October 2026

www.townofsouthampton.org

Southampton Senior Scoop



FALL VACCINE CLINIC



Southampton Council on Aging

210 College Highway, Southampton, MA

Wednesday
October 14, 2026
9:00am – 12:00pm

FLU VACCINE
Regular (6mos +)
High Dose (65+)

COVID Vaccine
Pfizer (65+)
18+ & considered high risk.

*If you are 18 + and unsure about getting a COVID vaccine, talk with your primary care provider. If they recommend vaccination, we can provide it at our clinic after you complete a vaccine eligibility screening questionnaire.

PRE-REGISTER TODAY:
- SCAN THE QR CODE
- VISIT OUR WEBSITE

northamptonma.gov/2219/vax
OR CALL: 413-587-4903

- Please bring your insurance card, vaccines are free to you
- No one will be turned away due to lack of insurance
- Limited Walk-ins, pre-registering is recommended

Hampshire Public Health Shared Services Collaborative
Prevent. Promote. Protect.



Reminder

The Southampton Council on Aging and Town Hall will be closed on Monday, October 12, 2026 in observance of Indigenous Peoples' Day & Columbus Day.

Southampton Senior Scoop Features:

- COA Programs: Pg. 2 - 5
- Community Connections: Pg. 6 - 9
- HVES Wednesday Lunch Menus: Pg. 7
- TRIAD Information: Pg. 8
- COA Staff & Board Information: Pg. 10
- October Calendar of Events: Pg. 12

JOIN THE SOUTHAMPTON COUNCIL ON AGING FOR A

HALLOWEEN DANCE NIGHT

sponsored by the Friends of the Southampton COA

JOIN US FOR A NIGHT OF MUSIC, FUN, AND FRIGHT!

WEDNESDAY
28 OCTOBER
4:30 PM

COSTUMES ENCOURAGED!
MUSIC, FOOD & DOOR PRIZES!

SOUTHAMPTON COUNTRY CLUB
329 COLLEGE HIGHWAY
SOUTHAMPTON MA

RSVP: 413-529-2105

OCTOBER 2026 EVENT HIGHLIGHTS

October 5: Fall Canvas Painting Workshop
October 6: FOSCOA Board Meeting
October 7: National Walk to School Day
October 7: COA Board Meeting
October 8: Hiking Group Outing
October 8: Veterans' Coffee Hour & Presentation
October 12: COA Closed for Holiday
October 13: Free Hearing Clinic (by appt.)
October 14: Rep. Pease Office Hours
October 19: Hiking Group Outing
October 19: Let's Celebrate! Cake Day
October 22: Do Re Mi Choir Concert
October 26: Senior Medicare Patrol Presentation
October 27: Card Making Class
October 28: Public Health Nurse Visit
October 28: Halloween Dance at Southampton Country Club

Fall Canvas Painting Workshop

Paint your own canvas while having fun with a great group of people!

Monday, October 5
11:30 - 1:30 P.M.

Space is limited and registration is required.

Call 413-529-2105 to sign up or with any questions.



HIKING GROUP



Thursday, October 8th
Clearwater Woodland on Glendale Road
Meet at the Senior Center at 9:00 A.M.

Monday, October 19th
Mass Audubon Wildlife Sanctuary Trails
Meet at the Senior Center at 9:00 A.M.

All hikes meet at the Southampton Senior Center to form carpools. For more information or registration call 413-529-2105.

Southampton Senior Center
210 College Highway, Suite 3

TOWN OF SOUTHAMPTON

Veterans Coffee Hour

Please Join Us For a

POW/MIA MEMORIAL

POSTER PRESENTATION

Honoring the Brave Men and Women Who Are Still Missing and Their Families Who Never Give Up Hope.

POW MIA
YOU ARE NOT FORGOTTEN

Thursday, October 8, 2026

11:30 AM – 12:30 PM

Town of Southampton
Second Floor Conference Room
210 College Hwy, Southampton, MA 01073

UNITED STATES MARINE CORPS LEAGUE

Dedicated by
Ernie and Joanne Laberge
in association with
Westfield River Valley Marine Corp. League

COA Programs

Free Hearing Clinic with Gary Winn, H.I.S.

Tuesday, October 13, 2026
10:30 a.m. - 12:30 p.m.

Gary Winn, licensed hearing specialist, offers hearing screenings and testing, hearing aid checks, servicing and cleaning. Call 413-529-2105 for an appointment.

