



## Hitters Honored For Service To Historical Commission

*By Jennifer McGrath DeGrenier*

On November 14, 2023 there was a joint meeting of the Cheshire Board of Selectmen and members of the Cheshire Historical Commission as well as residents of the community who gathered in recognition of, and with gratitude for, Robert and Diane Hitter for their dedicated thirty-plus years of service to the citizens of Cheshire in their commitment to the history of the town of Cheshire, while serving on the Cheshire Historical Commission.

During their tenure and service to the Historical Commission (Diane serving 21 years and Bob serving 13 years) they were champions of the Town Hall Complex being accepted as a Historical Site by the State on the National Historical Lists. The Hitters also facilitated a restoration project of the Jenks Road cemetery.

They are responsible for having Cheshire's own late resident artist, Len Stompski complete his painting "Cheshire Cheese goes to Washington", which is now on display within The Cheshire Community House; new home of the town offices.

The Hitters also established Cheshire's Honorary Cane, in recognition of the town's oldest citizen, while serving on the Historical Commission.

Diane and Bob also implemented the post office bulletin board, which has served to display photographs and to highlight Cheshire's history.

Diane and Bob have been well rooted in the Cheshire community, preserving the town's history, while educating its citizens. They have celebrated the citizens and the town, and most importantly, they have done it together.

The Hitters have been essential contributors to the Cheshire Community, and stewards of the town's unique and rich history.

The work Bob and Diane have done is important and so appreciated, and the community members are thankful for them both. In the words of the country's 35th president, the late John F. Kennedy: "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." In that spirit of gratitude, the town and the Cheshire Historical Commission will



*Jennifer DeGrenier (left), Chair of the Historical Commission and Shawn McGrath (right), Chair of the Board of Selectmen, presented Robert & Diane Hitter (center) with a citation from the Commonwealth of Massachusetts, House of Representatives.*

continue the joyful work of preserving the town's history and honoring its citizens, just as Bob and Diane have done.

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# Brenda's Thoughts .....

It was a busy end to the year at the CCOA Senior Center. New activities that were added were well attended and everyone seemed to enjoy the events. At the Center, we are always trying to think of new ideas, as well as repeating ones that never get old.... like the Card-making with Lorraine events and the Paint N Sips presented by Cheri. We have both of those coming up over the next two months. If interested, please call the Center and get your name on the attendees list! Head counts for events are very important so we can make sure there are enough supplies for everyone.

The Pinecone Tree making was a popular event with over 35 people registered. While some had a little difficulty getting started, in the end all said they had a good time and EVERYONE made beautiful/unique trees.

The Tea-Towel Stamping class was also well attended. At the end of the demonstration and class, the crafters felt this was something they could do on their own at home. While some used the same stamp, all were truly unique and beautiful.

We always try to get all our events listed on the calendars and special events pages, but sometimes we do have "popup" events that get listed on our Facebook feed. To stay in the loop, like us on Facebook, add our page to your favorites and follow us!

Remember, our events are not just for people over 60. If we have an event that your younger friends/family will enjoy bring them, too! Just make sure to get them on the attending list.

I hope you enjoy the pictures presented over the pages of this edition of the Chatter, as well as the stories submitted.

Here's hoping your holidays were happy! See you in the New Year!

*Brenda*



*Just a few of the Pinecone Centerpiece Trees made at the COA event on November 27th.*

### COA Board Members

- Robert Balawender .....413.743.3356
- John Bianchi .....413.743.5723
- Carol Francesconi .....413.743.5028
- Mal Gwozdz ..... 413.743.9356
- Liseann Karandisecky .....413.743.7244
- Barbara Proper .....413.743.4945
- Peter Traub .....413.743.3496

### Alternate Board Members

- Suzanne Boyle .....413.743.5187
- Val Tyska .....413.743.3802

### Resources and Contacts

- Brenda Caufield .....413.743.9719  
Director
- Van Transport.....413.446.2559
- Car transport (Adams COA) .....413.743.8333  
Medical appointments

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## It's The Most Wonderful Time Of The Year!



This beautiful tree was the brain child of the Director of the Cheshire Center for Active Living, Brenda Caufield and the theme is based on the Disney movie "Frozen." It can be seen at the Cheshire Community House, along with 51 other entries in the event.

