



THE Cheshire Chatter

Cheshire Council on Aging
PO Box 507 • Cheshire, MA 01225

March / April • 2024

Appearing in Cheshire for Dinner/Entertainment; Renowned Author and Humorist Kevin O’Hara

Kevin O'hara



Mr. Kevin O'hara will be presenting Irish stories on Friday, March 15, 2024 Cheshire COA Senior Center 119 School Street, Cheshire, MA

The event is being sponsored by the Friends of the Cheshire Council on Aging and the Cheshire Council on Aging. Please join them and Mr. O'Hara for some St. Patrick's Day fun. The Center will be serving up a dinner of corned beef and cabbage beginning at 5:30 p.m., followed by the entertainment, featuring local humorist and author, Kevin O'Hara who will regale the audience with Irish stories.

After receiving encouragement from family (especially his mother) and friends who were recipients of letters he wrote during his time served in Vietnam, Mr. O'Hara embarked on his writing journey by taking writing classes at BCC after he returned home to Pittsfield. It turns out that he has a real knack for telling and writing stories; be they adventure, happy, sad.

There are three books to his credit; all based on personal experiences. Those books include "The Last of the Donkey Pilgrims," "A Lucky Irish Lad," and "Ins and Outs of a Locked Psychiatric Ward." Additionally, Mr. O'Hara's first two titles have been optioned to become either feature films or television series. His works were not ones written "overnight," but took years to develop and critique to create the storylines for each.

Readers may also recognize the name of Kevin O'Hara as a longtime columnist for *The Berkshire Eagle*; as well as serving as writer-in-residence at Arrowhead, the historic home of author Herman Melville, Pittsfield, 2020.

In 2012, Mr. O'Hara was honored to receive the John Fitzgerald Kennedy National Award. This particular award is presented to an outstanding American of Irish descent who has distinguished him or herself in their chosen profession.

Anyone interested in attending this event on Friday, March 15th, 2024, at the Cheshire Council on Aging Senior Center, contact the COA for further information and tickets. Price per person is \$20. 413-743-1690 ext. 107

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Brenda's Thoughts

Here we are, almost through the first quarter of the year! WOW! We had some arts/crafts activities during the first two months, but also had to reschedule some due to bad weather; like the Paint N Sip. Unfortunately, it won't take place until this issue is finalized, but we will have some pics for the next Chatter.

Card Making with Lorraine was fun, as always, and we have another event with her on Thursday, March 7th. Sign up to join in the fun by calling the Center.

Valentines day was a good time as well: a special group of ladies (real sweethearts) made sure that it was enjoyed by all who came to the center on February 14th.

This crazy weather can't make up its mind. One minute snow; sunshine the next. Blessed that we haven't been hammered with "feet" of snow, but those who like to ski and ice fish probably wish for some longer cold spells or more northerly weather patterns. The warmer weather also does not bode well for the new skating rink.

Be sure to check out the information in the following pages about the low-cost Rabies Clinic to be held at the Cheshire Police Department, as well as the dates on the Calendar / Events Pages for the

CHP VAN, Senior Hair Cuts, Homemade Soup and Sandwiches, Foot Clinic and more.

Aren't these bunnies just the cutest things? Last year, we did "Easter Gnomes" made out of socks. This year, we are changing things up and making Easter bunnies - again using socks. Come join us in the fun event on Wednesday, March 20th @ 12:30. Should be fun for ALL AGES! Give us a head count if you plan to attend. Bring a bunny buddy! 743-1690 ext 107.

Bring on the Spring!



These lovely ladies did their utmost to make Valentines Day special at the Center: from Left, Betty King, Marlene Rivers, Dawn Krutiak, Maria Mendonca, Mal Gwozdz, Doreen Aleshevich.

COA Board Members

- Robert Balawender413.743.3356
- John Bianchi413.743.5723
- Carol Francesconi413.743.5028
- Mal Gwozdz 413.743.9356
- Liseann Karandisecky413.743.7244
- Barbara Proper413.743.4945
- Peter Traub413.743.3496

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- Suzanne Boyle413.743.5187
- Val Tyska413.743.3802

Resources and Contacts

- Brenda Caufield413.743.9719
Director
- Van Transport.....413.446.2559
- Car transport (Adams COA)413.743.8333
Medical appointments

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Please let our advertisers know that you appreciate their support of the Cheshire Council on Aging whenever you visit their establishments.



