



Amherst Senior Spirit

January & February 2026

"And now we welcome the new year, full of things that have never been.."
Rainer Maria Rilke

Greetings and Happy New Year!

It is our pleasure to be with you at the start of the 2026 New Year! In the midst of this winter season, some folk may find things to be just a bit too; cold, dark and quiet. While others embrace this season and find joy in: the glistening snow, their favorite sweater and a reason to indulge in a mug of hot chocolate! And... for all of us... no matter the season, **how** we look at and think about our lives - has a profound impact on how we experience our world on **a daily basis**. It is true that winter typically brings; cold, snow, shorter days and too many layers of clothing - and, as you know... it is also so much more. Winter brings a wide array of seasonal traditions, such as; hot chocolate, winter sports, holidays, and gifted moments that will create long-lasting memories. It's a time to: snuggle into your favorite chair with a cup of tea, a comfy "throw" and a good book. It's the season that brings; that magical silent, stillness of an evening snow fall, the taste of delicious, hot soups and stews, the beauty of seeing a bright red cardinal sitting on a snow-covered branch, the warmth and crackle of a fire in the fireplace and countless other snippets to enjoy before we even leave the house! It's also a wonderful time to start a new endeavor like; learning to play chess, baking bread, building a model plane, completing a jigsaw puzzle, reading a book, joining a new exercise class, calling an old (or new) friend... and so much more. In truth, how we experience the world, the season and our days doesn't depend as much on what is happening outside but what is happening within us. So, as we continue the winter months, allow yourself to find ways to embrace the season; pick-up an old (or new) hobby or interest, learn something new, read a great book, connect with your community or join a new group... *"The world does not freeze up in the winter - if you bring your light and warmth with you."* Though we are already passed the Winter Solstice... ask yourself; *"What new light will I bring into my life and to those around me?"* You may not be able to change the weather, but you can change what you want to focus on and how you want to approach your days.

Be Well -
Lisa

"Do what you can, with what you have, where you are."
Theodore Roosevelt



**See Page 3 for information
about special programming:**

- Introduction to Muscle Testing
- Looking Ahead

WHO'S WHO

Senior Center Staff

Director: Lisa S. Borchetta

(413) 259-3114 | borchettal@amherstma.gov

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!

In the event of inclement weather, Senior Center programming may be cancelled and the Lounge closed. Closures will always be listed on the WWLP 22 News channel and website by 6:30am. If winter weather is in the forecast, please be sure to check this resource before planning your visit!



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, 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

Introduction to Muscle Testing

Wednesday, January 14th, 10am

In this special one-time event, learn how to access your intuition and the innate wisdom of your body. Ask your body questions – observe the answers – achieve better health! Do you ever wonder if you should eat a certain food, have a certain drink, take a certain supplement? Your body knows exactly what is good and bad for it so why don't you just ask it!

In this two hour complimentary workshop you will learn the history and the art of muscle testing and how to ask your own body – or your friend's or family's bodies – questions and learn how to interpret the answers.

Kristine Jelstrup, CBK, CMFT, LMT, is a Natural Health Care Practitioner. She has been using Muscle Response Testing in her practice for more than 20 years and has achieved amazing results with her clients.

She will also show you how to measure your energy field, which tells you a lot about your general state of health! These workshops are interesting, informative and a lot of fun!



Looking Ahead

March



National Reading Month

“This Chair Rocks” by Ashton
Appelwhite: Reading and
Discussion



Serious Illness and End of Life Care: Important Things to Know

Monday, March 9th, 3:30–5pm



April



Celebrate Diversity Month and National Poetry Month

Sharing your poetic talents
and the poetry that makes
your heart sing!



TAX WORK-OFF PLAN

Residents 60 years of age and older are eligible to work off up to \$2,000 in property taxes a year at the minimum wage rate provided they meet certain guidelines. Eligible individuals can each participate and earn a combined \$2,000 when both names are on the property deed. Eligibility for this program is income-based, therefore applicants must re-apply each year.

**Applications will be accepted
December 1st through January 31st.
No applications will be accepted after
January 31st.**

Applications can be found on the Senior Services webpage or in-person at the Senior Center reception desk.

Civil War Tablets & Photo Exhibit

**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!



AARP Tax-Aide Program

Tuesdays, from February 3rd to April 7th



IRS-certified AARP TaxAide Counselors will be preparing tax returns beginning in February, free of charge. Return preparation will only be done on a same-day drop-off basis. **Call (413) 259-3062 to schedule your appointment. No early drop-offs of returns will be accepted.**

Clients are required to drop off their completed tax packet to an AARP volunteer at a predetermined time slot on the day of their appointment.

