

Colrain seniors 55+ events & news May -June 2024

Thursdays - weather permitting. Not on 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 their different craft projects or just visit.) 10 am to 12 pm

May 28, Jun 25: foot clinic at the fire station for Colrain seniors by appointment only. These clinics are funded in part by LifePath and the Executive Office of Elder Affairs. Call Betty @ 413-624-3680 or Janice @413- 624-3378 to get a time slot. Suggested donation: \$5

May 15: lunch serving Colrain seniors only, at the Eagles, @12:00 noon. Coffee/cider & donuts at 11:00. You must sign up by May 1st by 5pm to attend. Call Elaine @ 624-3604 or Kathy @ 624-3351. Suggested donation \$2 ** Meg Ryan, FRCOG Public Health Nurse, will be available for blood pressure readings from 11-12.

June 19: lunch serving Colrain seniors only, at the Eagles, @12:00 noon. Coffee/cider & donuts at 11:00. You must sign up by June 5th 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.

Watch our Facebook page for corn hole dates...maybe mid-May

Looking ahead:

- First Wednesday of June-Senior Social Time at Pine Hill in gazebo at 10 am
Coffee and donuts
- Second Thursday of June-Ice cream at Townline Ice Cream at 6 pm
Colrain COA will pay for your ice cream treat