

# June 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <u>9:30-Tai Chi-LCC</u> <u>5:30-Yoga-LCC</u>	3 8:00-Wild Thing Trail Race Practice Series-PVS 1:00-5:00- Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	4 10-2 Lee Farmers Market- Main Street
5	6 <u>7:30-Exercise Classes</u> <u>LCC</u>	7 <u>10:00 Osteo-Exercise-</u> <u>LCC</u>	8	9 <u>9:30-Tai Chi-LCC</u> <u>5:30-Yoga-LCC</u>	10 8:00-Wild Thing Trail Race Practice Series-PVS 1:00-5:00- Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	11 10-2 Lee Farmers Market- Main Street
12	13 <u>7:30-Exercise Classes</u> <u>LCC</u>	14 <u>10:00 Osteo-Exercise-</u> <u>LCC</u>	15	16 <u>9:30-Tai Chi-LCC</u> <u>5:30-Yoga-LCC</u>	17 8:00-Wild Thing Trail Race Practice Series-PVS 1:00-5:00- Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	18 10-2 Lee Farmers Market- Main Street
19	20 <u>7:30-Exercise Classes</u> <u>LCC</u>	21 <u>10:00 Osteo-Exercise-</u> <u>LCC</u>	22	23 <u>9:30-Tai Chi-LCC</u> <u>5:30-Yoga-LCC</u>	24 1:00-5:00- Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	25 10-2 Lee Farmers Market- Main Street
26 9:00 AM- Fitness Chal- lenge Kick-Off Event Wild Things 5K/10K Race, Pleas- ant Valley Sanctuary. <u>Regis-</u> <u>ter here</u>	27 <u>7:30-Exercise Classes</u> <u>LCC</u>	28 <u>10:00 Osteo-Exercise-</u> <u>LCC</u>	29	30 <u>9:30-Tai Chi-LCC</u> <u>5:30-Yoga-LCC</u>		



**Legend:** LCC-Lenox Community Center  
SSC-Stockbridge Senior Center  
PVS-Pleasant Valley Sanctuary

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# July 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 1:00-5:00– Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	<b>2</b> 10-2 Lee Farmers Market- Main Street
<b>3</b> 8:00 AM-Lime Kiln Farm Sanctuary-Breeding Bird-songs-PV	<b>4</b> <u>7:30-Exercise Classes LCC</u>	<b>5</b> <u>10:00 Osteo-Exercise-LCC</u>	<b>6</b> 8:00-10:00 AM-Bird Walks at Pleasant Valley(PV) Free Admission for Berkshire Residents to Pleasant Valley today!!!	<b>7</b> <u>9:30-Tai Chi-LCC</u> <u>5:30-Yoga-LCC</u>	<b>8</b> <u>10:00-11:30-Native Plantings (PV)</u> 1:00-5:00– Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	<b>9</b> 8:30-noon– Canoe Trip on the Housy! (PV) 10-2 Lee Farmers Market <u>10:00-4:00– Bedrocks to Birds in the Berkshires at PVS</u>
<b>10</b>	<b>11</b> <u>7:30-Exercise Classes LCC</u>	<b>12</b> <u>10:00 Osteo-Exercise-LCC</u>	<b>13</b> 7:00-8:30PM– Evening at the beaver Ponds-PV	<b>14</b> <u>9:30-Tai Chi-LCC</u> <u>5:30-Yoga-LCC</u>	<b>15</b> 1:00-5:00– Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	<b>16</b> 10-2 Lee Farmers Market- Main Street
<b>17</b>	<b>18</b> <u>7:30-Exercise Classes LCC</u>  10:00-noon-Knee High Naturalists (PV)	<b>19</b> <u>10:00 Osteo-Exercise-LCC</u>	<b>20</b>	<b>21</b> <u>9:30-Tai Chi-LCC</u> <u>5:30-Yoga-LCC</u>	<b>22</b> 1:00-5:00– Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	<b>23</b> 8:30-noon– Canoe Trip on the Housy! (PV) 10-2 Lee Farmers Market- Main Street
<b>24</b>	<b>25</b> <u>7:30-Exercise Classes LCC</u> 10:00-noon-Knee High Naturalists (PV)	<b>26</b> <u>10:00 Osteo-Exercise-LCC</u>	<b>27</b> <u>7:00-8:30PM– Evening at the beaver Ponds-PV</u>	<b>28</b> <u>9:30-Tai Chi-LCC</u> <u>5:30-Yoga-LCC</u>	<b>29</b> 1:00-5:00– Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	<b>30</b> 10-2 Lee Farmers Market- Main Street



