of-life care can feel overwhelming, especially when you're trying to make decisions quickly. Join us for an informative, compassionate, in-person talk with hospice nurse and educator Maureen Groden, RN, MS, CHPN, who will share practical guidance and answer common questions about planning ahead and getting support. Maureen will also read from her upcoming book, *When a Loved One Is Dying: Conversations About Care, Connection & Coping*.



## Laughter is the Best Medicine

Friday, March 13th, 2-3pm

Robert Rivest includes humorous stories from his childhood, classic mime skits, and comic improvisation taken from audience suggestions. Robert also shares some insightful tips on using breathing, movement, and laughter as a way to cultivate more happiness and joy in our lives.

## How to be Happy in Difficult Times

Friday, April 10th, 2-3pm



Robert Rivest shares inspirational stories, humorous tales, and practical tools on cultivating happiness even on our darkest days. Robert also teaches us how to develop a "happiness practice" and a healthy mindset that can carry us through the ups and downs of senior life.

**Robert Rivest is the creator and founder of Wellbeing Laughter and The Rivest Method of Joyful Living. He is an internationally admired performer, teacher, and public speaker. Robert is a talented mindfulness & stress relief educator, an engaging corporate wellness presenter, a comic mime artist, and a gifted laughter yoga master trainer. Since 1990, Robert Rivest has given over 8,000 presentations in Europe, Asia, Africa, and across the United States. His mission is to use mindfulness, laughter, and the performing arts to bring greater health, happiness, and joy to individuals and organizations around the world.**

# Special EVENTS (continued)



## Introducing “Swiper of the Month”

The Amherst Senior Center uses MySeniorCenter as a way to track all our attendance and program participation. This data helps us prepare our report to the Executive Office of Elder Affairs, which provides much-needed state funds that can be used to fund programs and other necessary items for the Center.

Your swiping is vital to our success! We want to reward our most diligent and dedicated swipers. Starting on April 1st (no joke!), we will be instituting a “Swiper of the Month” program. **Winners will be picked at random but your odds of winning are relative to how many swipes you record per month.** The winner will receive a prize from the Senior Center and will have their picture displayed above the sign-in terminal as a reward for their dedication.

If you need to sign up or need a replacement card, please speak with a volunteer at the Reception Desk. Now, go get swiping!

## Documentary Series



### *In the Whale*

Friday, April 24th, 2-4pm

“In the Whale” is an award-winning feature-length film about arguably the greatest fish story ever told – though this one is true. It’s the account of a man who survived to tell the tale of being swallowed by a whale, and what happened after he escaped.



### *Gen Silent*

Friday, June 12th, 2-4pm

LGBT people who fought the earliest battles for equality now face so much fear about discrimination, or worse, in health care/long-term care that they hide their past lives, are afraid to ask for help, and die earlier. But, a small group of professionals is trying to change that.



# EXERCISE

## ARTHRITIS EXERCISE

**Mondays & Thursdays, 12:30–2:00pm**

Arthritis Exercise with Lynn Vennell & Judy Atwood. Group exercise program designed for people with arthritis to help relieve stiffness, to maintain or improve joint mobility, muscle strength, overall stamina, & balance. Cost: \$1. **Contact Lynn: [lvennell@hotmail.com](mailto:lvennell@hotmail.com)**



## CHAIR YOGA W/ LARA

**Thursdays, 10:15–11:15am**

Stretch, strengthen, and de-stress. Bring your own mat or use a chair! Give from the heart, suggested donation \$10.