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Appalachian Trail Route 8 Crosswalk & Signal Installed



Extra bright sign, flashing lights, extra wide striped crossing help to alert motorists of new pedestrian crosswalk on Route 8 in Cheshire. Once warmer weather arrives, hundreds of hikers will utilize this crossing, as well as local pedestrians who need to cross the highway safely.

As one may be aware, Cheshire is a designated Appalachian Trail Community. In order to achieve this designation, the Cheshire Appalachian Trail Committee, Town Government, local businesses and countless volunteers have committed to supporting hikers in a variety of ways.

In all aspects of life there is nothing more important than safety. With that in mind, the Cheshire AT Community, under the umbrella of the Cheshire Community Association, initiated a project request to MassDOT for safety enhancements at the point where the Appalachian Trail crosses Route 8 (just past Delmolino's heading north).

With vehicles moving at high speed, and less than ideal sight lines, this crossing location is very dangerous. There have long been simple pedestrian signs at this location; however, there's nothing to alert drivers in advance - no painted crosswalk, or anything with flashing signals.

Following multiple communications over several months, and significant cooperation from MassDOT, there are now advance warning signs: a painted crosswalk and a Rectangular Rapid Flashing Beacon (RRFB) traffic control device that can be activated as needed by anyone wishing to cross (see photo).

The Cheshire Appalachian Trail Community and the Cheshire Community Association give a big thank you to Art Kaufman for taking the lead on this project and following it through to completion.

Cheshire Proud!

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Low-cost Rabies Clinic to be held in Cheshire

A low-cost rabies clinic is going to be held on Tuesday April 2, 2024, 5-6pm at the Cheshire Police Department, 80 Church Street, Cheshire, MA.

For the low price of \$10.00 cash for each cat or dog, pets can be conveniently vaccinated in the comfort of the owners car, especially for multiple pets or difficult ones (with the help of the owner).

Owners who bring a past rabies certificate, even if it is expired, will receive a 3-year vaccination for their pet. Otherwise, only a 1-year vaccination will be given to pets with no prior certificate available.

The clinic is open to animals from any area town, they do not have to live in Cheshire.

If anyone has questions regarding the Clinic, contact Gene Gebarowski: 743-2177 or 212-1076 .



The event is sponsored by the Cheshire Pantry and made possible by the generosity of Dr Keith Beebe, Wahconah Vet Services, Hinsdale, MA 01235 and Cheshire Police Department.

Cheshire Community Tag Sale & Bazaar Date Set for 2024

On a sunny day last May, the Cheshire Community Association (501c3 nonprofit) held its first Community Tag Sale & Bazaar. The inaugural event combined residential tag sales with an indoor/outdoor bazaar at the Community House. Several hundred people visited our town to shop, generating an enthusiastic buzz. Such an event serves as a means to nourish our community connections and we hope to have a similar experience again Saturday, May 11, 2024.

The town-wide event is open to residents as well as Berkshire County artisans and craftspersons. The bazaar at the Community House runs from 9AM until 1PM and will include vendors selling new and used items, hand-made crafts, antiques, collectibles, and food. To encourage shopping around the neighborhood, we will generate a map of tag sales. The map will be available two days prior to the event through social media and copies will also be available at the bazaar on Saturday, May 11th.

Regarding vendor registration, the costs for booth space at the bazaar range from \$10-30. Additionally, folding tables will be available for rent to vendors at the bazaar. For locals who wish to participate in the tag sale event from home, the cost to be included on the map is \$10. Registration proceeds will benefit the Cheshire Community Association and help support events such as the Summer Music Festival and Trash Clean-up Day. The CCA also plans to hold a raffle at the bazaar with the proceeds from those ticket sales to benefit the Cheshire Food Pantry.

For detailed information, the registration form will be available on the town website and the Cheshire Community Association facebook page. Paper copies will be available at the Community House, Cheshire Library, A to Z Lettering, and Cheshire Glassworks.

The event will be marketed and publicized widely throughout Berkshire County.

We hope to see you there!

Contact Jenny Gadbois for more information (413) 841-0844, jlgadbois@icloud.com



Residents Encouraged to Take Part in Open Space Survey

The Town of Cheshire has beautiful open spaces, scenic views, and recreational opportunities. Thoughtful stewardship in protecting these wonderful natural resources is very important for the town and all those who enjoy it! In hopes of Cheshire becoming eligible for state reimbursement grant programs for the maintaining, and improvement of recreation areas and the protection of open spaces, an Open Space & Recreation Plan is being developed.

