



Colrain Seniors 55+ Upcoming Events & News Fall 2023

Chair exercise (low impact exercise for seniors) Downstairs in Town Hall 9 am -10 am every Thursday - weather permitting.

Senior Social Time Downstairs in Town Hall 10 am to 12 pm every Thursday - weather permitting. Coffee, card games, puzzles, visit with your neighbors.

"In stitches" (a craft time for seniors to get together to work on different craft projects or just visit.) Downstairs in the Town Hall 10:00 am to 12:00 pm every Thursday - weather permitting.

Social Time at Pine Hill Gazebo: 10:30-11:30 on Wednesday 9/6 Last one this year!

Coffee and donuts. Bring a guest-someone visiting you or a neighbor!

Corn Hole Days: Mondays 4-6 pm. Rain or Shine! Beginning September 11 at the Town Office. No corn hole on Labor Day! We will have access to bathrooms and water. Bring your chairs and a snack to share if you want.

August 29, September 26, October 24, November 28: foot clinics at Fire Dept. meeting room for Colrain seniors by appt only. Call Amy @ 624-3417 or Janice @ 624-3378 to get a time slot. Suggested donation: \$5

Apple Day at Pine Hill Orchards: Monday Sept. 11 from 11-12:30 (rain date 9/12)
Colrain Seniors pick a bag of apples paid for by COA.

Senior Services Health and Safety Expo: Tuesday September 12 10 am-2 pm at the Schuetzen Verein in Barton Cove, Gill MA. Complimentary lunch provided. Music by The Tom and Steve Duo. Free Parking and admission. Learn what is available for you to age in place. Sponsored by FCS's Triad and Charlene Manor.

September 20: lunch serving Colrain seniors only, at the Eagles, serving "Stuffed Pork" @12:00 noon. Coffee/cider & donuts at **11:00**. You must sign up by Sept. 6 by 5pm to attend. Call Elaine @ 624-3604 or Kathy @ 624-3351. Suggested donation \$2 *

October 18: lunch serving Colrain seniors only, at the Eagles, serving "Stuffed Chicken" @12:00 noon. Coffee/cider & donuts at **11:00**. You must sign up by Oct. 4 by 5pm to attend. Call Elaine @ 624-3604 or Kathy @ 624-3351. Suggested donation \$2 *

November 15: lunch serving Colrain seniors only, at the Eagles, serving "Ham" @12:00 noon. Coffee/cider & donuts at **11:00**. You must sign up by Nov. 1 by 5pm to attend. Call Elaine @ 624-3604 or Kathy @ 624-3351. Suggested donation \$2 *

*** Remember if you have signed up to attend a meal- please show up or if you find you cannot attend, call us to let us know as we might be able to fill the seat with someone else. We are required to pay for all meals reserved.**