**Contact Lara: [lovinlary@hotmail.com](mailto:lovinlary@hotmail.com)**



## HATHA YOGA **ZOOM ONLY**

**Mondays & Thursdays,  
10:00–11:15am**

Build bone mass, flexibility, core strength, and balance. All-level gentle class with modifications offered. Learn how to breathe with the postures to promote relaxation and health. Suggested donation of \$0 – \$15. **Contact: Robin Kassis at [r2b2nkass@gmail.com](mailto:r2b2nkass@gmail.com) for Zoom link.**



## FIT FORWARD

**Wednesdays, 2:00–3:00pm**

**Looking for a faster paced class with strength training built in?** This Pilates-based mat class is designed to help you be fit as you move forward through everyday life. Enjoy a moderately paced full body workout to improve overall strength, posture, and mobility. Bring a mat and a towel. Be strong! Be fit! Be happy! Led by **Cathy Lawlor. Participants must be able to move up and down from the floor independently.**



## YOGA & PILATES WITH CELESTE

**Fridays, 11:00am–12:00pm**

Build core strength and gain flexibility through this combo of yoga and pilates. **Free.** Bring your mat!



## PILATES PRACTICE SESSION

**Mondays, 2:00–3:00pm**

These sessions are comprised of Pilates exercises led by fellow practitioners. The exercises are performed slowly with attention to form and breathing. Led by Judith Williams. **Questions?: [1judithwilliams@gmail.com](mailto:1judithwilliams@gmail.com) 413-253-6877**



## HEALTHY BONES & BALANCE

**Tuesdays & Thursdays, 2:00–3:30pm**

HBB is designed to increase strength, mobility, flexibility and balance. Light weights increase muscle strength and stimulate joint health. Free. Instructors must be contacted before joining class.

**Contact:**

**Mary Beth (413) 253-0894  
Sophie (413) 772-9814**

## **ZOOM ONLY**

## HEALTHY BONES & BALANCE

**Mondays & Wednesdays, 10:00–11:00am**

Suitable for all. Can be done while seated. Free. **Contact: [balanceandbones@gmail.com](mailto:balanceandbones@gmail.com)**



## TAI CHI

**Mondays, 11:00am–12:00pm,  
Fridays, 2:00–3:00pm**

A video demonstration of warm-up exercises, 9 form routine, and 24 form routine. Free. **Contact: Nathalie Bridegam at 413-687-5351 or [nathaliebridegam7@gmail.com](mailto:nathaliebridegam7@gmail.com)**

## FUNCTION WELL

**Tuesdays & Thursdays, 11:30am–12:30pm**

Led by Therese Donohue, founder and first director of Amherst Ballet, this class focuses on the whole body to increase and maintain strength and balance with chair sitting exercises, balance exercises using a chair for standing support and music for ballet exercises, simple choreography, and marching. Clapping and tennis balls used for eye, memory and coordination exercises.

Recommended for seniors in their 70's and 80's. **\$2 per class.** Limited to 12 participants. No drop-ins. **Class is currently full. For more information, or to be put on the waitlist, contact Therese at [tbd@crocker.com](mailto:tbd@crocker.com)**

# Music & Dance



## **JOY OF SONG W/ SARA**

**3rd Thursday of the month at 3pm**

Supported by the Friends of the Amherst Senior Center  
Join us in a festive, no-shame zone where everyone can enjoy the proven health benefits of singing together regardless of ability or age. Lyrics provided.

## **UKULELE W/ JULIE** **200M ONLY**

**First Friday of the month at 2pm**

Supported by the Friends of the Amherst Senior Center  
Jam out with Julie on the Ukulele. For Zoom link, contact: [julie@musicjulie.com](mailto:julie@musicjulie.com)

## **NOT JUST ANY LINE DANCING**

**Mondays, 9-10am**



Dance for fun and fitness with Anastasia Social Dance School of Amherst. In this dance class you will get a workout for your body and brain! We have a fun group of active seniors who enjoy country and popular tunes ranging from 1920s to ballroom to pop. Drop-ins welcome. Admission \$5. See you on the floor!

