



April 2012 HAPPENINGS



Unless otherwise noted, all events are held at the Northampton Senior Center, 67 Conz St. 587-1228

Health & Safety Fair
May 17, 10-2pm



Pizza with The Mayor
April 10, 11:30-12:30pm



Spaghetti Dinner
May 22, 4:30-6:30pm



Tuesdays	9:30-10:45am
Wed-Fri	11:30-1:00pm
Thursdays	1:00-3:00pm
Fridays	1:00-2:30pm
Fridays	1:00-4:00pm

Cup of Conversation: Enjoy conversation and a complimentary cup of coffee or tea
Bistro: Lunch fare available to eat in or take out. Soup, sandwiches, and more.
BINGO: .50 cents a card with cash prizes. Special Games Played.
Drop-In Group: For senior gay men. No fee, no registration. Walk-ins welcome.
SHINE: Counseling, Medicare and Medicaid. By Appointment only.

April 2-30

Feb.1-April.11 9:00am-1:00pm

Tues. 4/3 10:00-12:00pm

Tues. 4/3 10:00-12:00pm

Tues. 4/3 11:15-12:00pm

Thurs. 4/5 & 19 2:00pm

Wed. 4/4 12:00-2:00pm

Mon. 4/9 1:00-3:00pm

Mon. 4/9 1:00 pm

Tues. 4/10 11:30-12:30

Tues. 4/10 3:00-4:00pm

Wed. 4/11

Wed. 4/11 1:00-2:00pm

Wed. 4/11 1:00-3:00pm

Wed. 4/11 2:00-3:00pm

Wed. 4/11 7:00-8:30pm

Thurs. 4/12 10:00-11:00am

Thurs. 4/12 1:30pm

Mon. 4/16

Tues. 4/17 1:00 pm

Tues. 4/17 5:00 pm

Wed. 4/18 9:30 am

Thurs. 4/19 1:00 pm

Fri. 4/20 2:00-4:00pm

Sun. 4/22 2:00-3:00pm

Mon. 4/23 10:00-2:00pm

Mon. 4/23 1:00-3:00pm

Wed. 4/25 5:00-7:00pm

Thurs. 4/26 1:00-3:00pm

Sat. 4/28 10:00-2:00pm

Mon. 4/30 1:00pm

Mon. 4/30 1:00-3:00pm

Art Exhibit: Watercolor Paintings by Nancy Nickerson.

AARP Tax Preparation appointments: Basic tax returns for seniors 60 & over. Starts February 1st through April 11th, Wednesdays only. Make your appointment today!

Free Blood Pressure Clinic: Free. Walk-Ins Welcome. Open to all Seniors.

PVTA Photo IDs: For disabled and senior citizens with documentation. Fee \$1.

Social Cognition Study Info. Session: For those interested in participating in the study but want more info. Free. Open to all.

Veterans' Services Office Hours

Low Vision Support Group: Lunch and guest speaker. Transportation provided. Register with the Social Worker.

"It Starts With Communication": Improving the quality of life of those with Dementia. Register by calling 1-800-272-3900.

Hands On Elders: Massage Clinic. Apointments only. Fee \$10.

Pizza with the Mayor: Mayor Narkewicz brings the pizza; you bring the questions

Personal Health Record In-Service: Free. Open to all.

Trip to Foxwoods Casino. \$24 fee. Must register.

"The Dr. Is In" Learn to make proactive lifestyle changes with Dr. Jill Griffen. Open to everyone. Free.

Out Books on Wheels: LGBT mobile library.

Health New England Medicare Advantage Info. Session: Free. Open to all.

Volunteer Recruitment Fair: Come in and learn about all the volunteer opportunities available at the NCOA & Senior Center! Light Refreshments.

Brown Bag Program: Applicants only. Call the Foodbank at 247-9738 for applications.

NCOA Board Meeting

CLOSED for Patriots Day

Tuesday Afternoon Movie: "The Day After Tomorrow" Free popcorn.

Committee on Disabilities Meeting. Public Invited.

Foot Care Clinic: Appointments only. Fee \$25.

TRIAD Meeting: All Welcome to join.

Play Reading Group: With Roy Faudree

Sunday Concert: Smith College Campus School Chorus. Free and open to all!

Low Vision Class: Open to legally blind participants 55 and older. Registration required.

"Understanding Behaviors" Actions or behaviors may be telling us something people with dementia have trouble putting into words. Register by calling 1-800-272-3900.

Volunteer Recognition Dinner. The NCOA recognizes their dedicated volunteers. By Invitation only.

Readers & Thinkers: Meet to discuss "Nothing Daunted: The Unexpected"

Free Collection Day for Safe Disposal of Unwanted Medicine.

Smith Vocational school, 80 Locust Street.

Hands On Elders: Massage Clinic. Apointments only. Fee \$10.

"Safety at Home" Must register by calling 1-800-272-3900.

