

Balance and Agility with Karen Saczawa

A variety of exercises focused on foot movement and different walking styles in an effort to improve reaction time. These exercises are typically done without chair assistance.

Band Rehearsals

Polka Band rehearsal begins at 11:45am; German Band rehearsal begins at 12:30pm; Senior Concert Band rehearsal begins at 1:30pm. Rehearsals are open to anyone who wants to listen. Folks interested in joining any group should stop by and inquire.

Bingo

No cards sold after 1:00pm. Participants must be 60 years old or disabled per the Massachusetts State Gaming Law. *\$.25 per card for regular games; prices for specials vary.*

Book Club

Meets once a month to discuss the book of the month. On occasion meets additionally for special events (author talks, luncheons, etc.).

Brown Bag

A program run by the Food Bank of Western Mass to distribute a bag of food once a month to those who qualify. *See the Front Desk for an application.*

Calisthenics with Karen Saczawa

This class focuses on improving overall strength and fitness using only your own body weight as resistance with push, pull, hinge, single leg and double leg exercises.

Ceramics with Maryanne Bennis

Learn to work with clay either by hand-building or by glazing greenware, to be fired in a professional kiln.

Chair Massage

Professional back massages available every 20 minutes from 10:00 - 3:00pm. Call ahead for appointments. *15 minutes for \$20*

Chair Volleyball

This type of volleyball is played seated, with six players on each side and with a beach ball. Perfect if you're looking to be active and laugh at the same time.

Course in Miracles with Dian McCollum

Discussion group using the book studied by millions. This ecumenical course seeks to affirm forgiveness as the path to love and inner peace through a questioning of our perceptions and beliefs.

Fitness Assessments with Karen Saczawa

A set of 6 activities meant to measure things like flexibility, strength and range of movement. After the assessment, Karen will provide feedback. Folks are encouraged to retake the assessment in the future to gauge improvement.

Foot Care

A licensed nurse takes care of any foot ailments or upkeep that is needed. *\$45 for the first visit; \$35 for following visits*

Golden Senior Club

This club holds weekly meetings each with a different activity such as Bingo, musical entertainment, health & wellness lectures, book talks, luncheons, and more. For more information, stop by right before the beginning of a meeting to chat with club officers.

\$15 per year, payable to the club officers

Healthy Joints Exercise with Karen Saczawa

Low-level exercise class, mostly seated, that focuses on helping with existing arthritis and prevention of arthritis.

Mah Jongg

A Chinese game of skill, strategy, and calculation. Researchers believe that playing the game is beneficial for individuals suffering from dementia, cognitive and memory difficulties.

Line Dancing with Lyn Connolly
Beginner & Intermediate offered

Dance in step to a diverse selection of musical genres

Model Train Group

A group of folks who have come together to design and improve the model train located in our Learning Center

Osteo Exercise with Karen Saczawa

Low-level exercise class, mostly seated and using weights, that focuses on helping with and prevention of osteoporosis.

Painting with Anne Mueller

Learn the craft of oil or acrylic painting. Any skill level welcome, even beginners.

Pitch

Five game tournament of the classic New England betting card game. If you're not sure how to play, they'll teach you! *\$5.00 per tournament, 10¢ per bull*

QiGong with Carol Clark

A holistic exercise consisting of coordinated body posture and movement, breathing and meditation to better your body and mind.

Reunión Social

A social club for the many Latinos in our senior population. Join them for games, activities and exercise opportunities.

Shake Your Soul with Emily Fox

Move your body in a series of guided and free movement set to an ever-changing array of world music. From the slow, meditative patterns of Tai Chi to the energetic movements of African Dance, bring vibrancy and ease to your body, mind, and spirit. Within a familiar structure, no two classes are exactly alike.

Tai Chi with Carol Clark

Gentle, fluid physical exercise and stretching that involves slow, focused movements accompanied by deep breathing. A great way to improve strength and balance.

Watercolor Painting with Nancy Howard

Any skill level welcome, even beginners.

Writing Your Life Story with Dian McCollum

A memoir-style writing group open to anyone interested in writing about themselves, with a focus on passing stories down to future generations.

Yoga with Kathy Niedzielski and Deb Vega

Mat Yoga: Low-level exercise class focusing on uniting the body, breath and mind.

Chair Yoga: This version is seated for folks who have balance or strength issues.

Zumba with Millie Lozada

Medium-level exercise class based around Latin dance moves.