## **DANCE WITH PARKINSON'S**

**Tuesdays, 10:30-11:30am**

Dance with Parkinson's is designed to bring the joy of movement through dance and improvisation to people with Parkinson's Disease. I will introduce different styles of dance, from Modern to Ballet, Folk and Broadway. Classes will be adjusted to all level of mobility and will be adapted for those sitting in chairs. The class will help relieve stiffness, assist with balance and walking, and improve flexibility. It will strive to create a community and bring joy while exploring the art of dance. No dance experience is required. Class fee: \$15. **Contact: Iris Berkman at (413) 575-3591**

## **AMHERST AUTOHARP WORKSHOP**

**Mondays, 10am-12:30pm**

Live. Laugh. Sing. Play autoharp.

Do you play autoharp? Would you like to learn? Our workshop always welcomes new participants. All lessons and activities of the workshop are free.

Whether you are a beginner or advanced player, come join the fun at our group lesson and guided jam/ sing-along every Monday (except holidays) from 10:00 – 12:30. Sheet music is provided. People are also always welcome to drop in to sing or just listen.

**No autoharp?** Director Marie Hartwell has some "loaner" autoharps. Priority goes to those taking class or lessons. Contact her for availability.

**Questions?** Drop in any Monday or contact Marie at: [mariehartwellwalker@gmail.com](mailto:mariehartwellwalker@gmail.com)



## **FOLK DANCING**

**Fridays, 12:45-1:45pm**

Exercise your mind as well as your body with International Folk Dancing. Folk dancing is a gentle, weightbearing activity that engages your brain as well. Best of all, it's FUN! If you can walk, you can do these dances. Newcomers may join

at any time. **Free. Contact:** [eva.goldwater@umass.edu](mailto:eva.goldwater@umass.edu)

Prefer to Zoom? Contact Eva for link.

## **DANCE AND MOVE**

**Wednesdays, 3:15-4pm**

This upbeat class has evolved from classic R&B Funk into a vibrant freestyle workout inspired by Latin salsa and merengue rhythms. With each session, you'll create your own easy-to-follow moves that let your body express itself freely—flowing with energy, boosting coordination, and uplifting the mood. No partner required—just bring your imagination, your rhythm, and your joy of movement as we celebrate together the music that is literally moving us.



# EDUCATION



## ARCHITECTURE, YOU, AND ME

**Wednesdays at 11:30am**

This introductory course will explain what architecture is and what is an architect's job, both past and present.

Each person will examine a local house (or their own) and think about what details make it special. You will learn an eye for architecture details. We'll discuss why architects are important and the impact they make socially and psychologically, as well as the value of art in our daily lives.

This course will be centered around group discussion about architecture styles. We'll express our opinions and give examples of what buildings/spaces work and which don't. Participants will sketch their dream room, garden, etc... No need to know how to draw!

Led by Tova Barnea. **Contact:** [barneatova@gmail.com](mailto:barneatova@gmail.com).



## **SHAKESPEARE**

**Wednesdays at 1:30pm**

Join a group of devoted literature lovers in reading and viewing.

**Contact: Marshal Ash at** [mash@depaul.edu](mailto:mash@depaul.edu).



## **BOOK CLUB**

**Usually the 4th Friday of the month at 2:00pm**

**\*April's meeting will take place on the 3rd Friday of the month\***



Led by Linda Wentworth of the Jones Library. We read a mix of fiction, mystery, thrillers, biography and nonfiction. Open to all! **Contact:** [wentworth@joneslibrary.org](mailto:wentworth@joneslibrary.org)

## Civil War Tablets & Photo Exhibit

**\*CLOSED FOR RENOVATIONS UNTIL FURTHER NOTICE\***

**Bangs Community Center To make an appointment, call: (413) 259-0330**

Descendant-led narrative tours conducted by Curator & Creator Debora Bridges. "It is my pleasure to invite you to tour the Civil War Tablet & Photograph Exhibit." Over 300 names of Amherst residents who fought in the Civil War, including the African-American soldiers of the 54th Regiment & the 5th Cavalry. Debora Bridges is the 3x great-granddaughter of Christopher Thompson who was with the 5th Cavalry that traveled to Texas on June 19th, 1865...Juneteenth!

