



Colrain seniors 55+ upcoming events & news July-September 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 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: Thursday August 3

Meet at 5:30 pm. COA will pay for Colrain Senior's ice cream treat.

Corn Hole Days: Mondays 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.

July 25, August 29, September 26: 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

Catamount voucher pick-up (if you signed up for one) will be 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 at 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 5:30 pm. COA will pay for Colrain Senior's meal.

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

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.

September 20: lunch serving Colrain seniors only, at the Eagles, serving "Chef's choice" @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 ***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.**