A survey that consists of 19 questions has been created with the goal of gathering thoughts from those who are year-round residents, seasonal residents, second homeowners, and visitors of the town of Cheshire. The survey will be open from March 1st through June 15, 2024. This survey is available online. There will be a print version of the survey available for those who would be more comfortable using paper. Print copies will be available at the Community Center along with computer assistance for taking the survey online.

Open space is defined as land that has not been developed for residential, commercial, or industrial uses and includes publicly and privately owned land. Areas with particular interest in conservation and recreation include:

1. Land that contributes to the public water supply
2. Forests, fields, and agricultural lands

3. Wetlands
4. Rivers, streams, and lakes
5. Parks and other recreational lands/properties
6. Wildlife or animal habitats
7. Land that preserves scenic views or town character.

Beginning March 1st, go to:

<https://www.surveymonkey.com/r/CheshireOSRP>

to take the survey!

Thank you!



PAPER COPIES AVAILABLE AT CHESHIRE COMMUNITY HOUSE, LIBRARY, AND SENIOR CENTER



SURVEY IS OPEN MARCH 1 - JUNE 17

[HTTPS://WWW.SURVEYMONKEY.COM/R/CHESHIREOSRP](https://www.surveymonkey.com/r/CheshireOSRP)



PHOTOS: HOOSAC RESERVOIR/CHESHIRE LAKE FROM THE COBBLES AND AT SHORE LINE PHOTO CREDIT : LISEANN KARANDISECKY



Historic Homes of Cheshire; Location Matching

By Barry Emery

Shown below are some of Cheshire's historic homes. In 2015 they and a few others were the subject of my history talk. The oldest homes in Cheshire were built in 1768 and are still being lived in today. That talk by the way has been recorded and is available on my YouTube channel. In your web browser type [Youtube.com/user/emery395](https://www.youtube.com/user/emery395).

On that site you will find a dozen or so of my past history talks with more to be added in the near future.

Try to match each house to its location by writing the house number in the appropriate circle. The answers are shown on page 8 in this issue of the Chatter.

Test your knowledge of Historic Home in Cheshire, then compare answers on page 8.

Eleanor Roosevelt as Presented by Sheryl Faye



“Eleanor Roosevelt” will be the historical rendering given by Sheryl Faye on April 13th, 2024 at 6pm. The event will take place at the All Saints Berkshires Episcopal Church, 59 Summer Street, North Adams, MA. The show is about 45 minutes, plus time for questions.

Proceeds from the event will be used to benefit the Al Nelson Friendship Center in honor of Steve Green.

Tickets are \$15 and available at the door, through the church office (call 413-664-9656 or email allsaintsberkshires@gmail.com), or from a church outreach member.

After suffering through an unhappy childhood, and losing her parents and one of her brothers., Eleanor figured out where she fit in and could make a difference. She grew up and became an American politician. The longest-serving First Lady of the United States. She was the first presidential spouse to hold press conferences, write a syndicated newspaper column, and speak at a national convention. She advocated for expanded roles for women in the workplace, the civil rights of

African Americans and Asian Americans, and the rights of World War II refugees. She became one of the first delegates to The United Nations. One of the top ten most admired people of the 20th century.

“...as individuals we live cooperatively, and, to the best of our ability, serve the community in which we live...our own success, to be real, must contribute.” – Eleanor Roosevelt

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 estjohn1@roadrunner.com.

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

NAME: _____

ADDRESS: _____

TELEPHONE NUMBER: _____

EMAIL ADDRESS: _____

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

Thank you.

EDMUND R. ST. JOHN, III

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☘ SPECIAL EVENTS ☘

MARCH

Tuesday, March 4th • 9 - 11am

Senior Haircuts @ COA Center

Stylists from Meraki Salon of Adams. Discounted Senior cost is \$20. Call 413-743-1690 ext 107

Tuesday, March 4th • 10am - Noon

CHP VAN @ COA Center

No appointment necessary. First come, first served. Bring insurance cards.

Thursday, March 7th • 1pm

Card Making with Lorraine @ COA Center

Please register by calling the COA, as seating is limited. 413-743-1690 ext 107.

Tuesday, March 12th • 11:30am

Homemade Soup and Sandwich Day @ COA. \$3. Call ahead 413-743-1690 ext 107.