Five College Learning in Retirement Great Decisions: April 6, 13, 20, 27



Monday, 4/2

9:30 am: Low-Impact Exercise 1
 10 am: Creative Writing
 10:30 am: Low-Impact Exercise 2
 11 am: Computer Tutor
 12 pm: Computer Lab w/ Tutor
 12:30 pm: Bowling Canal Lanes
 1 pm: Needle Workshop
 6:30 pm: Swim at Clark School

Tuesday, 4/3

9 am: T'ai Chi for Continuing Students
 9:30 am: Cup of Conversation
 9:45 am: Intro. to T'ai Chi
10 am: PVRTA Photo I.D.
10 am: Blood Pressure Clinic
 10 am: Single Lens Reflex Photo.
 10:30 am: Art Instruction Class
11:15am: Social Cognition Info. Session

12 pm: Scat/ Michigan Rummy
 12:30 - 4 pm: Sewing Workshop
 1 pm: Water Aerobics at Clarke School
 1 pm: Duplicate Bridge
 6 pm: Evening Yoga

Wednesday 4/4

9:30 am: Low-Impact Exercise 1
 10 am- Single Lens Reflex / Photography
 10:30 am: Low-Impact Exercise 2
11:30 - 1 pm: Lunch in Bistro
12 pm: Low Vision Support Group
 12:30 pm: Bowling, Canal Lanes
 1 pm: Timeless Tunes Band
 1 pm: Cribbage Game
 1:30 pm: Point & Shoot Photo.
 1:30 pm: Scrabble Game
 6:30 pm: Swim at Clark School

Thursday 4/5

9:30 am: Intermediate Computers
 10 am: Gentle Chair Yoga
 10 am: The Wisdom Project
 11:30 - 12:30 pm: Beginner Tap
11:30 - 1 p.m.: Lunch in Bistro
 1:30 pm: Mah Jongg
 1:30 pm: Intermediate Tap
 1:30 pm: Recreational Bingo
2 pm: Veteran's Services
 2:30 pm: Computer Lab w/ Tutor
 3 pm: Computer Tutor

Friday 4/6

9:30 am: Low-Impact Exercise 1
 10:30 am: Low-Impact Exercise 2
11:30 - 1 pm: Lunch in Bistro
 12:30 pm: Bowling, Canal Lanes
 1 pm: Senior Gay Men Drop-in Group
 1:30 pm: SHINE appointments
 1:30 pm: Contract & Duplicate Bridge
 3 pm: Yoga

Monday 4/9

9:30 am: Low-Impact Exercise 1
 10 am: Creative Writing
 10:30 am: Low-Impact Exercise 2
 11 am: Computer Tutor
 12 pm: Computer Lab w/ Tutor

12:30 pm: Bowling Canal Lanes
 1 pm: Needle Workshop
1 pm: Massage & Bodyworks Clinic
1 pm: "It Starts with Communication"
 6:30 pm: Swimming at Clarke School

Tuesday 4/10

9 am: T'ai Chi for Continuing Students
 9:30 am: Cup of Conversation
 9:45 am: Intro. to T'ai Chi
 10:30 am: Art Instruction Class
11:30am: Pizza w/the Mayor
 12 pm: Scat/ Michigan Rummy
 12:30 - 4 pm: Sewing Workshop
 1 pm: Water Aerobics at Clarke School
 1 pm: Duplicate Bridge
3 pm: Personal Health Records In-Service
 6 p.m.: Evening Yoga

Wednesday 4/11

Trip to Foxwoods Casino
 9:30 am: Low-Impact Exercise 1
 10 am: Single Lens Reflex / Photography
 10:30 am Low-Impact Exercise 2
11:30-1 pm: Lunch in Bistro
 12:30 pm: Bowling, Canal Lanes
1 pm: The Doctor Is In
 1 pm: Timeless Tunes Band
 1 pm: Cribbage Game
 1 pm: Out Books on Wheels
 1:30 p.m.: Scrabble Game
 1:30 pm: Point & Shoot Photo.
2 pm: Health New England Information Session
 6:30 pm: Swim at Clark School
7 pm: Volunteer Recruitment Fair

Thursday 4/12

9:30 am: Intermediate Computers
 10 am: Gentle Chair Yoga
 10 am: The Wisdom Project
10 am: Brown Bag Program
 11:30 - 12:30 pm: Beginner Tap
11:30 - 1 p.m.: Lunch in Bistro
1:30 pm: NCOA Board Meeting
 1:30 pm: Mah Jongg
 1:30 pm: Intermediate Tap
 1:30 pm: Recreational Bingo
 2:30 pm: Computer Lab w/ Tutor
 3 pm: Computer Tutor

Friday 4/13

9:30 am: Low-Impact Exercise 1
 10:30 am: Low-Impact Exercise 2
11:30 - 1 pm: Lunch in Bistro
 12:30 pm: Bowling, Canal Lanes
 1 pm: Senior Gay Men Drop-in Group
 1:30 pm: SHINE appointments
 1:30 pm: Contract & Duplicate Bridge
 3 pm: Yoga

Monday 4/16 CLOSED for Patriots Day

Tuesday 4/17

9 am: T'ai Chi for Continuing Students
 9:30 am: Cup of Conversation
 9:45 am: Intro. to T'ai Chi
 10:30 am: Art Instruction Class

