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: 2:00-3:30pm

**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: 530-1703
Tuesday: 9-9:45am (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
Friday: 1:00-2:00pm

**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
Monday: 1:30-2:30pm (hybrid)
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 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
Tuesday: 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