A Packet containing full instructions and intake forms will be available for pick up to all scheduled participants in advance of their appointment. These documents must be completed and signed at home before drop off. If you are eligible and are filing for the MASS Circuit Breaker Credit, you must have ALL Real Estate and Water/Sewer bills. **If your return involves virtual currencies, rental housing, or master limited partnerships, you will need to seek advice elsewhere.**

EXERCISE

ARTHRITIS EXERCISE

Mon & Thurs 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

Thursday 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 and 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

Mon, Wed, & Fri, 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
January 15th and February 19th**

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



January 2nd at 2pm

February 6th at 2pm

ZOOM ONLY

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

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:** wentworthl@joneslibrary.org



Tech Help



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

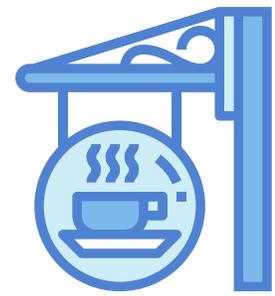
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COMPUTER TUTORING

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

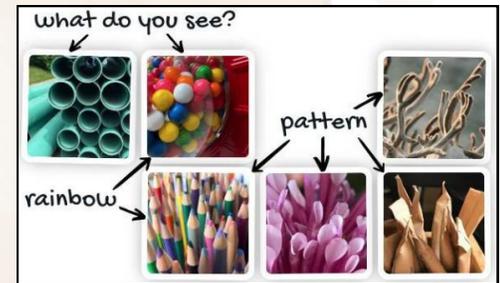
Café



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.

January 7th: OuiSi – “An award-winning set of visually-connecting photo cards (‘this looks like that’) – with a Guidebook full of games that ignite fun, creativity and conversation, regardless of age.”



January 21st: Bingo



February 4th: No scheduled activity – come chat!



February 18th: Cookie Decorating



RAINBOW COFFEE HOUR – AMHERST

First Tuesday of the month, from 9:30–11am
Tuesday, January 6th
Tuesday, February 3rd



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 wants to thank everyone who took the time to complete the Senior Services survey. There were approximately 600 submitted by the deadline.

Results of the survey will be tabulated and analyzed over the next couple of months. Findings and recommendations will be shared in future newsletters as well as on the Senior Services website.

We want to hear from you! Please email us at AmherstCOA@gmail.com with your questions or concerns or come to a COA meeting held on the 2nd Wednesday of the month at 1:30pm in the Town Room, Town Hall.

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 from 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

Amherst Copy

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



Every Wednesday, 1pm-3pm

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!

Moved to second Thursday for this edition: January 8th

MOBILE DENTAL CLINIC

Usually the first Thursday of the month, every other month 9:00am - 2:00pm.



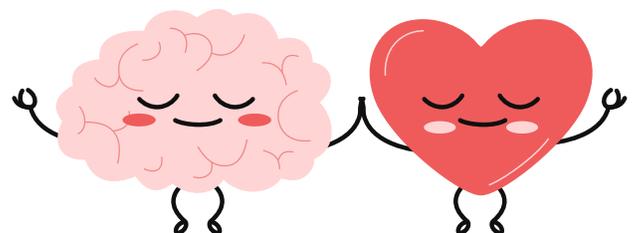
Services offered include blood pressure screening, oral cancer screening, clinical assessment, and teeth cleaning. Referrals given if additional work is needed. MassHealth: free, other or no insurance: \$80, denture rate: \$30 All participants leave with a goodie bag and info sheet explaining and next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

JODY YOUNG: A CUT ABOVE



Third Thursday of the Month 10:00am-12:00pm

Jody Young from A Cut Above the Rest offers haircuts for \$30.00. Jody also does home visits for colors, perms, and for people who can't leave their house. Prices equivalent to other salons in the area. By appointment only. Jody can be reached at (413) 364-1869. Leave a message!



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

9:30-10:30: Healthy Bones & Balance (Zoom)
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
- **Haircuts by Jody:** Third Thursday, 10am - 12pm
- **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
- **Introduction to Muscle Testing:** Wednesday, January 14th, 10am

Closures

January 1st: Bangs Center closed for New Year's Day

January 6th: Senior Center Lounge closing at noon

January 19th: Bangs Center closed for Rev. Martin Luther King Jr. Day

February 3rd: Senior Center Lounge closing at noon

February 16th: Bangs Center closed for Presidents' 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.