On hand to help with the opening of the Cheshire Community House 2nd Annual Festival of Trees and serving up hot chocolate to all ages who came to see the trees were (from left to right) Brenda Caufield, Dawn Krutiak, Marlene Rivers, Maria Mendonca, and Val Tyska

More of the trees are pictured within this edition of the Chatter. Hope you were able to stop by the Community Center on Church Street which was open every day and voted for your favorites. Available for viewing until the 1st week in January.

Monday thru Thursday - 10am - 4pm

Friday - 10am - 9pm

Saturday - 6pm - 9pm

Sunday - Noon - 9pm

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# "A rose by any other name ..." William Shakespeare

By Barry Emery

The name of an object does not change its essence! Cheshire has an asset that most would say is a thing of beauty and will remain so regardless of what it is called. However, unlike the 'rose' this thing has a schizophrenic history of different names. Even the Commonwealth of Massachusetts, the current owner, is inconsistent in how it refers to the large 'body of water' covering the south western part of Cheshire.

That large body of water was created in the 1860s when a dam was built to stop the flow of the Hoosic River. [That name by the way has its own schizophrenic past.] The dam was built by some of the industrial powers in Adams to create a cache of water that could be released in dry times to guarantee a reliable flow which was needed for their various industries, especially the L. L. Brown paper company (formally located where the park and McDonald's is today).

Here is the news article detailing the sale of the land that was to be flooded by the dam. Accordingly, it can be assumed that the name to be given to the flooded body of water would be Cheshire Reservoir. Note the spelling 'Hoosac' which is not the accepted spelling today for the river.

**SALE.**—Mr. M. W. Ingalls of Cheshire, has sold his meadow on the banks of a branch of the Hoosac River, containing 40 acres, to the Adams and Cheshire Reservoir Company, for the sum of \$4,350. A portion of the land is flowed by the Company.

The Company have also purchased 60 acres of the meadow of Mr. Ira Jenks for \$3,800, and 40 acres of the meadow of Mr. Samuel P. Whipple, for \$2,350.

Another article from the 1879 Pittsfield Sun newspaper reported an accident that occurred on the railroad and it refers to the 'Cheshire Reservoir'.

**Cheshire.**  
The Cheshire reservoir flows nearly 1,000 acres.—Dennis McCarty, 70 years of age, and a track-hand of the P. & N. A. railroad for fifteen years, in stepping upon the coupling to get aboard a train at Cheshire, had his foot caught between the buffers smashing it to jelly.—Jennie C. Mar-

The Senate voted in 1994 that the official name should be Hoosac Lake.

1 *WHEREAS*, There exists within the town of Cheshire a lake  
2 known as Cheshire Lake, and Cheshire Reservoir, and Hoosac  
3 Reservoir and Hoosac Lake; hereinafter shall be referred to as  
4 Hoosac Lake; and

However, in 1997 other legislation dealing with the water quality (right) referred to it as the Cheshire Reservoir!



**HUDSON RIVER BASIN  
1997 WATER QUALITY ASSESSMENT REPORT**

HOOSIC RIVER SUBBASIN - LAKE SEGMENT ASSESSMENTS...

- BERKSHIRE POND (Segment MA11001).....
- CHESHIRE RESERVOIR, SOUTH BASIN (Segment MA11019).
- CHESHIRE RESERVOIR, MIDDLE BASIN (Segment MA11018)
- CHESHIRE RESERVOIR, NORTH BASIN (Segment MA11002)

I was curious which name is used most often on the internet so a year ago I tried the following searches:

"Hoosac reservoir" - 153 hits, "Hoosac lake" - 4,580, "Cheshire reservoir" 4,910, and "Cheshire lake" 10,500.

You pick whatever name you want for the body of water - Hoosic Lake, Hoosac Lake, Hoosic Reservoir, Cheshire Lake or my favorite, Cheshire Reservoir.

Whichever one you choose it's still beautiful.

These sections of early maps (on next page) reveal the various historic spellings of the river flowing through Cheshire that was dammed.

By the way, today the river in Cheshire is usually referred to as the Hoosic. However, that same river is given a different spelling when it reaches Williamstown and even another when it enters New York state.



