
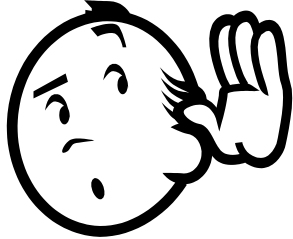


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11:30 Ham Salad 9:30 Pitch & coffee 9:00 Next Step Computer Class w/Lou 10:00 Practice Session 12p Big Y shopping 1:00 Quilting May Day	2 11:30 Baked Chicken 9:30 Pitch & coffee 10:00 Berk. Mall	3 11:30 Meatballs & Ziti 9:30 Pitch & Coffee 9-3 Computer & Internet 7:00 Quilting	4 11:30 Baked Fish 8:30-10:30 Food & Fuel Friday By appt. Only 9:30 Pitch & Coffee 9-10 Basics of Computers 10-11 Basics of Computers	5 Cinco de Mayo
6	7 11:30 Goulash 9-3 Computer & Internet use 9:30 Pitch & coffee	8 11:30 Oriental Chicken 9:30 Pitch & coffee 9:00 Next Step Computer Class w/Lou 10:00 Practice Session 12p Big Y shopping 1:00 Quilting	9 11:30 Egg Salad 9:30 Pitch & coffee 10:00 Wal-Mart	10 Mother's Day Menu 11:30 Turkey Dinner 9:30 Pitch & Coffee 9-3 Computer & Internet 7:00 Quilting	11 8:30-10:30 Food & Fuel Friday By appt. Only 9:30 Pitch & Coffee 9-11 Basics of Computers Informative Friday- Health & Wellness 10:30 -1:00 Pizza (.50/slice) Please RSVP	12 No meal site on 5/11/12 "Informative Friday" with pizza instead.
13 Mother's Day	14 11:30 Hold the Spice Chili 9-3 Computer & Internet use 9:30 Tai Chi 9:30 Pitch & coffee 12 March Trivia- (NEW) Jeopardy Style	15 11:30 Tuna Salad 9:30 Pitch & coffee 9:00 Next Step Computer Class w/Lou 10:00 Practice Session 12p Big Y shopping 1:00 Quilting	16 11:30 Beef Burgundy 9:30 Pitch & coffee No Wal-Mart No Van Transportation	17 11:30 Roasted Pork 9:30 Pitch & Coffee 9-3 Computer & Internet 10- Wal-Mart 7:00 Quilting	18 11:30 Lasagna 8:30-10:30 Food & Fuel Friday By appt. Only 9:30 Pitch & Coffee 9- 11 Basics of Computers	19 Armed Forces Day
20	21 11:30 Chicken Divan 9-3 Computer & Internet use 9:30 Tai Chi 9:30 Pitch & coffee 12:30 Neighborhood Crime Watch Victoria Day	22 11:30 Stuffed Cabbage 8:30-12:30 Foot Nurse 9:30 Pitch & coffee 9:00 Next Step Computer Class w/Lou 10:00 Practice Session 12p Big Y shopping 1:00Quilting	23 11:30 Chef Salad 9:30 Pitch & coffee 10:00 Wal-Mart 10:00 VNA BP Clinic 11a Pet Therapy with Williamstown Commons Dessert Provided f/Lunch	24 11:30 Pot Roast 9:30 Pitch & Coffee 9-3 Computer & Internet 10 -12 Hearing Clinic by AVADA Hearing Center 7:00 Quilting	25 11:30 Cheeseburger 8:30-10:30 Food & Fuel Friday By appt. Only 9:30 Pitch & Coffee 9-11 Basics of Computers 1:00 Brown Bag	26
27	28 CLOSED MEMORIAL DAY Memorial Day	29 11:30 Chicken Cacciatore 9:30 Pitch & coffee 9:00 Next Step Computer Class w/Lou 10:00 Practice Session 12p Big Y shopping 1:00 Quilting	30 11:30 BBQ Beef 9:30 Pitch & coffee 10:00 Wal-Mart Trip to The Botanic Gardens Call to Inquire	31 11:30 Hot Dog 9:30 Pitch & Coffee 9-3 Computer & Internet 1:30 – 4:30 Blood Pressure Clinic w/Berkshire Health System 7:00 Quilting	Pope John Paul Charity Center Columbia Street Open Every Wednesday 11:00 - 1:00 4:00 - 6:00	

AVADA Hearing Care Center
Will be holding a
Hearing Wellness Workshop

Thursday, May 24th 10:00 – 2:00
Adams Community Center



For over 15 years, AVADA Hearing Care Center in Pittsfield, MA has held hearing wellness workshops at senior centers throughout Berkshire County. They feel that by raising awareness, knowledge, and understanding of the various forms of communication impairments, they are able to help not only the person with the hearing loss, but also his/her family members and friends.

An estimated 28 million Americans have an untreated hearing loss. Now is a good time to take stock of your own hearing and seek help if you think you may have a problem. Some questions to consider are: Do you frequently ask people to repeat themselves? Do you often turn your ear toward a sound to hear it better? Do you understand people better when you wear your glasses or look directly at their faces? Do you keep the volume on your radio or TV at a level that others say is too loud? Do you hear, but perhaps not understand what people are saying?

AVADA Hearing Care Center's hearing instrument specialists are licensed, board certified, and undergo extensive yearly training. They offer free video ear inspections, hearing screenings, live demonstrations of personal listening devices, and also professionally clean and adjust hearing instruments, no matter where they were purchased. Please join our local specialist, Herman Ogulnick, on **Thursday, May 24, 2012 from 10:00 a.m. – 2:00 p.m.** at the **Adams Senior Center** for an open house. Mr. Ogulnick will be giving a brief presentation at 10:00 a.m. on hearing loss and hearing instruments. From 10:15 a.m. -2:00 p.m., Mr. Ogulnick will be performing free 15 minute hearing screenings and video ear inspections to all participants. Mr. Ogulnick has over 30 years of experience in hearing healthcare field in Berkshire County. To sign up for this hearing healthcare clinic, please call AVADA directly at (413) 442-0184 or Erica at 743-8333



- C W Johnson

We walked among the crosses
Where our fallen soldiers lay.
And listened to the bugle
As TAPS began to play.
The Chaplin led a prayer
We stood with heads bowed low.
And I thought of fallen comrades
I had known so long ago.
They came from every city
Across this fertile land.
That we might live in freedom.
They lie here 'neath the sand.
I felt a little guilty
My sacrifice was small.
I only lost a little time
But these men lost their all.
Now the services are over
For this Memorial Day.
To the names upon these crosses
I just want to say,
Thanks for what you've given
No one could ask for more.
May you rest with God in heaven
From now through evermore.

