

SENIOR SPIRIT LITE

**APRIL 2023
NEWS**

*At A
Glance*



The Senior Spirit LITE gives a monthly snapshot of our programming. To stay up to date on our happenings, sign up

scan the QR Code, go to:

www.amherstma.gov/spiritlite, or

contact:

seniorcenter@amherstma.gov



FRIENDS TRIP!

**SATURDAY MAY 6TH, DEPART
FROM BIG Y AT 8:30AM**

Mark Twain House, Harriet Beecher Stowe House and Wadsworth Atheneum!

Join the Friends of the Amherst Senior Center for a tour of Hartford CT. Trip is \$129 per person. To sign up contact Kay

Weinberg at

amherstseniorcentertrips@gmail.com



**Wadsworth
Atheneum
Museum of Art**



THE MONTHLY RECAP

COFFEE & CONVERSATION

WEDNESDAYS FROM 10:00AM-12:00PM

Join us every Wednesday for coffee and conversation! Relax, unwind, and engage in lively conversation. It's a great way to make new friends!



GRAB N GO MEALS AVAILABLE MON-FRI. CALL (413) 259-3164 TO RESERVE YOURS

DON'T FORGET ABOUT OUR DAILY GROUP EXERCISE CLASSES!

ACRYLIC PAINTING

FRIDAY, APRIL 21ST 1-3 PM

Spring-themed acrylic painting with Amy Porchelli; materials will be provided
Suggested donation of \$15 per class
Call (413) 259-3060 to sign up now!



PROFESSOR GARY FELDER

THURSDAY, MAY 18TH FROM 2:30-3:30PM

Join us for "Inflation and the Very Early Universe" to learn about how the Big Bang theory came to be and how this theory explains many of the features we observe in our universe today. In short, we have a good reason to believe that we can accurately describe an event that lasted a fraction of a second, almost 14 billion years ago! In this talk you'll learn how much we know, and still don't know, about the very early universe.



DID YOU KNOW COUNCIL ON AGING MEETINGS ARE OPEN TO THE PUBLIC? COME SEE WHAT WE'RE ALL ABOUT! NEXT MEETING: WEDNESDAY, APRIL 26TH AT 5:00PM ON ZOOM