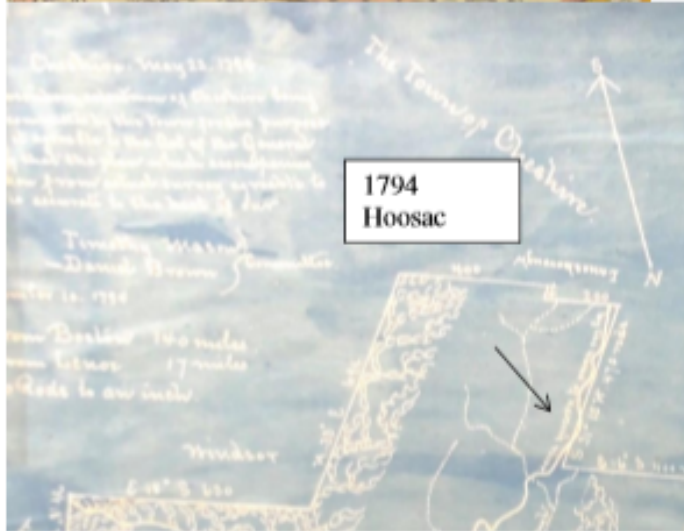
# Hoosic, Hoosac, Hoosuck, Hoosick Hoosuc.....



1776  
Hoosuck

Example from DOE web site

The Ashuwillticook Rail Trail passes through the **Hoosac River Valley**, between Mount Greylock and the **Hoosac Mountains**... Cheshire Reservoir, the **Hoosic River** ...



1794  
Hoosac



1883 Hoosac



1904 Hoosac



1831 Hoosac

### Act to dam Hoosac and create reservoir 1869

516 1869.—CHAPTERS 176, 177, 178.

**Chap. 176 An Act to incorporate the Adams and Cheshire Reservoir Company.**

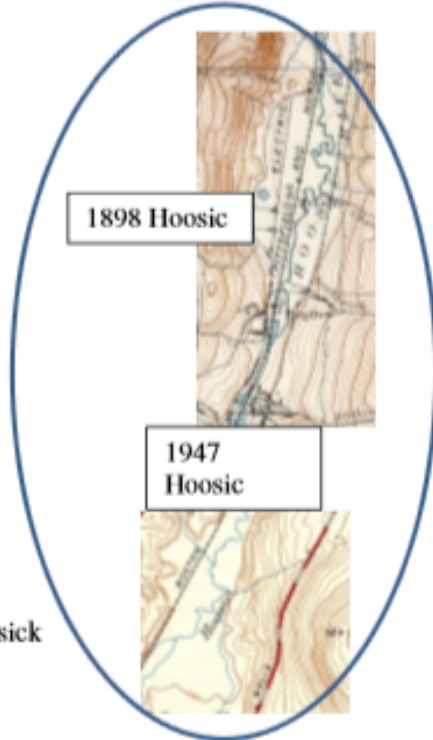
*Be it enacted, etc., as follows:*

**Corporation.** SECTION 1. Sanford Hackinton, William C. Flarlett, D. D. Wheeler, their associates and successors, are hereby made a corporation by the name of the Adams and Cheshire Reservoir Company, for the purpose of constructing and maintaining a reservoir or reservoirs of water in the south branch of the Hoosac River, in the town of Cheshire and Lunenburg, for the supply of mills now or hereafter to be situated on said river; with all the powers and privileges, and subject to all the duties, restrictions and liabilities set forth in all general laws which now are or may hereafter be in force relating to such corporations.

**Power and purpose.** SECTION 2. Said corporation may hold real and personal estate necessary and convenient for the purposes aforesaid; and its whole capital stock shall not exceed one hundred thousand dollars, which shall be divided into shares of one hundred dollars each.

**Section 3.** This act shall take effect upon its passage.

Approved April 17, 1869.



