



Amherst Senior Spirit

May & June

2026



Hello from Kiko!

Thanks for welcoming me back as Interim Senior Services Director. I'm happy to be here as we search for a new candidate. I'm pleased to announce that interviews to fill the Director position have begun and we hope to have the position filled soon.

Here are a few exciting updates:

Newsletter – We have been hearing from many seniors that they would prefer to receive the Senior Center newsletter in their mailboxes rather than get it via email or have to pick it up at the Senior Center. We have partnered with LPi, a digital and print media communications firm that supports many senior centers in Massachusetts, to develop a print newsletter that can be mailed out to seniors' homes.

- We will begin mailing the newsletter out to people already on our mailing list with the September issue. If you would like to confirm you're on the list please email seniorcenter@amherstma.gov or call (413) 259-3060.
- The option to **Go Green** is still available. If you would prefer to receive the newsletter via email and are not already on our list, let us know by emailing seniorcenter@amherstma.gov.

Renovations at the Bangs – Many of you are aware that there is a construction project underway at the Bangs that has affected the Senior Center's ability to use some rooms. This project consists primarily of infrastructure improvements such as a new HVAC and sprinkler systems. However, there will also be some exciting enhancements made to the Senior Center space on the first floor! These include:

- **New exercise space** – the area that is currently the Public Health Department will be converted into two new spaces: an exercise room and a multipurpose room.
- **Wellness/consultation space and updated bathroom** – the outdated kitchen and bathroom area that is currently in Room 101 (across from Public Health) will be replaced with a companion bathroom and a wellness/consultation room that can be accessed from the hallway.

We are excited about these developments and look forward to sharing the newly refurbished space with you by the end of the year.

In the meantime, take care, be well and reach out with any questions.



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 Coordinator: (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/](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, Margaret Arsenault, 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!

SENIOR SIPS

The first Senior Sips was held last month at Protocol restaurant in downtown Amherst. It was a great event with close to 60 people in attendance. Thanks to all who attended as well as our event sponsors who included the Amherst Council on Aging, the Business Improvement District (BID), Friends of the Amherst Senior Center, and Amherst Neighbors.

We plan to hold Senior Sips monthly going forward. The venue will vary as we explore different restaurants in Amherst. Please plan to join us on **Thursday, May 28th from 4-6pm** at the 3 Amigos, 68 Cowls Road, across from the Mill District. There's plenty of parking across the street.

Save the date – June Senior Sips will be held **June 25**. Check Senior Services website next month for the location.



SENIOR SURVEY

Although results of the Senior Survey have been delayed due to the change in leadership at Senior Services, here are a few stats to ponder:

- 55% of survey respondents report that family live nearby.
- More than 50% of the seniors surveyed speak with their family daily.
- 80% of the cohort exercise at least 30 minutes a week. The most popular activity is walking.
- 43% of respondents volunteer either monthly, weekly or daily.

There will be much more information shared in the coming months once the new Director is hired and has an opportunity to analyze the survey results.



Special Events



Watercolor Art Class Series with Lee Alter

Come explore watercolor and other art media as a means of self-expression! Lee is an experienced artist and teacher who designs her classes to help people trust their intuition and find their own vision in the creative process. This eight-class series will consist of the following sessions.



Tuesday, June 23rd, 1:30 to 3:30pm – Wet-on-wet technique

Tuesday, June 30th, 1:30 to 3:30pm – Dry brush & Aboriginal

Tuesday, July 7th, 1:30 to 3:30pm – Layering

Tuesday, July 14th, 1:30 to 3:30pm – Flowers

Tuesday, July 28th, 1:30 to 3:30pm – Landscapes

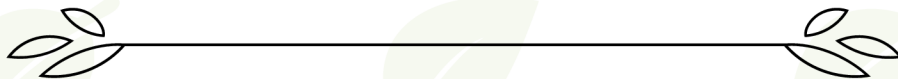
Tuesday, August 4th, 1:30 to 3:30pm – Portraits

Tuesday, August 11th, 1:30 to 3:30pm – Healing Through Creativity

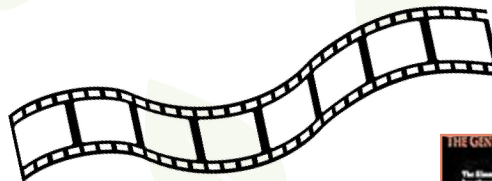
Tuesday, August 25th 1:30 to 3:30pm – New Beginnings



Registration fee is \$40 for class series and fee is due at time of registration. **Cash or check only, in-person registration required.** Registration begins May 25th. **Limited to 12 participants.**



Documentary Series



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.