Friday, March 15th • 5:30pm

Corned Beef & Cabbage Dinner@ COA. Followed by Kevin O'Hara's entertainment. To reserve seating 413-743-1690 ext 107. Price per person is \$20.

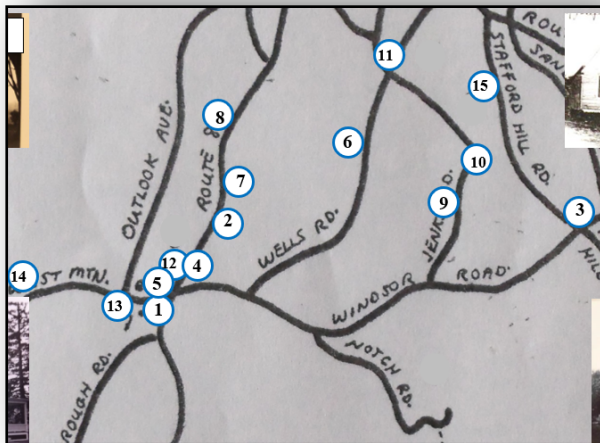
Wednesday, March 20th • 12:30

Easter bunny sock craft Come join us in the fun event. ALL AGES. 413-743-1690 ext 107 head count.

Thursday, March 21st • 8:30am - 1pm

Foot Clinic@ COA for your convenience. Cost is \$35. By appointments only. 413-743-1690 ext 107.

Answer to House Matching



Note the two oldest homes are numbers 10 and 11. Ten is on corner of East Harbor Rd and 11 is near the north end of Jenks Rd.

APRIL

Monday April 1st • 9 - 11am

Senior Haircuts @ COA Center

Stylists from Meraki Salon of Adams. Discounted Senior cost is \$20. Book your appointments. 413-743-1690 ext 107.

Tuesday, April 1st • 10am - Noon

CHP VAN @ COA Center

No appointment necessary. First come, first served. Bring insurance cards.

Tuesday April 2 • 5 - 6pm

Low-cost Rabies Clinic @ Cheshire Police Department, 80 Church Street, Cheshire, MA.

\$10 per pet. Bring previous certification if available for 3 year re-certification; otherwise, will be certified for 1 year.

Tuesday, April 16th • 11:30am

Homemade Soup and Sandwich Day @ COA. \$3. Call ahead 413-743-1690 ext 107.



Cheshire Lions Club - The Cheshire Lions Club remains an active contributor to the Cheshire 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.

COMMUNITY NOTES

Town Clerk's Office:

Presidential Primary, Tuesday, March 5, Polls open 7:00 am to 8:00 pm. Polls located at 191 Church Street, Community House Cafeteria.

Last day to register to vote in the March 5th Primary is Saturday, February 24th from 9:00am to 5:00pm at the Town Clerk's Office at 80 Church Street.

Early Voting in Person begins Saturday, February 5th 9:00 am to 5:00 pm. Early Voting in Person schedule, Tuesday February 27th 8:30 to 4:30, Wednesday February 28th, 8:30 to 10:30 am, Thursday February 29th 8:30 to 4:30 and Friday March 1st 8:30 to 4:30.

Election Dates for 2024:

Presidential Primary Tuesday, March 5th.
Annual Town Election Monday, May 6th
State Primary, Tuesday, September 3rd
Presidential/State Election, Tuesday, November 5th

2024 Dog Licenses

Dog licenses are due April 1st

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.

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

Cheshire Ladies' Reading Club is the oldest continually meeting reading club in the United States, carrying on a tradition first inspired by Emma Petittclerc in 1879. As we 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.

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 Hilltown Travelers have seats available for a March 11 trip to Encore Casino in Boston. However, the Menopause 2 show at Proctors Theatre on May 19th is full. Watch for flyers/information regarding possible trips to a strawberry festival in June and to a cruise on Lake George in July.

The Cheshire Community Book Club met on February 8 to discuss *The Island of Sea Women* by Lisa See. The content of the book is historically accurate and like past book club discussions we gained insight and perspective on the past, if and how it may have influenced the progression of events to the present, as well as if it has any relevance for us today.

The Cheshire Community Book Club meets monthly on the second Thursday at 6 PM at the Cheshire Senior Center. All are welcome and participants who may not have had a chance to read that month's book always add to the discussions. Books seem to be better appreciated and understood when discussed.

We'll discuss:

The Light We Carry by Michelle Obama • March 14

Mad Honey by Jodi Picoult • April 11

Beach Music by Pat Conroy • May 9.