1898 Hoosic

1947  
Hoosic



1858  
Hoosac



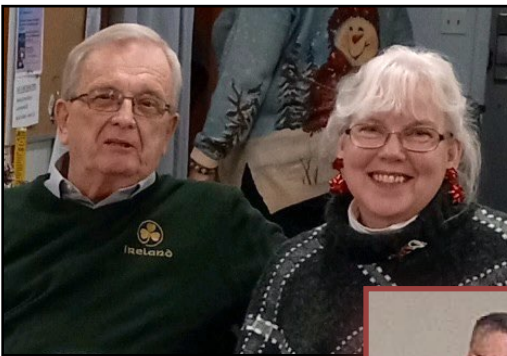
1876 Hoosick



## Cheshire COA Christmas Dinner at Senior Center



*Serving up good food and fun (above): l-r - Brenda Caufield, Dawn Krutiak, Jean Rice, and Vadim Zaslavsky.*



The Christmas Dinner was held on Friday, December 15th at 6pm. Attendees were served a delicious roast beef dinner with all the trimmings, while they enjoyed the music renderings of David Healey.

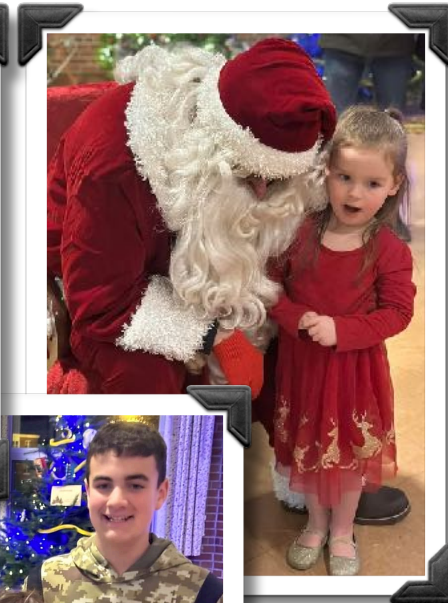
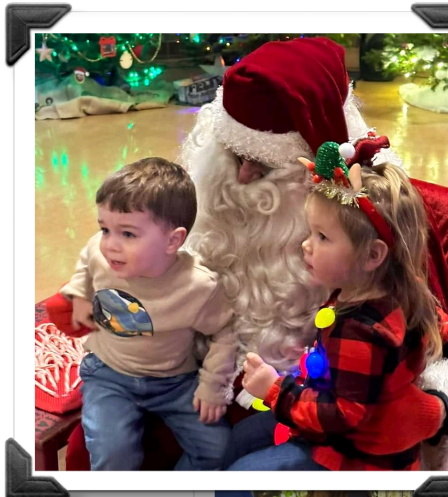
*David Healey provided the entertainment*





## More From the Festival of Trees, Themes for all Ages

*Visits with Santa and trees decorated with great imagination!*



*This is just a sampling of the trees in the Festival of Trees display at the Cheshire Community Center.*





## The Resurrection of the Cheshire Ice Skating Rink

The Hoosac Hose Company (Cheshire Fire Department) is so very happy to announce that they have donated an ice skating rink for the residents and visitors to Cheshire to enjoy throughout the winter season.

The skating rink is located at the Cheshire Community House and will be up and running soon for all to enjoy. The resurrection of the ice rink is creating quite a buzz. Some may be too young to remember/know that a rink was located in this spot for many years. Those that do remember are happy to see its return.

On November 30th, members of the Hoosac Hose Company set up the rink and made it ready to be filled with water. This is a lengthy process as the water builds into ice through layering. They ask that everyone please stay off the rink until the process is complete. The unusually warm weather has hindered the process some, but as the temperatures drop it should be ready for all the enjoy.

Watch for the announcements of the opening via Facebook and signage displays.



*It takes a small army to install a rink this size; the Hoosac Hose Company was ready, willing and able to do the job!*





# Collage of Events at the COA Senior Center



L-R bottom row to top row: Maria Mendonca, Helen Dargie, Linda Walsh, Carole Francesconi, Doreen Aleshevich, Dawn Krutiak, Betty King, Mal Gwozdz, Faye Williamson, Brenda Caulfield

Ten bakers took part in the Cookie Swap at the Center on Thursday, December 21st. They each went home with 10 different kinds of cookies to devour, share, give as gifts over the holiday season. Also enjoyed by all was a light lunch and a whole bunch of good conversation.



Bags of pinecones, coupled with embellishments, grew into beautiful tabletop trees.

