

ALL PROGRAMS FREE FOR FAMILIES

AUGUST 2026

The FRC is
open
Mon–Fri
9am–5pm



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Scan to register Registration required for all groups/events Call 413-549-0297 for registration and/or questions.					1
	10-12 New Baby, New Caregiver 3	1:30-2:30 Caregiver Self Care: Summer Coloring 4-5:30 Family Hangout 4	1-2 Sewing Circle + Tea Time 3:30-4:30 You're Not Alone 5	4-5 Creative Connections: Constellation Canvases 6	10-11 Baby Playtime at Groff Park 11-12 Journaling Drop-In 7	11:30-1:30 DIY Self-Care Projects 8
9	5:30-7 Chess Club 5:30-7 Creative Writing 10	12p Peace at Home 1:30-2:30 Caregiver Self Care: Rock Painting 4-5:30 Family Hangout 11	1-2 Grandparents Raising Grandchildren 3:30-4:30 You're Not Alone 12	4-5 Creative Connections: Custom Key Chains 13	10-11 Baby Playtime at Groff Park 14	15
16	10-12 New Baby, New Caregiver 17	1:30-2:30 Caregiver Self Care: Community Puzzle 3-5 Back-to-School Bash 18	1-2 Sewing Circle + Tea Time 3:30-4:30 You're Not Alone 19	4-5 Creative Connections: Backpack Makeover 20	10-11 Baby Playtime at Groff Park 11-12 Journaling Drop-In 21	11-1 Pajama Party 22
23/30	5:30-7 Chess Club 5:30-7 Creative Writing 24/31	1:30-2:30 Caregiver Self Care: Affirmation Jars 4-5:30 Family Hangout 25	1-2 Grandparents Raising Grandchildren 3:30-4:30 You're Not Alone 26	4-5 Creative Connections: Decorate Your Own Pencil Case 27	10-11 Baby Playtime at Groff Park 28	29