

Colrain seniors 55+ events & news August-September 2024

August 27+28, September 18+24: foot clinic at the fire station for Colrain seniors by appointment only. These clinics are funded in part by LifePath and the Executive Office of Elder Affairs. Call Janice @413- 624-3378 to get a time slot.

Suggested donation:\$5

August 14: lunch serving Colrain seniors only, at Pine Hill, @12:00 noon. You must sign up by July 31st by 5pm to attend. Call Elaine @ 624-3604 or Kathy @ 624-3351.

September 18: lunch serving Colrain seniors only, at the Eagles, @12:00 noon. Coffee/cider & donuts at 11:00. You must sign up by Sept.4 by 5pm to attend. No children, please. Call Elaine @ 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.**

August 21: Shelburne Falls Military Band Concert 7 pm at town office field. The Firemen's Association will be selling hotdogs and hamburgers beginning at 5:30 pm. COA will pay for Colrain Seniors' meals.

Mondays: Corn hole and Pickleball at Colrain school 4-6 pm Rain or Shine!

We will change location on September 9. TBA

No corn hole/pickleball on Labor Day.

First Wednesday of August, September, and October-Senior Social Time at Pine Hill in gazebo at 10 am. Enjoy coffee and donuts with your friends.

Thursdays - weather permitting. Not on Holidays! Downstairs in Town Hall

-Chair exercise (low impact exercise for seniors) or a walk around center of town 9 am -10 am

-Senior Social Time 10 am to 12 pm Coffee, card games, puzzles, visit with your neighbors.

-"In stitches" (a craft time for seniors to get together to work on their different craft projects or just visit.) 10 am to 12 pm

Second Thursday of August, September -Ice cream at Townline Ice Cream at 6 pm. Colrain COA will pay for your ice cream treat. We try to put everyone's treat on one bill, so try to arrive by 6 pm.

September 9: Apple Day: (Rain date Sept 10) 11 am -12:30 pm at Pine Hill Orchard. COA will pay for one bag of apples per Colrain Senior household.

September 10: Senior Services Health & Safety Expo at Schuetzen Verein in Barton Cove Gill, MA. 10 am-2 pm. Complimentary lunch. Music. Free parking and admission. Sponsored by TRIAD and Charlene Manor.