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# August 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 7:30-Exercise Classes LCC  10:00-noon-Knee High Naturalists (PV)	2 10:00 Osteo-Exercise- LCC	3 8:00-10:00 AM-Bird Walks at Pleasant Valley Sanctuary Free Admission for Berk- shire Residents to Pleasant Valley today!!!	4 9:30-Tai Chi-LCC 5:30-Yoga-LCC	5 1:00-5:00- Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	6 8:30-noon- Canoe Trip on the Housy! (PV) 10-2 Lee Farmers Market- Main Street
7 9:00-11:00-Lime Kiln Sanctu- ary-Butterflies and Drag- onflies	8 7:30-Exercise Classes LCC	9 10:00 Osteo-Exercise- LCC	10 7:00-8:30PM- Evening at the beaver Ponds-PV	11 9:30-Tai Chi-LCC 5:30-Yoga-LCC	12 1:00-5:00- Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	13 10:00-11:30-Native Plant- ings at Pleasant Valley 10-2 Lee Farmers Market- Main Street
14	15 7:30-Exercise Classes LCC	16 10:00 Osteo-Exercise- LCC	17	18 9:30-Tai Chi-LCC 5:30-Yoga-LCC	19 1:00-5:00- Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	20 8:30-noon- Canoe Trip on the Housy! (PV) 10-2 Lee Farmers Market- Main Street
21	22 7:30-Exercise Classes LCC	23 10:00 Osteo-Exercise- LCC	24 7:00-8:30PM- Evening at the beaver Ponds-PV	25 9:30-Tai Chi-LCC 5:30-Yoga-LCC	26 1:00-5:00- Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	27 10-2 Lee Farmers Market- Main Street
28 Birding and Mindfulness at Kripalu Center. Hosted by Becky Cushing ←	29 7:30-Exercise Classes LCC	30 10:00 Osteo-Exercise- LCC	31 →			



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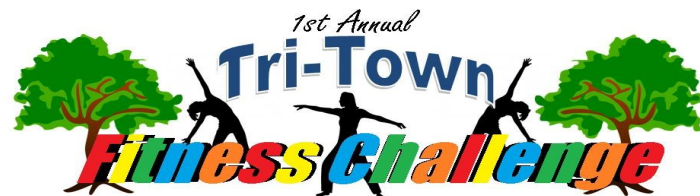
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# September 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 9:30-Tai Chi-LCC 5:30-Yoga-LCC	<b>2</b> 1:00-5:00- Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	<b>3</b> 8:30-noon- Canoe Trip on the Housy! (PV) 9:00 AM-Noon-Berkshire Summits Hiking Series at Lenox Mountain 10-2 Lee Farmers Market
<b>4</b>	<b>5</b> 7:30-Exercise Classes LCC	<b>6</b> 10:00 Osteo-Exercise-LCC	<b>7</b> 8:00-10:00 AM-Bird Walks at Pleasant Valley Sanctuary Free Admission for Berkshire Residents to Pleasant Valley today!!!7:00-8:30PM-Evening at the beaver Ponds -PV	<b>8</b> 9:30-Tai Chi-LCC	<b>9</b> 1:00-5:00- Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	<b>10</b> 10-2 Lee Farmers Market- Main Street
<b>11</b>	<b>12</b> 7:30-Exercise Classes LCC	<b>13</b> 10:00 Osteo-Exercise-LCC	<b>14</b> 8:00-10:00 AM-Bird Walks (PV)	<b>15</b> 9:30-Tai Chi-LCC	<b>16</b> 1:00-5:00- Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	<b>17</b> 8:30-noon- Canoe Trip on the Housy! (PV) 10-2 Lee Farmers Market- Main Street
<b>18</b> Josh Billings Runaground Fitness Challenge Celebration	<b>19</b> 7:30-Exercise Classes LCC	<b>20</b> 10:00 Osteo-Exercise-LCC	<b>21</b> 8:00-10:00 AM-Bird Walks at Pleasant Valley Sanctuary	<b>22</b> 9:30-Tai Chi-LCC	<b>23</b> 1:00-5:00- Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	<b>24</b> 10-2 Lee Farmers Market- Main Street
<b>25</b> 9:00-11:00-Lime Kiln Farm Sanctuary-Fall Foliage/Trees and Shrubs	<b>26</b> 7:30-Exercise Classes LCC	<b>27</b> 10:00 Osteo-Exercise-LCC	<b>28</b>	<b>29</b> 9:30-Tai Chi-LCC	<b>30</b> 1:00-5:00- Lenox Farmers Market, Lilac Park 1:30-Tai Chi-SSC	



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