

CHARLEMONT/HAWLEY SENIOR CENTER SCHEDULE  
OCTOBER 2016

Congregate meals are available at the Senior Center with Site Manager Diane Gingras, phone 339-5720 for lunch reservations. The Center is located at the Social Rooms of the Federated Church, 175 Main St., Charlemont, open Wednesdays only, phone 339-4201. See also [www.charlemont-ma/us](http://www.charlemont-ma.us).

For local area transportation requests, phone 625-2502; for out-of-area transportation requests including Med Life, contact the Franklin Regional Transportation Authority (FRTA) at 774-2262 or 1-888-301-2262.

\*Wednesday, October 5 - Council on Aging meets at 10:30 a.m.  
Socializing, games; lunch at noon.

\*Tuesday, October 11 - 9:30 a.m. - 11:30 a.m.  
Senior Flu Clinic, supply insurance cards or adult donation of \$20;  
Second Tuesday Walk-in Wellness Clinic with Public Health Nurse Lisa White

\*Wednesday, October 12 -- 10:00 a.m. - 1:00 p.m.  
Socializing, adult coloring for relaxation.

\*Wednesday, Wednesday October 19 - 10:00 a.m. - 1:00 p.m.  
Scheduled Foot Clinic appointments. Lunch at 11:30 a.m.  
Brown Bag distribution after 12:30 p.m.

\*Wednesday, October 26 - 10:30 a.m. - 11:00a.m.  
Re-scheduled program -- *Salsa for Seniors!* -- James Koyama and assistant demonstrate and discuss benefits of this wonderful dance form.  
Scheduled reflexology appointments. Lunch at noon.