JOIN THE SOUTHAMPTON COUNCIL ON AGING
FOR A

DO RE MI CONCERT

PERFORMED BY THE WESTFIELD CHOIR
UNDER THE DIRECTION OF CATHERINE BERRY

THURSDAY, OCTOBER 22ND
1:30 P.M.

Featuring music of the 40's, 50's, 60's, 70's and 80's, music of Broadway, folk music, pop music, and classics from the Great American Songbook.



THIS EVENT IS FREE AND OPEN TO THE PUBLIC.
PLEASE CALL 413-529-2105 TO REGISTER.

FIRST CONGREGATIONAL
CHURCH OF SOUTHAMPTON
PARISH HALL
212 COLLEGE HIGHWAY, SOUTHAMPTON MA

SAVE THE DATE
FOR A

VETERANS DAY APPRECIATION BRUNCH

★ ★ ★

AN EVENT TO HONOR SOUTHAMPTON'S VETERANS AND THEIR DEDICATION AND SERVICE TO OUR COUNTY

FRIDAY, NOVEMBER 6, 2026

ADDITIONAL DETAILS TO FOLLOW.

Let's Celebrate Together!

Monday, October 19th at 1 P.M.



Birthday ?
Retirement ?
Anniversary?
New Friend ?
or
ANYTHING YOU'RE CELEBRATING IN October 2026



Please join us for cake!
RSVP:
413-529-2105



Southampton Senior Center
1st Floor Conference Room,
Southampton Town Hall

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

Protect Yourself From MEDICARE FRAUD!

A Free Important Informational Presentation

Monday, October 26th, 2026 at 11:30AM

Southampton Council on Aging
210 College Highway, Southampton, MA 01073
RSVP: 413-529-2105



Healthcare errors, fraud, and abuse cost billions of dollars annually! This negatively affects both the Medicare program and the American taxpayer and can have devastating health-related outcomes.

Join a representative from the Massachusetts Senior Medicare Patrol (SMP) Program who will provide you with important information and necessary tools to become a better engaged healthcare consumer. **Don't be a victim! You are strongly encouraged to attend this *free*, interactive presentation.** We each can have a role in protecting ourselves and Medicare.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling $602,337 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS or the U.S. Government.

Greeting Card Workshop with Darlene & Carol

Tuesday, October 27, 2026
10:30 AM



Space is limited and registration is requested. Call 413-529-2105

SOUTHAMPTON SENIOR CENTER
1st Floor Conference Room,
Southampton Town Hall

PUBLIC HEALTH NURSE & BLOOD PRESSURE CLINIC

Walk-in appointments are welcome!



Wednesday, October 28, 2026
11 AM - 12 PM

Southampton Council on Aging
1st Floor Conference Room,
Southampton Town Hall

Call 413-529-2105 for more information.

Southampton is a member community of the Regional Public Health Excellence Shared Services Collaborative, administered through the Northampton Health Department.

TOWN OF SOUTHAMPTON
SENIOR CENTER

SHINE
Serving the Health Insurance Needs of Everyone

2027 OPEN ENROLLMENT

October 15, 2026 - December 7, 2026

Connect with your SHINE Counselor



Michelle Murdock

SHINE Counselor / Outreach Worker / DTA Liaison

I'm here to help you find the resources you need and deserve.

413-527-1715
mmurdock@townofsouthampton.org

Town of Southampton
Southampton Senior Center & Council on Aging
210 College Hwy, Southampton, MA 01073

NATIONAL DRUG TAKE BACK DAY

Saturday, October 24, 2026 • 10-2pm

More than 83,511 lbs collected since 2011!

Save the Date

Do you or your relatives have a medicine cabinet full of old medication? Help get rid of them safely!

Check back soon for a list of participating communities.



Medicines can remain in original containers with labels. Prescription and non-prescription drugs, vitamins and veterinary meds are accepted. NO liquids, syringes, IV equipment or chemotherapy drugs.



You can also dispose of medications year-round at your local police station's MedReturn Box.

