



## **Colrain Seniors 55+ Upcoming Events & News November & December 2023**

### **Thursdays - weather permitting, no holidays. Downstairs in Town Hall**

**-Chair exercise** (low impact exercise for seniors) 9 am -10 am

**-Senior Social Time** 10 am to 12 pm 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.) 10 am to 12 pm

**November 28, December 26:** foot clinics at Fire Dept. meeting room for Colrain seniors by appt only. Call Janice @ 624-3378 to get a time slot. Suggested donation: \$5

### **Vouchers for December 2023, January, February, and March 2024**

Because of the uncertainty of the weather this time of year, the COA has decided to give \$20 vouchers to Pine Hill (Dec, Feb) and Catamount Country Store (Jan, Mar). Sign up by calling **Elaine @ 624-3604 or Kathy @ 624-3351.**

December vouchers for Pine Hill-sign up deadline: Wednesday November 15 by 5pm

pick-up: Thursday November 30 downstairs in town office 10-12

January vouchers for Catamount-sign up deadline: Wednesday December 6 by 5pm

pick-up: Thursday December 21 downstairs in town office 10-12

February vouchers for Pine Hill-sign up deadline: Wednesday January 3 by 5pm

pick-up: Thursday January 18 downstairs in town office 10-12

March vouchers for Catamount-sign up deadline: Wednesday February 7 by 5pm

pick-up: Thursday February 22 downstairs in town office 10-12

**Looking ahead-tentative April 17:** lunch serving Colrain seniors only, at the Eagles, @12:00 noon. Coffee/cider & donuts at **11:00**. You must sign up by Apr. 3 by 5pm to attend. Call Elaine @ 624-3604 or Kathy @ 624-3351. Suggested donation \$2

The mission of the Colrain Council on Aging is to serve as a supportive family resource as emerging needs of Colrain residents become more complex; and to advocate for and provide, in a cost-effective manner, a safe, congenial environment where seniors may participate in social, educational, and cultural programs reflective of their needs.

### **Please contact your Council on Aging Board with any concerns:**

Betty Johnson-Chair  
Janice Barnes-Treasurer  
Kathy Steinem-Secretary

Michelle Hillman  
Rusty Barnes  
Amy Herzig  
Richard Herzig

Valeda Peters  
Elaine Stanley  
Kathy Phelps