

Arthritis Exercise

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

Free

Ask the Nurse

A staff nurse is available to answer any questions you may have regarding your health and wellness concerns in privacy.

Free

At the Movies

Each week we screen a movie, selections range all genres and time periods. Suggestions welcome.

Free

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.

Free

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.

Blood Pressure Clinic

Staff nurses take, record and advise on blood pressure readings.

Free

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.

Free; must apply

Ceramics

Led by local artist Mary Ann Bennis, work with clay either by hand-building or by glazing greenware, to be fired in a professional kiln.

Free

Chair Massage

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

15 minutes for \$15.

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.

Free

Course in Miracles

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.

Free

Craft Class

A hands on class featuring a variety of projects, most of which revolve around recycling other products.

Fee is 1 activity ticket

Foot Care

A licensed nurse takes care of any foot ailments or upkeep that is needed.

Price TBA

Fun and Fit

Monday & Friday Mornings: Medium-level exercise in which participants rotate through stations featuring different exercises.

Wednesday Evenings: The most challenging of our exercise classes, great for already active seniors, especially those who are still working.

Fee for each is 1 activity ticket

Fun with Writing

Come share stories and laughter. No experience required; no critiques. To elaborate, a poem by member Peggy Dreger:

*It's not about the punctuation, or any kind of education,
If that was your interpretation, you're wrong.
We use our lives for inspiration,
Or perhaps a well beloved location. Or maybe just our last vacation.
We write.
No criticism, just creation. We'd welcome your participation.
If this sounds like an invitation, you're right.*

Free

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.

\$12 per year, payable to the club officers

Instructional 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.

Free

Learn to Knit

Learn to knit! Some needles and yarn may be available to get started.

Fee is 1 activity ticket

Line Dancing

Dance in step to a diverse selection of musical genres

Fee is 1 activity ticket

Men's Group

Get together twice a month with other gentlemen, most of whom are veterans, to take part in discussion, watch movies and take part in other activities. Facilitated by Larry White.

Free

Model Train Group

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

Free

Needles & Hooks Club

A social group of knitters and crocheters who share tips and tricks of the trade.

Free

Osteo Exercise

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

Free

Painting

Anne Meuller teaches oil or acrylic painting. Any skill level welcome, even beginners.

Fee is \$10 per class, paid to the instructor

Pitch

5 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

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

Fee is 1 activity ticket

Rainbow Supper Club

Meeting the first Wednesday of every month (unless otherwise noted), Lesbian, Gay, Bisexual, Transgender, Queer & Intersex seniors, younger partners, friends and allies are invited to have dinner and take part in activities.

\$2.25 for individuals age 60 years or older; \$6.00 for guests under the age of 60.

Reservations required. Contact WestMass ElderCare's Nutritional Department at 413-538-9020 or email rainbowsupperclub@wmeldercare.org

Reunion Social

A social club for the many Latinos in our senior population. Join them for games, activities and even a Ms. Senior Latina Pageant in the spring!

Free

Scrabble Club

Play a crossword style board game with others. Casual, dictionary provided.

Free

Tai Chi

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

Fee is 1 activity ticket

Whist

A card game for four players in two partnerships that is won by collecting points.

Free

Writing Your Life Story

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

Free

Yoga

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.

Fee for each is 1 activity ticket

Zumba

Medium-level exercise class based around Latin dance moves.

Fee is 1 activity ticket