# Tech Help



## **COMPUTER TUTORING**

To make arrangements for free tutoring and tech support, call (413) 259-3060.



## **DROP-IN TECH ASSISTANCE**

**Second and fourth Thursday of each month from 2-4pm.**

Led by Matt Berube of the Jones Library

- \* Get free 1-on-1 help with your laptop, phone, or tablet

- \* Learn to borrow free digital books, audiobooks & magazines

- \* Learn to stream free movies

Start



# Café



## First and third Wednesdays from 10:00am–12:00pm

Join us for strong coffee and good conversation! Our Weekly Café offers socialization for all and is especially designed for individuals with mild memory loss and their care partners. We start each Café with an open hour of conversation followed by a rotating group activity in the second hour. Come for the coffee, stay for the fun. Pastries provided generously by Atkins Farms Country Market.

**March 4th:** No activity – come and socialize!



**March 18th:** OuiSi pattern recognition game



**April 1st:** No activity – come and socialize!



**April 15th:** Bingo



## RAINBOW COFFEE HOUR – AMHERST

First Tuesday of the month, from 9:30–11am  
Tuesday, March 3rd  
Tuesday, April 7th



Supported by the Friends of the Amherst Senior Center

The Rainbow Coffee Hour is an LGBTQIA+ social coffee group that meets at the Amherst Senior Center for ages 50 and above. There is no format, no agenda—just a welcoming space to get together, socialize, and make connections. All people who identify as part of the LGBTQIA+ community and allies are welcome to drop in.

# Transportation



## SILVER SHUTTLE

Transportation hours are **Monday, Wednesday, and Friday from 9:00am to 3:00pm**

- Riders must schedule a ride with at least 24 hours' notice
- All rides are subject to availability
- There is a three-bag limit per rider

### **Silver Shuttle Suggested Donations:**

Fares go to the Friends of the Amherst Senior Center to help sustain this program.

- Rides within Amherst – \$3.00 round trip
- Rides to Hadley – \$4.00 round trip
- Rides to Northampton – \$5.00 round trip
- Riders may bring a companion or aide if needed. There is no additional charge for one aide.

**To book a ride, call the Amherst Senior Center at (413) 259-3060.** If there is no answer please leave a message with your name, number, date for which you are requesting a ride, the intended destination, and if the wheelchair lift will be needed for this ride. Senior Center will return your call to confirm the ride. Rides are not confirmed until the rider has spoken with Senior Center staff. Please note, this policy is subject to change.



## PVTA DIAL-A-RIDE



PVTA offers shared rides, demand-response accessible van service for anyone 60+ residing in our service area. **Rides are available Monday-Friday, 6:30am-5:00pm.**

To book a ride, call (413) 739-7436 or toll free (866) 277-7741. A brief intake is required. Advanced registration is required. Reservations can be made up to 4:30pm the day before your trip. One-way rides vary between \$3-\$5.



**COA**

**NEWS**

The COA is excited to announce a new opportunity for Amherst seniors to gather, socialize, and have fun.

Please join us on **Thursday, March 26, from 4 to 6 pm at Protocol, located at 1 E Pleasant St., Amherst.**

Please purchase your own beverages; snacks will be provided.

This casual, relaxed event is cosponsored by the COA, Amherst BID, Friends of the Senior Center, and Amherst Neighbors.

We hope you can join us!

**PROTOCOL**

# FOOD AND MEAL PROGRAMS

## HIGHLAND VALLEY ELDER SERVICES, NUTRITION PROGRAM



Recovering from surgery or illness? Have an illness or condition that makes meal prep difficult? **Highland Valley is here to help! Call (413) 586-2000** and ask for an evaluation.

¿Se recupera de una cirugía o enfermedad? ¿Tiene alguna enfermedad que le dificulte preparar los alimentos?

**¡Highland Valley Elder Services está aquí para ayudarlo!**

Llame al 413-586-2000 para solicitar una evaluación.

