



**RSVP**  
OF THE PIONEER VALLEY

## HEALTHY BONES & BALANCE CLASS SCHEDULE

*Call individual sites to confirm class times and availability. Classes are in person unless otherwise noted.*

### **Agawam Senior Center**

Phone: 821-0604

Wednesday: 10:45-11:45am

### **Amherst Senior Center**

Phone: 259-3060

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

Tuesday/Thursday: 2-3:30pm

### **Ashfield – St. John’s Church**

Phone: 625-2502

Thursday: 10:00-11:00am

### **Belchertown Council on Aging**

Phone: 323-0420

Tuesday/Thursday 10:00-11:00am

### **Bernardston Senior Center**

Phone: 648-5413

Tuesday: 10:00-11:00am

### **Conway Council on Aging**

Phone: 369-0001

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

### **Cummington Council on Aging**

Phone: 634-2262

Monday/Thursday: 9:30-10:30am

### **Easthampton Enrichment Center**

Phone: 527-6151

Monday: 9:30-10:30am

### **Easthampton Lathrop**

(for residents)

Friday: 9:00am-10:00am

### **Granby Senior Center**

Phone: 467-3239

Monday/Thursday: 10:00-11:00am

### **Hadley Senior Community Center**

Phone: 586-4023

Monday: 12:30-1:30pm

Tuesday/Thursday: 9:30-10:15am

Wednesday: 9:30-10:30am

### **Hatfield Senior Center**

Phone: 247-9003

Monday/Wednesday/Friday: 9:30-10:30am

### **Heath Senior Center**

Phone: 337-8309

Tuesday: 11:00am-12:00pm

Thursday: 10:00-11:00am

**Ludlow Senior Center**

Phone: 583-3564

Wednesday: 10:30-11:30am

Friday: 1:00-2:00pm

**Northampton Senior Center**

Phone: 587-1228

Tuesday/Friday: 10:15-11:15am

**Northfield Senior Center**

Phone: 498-2901 x114

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

**Shelburne Falls Senior Center**

Phone: 625-2502

Wednesday: 10:00-11:00am

**South Hadley Center Church**

Phone: 533-3833

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

**South Hadley Senior Center**

Phone: 538-5030

Tuesday/Thursday: 9:45-10:45am

Tuesday/Thursday: 1:00-2:00pm

Wednesday/Friday: 8-9am *advanced*

Wednesday/Friday: 9:30-10:30am

Wednesday/Friday: 10:45-11:45am

**Southampton Senior Center**

Phone: 529-2105

Tuesday: 9:00-10:15am

Thursday: 10:00-11:15am

**Ware Senior Center at Valley View**

Phone: 967-9645

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

**Warwick**

Phone: 978-544-6900

Tuesday: 9:00-10:00am

**Wendell Free Library**

Phone: 978-544-3559

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

**West Springfield Senior Center**

Phone: 263-3264

Monday: 9:30-10:30am

Tuesday: 1:00-2:00pm

**Williamsburg Senior Center**

Phone: 268-8407

Monday 1:00-2:00pm

Thursday 9:30-10:30am

**Worthington COA at Town Hall**

Phone: 238-5577

Monday/Friday: 10:00-11:00am