Drop drugs at these Police Stations:
Amherst, Ashfield, Athol, Belchertown, Bernardston, Cummington, Deerfield, Easthampton, Erving, Goshen, Granby, Hadley, Hatfield, Leverett, Northampton, Orange, Pelham, Shelburne, South Hadley, Southampton, Sunderland, Ware, Whately, Williamsburg

OPIOID Task Force
of Franklin County and the North Quabbin Region

TRIAD
HAMPSHIRE/FRANKLIN COUNTY

HAMPSHIRE HOPE

COA Programs & Resources

Fitness & Exercise

Mindful Movement Chair Yoga Class

Mondays at 10 a.m.; Wednesdays at 1:30 p.m.
Cost is $5 per class.

Healthy Bones and Balance

Tuesdays at 9:00 a.m.; Thursdays at 10:00 a.m.
A waiver is required to participate in class.

Line Dancing with Myrna

Tuesdays at 1:00 p.m.

Walking Club

Mondays, Wednesdays & Fridays at 9:00 a.m.
Meet in the Clark St. parking lot of Conant Park.

Hiking Club

Upcoming Dates: October 8 & October 19
Call to sign up!
A waiver is required to participate.

SOUTHAMPTON COA

CRIBBAGE GAMES

TUESDAYS AT 2:30 P.M.



Come in and join our Drop-In game time.
Beginners are welcome
For more information please call 413-529-2105

Southampton Senior Center
210 College Highway
Southampton MA, 01073

Classes & Activities

Technology Support for Individuals
Mondays at 9 am.; Appointments required.
(No Tech Support on October 12, 2026)

Card Games
Mondays at 1:00 p.m.

Mahjong
Mondays at 1:30 p.m.

Cribbage Card Game
Tuesdays at 2:00 p.m.

Free Coffee & Tea; Hand Crafts
Wednesdays at 9:00 a.m.

Bingo!
Wednesdays at 1:00 p.m.
Small cost for Bingo cards & games

Pitch Card Game
Thursdays at 1:00 p.m.

Spanish Classes
Continuing Class - Wednesdays at 10:00 a.m.
Beginner Class - Wednesdays at 11:00 a.m.

Community Resources

- **Highland Valley Elder Services:** 413.586.2000
- **Executive Office of Aging & Independence:** 800.243.4636
- **Elder Abuse Hotline:** 800.922.2275
- **MassHealth:** 800.841.2900
- **Medicare National Line:** 800.633.4227
- **Social Security Holyoke Office:** 877.480.4989
- **Community Action** (LIHEAP/Fuel Assistance): 413.774.2310
- **S.H.I.N.E/Medicare Counseling:** 413.529.2105
- **SNAP:** 413.529.2105 or 877.382.2363
- **Southampton Fire Department:**413.527.1700 (non-emergency line)
- **Southampton Police Department:** 413.527.1120 (non-emergency line)
- **TRIAD:** 413-584-5911



NEW DATE

Lecture and Plant Sale

OCTOBER 10 | 9am-NOON

Edwards Public Library

30 East Street | Southampton, MA

10-11:30 GARDENING FOR BIODIVERSITY WITH NATIVE PLANTS

Providing Habitats for Pollinators, Birds & Essential Wildlife

Amy Meltzer, Co-Chair of the Massachusetts Pollinator Network Steering Committee

Amy will focus on how to create a beautiful garden with native plants and ecological practices while reducing biodiversity loss, increasing landscape resilience and slowing climate change. She will offer Fall planting and garden tips.

For lecture RSVP to SHAMPGEG@gmail.com | DONATIONS ENCOURAGED

Southampton Good Earth Gardeners' Annual Fall Plant Sale

Featuring Native Pollinators, House Plants & other Garden Favorites

Time: 9am-Noon

Location: Library Parking Lot

Proceeds will support community garden projects and future programming.

CASH OR CHECKS ACCEPTED



THANK YOU NORRIS PTO!

Our sincerest appreciation to the Norris Elementary School PTO for donating the incredible desserts and flowers for the Southampton COA's 50th birthday in September. Thank you for making our 50th celebration so special and extra sweet!



Save the date

ANNUAL HOLIDAY BAZAAR

Vendors, Crafts, Activities for kids, and More!

SATURDAY, NOVEMBER 21, 2026

9AM TO 3PM

WILLIAM E. NORRIS SCHOOL

34 POMEROY MEADOW ROAD

SOUTHAMPTON, MA

Fuel Assistance

Home Energy Assistance Program through Community Action

Fuel Assistance (Home Energy Assistance Program or HEAP) helps you pay some of your heating costs from November to April.

