



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

Tuesday/Thursday: 2:00-3:30pm

Ashfield – St. John’s Church

Phone: 625-2502

Thursday: 10:00-11:00am

Belchertown Council on Aging

Phone: 323-0420

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

Tuesday/Thursday: 10:30-11:30am

Bernardston Senior Center

Phone: 648-5413

Tuesday: 10:00-11:00am

Conway Council on Aging

Phone: 369-0001

Tuesday: 8:30-9:15am (online)

Friday: 9:00-9:30am (online)

Cummington Council on Aging

Phone: 634-2262

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

Tuesday: 3:45-4:45pm

Easthampton Enrichment Center

Phone: 527-6151

Monday: 9:30-10:30am

Monday: 11:00am-12:00pm

Easthampton Lathrop

(for residents)

Friday: 9:00am-10:00am

Goshen Town Hall

Phone: 268-8236

Tuesday: 9:30-10:30am

Granby Senior Center

Phone: 467-3239

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

Hadley Senior Center

Phone: 586-4023

Monday/Wednesday: 12:30-1:30pm

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

Hatfield Senior Center

Phone: 247-9003

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

Heath Senior Center

Phone: 337-8309

Tuesday/Thursday: 11:00am-12:00pm

Ludlow Senior Center

Phone: 583-3564

Wednesday: 10:30-11:30am

Wednesday: 1:00-2:00pm

Friday: 1:00-2:00pm

Northampton Lathrop

(for residents)

Monday/Wednesday: 12:30-1:30pm

Northampton – Forbes Library

Phone: 587-1011

(call to reserve a spot)

Monday: 11:00am-12:00pm

Thursday: 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)

Palmer Senior Center

Phone: 283-2670

Monday: 12:30-1:30pm

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: 8:45-9:45am

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

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: 9:00-10:15am

Warwick COA

Phone: 978-544-6900

Tuesday: 9:00-10:00am

Wendell

Phone: 978-544-6122

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

West Springfield Senior Center

Phone: 263-3264

Monday: 9:30-10:30am

Tuesday: 1:00-2:00pm

Wilbraham Senior Center

Phone: 596-8379

Monday: 2:30-3:30pm

Friday: 8:30-9:30am

Friday: 11:30am-12:30pm

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