

FUN, FITNESS & FRIENDS

OCTOBER 2019

THE Golden Chronicle

THE SOUTH HADLEY COUNCIL ON AGING

45 Dayton St., South Hadley MA 01075
Tel. 413-538-5042 • Fax 413-532-8206



South Hadley Council on Aging Mission Statement

The South Hadley Council on Aging, with the support and participation of the community identifies, advocates, and implements meaningful educational, cultural, social, volunteer and wellness activities for persons age 60 and over.



South Hadley Council on Aging

Winter Safety & Preparedness Fair

South Hadley Senior Center, 45 Dayton Street
Wednesday October 9
10am to 2pm & 5pm to 7pm

Call to reserve
lunch 538-5042

FREE ride to and from the COA for the daytime session only

Raffles items & many giveaways

Meteorologist Adam Stremcko from Channel 22 will be here.



All proceeds to
benefit the New
Senior Center
Building Fund

The Friends of South Hadley COA want you to
MARK YOUR CALENDARS for
Designer Handbag Bingo

DATE: Friday, October 18, 2019

PLACE: St Theresa Church, 9 East Parkview Dr, South Hadley

TIME: Doors open at 5:30PM, Bingo begins at 7:00PM

COST: \$30 per person (Includes 10 games of Bingo plus door prize entry. Each game has a designer handbag prize.)

TABLES: Tables of 8 can be reserved and will receive an extra set of Bingo cards for the group.

Beer, wine & soda available to Purchase. Coffee complimentary. Bagged sandwich available for \$5. Includes a croissant sandwich stuffed with either baked ham or turkey breast, cheese, lettuce, Granny Smith apple slices with an herb aioli spread plus a bag of chips and an apple. Sandwiches must be reserved ahead of time and can be paid for at the event. Please specify either ham or turkey when making the order. Please call or text Kim Prough at 781-864-0468 or email at ksprough@me.com

Payment is due in full to reserve a spot. Make checks payable to Friends of SHCOA. Checks can be dropped off at the Senior Center or mailed: Friends of SHCOA at 45 Dayton Street, South Hadley, MA 01075



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South Hadley COA - South Hadley, MA 06-5294

OCTOBER HAPPENINGS & HIGHLIGHTS

JOIN OUR EMAIL LIST: email Lnapiorkowski@southhadleyma.gov



Celebrating Birthdays and Anniversaries

On Thursday, Sept. 26th

Let us know if you're celebrating in October 24th



Monday, Oct. 7th at 11:30am.

Lunch & Legislature.... Rep. Dan Carey will join us for lunch in the dining room.



COFFEE & CONVERSATION WITH LESLIE

Friday, Oct. 11th at 10am in the dining room:
New Senior Center Updates.



MOVIE with Popcorn!

1st Tues./Month: Oct. 1st. at 1:00pm

THE BOOK CLUB (2018) Romance/Comedy

Four longtime friends and book club members—Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen—have their lives upended when they aim to spice up their mundane routines by reading a bestseller that ignites a newfound confidence in romance.



COMPUTER TUTORING

Tutors are available for private lessons at the center

For Ipads, Basic P.C., Laptops

Tues & Thurs. By Appt.

Please call the office to schedule 538-5042

Lunch & Learn

You do not need to eat lunch at the center to attend a Lunch and Learn presentation

Tuesday, Oct. 8th at 11:30am.

Tips for Avoiding the Flu!

Sol Fontanez, from Beacon Hospice will provide information and tips on how to avoiding catching the Flu this season. She will talk about who should get vaccinated, what type of Flu Shots are available and more.

Join us in the dining room. You do not need to eat lunch to come to this presentation



FLU SHOT CLINIC

TUES. OCTOBER 1ST. 9:00AM TO 1PM

The South Hadley Board of Health and Walgreen's Pharmacy invite you to the Flu Shot Clinic at the Council on Aging. The Flu vaccine and the high-dose vaccine for individuals 65 years and over will be available. Please bring your insurance card and wear a short-sleeved shirt.

CRAFTING & CREATING WITH BRENDA

Held in the dining room. All Supplies Provided.

Sign up at the office for both activities, or call 538-5042



Monday, Oct. 7th 10:00am : Glitter

Leaves Garland Come get your sparkle on with Brenda!! Create a beautiful Glitter Garland. After all, who doesn't like a little "SPARKLE" in their life!



Monday, Oct. 21st 10am :

Add a little Halloween fun to your home! Join Brenda and make a "Hallo Wine" candle decoration. Assemble and paint your very own wine glass centerpiece for Halloween



Silk Scarf Making Workshop

Tues. October 15th at 10:30am.

