

Bernardston Senior Center Open House

Friday May 31st & June 1st

Stop by our Open House and sign up for membership and learn about the programs we provide like healthy meals, fun activities, classes, fitness programs and social services. We strive to keep members active and engaged through fitness and exercise programs, as well as proven effective evidence-based classes. We also provide help to our members with resources and referrals, like accessing benefits including Medicare/Medicaid, SHINE, LIHEAP and SNAP. BSC offers fun activities, in addition to classes that teach new skills and learning. Some of the classes and activities, you can see in our center include arts & crafts, quilting, painting, music, computer skills, bingo, pitch, recreational day trips, and much more!
**Schedule is subject to change, some programs may be added as we get closer to the event!*

Friday, May 31st

<p style="text-align: center;"><u>Informational Exhibitors</u> 10:00– 12:00</p> <p>10:00 Blue Cross Blue Shield</p> <p>10:00 Veterans Agent Stacey Geneczko</p> <p>10:00 RSVP Volunteer</p> <p>10:00 SHINE Serving the Health Insurance Needs of Everyone</p> <p>10:00 Virtual YMCA Demo</p> <p>10:00 FRTA Information</p> <p style="text-align: center;">Raffle all weekend!!</p>	<p style="text-align: center;"><u>Activities All Day</u> 9:00 AM -8:00 PM</p> <p>9:00 YMCA Enhance Fitness</p> <p>10:00 Gentle Yoga</p> <p>10:00– 2:00 Quilt Show</p> <p>10:30 Nutrition Check Up Talk</p> <p>12:00 Lunch by Charlene Manor</p> <p>12:00– 3:00 Free Reiki by appointment</p> <p>1:00 Music by Don Lacoy</p> <p>5:30 Cribbage Tournament & Pizza</p>
--	--

Saturday, June 1st

<p>10:00– 2:00 Quilt Show</p> <p>10:30 “Spirit & Spa” Book Talk with Author David James & Sheryl Sadler– Twyon</p> <p>12:00– 3:00 Free Reiki by appointment</p> <p>12:00 Falltown String Band</p> <p>1:00 COA Lunch</p> <p>3:00 Cruise Night</p> <p style="text-align: center;"><i>*Schedule is subject to change, some programs may be added as we get closer to the event!</i></p>

Friday, May 31st

9:00 Enhance Fitness with the YMCA

In person exercise class with Linda Allis

10:00 Gentle Yoga with Lara Wahl

In this ALL-Levels class we will use the chair in poses to stretch, strengthen, and relax in safe and effective ways!

10:00– 2:00 Quilt Show

Come meet our quilting group and learn about what projects are in the works.

10:30 LifePath Nutrition Talk

Get information about the signs of malnutrition, how to prevent malnutrition, eating a healthy diet, healthy snacks, etc. We will also conduct individual malnutrition risk screenings.

12:00– 3:00 Reiki

Free 20 minute reiki session with Sheryl Sadler– Twyon, schedule with the senior center.

12:00 Lunch by Charlene Manor

Soup, salad, sandwich and dessert. Call to reserve by 5/27.

1:00 Music with Don Lacoy

Don LaCoy is a talented local musician who performs both as a solo and a duo. He puts together a great acoustic mix of everyone's favorite songs.

5:30 2nd Annual ACC Cribbage Tournament

Come play modified ACC cribbage with a fun group of people! \$15.00 per person includes pizza, a drink and dessert. Many prizes will be awarded. Pre-register with Rick Roy at (413)512-0137 or rickroyvwa@gmail.com

Saturday, June 1st

10:00– 2:00 Quilt Show

Come meet our quilting group and learn about what projects are in the works.

10:30 “Spirit & Spa” book talk with Author David James & Sheryl Sadler– Twyon

Part of the 150th Anniversary celebration in 2024 of the organized arrival of Spiritualism in Montague and the resulting birth of the Village of Lake Pleasant.

12:00– 3:00 Reiki

Free 20 minute reiki session with Sheryl Sadler– Twyon, schedule with the senior center.

12:00 Falltown String Band

Roots rock, folk, country, bluegrass and blues!

1:00 COA Lunch

American Chop Suey, salad, garlic bread and dessert. Call to reserve by 5/27

3:00 Cruise Night

Swing by in your motorcycle, classic car or hot rod and enjoy cruise night! Fun to be had by all! Raffle prizes, 50/50 raffle tickets and food will be available. No Rain Date ~ Spectators please park on Church St. or the Cushman Park Parking Lot next to Verizon

****Schedule is subject to change, some programs may be added as we get closer to the event!***