You may be eligible if:

- You are a homeowner or renter in Franklin or Hampshire Counties
- You meet the income guidelines. (Available on the Community Action website)

If you were approved last year, Community Action will mail your application to you between September and December. Applications can be submitted online, www.communityaction.us, in person at the Greenfield Community Action office, or by mail. Paper applications are expected to arrive at the COA in November. Please call Community Action at 413-774-2310 or the Southampton COA at 413-529-2105 for application assistance or with questions.

Wednesday Lunches Provided by Highland Valley Elder Services (HVES)

The Southampton Senior Center hosts fresh and healthy lunches provided by Highland Valley Elder Services each Wednesday to members of the community aged 60+. A $4 donation per meal is suggested, but not required, and proceeds are given directly to HVES. Lunch orders must be placed by 12:00 p.m. on Tuesdays. Please call 413-529-2105 to place your meal orders.

Wednesday, October 7

Stuffed Shells OR
Broccoli & Cheddar Soup

Wednesday, October 14

Chicken Salad OR
Egg Salad



Wednesday, October 21

Butternut, Kale, Feta Quiche OR
Meatloaf & Gravy

Wednesday, October 28

Tuna Tetrazzini OR
Roasted Pork & Gravy

LOCAL LEGISLATOR CONTACT INFORMATION

John Velis, State Senator
94 North Elm Street, Suite 301P
Westfield, MA 01085
413-572-3920 (local)
617-722-1415 (state house)
john.velis@masenate.gov

October Office Hours
Wednesday, October 28, 9:30 - 10:30 a.m.

Kelly Pease, State Representative
382 Montgomery Road
Westfield, MA 01085
413-875-8787 (local)
kelly.pease@mahouse.gov
ethan.flaherty@mahouse.gov

October Office Hours
Wednesday, October 14, 9:00 - 10:00 a.m.

Hello everyone,

I hope everyone is enjoying the cooler fall weather now that summer has officially come to an end. This summer was filled with district events, and I'm looking forward to visiting each of our senior centers soon. Fall is always a favorite time of year for my team and me—with football season underway, apple picking in full swing, and the Big E bringing families together from across the region.

September marked the start of a new school year for our students and was a busy but rewarding month for Team Velis, both in the district and at the State House. Throughout the month, I had the opportunity to meet with community leaders to discuss economic development in Western Massachusetts, legislation on Beacon Hill that is being worked on funding opportunities that support the health and wellness of our first responders, and resources to meet the needs of our growing student population.

I also enjoyed celebrating several new businesses opening their doors, getting back into the classroom to speak with local students, attending the celebration of Southampton's very own Armand Labrie, who received the Boston Post Cane Award for being the Town's oldest resident!

Every month right here at the Southampton COA, my team holds office hours; it's a great opportunity to share questions, concerns, or just drop by to say hello. This month, we will be here on Wednesday, October 28th from 9:30am to 10:30am.

Should you be unable to make our office hours or need assistance sooner, please do not hesitate to reach out to my office. I can be reached at my email: john.velis@masenate.gov or by phone: (413) 572-3920 and you can find me online at senatorjohnvelis.com where you can also sign up for my newsletter!

Best,
Senator John Velis

TRIAD & Community Partnerships

Resident Reassurance Program

The Resident Reassurance Program provides Southampton residents, including individuals aged 60 and older, individuals with disabilities, and individuals who live alone or are at increased risk in their homes, with an opportunity for a daily telephone check-in. If a check-in isn't made, the Southampton Police Department will follow-up with a wellbeing check to ensure the participant is OK. Contact the Southampton Police Department (413.527.1120, non-emergency line) to sign up.

Lock Boxes



Southampton residents over the age of 60 are eligible to receive a free lock box through the TRIAD program. The lock box is a small, secure box installed outside of the residence with a copy of the house key. This box allows first responders to access the home in case of an emergency. Please call the Southampton Senior Center to sign up: 413.529.2105.

Reflective House Numbers

Reflective house numbers are available to Southampton residents with a suggested $5 donation to TRIAD. Reflective house numbers are installed at the end of the resident's driveway and can assist emergency responders find addresses easier. Please call the Southampton Senior Center to sign up: 413.529.2105.

