



Colrain seniors 55+ upcoming events & news October & November 2023

Thursdays - weather permitting. 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

October 24, 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

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 * There will be a SHINE representative at this meal. Bring your questions!

*** 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.**

Digital Literacy Grant

Thanks to Bernardston's lead, Colrain is sharing a grant to boost digital literacy for seniors. The COA will receive 6 Claris Companion tablets, tech designed for older seniors with features like large text and buttons. The grant not only provides technology for seniors, but also education programs aimed to simplify the digital world on their screens, including remote one-on-one support sessions and interactive webinars.

Details of Colrain's program are coming soon. Any Colrain senior who wants to participate is welcome! Call 413-624-3680.