



(413) 259-3060
70 Boltwood Walk
Amherst, MA 01002

Amherst Senior Spirit

July & August 2026

Town Manager Paul Bockelman announced the appointment of Daniel (Dan) Garcia as the new Director of Senior Services. He will begin this new role on July 20.

Dan currently serves as Program Manager for Amherst's Community Responders for Equity, Safety, and Service (CRESS) Department, where he has managed a major grant and developed community outreach initiatives, and supported residents through trauma-informed and equity-centered services.

Dan's priorities for the Amherst Senior center include expanding programming for active and younger seniors; strengthening partnerships with organizations such as the Council on Aging, Friends of the Senior Center, and Amherst Neighbors; addressing food insecurity; improving transportation options; and reducing the social isolation that many older adults experience.

Dan holds a Bachelor of Business Administration and a Master of Business Administration from the University of St. Thomas and is currently pursuing a Doctor of Education degree. He is also a recipient of the Houston Business Journal's Outstanding Diversity Champion Award. His professional and personal commitment to inclusion, community engagement, and service aligns closely with Amherst's values and vision for supporting older adults.



Please join us at a reception to welcome Dan on Friday, July 31st from 2:00 to 4:00 PM in the Senior Center lounge!

NEWSLETTER UPDATE



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 all 60+ Amherst Residents with our 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.**

WHO'S WHO

Senior Center Staff

Director: Dan Garcia

(413) 259-3114 | garciad@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

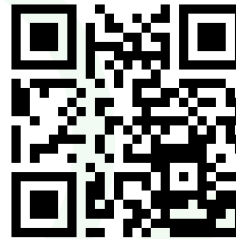
HVES Site Coordinator: Autumn Guntor

(413) 887-8147

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, 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 Town Hall. All meetings are open to the public and new Friends are welcome!

COA

NEWS



Senior Sips, the new monthly gathering for folks over 60 has attracted a great crowd since its inception in March. Sips takes place at a different restaurant each month and encourages folks to make new connections and have fun.

The July Senior Sips will take place at the Inn on Boltwood, 30 Boltwood Avenue on Thursday, July 30 from 4-6pm. Hope you can join us!

Planning ahead, the August Senior Sips will be held in Ginger Garden, 351 Northampton Road on Thursday, August 27 from 4-6 PM. Mark your calendars!

Another great social gathering for seniors is the Meet & Greet coffee hour at Atkins hosted by the Friends of the Amherst Senior Center. Join us on Wednesday, July 29 from 10-11am at Atkins outdoor pavilion for free coffee, tea and cider donuts.



SWIPER OF THE MONTH

Thank you to all of our wonderful swipers, you logged so many hours with us and we are eternally grateful for the time you choose to spend with us. Swiping is a way you can support the Senior Center by demonstrating to the Executive Office of Elder Affairs that we are in need of those vital state funds to support programming and continuing growth as a place for seniors to meet, learn, and spend your time.

The winners of our first 3 swipers of the month are as follows

April: **Stewart Williams**

May: **Rosechana Gordon**

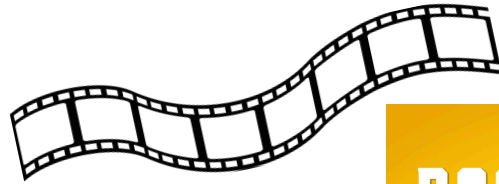
June: **Susan Clark**

CONGRATULATIONS!!

Keep swiping and you might see your name featured in the next edition as the July or August winner

Special Programs

Documentary Series



Dogsville

Friday, August 14th, 2-4pm

Dogsville is a tale of love and triumph in dog sports. Crocodile Crunch, a rescue mutt, excels in agility with Radical Rabbit and Posh Piranha. They challenge purebreds at the Agility World Championship, proving talent conquers privilege.



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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Special News



AMHERST INDEPENDENCE DAY CELEBRATION

Amherst's annual Independence Day Celebration will take place on Friday, July 3rd beginning at 5:30pm, at UMass' McGuirk Stadium. This year, the celebration will feature senior and ADA-accessible reserved parking at Lot 11 on University Drive. The Silver Shuttle will provide transportation from the parking lot to the main event area. There will also be a special seating area for seniors and their families staffed by Amherst Neighbors and the COA. See you there!

Pool Passes



The Amherst Recreation Department has provided the Senior Center with free senior pool passes to be used at War Memorial and Mill River Recreation Area Pools. One- and two-swimmer passes are available, just inquire at our Reception Desk!

DONATIONS REQUESTED

Donate your gently used jewelry and help the senior community of Amherst!!