FALL

A	P	N	I	K	P	M	U	P	N	D	W	L	B	Q	B	A	W	I	C	F
K	U	F	T	N	S	P	X	B	O	X	D	I	O	X	O	S	L	D	H	B
C	U	T	E	Q	R	S	R	F	V	L	E	J	J	L	T	T	Z	Z	S	J
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V	H	C	O	M	D	N	Y	Q	M	X	I	P	G	T	A	K	F	P	B	V
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I	E	H	M	I	G	R	A	T	I	O	N	D	U	P	E	S	A	N	B	S
D	R	U	O	G	H	L	L	L	A	B	T	O	O	F	P	E	E	L	R	Z
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ACORN
APPLE
AUTUMN
BONFIRE
CHESTNUT
CIDER
CORNUCOPIA
CRANBERRY
CRISP
FESTIVAL
FOLIAGE
FOOTBALL
GOURD
HALLOWEEN
HARVEST
HAYRIDE
LEAVES
MAPLE
NOVEMBER
ORANGE
ORCHARD
PUMPKIN
RAKE
SCARECROW
SQUASH
SUNFLOWER
SWEATER

SUPERSTARWORKSHEETS







Hampton Ponds Plaza
1029 North Road, Suite 9
Westfield, MA 01085
(413) 485-7988



Serving Military, Veterans, Spouses, and their minor children



Non-perishable food items, frozen meats, dairy items, and seasonal fresh vegetables
Personal hygiene items, feminine products, and dog & cat food.
Baby & kid's clothing (NB – children's 12), diapers, wipes, formula and much more.

Open Weekly!
Monday, Tuesday, Thursday
8:30 am-1:00 pm
by appointment



Southampton Community Cupboard

The Community Cupboard is located at the First Congregational Church of Southampton and is open the 2nd and 4th Saturday of each month from 10:00 A.M. - 12:00 P.M.

Southampton residents and members of the surrounding communities are welcome and food will be provided to all who participate.



Contact Information:

413.527.1173
212 College Highway
Southampton, MA 01073
www.shcong.org

Easthampton Community Center

Distributions of food at the Easthampton Community Center are made each week on Monday and Wednesday from 9:00 A.M. - 12:00 P.M. and 4:00 P.M. - 7:00 P.M. Emergency distributions can also be made upon contacting the ECC.

Senior Brown Bags are distributed on the first Tuesday of each month from 10:30 A.M. to 1:00 P.M.

EASTHAMPTON COMMUNITY CENTER

Contact Information:

413.527.5240
12 Clark Street
Easthampton, MA 01027
www.easthamptoncommunitycenter.org

COA Staff & Board Information

Southampton Council on Aging Staff

Director & SHINE Counselor: Kate DiSanto
kdisanto@townofsouthampton.org

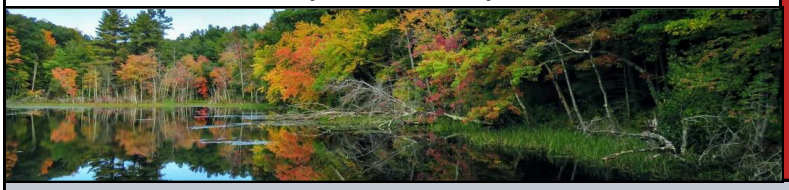
Administrative Assistant: Darlene Matyoka
dmatyoka@townofsouthampton.org

Outreach Worker, SHINE Counselor & VSO: Michelle Murdock
Direct Office Line: 413-527-1715
mmurdock@townofsouthampton.org

Program Coordinator: Pamela Connett
pconnett@townofsouthampton.org

Volunteer Coordinator: Andrea Barouxis
abarouxis@townofsouthampton.org

FRTA Van Drivers
Brian Foy: Monday, Wednesday, Friday mornings
Tim Huber: Tuesday & Thursday



Southampton Senior Center Hours

Monday - Thursday: 8:30 a.m. - 4:00 p.m.
The Senior Center is closed on Fridays.

FRTA van rides are available Monday - Friday
Please call 413-529-2105 to schedule.

The Southampton COA is currently searching for Van Drivers for weekly transportation service. Please visit www.townofsouthampton.org or call 413.529.2105 for additional information.