The Cheshire Public Library is a good place to reserve these books. Please join us.

 *Two Big Birthdays in January!* 



Anna Farnum, 96 & George Beckwith, 94.

Cheshire COA Center for Active Living

CHP Mobile Health Van - At the Center on Monday, March 4th and Monday, April 1st, 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 \$3.00 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 is available between 9:30am and 1:30pm; March 25th and April 29th on the 5th Monday. Pick up at COA Center. Contact Brenda to sign up. 413-743-1690 ext 107



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, March 21st • 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.)

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 – 9 a.m. – 11 a.m.. Haircuts by Meraki Salon of Adams. Discounted Senior cost is \$20. Call center to book your appointments for Monday, March 4th and Monday, April 1st.

Cheshire Northern Berkshire Beekeepers Association – 6 p.m. at the Cheshire COA Center on the 4th Wednesday of every month except November and December. Interested parties are welcome to join us. For more information, contact Jeanne Davis. Email with any questions Jeannedavis59@gmail.com.

Spring is just around the corner. Before we know it, outdoor activities such as bike riding, shuffle board, and pickle ball will be available at the Cheshire COA Center for active living. If interested in any of these activities, call the Center for more information. 413-743-1690 ext 107

MARCH

2024

Cheshire COA & Community Calendar of Events

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
	Blood pressure readings available @ Senior Center M-W-F 10-11				Exercise 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	Cheshire Pantry 11-12
3	4	5	6	7	8	9
	Exercise 9-10 Hair Cuts 9-11 CHP VAN 10-12 Lunch 11:30	Lunch 11:30 Bingo 12:15	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30	Grab-n-Go 10-12 Card Making w/ Lorraine 1pm	Exercise 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	
10	11	12	13	14	15	16
 Daylight Savings Time — Spring Forward	Exercise 9-10 Lunch 11:30	Lunch 11:30 Homemade Soup & Sandwich Day 11:30 Bingo 12:15	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30	Grab-n-Go 10-12 Foot Clinic 8-1 Quilting 1-3:30 Comm. Book Club 6pm	Exercise 9-10 Grab-n-Go 10-11 Chair Yoga 10-11 St. Pat's Dinner w/ Entertainment 5:30 pm	
17	18	19	20	21	22	23
<i>St. Patrick's Day</i> 	Exercise 9-10 Lunch 11:30	Lunch 11:30 Homemade Soup & Sandwich Day 11:30 Bingo 12:15	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Easter Craft 12:30	Grab-n-Go 10-12 Foot Clinic 8:30am - 1pm	Exercise 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	
24	25	26	27	28	29	30
<i>Palm Sunday</i>	Exercise 9-10 Lunch 11:30 Brown Bag 9am-1:30pm	Lunch 11:30 Bingo 12:15	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Beekeepers 6 pm	Grab-n-Go 10-12 Foot Clinic 8:30am - 1pm	<i>Good Friday</i>	
31	1	2	3	4	5	6
<i>Easter Sunday</i> 	Exercise 9-10 Lunch 11:30 Brown Bag 9am-1:30pm	Lunch 11:30 Bingo 12:15	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Beekeepers 6 pm	Grab-n-Go 10-12 Quilting 1-3:30	Exercise 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	

APRIL

2024

Cheshire COA & Community Calendar of Events

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 <i>April Fools Day</i>	1	2	3	4	5	6
Exercise 9-10 Hair Cuts 9-11 CHP VAN 10-12 Lunch 11:30	Lunch 11:30 Bingo 12:15 Rabies Clinic 5-6pm @ Cheshire PD	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 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		
14 <i>Tax Day</i>	15	16	17	18	19	20
Exercise 9-10 Lunch 11:30	Lunch 11:30 Homemade Soup & Sandwich Day 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		
21 <i>Earth Day / Passover</i>	22	23	24	25	26	27
Exercise 9-10 Lunch 11:30	Lunch 11:30 Bingo 12:15	Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Beekeepers 6 pm	Grab-n-Go 10-12 Quilting 1-3:30	Exercise 9-10 Grab-n-Go 10-11 Chair Yoga 10-11		
28	29	30	1	2	3	4
Exercise 9-10 Lunch 11:30 Brown Bag 9am-1:30pm	Lunch 11:30 Bingo 12:15		Blood pressure readings available @ Senior Center M-W-F 10-11			