## Become a Friend of the Cheshire Council on Aging!

The Friends of the Cheshire Council on Aging provide financial and other support serving the needs of the senior population of Cheshire. By becoming a "Friend" you will be supporting the activities of our seniors. The fee for joining in 2024 will remain at \$10 and will be due in January of 2024.

All non-profits are receiving less money from the government so the need to provide financial support from other sources has become critical. The "Friends" support activities that the Town is unable to finance. Among the activities the "Friends" have financially supported in the past are:

- Cultural events such as a play at Barrington Stage and Millionaire Dollar Quartet at the Colonial Theatre.
- Sponsorship and funding for Sheryl Faye's presentations.
- The annual nonagenarian birthday party.
- Apple picking at Lakeview Orchard.
- Financial support of the Cheshire Food Pantry.
- Other social and craft activities.

Any support which you are able to provide would be most appreciated.

Please fill out the bottom portion and return to  
Ed St. John at 4 Edmunds Street, Unit N101, Adams, MA 01220  
or call at 743-5603  
or email to [estjohn@roadrunner.com](mailto:estjohn@roadrunner.com).

If mailing, cut here, fill out and return to address above.

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EMAIL ADDRESS: \_\_\_\_\_

Please remember to enclose your membership fee of \$10, if by check payable to the Friends of the CCOA.

**Thank you.**



# ◆ SPECIAL EVENTS ◆

## JANUARY

### Saturday, January 6th • 11am - Noon

**Cheshire Pantry.** Monthly food distribution is available at the Cheshire Community Center circle drive. Call 413-743-1690 ext 107 to sign up.

### Monday, January 8th • 9 - 11am

**Haircuts by Meraki Salon of Adams.** Will be at the Senior Center for your convenience. Discounted Senior cost is \$20. Call Center to book your appointments 413-743-1690 ext 107.

### Thursday, January 18th • 8:30am - 1:30pm

**Foot Clinic.** Will be at the Senior Center for your convenience. Cost is \$35. Call Center to book your appointments 413-743-1690 ext 107.

### Thursday, January 18th • 10am - Noon

**CHP VAN.** Will be at the Senior Center. No appointment necessary.

### Monday, January 22nd • 1pm

**Card Making with Lorraine** will be at the Senior Center, making All Occasion Cards. Call to register as an attendee. 413-743-1690 ext 107.

### Sunday, January 28th • 11am

**Paint N Sip with Cheri.** will be at the Senior Center. Call Center to register as an attendee. 413-743-1690 ext 107.

## FEBRUARY

### Saturday, February 3rd • 11am - Noon

**Cheshire Pantry.** Monthly food distribution is available at the Cheshire Community Center circle drive. Call 413-743-1690 ext 107 to sign up.

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### Monday, February 5th • 9 - 11am

**Haircuts by Meraki Salon of Adams.** Will be at the Senior Center for your convenience. Discounted Senior cost is \$20. Call Center to book your appointments.

**Please Note that the BROWN BAG DISTRIBUTION has changed to the 4th Monday of each month and is now available from 9am to 1:30pm at the Center.**



*Officer Sam Hungate of the Cheshire Police Department periodically goes to the Senior Center to help serve which gives him an opportunity to get to know members of the senior population. His visits are always appreciated.*



*Crafters had fun with the Tea Towel Stamping event held at the Center on November 30th.*



# COMMUNITY NOTES

**Cheshire Library** - Story Hour is every Tuesday from 11:00 am to 12:00pm, stories and a craft each week. Library hours: Monday 9:30 to 2:30; Tuesday 12:00 to 7:00 and Wednesday 11:00 to 3:00.

*Drop-in Lego STEM/STEAM nights* Third Tuesday each month 5:30-7pm. For ages 3 and up

*Monthly Raffle* for various items each month. Read TWO books and earn a ticket to win fun giveaways.

*Monthly "take a guess" candy raffle.* Continuing To celebrate our 125th anniversary.

*Story Time* will continue at 11 am on Tuesdays for preschoolers and home schoolers. no sign up necessary.

Keep an eye out for future events like an afternoon tea, guest speakers, community events.

**Cheshire Ladies' Reading Club** meeting since 1879, alternating between members' homes. As they are a reading club, books are read at the meetings themselves.

If you have an interest in helping to continue a long Cheshire tradition contact club president Pat Gebarowski @ 413-743-2177 for information.

