

Tuesday,
June 21st
7:30am—
4:00pm



Adams
Visitor Center
3 Hoosac St
Adams, MA

The Longest Day is the day with the most light — the summer solstice. On June 21st, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice. On the Longest Day, the Adams Council on Aging will be raising awareness of Alzheimer's and related dementias, and hosting events at the COA throughout the day to honor and support the dedicated caregivers of those who have been diagnosed. June is Alzheimer's and Brain Awareness Month and purple is the official color of the Alzheimer's movement. Purple ribbons will be placed around town and we encourage folks to wear purple to show your support. Please see the schedule of events below and come on over to join us! And save the date for the Berkshire County Walk to End Alzheimer's, Saturday October 1st at the Adams Visitor Center!

- 7:30am-8:30am Trail Walking with Aimee Sinopoli
- 9:00am-10:00am Chair Yoga with Maryanne Kufs
- 10:00am-11:00am Dance Party with Maryanne Kufs
- 11:00am-12:00pm Elder Services Community Lunch served at 11:30am— BBQ Chicken, Red Potatoes, Butternut Squash, Tropical Fruit Salad. Reservations must be made by 11am on Friday June 17th. ***\$3 voluntary donation** for those over 60 years old, **\$8 required payment** if under 60 years old.
- 12:00pm-1:00pm Free Ice Cream Social sponsored by Health New England
Live music provided by local artist Melissa Brinton
- 1:00-3:00pm Crafters Workshop— join fellow crafters to work on your current projects or start new ones; sewing, knitting, crochet, stitching, etc. All levels welcome!
- 3:00pm-4:00pm Drumming Workshop— join Adams COA staff member Izzie Bellizzi to close out the day with some fun hand-drumming! No experience necessary. Drums provided.

All day events, weather permitting: lawn games, board games, chalk drawing, Kindness Card-making, Rita's Rides on the Rickshaw Bike. **ALL AGES WELCOME** for all events!!!