Special Events (continued)



PROTECT YOURSELF FROM MEDICARE FRAUD

Tuesday, June 2nd

1:00-3:00pm

Healthcare errors, fraud, and abuse cost you, me, and Medicare billions of dollars annually! Join a representative from the Massachusetts Senior Medicare Patrol (SMP) Program who will provide us with information and tools to become better engaged healthcare consumers. Healthcare errors, fraud, and abuse cost American taxpayers and Medicare billions of dollars, but they can also have devastating health-related outcomes. Don't be a victim! You are strongly encouraged to attend this free, interactive presentation. We each can have a role in protecting ourselves and Medicare.



ICE CREAM SOCIAL WITH NEWCARE

Tuesday, June 9th

1:00-2:00pm

Come enjoy some ice cream while learning about the services offered by New England Wound Care (NEWCare).

New!

Pet Nails by Nay



When your pet's nails aren't trimmed properly, every step can not only be extremely painful for them but can also cause further injury such as bone & joint strain, nails growing into skin, and even infection. But despite best efforts, taking your pet to the vet for regular nail trimming can be difficult, especially for anxious pets, and vet pricing can be prohibitive.

This is why Nadine (Nay) Natle, retired vet tech of 40 years, has decided to offer **at-home** pet nail trimming services for just **\$20 per session**. Nadine has vast experience with animals from common to exotic, including cats, dogs, guinea pigs, birds, rabbits, and turtles. Her glowing reviews mention that she is thorough, professional, and above all, compassionate in her work.

You do not have to be an Amherst resident to take advantage of this service, but there are restrictions on service area. If you would like to schedule an appointment, or if you have questions, please call (413) 259-3060 and we will connect you with Nadine.



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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**



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



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 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 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**



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**

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**

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

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

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**
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

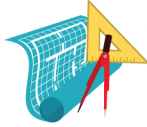
Wednesdays at 11:30am

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.



SHAKESPEARE

Wednesdays at 1:30pm

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

Contact: Marshal Ash at
mash@depaul.edu.



BOOK CLUB

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



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

Civil War Tablets & Photo Exhibit

CLOSED FOR RENOVATIONS UNTIL FURTHER NOTICE

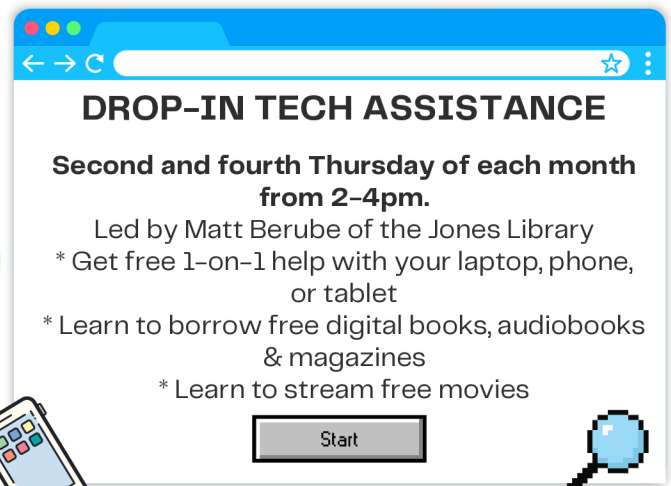


Bangs Community Center | For more information, call: (413) 259-0330

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](#)

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.



RAINBOW COFFEE HOUR - AMHERST



First Tuesday of the month, from 9:30-11am
Tuesday, May 5th
Tuesday, June 2nd



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.

Supported by the Friends of the Amherst Senior Center



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 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 \$60.** 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



Tuesdays, 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!

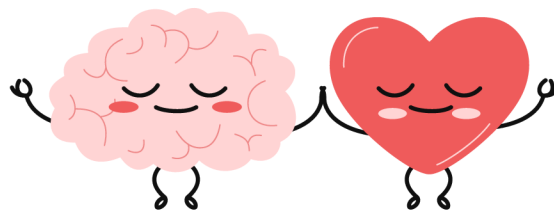


MOBILE DENTAL CLINIC

**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

- **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
- **Protect Yourself From Medicare Fraud:** Tuesday, June 2nd, 1-3pm
- **NEWCare Ice Cream Social:** Tuesday, June 9th, 1-2pm
- **"Gen Silent" Documentary Screening:** Friday, June 12th, 2-4pm

Closures

Monday, May 25th
Bangs Center closed
in observance of
Memorial Day

Friday, June 19th
Bangs Center closed
in observance of
Juneteenth

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.