**Hilltown Travelers** have no events currently planned for January/February 2024.

**Historical Commission** - The Cheshire Historical Commission is again accepting donations of items or documents relating to our town's history. Please call 743-5423 for details.

**The Cheshire Community Book Club** reconvened on Thursday, December 14. December's discussion was about the book *Lessons in Chemistry* by Bonnie Garmus.

Future books are:

- *Demon Copperfield* by Barbara Kingsolver on January 11.
- *Island of the Sea Women* by Lisa See on February 8,
- *The Light We Carry* by Michelle Obama on March 14,
- *Mad Honey* by Jodi Piccoult on April 11.

The Cheshire Community Book Club plans to meet on the second Thursday of the month at 6 PM at the Senior Center/Cheshire Center for Active Living, 119 School Street. You don't have to read the book to enjoy the discussions. Please join us.

**The Cheshire Senior Club** has suspended meetings / excursions for a time being.

## PLEASE NOTE:

The Cheshire Ladies Reading Club and the Cheshire Community Book Club are two separate groups. The Ladies Club read the books at their meetings while the Community Club read the books beforehand and discuss at the meetings.



### Cheshire Lions Club -

The Cheshire Lions Club remains an active contributor to our community during these trying times. We are

always looking for new members. Among our contributions, we support ongoing eye research efforts. We have also supported numerous local organizations such as the Youth Center, the Friends of the Cheshire Council on Aging, the Cheshire Fire Department and various charitable organizations and athletic teams. We donate annual scholarships to Cheshire graduates from Hoosac Valley High School, McCann Technical School and BART. Every year, during the Christmas season, we conduct our Give A Gift program to provide those in need, local families and seniors, with Christmas gifts. Our club also installs and cares for the American flags located throughout the town. If you are interested in joining or would like more information or have any questions, please contact Jennifer Waterman at [jen@watermanexcavating.com](mailto:jen@watermanexcavating.com).



## Cheshire COA Center for Active Living

**CHP Mobile Health Van** - At the Center on Thursday, January 18th and Thursday, February 15th, 10-12. Please follow our Facebook page for dates and times as they sometimes change. CHP Mobile Health Unit staff offers blood pressure checks, A1C screenings, cholesterol checks and "sick" visits on top of typical and annual vaccinations. No appointment needed and open to anyone. You may also call Brenda with any questions at the COA office @ 413-743-1690 extension 107



### Cheshire COA Van

-The COA Cheshire Center for Active Living van is available Mondays, Tuesdays, and Wednesdays. Please call 24 hours before to schedule a ride. A \$5.00 "round trip" donation is appreciated. Call: (413) 446-2559.

### The Café at 119 School Street, Cheshire

- Hot Lunch for Seniors - The Elder Services lunches will be served Mondays, Tuesdays, and Wednesdays inside at 11:30am with the Grab n Go meals to continue five days a week if there is a need. To reserve your meal, call 413-743-1690 extension 107 at least 24 hours in advance. Suggested Meal Donation of \$3.00 for 60 and over.



**Bingo**- Every Tuesday at 12:15, \$1 per card

**Brown Bag** - Free paper bag of food available will now be available on the 4th Monday of each month, between 9:00am and 1:30pm inside the Center; January 22nd and February 26th. Contact Brenda to sign up.

**Morning Exercise** - 9am - 10am Mondays, Wednesdays, and Fridays

**Chair Yoga** - 10am -11am Fridays, Led by Maryann Kuffs

**Blood Pressure Readings** - 10am - 11am Mon., Wed., and Fri.; performed by Mal & Carol

**Foot Clinic** - The Foot Clinic will be scheduled for Thursday, January 18th • 8:30am – 1pm. Sorry, no walk-ins - appointments only. It is held inside the Center. Call Brenda @ 413-743-1690 ext 107 to schedule an appointment and for protocol. There is a \$35 fee for this clinic.

**Quilting** - Quilting and all stitchers are welcome on the second and fourth Thursday of the month (unless it falls on a holiday), 1pm-3:30pm led by Betty King. (\$5 suggested donation to benefit the Cheshire Pantry.)

