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Bernardston COA and Senior Center

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# The Bernardston Town Crier



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January 2022

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## Welcome Jennifer Reynolds!

**The Bernardston Council on Aging is pleased to announce BSC's new Director!**

"Hello Everyone! Happy New Year! I'm so eager and excited to start a new chapter and meet everyone from the Senior Center! I love Bernardston and the rolling hills that meet the Falls River. I am thrilled to start on January 10th and hope to meet each one of you! I consider working with the Seniors and the COA a real privilege and honor. I look forward to continuing the good work that has already been established."

-Jennifer



### Senior Center Hours

Monday: 1:00-5:30pm  
Tuesday: 9am-3pm  
Wednesday: 9am-3pm  
Thursday: 9am-3pm  
Friday: 9am-1pm  
**Closed: 1/17/2022**

### Contact Us

(413) 648-5413  
Bernardston Senior Center  
20 Church St.  
PO Box 504  
Bernardston, MA  
01337

### Online

<https://tinyurl.com/BS-C-Town-Site>  
  
<https://www.facebook.com/BSCCOA>

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# Programs and Activities

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## Tai JiQuan Classes

**Mondays and Wednesdays at 1pm.  
Starts January 10th.**

We're offering a new way to exercise and get active! Tai JiQuan (similar to Tai Chi) is a great way to improve your balance and mobility. This class is set at a gentle pace and all moves can be done while seated. Classes will begin on Monday January 10th. For more information call the Center at (413) 648-5413.

## Pop-up Pantry

**Wednesday January 26th at  
3:30pm**

**Please return bags and forms  
by Wednesday January 19th**



## Quiddler

**Wednesdays at 10:30am**



## The Romeos

**Thursdays at 11:00am**



## Bingo

**Thursdays at 12:30pm**



## Steve and Tommy

**Monday January 24th at  
4:00pm**

## Dusti Dufresne

**Monday January 31st at  
4:00pm**



## Foot Clinic

 **Thursday January 20th**

## Brown Bag

**Thursday January 6th**

## Grab N Go Lunches

**Monday - Friday**

## Games

**Mondays at 2:00 pm**



## Hand and Foot

**Thursdays at 9:30am**

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**Sign up required for all programs.** Call (413) 648-5413 and ask for Marie to register.

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