



RSVP
OF THE PIONEER VALLEY

HEALTHY BONES & BALANCE CLASS SCHEDULE

Call individual sites to confirm class times and availability

Agawam Senior Center

Phone: 821-0604

Wednesday: 10:45-11:45am

Amherst Senior Center

Phone: 259-3114

Monday/Wednesday: 10:00-11:00am
(online)

Tuesday/Thursday: 2-3:30pm (on site)

Ashfield

Phone: 625-2502

Thursday: 9:30-10:30am

Belchertown Senior Center

Phone: 323-0420

Monday-Thursday: 9:45-10:45am (on
site outside)

Bernardston Senior Center

Phone: 648-5413

Wednesday: 9:30-10:30am

Conway Council on Aging

Phone:

Tuesday/Friday: 9:00-10:00am
(online)

Cummington Council on Aging

Phone: 634-2262

Monday/Thursday: 9:30-10:30am (on
site)

Easthampton Enrichment Center

Phone: 527-6151

Monday: 9:30-10:30am (on site)

Easthampton Lathrop

(for residents)

Monday/Wednesday/Friday:
10:00am-11:00am (on site)

Erving Senior Center

Phone: 423-3649

Not currently in session.

Granby Senior Center

Phone: 467-3239

Monday/Thursday: 10:00-11:00am (on
site)

Hadley Senior Community Center

Phone: 586-4023

Monday: 12:30-1:15pm (on site)

Tuesday/Thursday: 9:30-10:15am (on
site)

Wednesday: 9:30-10:30am (on site)

Hatfield Senior Center

Phone: 247-9003

Monday/Wednesday/Friday: 9:30-10:30am (on site)

Heath Senior Center

Phone: 337-8309

Tuesday: 11:00am-12:00pm

Thursday: 10:00-11:00am

Loomis Village

(for residents)

Phone: 532-5325

Not currently in session.

Northampton Lathrop

(for residents)

Monday/Thursday: 2:00-3:00pm

Northampton Senior Center

Phone: 587-1228

Tuesday: 10:15-11:15am

Friday: 9:45-10:45am

Northfield Senior Center

Phone: 498-2901 x14

Wednesday: 10:30-11:30am (online)

Shelburne Falls Senior Center

Phone: 625-2502

Wednesday: 10:00-11:00am (on site outside)

South Hadley Center Church

Phone: 533-3833

Monday: 6:00-7:00pm (online)

South Hadley Senior Center

Phone: 538-5042

Wednesday/Friday: 10:30-11:30am (on site)

Southampton Senior Center

Phone: 529-2105

Tuesday: 9:00-10:15am

Thursday: 11:00am-12:15pm

Ware Senior Center at Valley View

Phone: 967-9645

Tuesday/Thursday: 9:00-10:15am

Warwick

Phone: 978-544-6900

Tuesday: 9-10am (on site)

Wendell Free Library

Phone: 978-544-3559

Wednesday: 10:00-11:00am

West Springfield Senior Center

Phone: 263-3264

Tuesday: 1:00-2:00pm (on site)

Williamsburg Senior Center

Phone: 268-8407

Not currently in session.

Worthington COA at Town Hall

Phone: 238-5584

Monday/Friday: 10:30-11:30am (on site)

YMCA in Greenfield

Phone: 773-3646

Not currently in session.