Program made possible through Title III funds from Highland Valley Elder Services.

## GRAB & GO LUNCH



**Monday – Friday, pick-up from 11:00am-12:00pm in Large Activity RM**

The Highland Valley Take & Go Meals are available to Seniors 60+ who do not receive Meals on Wheels. Suggested donation: \$3. **Call Ben Orenstein for more information: (413) 887-8147.** Program made possible through Title III funds from Highland Valley Elder Services.

## MOBILE FOOD PANTRY

**First Wednesday of month, 1:00-2:00pm  
January 7th and February 4th**

**Boulders Apartment, 156 Brittany Dr.**

Mobile food pantry includes a variety of fresh fruits, fresh vegetables, and meat (when available). All are welcome, no documentation or registration required. There are no residency or income requirements. Save money and enjoy fresh produce.

## WEDNESDAY MARKET

**Wednesdays, 10:00am – 11:30am**

Open to all! Visit the Wednesday Market for fresh fruits, vegetables, prepared foods, breads, and sweets. Donations come from Whole Foods Market. Please bring your own bag(s).



## MERCADO DE LOS MIÉRCOLES

**Miércoles de 10:00 a 11:30 horas**

¡Abierto a todos! Visite el Mercado de los Miércoles para conseguir frutas y verduras frescas, alimentos preparados, panes y dulces. Las donaciones provienen de Whole Foods Market. Por favor, traiga su(s) bolsa(s).

## AMHERST SURVIVAL CENTER

### • **FOOD PANTRY**

- Free groceries for all household members
- No income cap, citizenship questions, OR photo ID needed
- Email [pantry@amherstsurvival.org](mailto:pantry@amherstsurvival.org) to ask about delivery

### • **COMMUNITY MEALS**

- Available in the dining room: Monday, Tuesday, Thursday, and Friday 12-2:30pm
- Meals are available to eat in the dining room and as a to-go option.

### • **FRESH FOOD DISTRIBUTION**

- Fresh Food Distribution is daily free fresh produce, bread, and sweets
- OPEN outside on Monday, Tuesday, Thursday, and Friday from 12-3pm
- OPEN inside on Tuesday and Thursday from 3-7pm

# FOR YOUR HEALTH

## SHINE COUNSELING



Have questions about health insurance? Are you turning 65 soon? Reach out to a SHINE Counselor for guidance. **To make an appointment, call the Senior Center (413) 259-3062.** We will refer your request to one of our counselors.

## FOOT CARE BY PIPER



**Second Friday of the month**

Piper Sagan, RN & Certified Foot Care Nurse, offers foot care with a therapeutic massage. For appts at the Bangs Center, call (413) 259-3060. **Fee is \$50.** Home visits call (413) 522-8432. **Fee is \$90.**

## 30 MIN REIKI SESSION



**Wednesdays, 9:00am - 11:30am**

With Reiki Master, Bob Nelson, RN. Reiki means "Universal Life Force Energy." This healing technique was developed in Japan over 100 years ago. During a Reiki session, the practitioner directs this energy to you so you have the benefit of this energy.

- Aches and pains? Reiki can help!
- Feeling exhausted and tired? Reiki can help!
- Feeling stressed, anxious, overwhelmed? Reiki can help!
- Seeking more peace of mind? Reiki can help!
- Feel OK, but want to do something special for yourself? Reiki can help! By appointment only. Sessions are \$20.

## DROP-IN NURSING HOURS AT THE PUBLIC HEALTH DEPARTMENT



**Wednesdays, 1:00pm - 3:00pm**

Public Health Nurse Olivia Lara-Cahoon will be available for blood pressure checks, and general health consultation and education. Drop by Olivia's office at the Public Health Department or call us at (413) 259-3077 for more information or to make an appointment.