**Cheshire Senior Club** - Has suspended meetings at this time.

**The Community Book Club** - meets at the COA Senior Center every second Thursday of the month at 6:00 PM. If you enjoy discussing books you've read or just enjoy listening to discussions about books in the current orbit of attention, please join us. Bring a friend.

**Senior Haircuts** - 9am - 11 am. Haircuts by Meraki Salon of Adams. Discounted Senior cost is \$20. Call center to book your appointments for Monday, January 8<sup>th</sup> and Monday, February 5<sup>th</sup>.


**Cheshire Northern Berkshire Beekeepers Association** - 6 p.m. at the Cheshire COA Center on the 4th Wednesday of every month except November and December. Meetings are restarting January 24, 2024.



# JANUARY 2024

## Cheshire COA & Community Calendar of Events

December							February						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
3	4	5	6	7	8	9	1	2	3	4	5	6	7
10	11	12	13	14	15	16	8	9	10	11	12	13	14
17	18	19	20	21	22	23	15	16	17	18	19	20	21
24	25	26	27	28	29	30	22	23	24	25	26	27	28
31							29	30	31				29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
	 <b>Happy New Year</b> <i>Senior Center Closed</i>	Lunch 11:30 Bingo 12:15	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30	Grab-n-Go 10-12	Exercise 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	Cheshire Pantry 11-12
7	8	9	10	11	12	13
Exercise 9-10 <b>Hair Cuts 9-11</b> Lunch 11:30	Lunch 11:30 Bingo 12:15	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30	Grab-n-Go 10-12 Quilting 1-3:30 Comm. Book Club 6pm	Exercise 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	
14	15	16	17	18	19	20
14 <i>Martin Luther King Jr. Day</i> <i>Senior Center Closed</i>	Lunch 11:30 Bingo 12:15	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30	<b>Foot Clinic 8:30-1:30</b> Grab-n-Go 10-12 <b>CHP VAN 10-12</b>	Exercise 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	
21	22	23	24	25	26	27
Exercise 9-10 Lunch 11:30 <b>Card Making 1:00</b> <b>Brown Bag</b> <b>9am-1:30pm</b>	Lunch 11:30 <b>Homemade Soup &amp; Sandwich Day 11:30</b> Bingo 12:15	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Beekeepers 6 pm	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30	Grab-n-Go 10-12 Quilting 1-3:30	Exercise 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	
28	29	30	31	1	2	3
Paint N Sip 11:00 @ Senior Center	Lunch 11:30 Bingo 12:15	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30	Blood pressure readings available @ Senior Center M-W-F 10-11		



# FEBRUARY 2024

## Cheshire COA & Community Calendar of Events

January							March						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	3	4	5	6	7	8	9
7	8	9	10	11	12	13	10	11	12	13	14	15	16
14	15	16	17	18	19	20	17	18	19	20	21	22	23
21	22	23	24	25	26	27	24	25	26	27	28	29	30
28	29	30	31				31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
				Grab-n-Go 10-12	Exercise 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	<b>Cheshire Pantry 11-12</b>
4	5	6	7	8	9	10
	Exercise 9-10 <b>Hair Cuts 9-11</b> Lunch 11:30	Lunch 11:30 Bingo 12:15	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30	Grab-n-Go 10-12 Quilting 1-3:30 Comm. Book Club 6pm	Exercise 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	
11	12	13	14	15	16	17
	Exercise 9-10 Lunch 11:30	Lunch 11:30 <b>Homemade Soup &amp; Sandwich Day 11:30</b> Bingo 12:15	<i>Happy Valentines Day</i> Exercise 9-10 Coffee Hour 10-11 Lunch 11:30	Grab-n-Go 10-12 <b>CHP VAN 10-12</b> Chair Yoga 10-11	Exercise 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	
18	19	20	21	22	23	24
	<i>Presidents Day</i>  <i>Senior Center Closed</i>	Lunch 11:30 Bingo 12:15	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30	Grab-n-Go 10-12 Quilting 1-3:30	Exercise 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	
25	26	27	28	1	2	3
	Exercise 9-10 Lunch 11:30 <b>Brown Bag 9am-1:30pm</b>	Lunch 11:30 Bingo 12:15	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Beekeepers 6 pm	Blood pressure readings available @ Senior Center M-W-F 10-11		