The Friends of the Amherst Senior Center will again hold its annual pop-up jewelry sale at the Amherst Farmers Market in September.

We need only jewelry and you may drop it off at the front desk of the Amherst Senior Center at 70 Boltwood Walk from M-F 8-4.

Donations will be accepted until August 20.

Proceeds go to support the programs of the Amherst Senior Center.

The pop-up jewelry sale is scheduled for Saturday 9/19 with a rain date of 9/26

Farmers' Market Coupons

The Farmer's Market Coupons have been delivered to the Senior Center staff from Highland Valley Elder Services for distribution to the public, We have a very limited number of coupons this year.

Coupon booklets will be distributed on **Thursday July 9th at 10 AM** in the Senior Center Conference Room on a **First Come First Served** basis. A booklet contains 5 coupons, each worth \$5. - one booklet per person.

To be eligible you must be 60+, live in congregate housing, be at or under 185% of the Federal Poverty Line and be a resident of Amherst.

Please participate if eligible!

EXERCISE

ARTHRITIS EXERCISE

Monday 12:45–2:15 & Thursday 12:45–1:45

Arthritis Exercise with Lynn Vennell. 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, 11:15am–12:15pm

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!

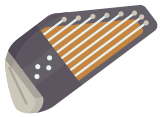
JOY OF DANCE

Tuesdays, 10:30-11:30am

Joy of Dance is designed to bring the pleasure of movement through dance and improvisation to all seniors. Instructor Iris Berkman will introduce different styles of dance, from Modern to Ballet, from Folk to Broadway. We will create a joyful community while exploring a wide range of music and movement. Classes will be adjusted to all levels of mobility. People with Parkinson's disease, other movement challenges, or using wheelchairs are welcomed. No dance experience is required. To quote Judy, a prior client, "It's liberating!" \$65 for 5 classes, \$15/class single class or by donation. **Registration is preferred. Please contact Iris at (413) 575-3591 or berkman.iris@gmail.com to sign up or for more info.**

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

Civil War Tablets & Photo Exhibit

CLOSED FOR RENOVATIONS UNTIL FURTHER NOTICE

The Civil War Tablets are currently in storage.

They will be moved to the Jones Library when renovations are completed next spring, where they will again be on display for public viewing.



In the meantime, any questions about the Civil War Tablets and accompanying photo exhibit can be directed to Debora Bridges through the Ancestral Bridges website:

<https://www.ancestral-bridges.org/>

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.

SOCIALS



RAINBOW COFFEE HOUR - AMHERST

FIRST TUESDAY OF THE MONTH, 9:30 - 11AM

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.**

Veterans Breakfast for all

1st and 3rd Fridays of the Month at 8:00 AM *No Breakfast on July 3rd*

Join the Town of Amherst for our Veterans Breakfast for All! At each breakfast, a veteran or veteran ally will tell their story regarding military service or a related topic.

Generation after generation reveals that those going to war to defend our country come back spiritually and morally wounded, regardless of the bodily consequences of combat. We want to bring veterans together for food and friendship to help coalesce a spirit of camaraderie to enable authentic, veteran-oriented communities to flourish.

This breakfast is free and open to to all veterans, spouses, caregivers, and community members. Breakfast usually consists of bagels, donuts, and coffee.



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 Autumn Guntor 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

****NO PANTRY IN JULY****

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 Medicare? 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 - 2:00pm

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!

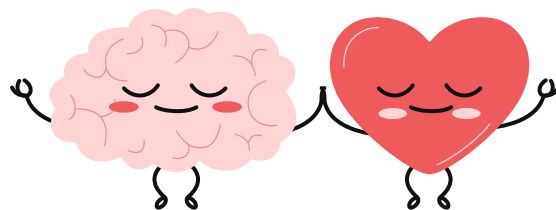


MOBILE DENTAL CLINIC



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
12:45-2:15: 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
11:30-1:00: 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
12:45-1:45: Arthritis Exercise
2:00-3:30: Healthy Bones & Balance

FRIDAYS

11:15-12:15: 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, 9:30-11am
- **Drop-In Tech Assistance:** Second & fourth Thursday, 2-4pm
- **"Dogsville" Documentary Screening:** Friday, August 14th, 2-4pm
- **Meet & Greet at Atkins:** Wednesday, July 29th 10-11 AM
- **Senior Sips at Inn on Boltwood:** Thursday July 30th, 4-6 PM
- **Senior Sips at Ginger Garden:** Thursday August 27th, 4-6 PM
- **Town of Amherst Fireworks @ McGuirk Stadium:** Friday, July 3rd, 5:30pm

Closures

Friday, July 3rd
Bangs Center closed
in observance of
Independence 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.