

Colrain Seniors 55+ Events & News March 2024

Thursdays – weather permitting. Not on Holidays!

Downstairs in Town Hall

- **Chair exercise** 9 am – 10 am – low impact exercise for seniors
- **Senior Social Time** 10 am – 12 pm – coffee, card games, puzzles, visit with your neighbors
- **“In Stitches”** 10 am – 12 pm – a craft time for seniors to get together to work on different craft projects or just visit

March 26, April 23: Foot Clinic at new location to be decided for Colrain seniors by appt only. **Call Betty (Mar, Apr) @ 624-3680** to get a time slot. Suggested donation: \$5. Location will be announced on Facebook page.

Looking ahead – tentative April 17: lunch serving Colrain seniors only, at the Eagles, @ 12:00 noon. Coffee/cider & donuts at **11:00 am**. You must sign up by April 3 by 5:00 pm to attend. Call Elain @ 624-3604 or Kathy 624-3351. Suggested donation \$2

***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.**