12 pm: Scat/ Michigan Rummy
 12:30 - 4 pm: Sewing Workshop
1 pm: Movie: The Day After Tomorrow
 1 pm: Water Aerobics at Clarke School
 1 pm: Duplicate Bridge
5:00 pm: Committee on Disabilities meeting
 6 pm: Evening Yoga

Wednesday 4/18

8:20am: Dynamic Fitness
9:30 am: Foot Care Clinic
 9:30 am: Low-Impact Exercise 1
 10 am: Single Lens Reflex / Photography
 10:30 am: Low-Impact Exercise 2
11:30-1 pm: Lunch in Bistro
 12:30 pm: Bowling, Canal Lanes
 1 pm: Timeless Tunes Band
 1 pm: Cribbage Game
 1:30 pm: Point & Shoot Photo.
 1:30 pm: Scrabble Game
 6:30 pm: Swim at Clark School

Thursday 4/19

9:30 am: Intermediate Computers
 10 am: Gentle Chair Yoga
 10 am: The Wisdom Project
 11:30 - 12:30 pm: Beginner Tap
11:30 - 1 p.m.: Lunch in Bistro
1 pm: TRIAD Meeting
 1:30 pm: Mah Jongg
 1:30 pm: Intermediate Tap
 1:30 pm: Recreational Bingo
2 pm: Veteran's Services
 2:30 pm: Computer Lab w/ Tutor
 3 pm: Computer Tutor

Friday 4/20

9:30 am: Low-Impact Exercise 1
 10:30 am: Low-Impact Exercise 2
11:30 - 1 pm: Lunch in Bistro
 12:30 pm: Bowling, Canal Lanes
 1 pm: Senior Gay Men Drop-in Group
 1:30 pm: SHINE appointments
 1:30 pm: Contract & Duplicate Bridge
2 pm: Play Reading Group
 3 pm: Yoga

Sunday 4/22

2 pm: Sunday Concert: Smith College Campus Shool Chorus

Monday 4/23

8:20 am: Dynamic Fitness
 9:30 am: Low-Impact Exercise 1
 10 am: Creative Writing
10 am: Low Vision Class
 10:30 am: Low-Impact Exercise 2
 11 am: Computer Tutor
 12 pm: Computer Lab w/ Tutor
 12:30 pm: Bowling Canal Lanes
 1 pm: Needle Workshop
1 pm: "Understanding Behaviors"
 6:30 pm: Swimming at Clarke School

Tuesday 4/24

9 am: T'ai Chi for Continuing Students
 9:30 am: Cup of Conversation
 9:45 am: Intro. to T'ai Chi

10:30 a.m.: Art Instruction Class
 12 pm: Scat/ Michigan Rummy
 12:30 - 4 pm: Sewing Workshop
 1 pm: Water Aerobics at Clarke School
 1 pm: Duplicate Bridge
 6 pm: Evening Yoga

Wednesday 4/25

8:20am: Dynamic Fitness
 9:30 am: Low-Impact Exercise 1
 10 am: Single Lens Reflex / Photography
 10:30 am Low-Impact Exercise 2
11:30-1 pm: Lunch in Bistro
 12:30 pm: Bowling, Canal Lanes
 1 pm: Timeless Tunes Band
 1 pm: Cribbage Game
 1:30 pm.: Scrabble Game
 1:30 pm: Point & Shoot Photo.
5 pm: Volunteer Recognition Dinner

Thursday 4/26

9:30 am: Intermediate Computers
 10 am: Gentle Chair Yoga
 10 am: The Wisdom Project
 11:30 - 12:30 pm: Beginner Tap
11:30 - 1 p.m.: Lunch in Bistro
1 pm: Readers & Thinkers
 1:30 pm: Mah Jongg
 1:30 pm: Intermediate Tap
 1:30 pm: Recreational Bingo
 2:30 pm: Computer Lab w/ Tutor
 3 pm: Computer Tutor

Friday 4/27

9:30 am: Low-Impact Exercise 1
 10:30 am: Low-Impact Exercise 2
11:30 - 1 pm: Lunch in Bistro
 12:30 pm: Bowling, Canal Lanes
 1 pm: Senior Gay Men Drop-in Group
 1:30 pm: SHINE appointments
 1:30 pm: Contract & Duplicate Bridge
 3 pm: Yoga

Saturday 4/28

10 am: Free collection for safe disposal of unwanted medication. Smith Vocational.

Monday 4/30

8:20 am: Dynamic Fitness
 9:30 am: Low-Impact Exercise 1
 10 am: Creative Writing
 10:30 am: Low-Impact Exercise 2
 11 am: Computer Tutor
 12 pm: Computer Lab w/ Tutor
 12:30 pm: Bowling Canal Lanes
 1 pm: Needle Workshop
1 pm: Massage & Bodyworks Clinic
1 pm: "Safety at Home"



Group Sing
 May 2
 7:00-9:00pm

*Support Us
 to
 Support You*