

## **Colrain seniors 55+ upcoming events & news Summer 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 Wednesdays 6/7, 7/5, 8/2, and 9/6**

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

**Ice cream at Town line Ice Cream in Greenfield Thursdays June 8, July 6, August 3** Meet at 5:30 pm. COA will pay for Colrain Senior’s ice cream treat.

**June 21:** lunch service Colrain seniors only, at the Eagles, serving “Chef’s choice” @12:00 noon. Coffee/cider & donuts at **11:00**. You must sign up by June 7 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.

**Corn Hole Days:** Mondays beginning June 26 4-6 pm. Weather permitting. Colrain Central School basketball court. We will have access to bathrooms and water. Bring your chairs and a snack to share if you want.

**June 27 and July 25:** foot clinics at Fire Dept. meeting room for Colrain seniors by appt only. Call Amy @ 624-3417 or Janice @ 624-2278 to get a time slot. Suggested donation: \$5

**July 19 12:00** Lunch in the Orchard at Pine Hill, serving Colrain Seniors only, catered by Pine Hill. You must sign up by July 5 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.

**Catamount vouchers for August** You must sign up by July 5 at 5pm to receive your \$20 voucher. Call Elaine @ 624-3604 or Kathy @ 624-3351. Voucher pick-up will be at Pine Hill lunch on July 19 or at July 25 foot clinic 10-11am. Vouchers are good for the month of August.

**August 14** Fraud, Scam, Elder Protection program at Colrain Central School gym 6:30 pm. Presented by DA representative Rachel Senecal.

**August 16** Shelburne Falls Military Band Concert 7 pm at town office field. The Firemen’s Association will be selling hotdogs and hamburgers beginning at 5:30pm. COA will pay for Colrain Senior’s meal.

**Walking is great exercise.** Walking challenge runs from May 1-October 31<sup>st</sup>. For more information and to register, visit <https://walkmachallenge.com/>