## MERIDIAN TAPPING W/ MARIANNE

**Mondays, 3:00-4:00pm**

Dr. Marianne Reiff has been introducing folks to Tapping for over seven years. Tapping is a simple self-help technique that creates a link between your physical and emotional experiences by using the same meridians used in traditional acupuncture, and pairs them with the power of positive affirmation. It works as a reboot for your system that can help anyone who feels stressed, stuck, or just tired of being sick and tired. Participate as much or as little as you would like while practicing a new lifelong self-help tool. No experience necessary. Drop-ins welcome!



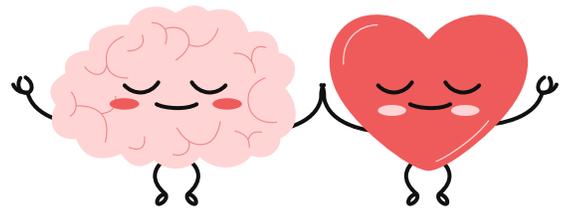
**POSTPONED UNTIL MAY**



## MOBILE DENTAL CLINIC

**First Thursday of the month, every other month 9:00am - 2:00pm.**

Services offered include blood pressure screening, oral cancer screening, clinical assessment, and teeth cleaning. Referrals given if additional work is needed. MassHealth: free, other or no insurance: \$80, denture rate: \$30 All participants leave with a goodie bag and info sheet explaining and next steps. Appointments required, call (413) 259-3062.



Amherst Copy

# EVENTS CALENDAR



## MONDAYS

9:00-10:00: Not Just Any Line Dancing  
10:00-11:00: Healthy Bones & Balance (Zoom)  
10:00-11:15: Hatha Yoga (Zoom)  
10:00-12:30: Amherst Autoharp  
11:00-12:00: Tai Chi  
11:00-12:00: To-Go Lunch  
12:30-2:00: Arthritis Exercise  
2:00-3:00: Pilates Practice Session  
3:00-4:00: Meridian Tapping

## TUESDAYS

10:30-11:30: Dance With Parkinson's  
11:00-12:00: To-Go Lunch  
11:30-12:30: Function Well  
2:00-3:30: Healthy Bones & Balance

## WEDNESDAYS

9:00-12:00: 30min Reiki Session  
10:00-11:00: Healthy Bones & Balance (Zoom)  
10:00-11:30: Wednesday Market  
11:00-12:00: To-Go Lunch  
11:30-12:30: Architecture, You, & Me  
1:30-3:30: Shakespeare  
2:00-3:00: FIT Forward  
3:15-4:00: R&B Dance and Move

## THURSDAYS

10:00-11:15: Hatha Yoga (Zoom)  
10:15-11:15: Chair Yoga  
11:30-12:30: Function Well  
11:00-12:00: To-Go Lunch  
12:30-2:00: Arthritis Exercise  
2:00-3:30: Healthy Bones & Balance

## FRIDAYS

11:00-12:00: Yoga and Pilates  
11:00-12:00: To-Go Lunch  
12:45-1:45: Folk Dancing  
2:00-3:00: Tai Chi

## Special Events

- **Café:** First and third Wednesday, 10am-12pm
- **Foot Care by Piper:** Second Friday, 8am-4pm
- **Joy of Song:** Third Thursday, 3-4pm
- **Book Club:** Fourth Friday, 2-3pm
- **Rainbow Coffee Hour:** First Tuesday, 9:30am-11am
- **Drop-In Tech Assistance:** Second & fourth Thursday, 2-4pm
- **When a Loved One is Dying:** Monday, March 9th, 3:30-5pm
- **Laughter is the Best Medicine:** Friday, March 13<sup>th</sup>, 2-3pm
- **How to Be Happy in Difficult Times:** Friday, April 10<sup>th</sup>, 2-3pm
- **"In the Whale" Documentary Screening:** Friday, April 24<sup>th</sup>, 2-4pm

## Closures

**April 20th: Bangs Center closed for Patriots' Day**

If there is a financial barrier which affects one's ability to participate in a class or activity, help may be available. Please speak to the Director.