






60+ Center

Open to everyone aged 60 and over

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">Clarksburg Council on Aging 712 West Cross Road, Clarksburg, MA 413-663-8253 Facebook: Clarksburg 60+ Center</p>			1  *Art Class 1-4	2 Coffee & Chat 10-noon Chair Yoga 11:30-12:30	3	4
5 Daylight saving time ends	6 Coffee & Memories 10-noon ▲*Balance Class noon	7  Coffee & Chat 10-noon Bingo 1-4	8	9 Coffee & Chat 10-noon Chair Yoga 11:30-12:30	10	11 Veterans Day
12	13 Coffee & Memories 10-noon ▲*Balance Class noon	14 Coffee & Chat 10-noon *Lunch & Learn  noon *Game Night 6:30	15	16 Coffee with a Selectperson 10:00 Chair Yoga 11:30-12:30	17	18 Coffee No-Sew Blanket 10:00
19	20 Board of Directors' meeting 10:00 ▲*Balance Class noon	21  Coffee & Chat 10-noon Bingo 1-4	22	23 HAPPY THANKSGIVING Center closed	24	25
26	27 Coffee & Memories 10:00 - noon ▲*Balance Class noon	28 Show & Tell 10:00 Coffee & Chat 10-noon *Game Night 6:30	29	30  Coffee with a Cop 10:00 Chair Yoga 11:30-12:30	<p>Game Night returns! Enjoy an evening of cribbage, cornhole, backgammon, ping pong, cards, whatever your pleasure, you'll find someone to team up with!</p>	

▲ *Balance Class; Improve balance and strength. For all levels. Free and open to all aged 60+.

Lunch & Learn:
11/14, noon
 A tasty, healthy
 lunch followed by a
 discussion on How
 to Prevent Fraud
 and Scams aimed
 at seniors. Pre-
 sented through
 Greylock Federal.