Senior Center Building Committee

Co-Chairs: Janet Cain & Dennis Vogel
Members: Elizabeth Baldwin, Kate DiSanto, Chris Fowles, Darcie Gasperini, Karle Kushi, Scott Szczebak

Website: www.townofsouthampton.org
Confirmed meeting dates, agendas and minutes are available at www.mytowngovernment.org/01073

Southampton Council on Aging Board

Chair: Janet Cain
Vice Chair: Dennis Vogel
Secretary/Clerk: Susan Seybolt
Treasurer: Stephen Carrere
Members: Dana Litturi, Donna Lynn, Ashley Stone
Select Board Liaison: Chris Fowles

The next COA Board Meeting will be on Wednesday, October 7, 4:00 p.m., 1st Floor Conference Room, Southampton Town Hall

Meeting agendas and minutes are available at www.mytowngovernment.org/01073.

Friends of the Southampton COA Board

Chair: Francine Tishman
Vice Chair: Darcie Gasperini
Clerk: Donna Coleman
Treasurer: Angie Duquette
Directors at Large: Mary Aherin, Florence Collins

The FOSCOA Board meeting will be on Tuesday, October 6, 10:30 a.m. 2nd Floor Conference Room, Southampton Town Hall.

Website and Online Membership Registration: www.friendsofscoa.org

OCTOBER 2026

SOUTHAMPTON SENIOR SCOOP NEWSLETTER

210 COLLEGE HIGHWAY, SUITE 3 – SOUTHAMPTON, MA 01073

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10 AM Healthy Bones & Balance 1 PM Pitch	2 9 AM Walking Club
5 9 AM Tech Support 9 AM Walking Club 10 AM Chair Yoga $5 11:30 AM Canvas Painting Workshop 1 PM Board Games, Card Games 1:30 PM Mahjong	6 9 AM Healthy Bones & Balance 10:30 AM FOSCOA Board Meeting 1 PM Line Dancing 2 PM Cribbage	7 9:15 AM Coffee/Crafts 9 AM Walking Club 10 AM Spanish Class 11 AM Spanish Class 11:45 AM HVES Lunch 1 PM Bingo 1:30 PM Chair Yoga $5 4 PM COA Board Mtg. National Walk To School Day	8 9 AM Hiking Group 10 AM Healthy Bones & Balance 11:30 AM Veterans' Coffee Hour & Presentation 1 PM Pitch	9 9 AM Walking Club
12 *COA and Town Hall Offices Closed in Observance of Indigenous Peoples' Day & Columbus Day*	13 9 AM Healthy Bones & Balance 10:30 AM Free Hearing Clinic (by appt.) 1 PM Line Dancing 2 PM Cribbage	14 9 AM Coffee/Crafts 9 AM Walking Club 9 AM Rep. Pease 9-12 Vaccine Clinic 10 AM Spanish Class 11 AM Spanish Class 11:45 AM HVES Lunch 1 PM Bingo 1:30 PM Chair Yoga $5	15 10 AM Healthy Bones & Balance 1 PM Pitch	16 9 AM Walking Club
19 9 AM Hiking Group 9 AM Tech Support 9 AM Walking Club 10 AM Chair Yoga $5 1 PM Cake Day! 1 PM Board Games, Card Games 1:30 PM Mahjong	20 9 AM Healthy Bones & Balance 1 PM Line Dancing 2 PM Cribbage	21 9 AM Coffee/Crafts 9 AM Walking Club 10 AM Spanish Class 11 AM Spanish Class 11:45 AM HVES Lunch 1 PM Bingo 1:30 PM Chair Yoga $5	22 10 AM Healthy Bones & Balance 1 PM Pitch 1:30 PM Do Re Mi Choir Concert *@ 1st Congregational Church of Southampton*	23 9 AM Walking Club
26 9 AM Tech Support 9 AM Walking Club 10 AM Chair Yoga $5 11:30 AM Senior Medicare Patrol Presentation 1 PM Board Games, Card Games 1:30 PM Mahjong	27 9 AM Healthy Bones & Balance 10:30 AM Card Making Class 1 PM Line Dancing 2 PM Cribbage	28 9 AM Coffee/Crafts 9 AM Walking Club 9:30 AM Sen. Velis 10 AM Spanish Class 11 AM Spanish Class 11 AM PH Nurse Clinic 11:45 AM HVES Lunch 1 PM Bingo 1:30 PM Chair Yoga $5 4:30 PM Halloween Dance @ SCC	29 10 AM Healthy Bones & Balance 1 PM Pitch	30 9 AM Walking Club Don't Forget! Daylight Savings is on November 1st! 