Join Trish Gendron from CareOne in Northampton and make a beautiful silk scarf! 10 person maximum.

Sign ups 10/11

CALL 538-5042



WEIGHT WATCHERS REIMAGINED~

Please join us for a new session of weight watchers!

Meetings will be held on Fridays at 12:15 p.m.

PROGRAMS, ACTIVITIES & NEW CLASSES

MOVING NOTICE: The Council on Aging will be **CLOSED** Wednesday, 10/30, Thursday, 10/31 and Friday 11/1.

All COA Programs will begin at St. Theresa's Parish on Monday, Nov. 4th



The COA Book Club

We Would like to welcome new members to come and join the group at any time. Everyone is welcome. The book club meets on the **1st Wednesday of the month.**

The following books have been selected for each month.

2019:

September 4, 2019 – “The Tattooist of Aushwitz” by Heather Morris
October 2, 2019 – “Where the Crawdads Sing” by Delia Owens
November 1, 2019 – “Before We Were Yours” by Lisa Wingate
December 4, 2019 – “The Little Old Lady Who Broke All The Rules” by Katerina Ingelman Sunberg

2020:

January 8, 2020 – “Summer Sisters” by Judy Blume
February 5, 2020 – “Last Train to Memphis: The Rise of Elvis Presley” by Peter Guralnick
March 4, 2020 – “To Kill A Mockingbird” by Harper Lee
April 1, 2020 – “Love & Ruin” by Paula McLain
May 6, 2010 – “White Houses” by Amy Bloom
June 3, 2020 – “Cleopatra: A Life” by Stacy Schiff
July and August – No Meeting (Summer Hiatus)

EVENING PROGRAMS

CALL 538-5042 TO RSVP

Perfume-Making with Essential Oils

Wednesday, Oct. 2nd 5:00pm Nora Zinan is a Registered Nurse with over 35 years of experience that includes teaching. In the class, Nora will talk about the historical use of essential oils for both health and perfume-making. Participants will learn the properties of the oils and their blending companions, and then blend the oils that are most appealing to them, making their own personal perfume. \$8.00 fee for supplies.

Winter Safety Fair

Wednesday, October 9th

10am to 2pm & 5:00pm to 7:00pm

Presentations, raffles and giveaways provided by: The S.H. Police Dept, S.H. Fire Districts 1 & 2, Emergency Management Dept., S.H. Board of Health, the Mobile Emergency Management Unit from Boston, Hampshire County TRIAD, SHELDT, The Red Cross, Adam Stremcko from Channel 22 and AAA Pioneer Valley
Ride the mini-bus to and from the center **FREE** for the 10am -2 pm session.

Go4Life

STROLL FAMILY FUN

- ◆ The South Hadley COA
- ◆ South Hadley Bike-Walk
- ◆ Conservation Department

Will host the 3rd Annual Go4Life Family Fun Stroll at the River To Range Loop Trail (off Ferry St.)

Sun., Oct. 20, 2019: 1:00-3:00



Alzheimer's Disease: The Latest Advances in Treatment, Care and Research

Wednesday, October 16th at 5:30pm

Presented by: Joan Roche, Ph. D., RN, GCNS-BC Board Certified Clinical Nurse Specialist in Gerontological Nursing

Get the latest news on the science, care, and treatment of dementia presented during the most recent Alzheimer's Association International Conference.

GROUPS AND SUPPORT SERVICES

new participants *always* welcome!

Alzheimer's Caregiver Support Group: First and Third Thursday @ 10 a.m., Room #1. Facilitated by Gerri Bennet, RN, this group provides support and resources to caregivers of loved ones with Alzheimer's disease, dementia or any memory loss illness. The group is open and welcoming. This program is funded in part with funding from the Older Americans Act OAA Title III Program through a grant from WestMass Elder Care.

Medical Transportation Program: Grant funds are available to provide free transportation to medical appointments for eligible seniors. Drivers accompany riders to their appointments if needed. To learn more about the program, please call Ann 538-5042, Ext. 206 This program is funded in part with funding from the Older Americans Act OAA Title III Program through a grant from WestMass Elder Care.

 **BEREAVEMENT GROUP** With Bereavement Counselor Cary Quigley M. Ed. From Hospice Life Care & the Holyoke VNA. Wednesdays 1:30pm to 3pm. Sept. 4th - Oct. 23rd (Library Room) Call Cary at 413-887-5552 or email at cquigley@holyokevna.org

Blood Pressure with Town Nurse: 2nd Thursday of the month, 12:30-2:00 p.m. Nurse Marge Bernard has regular hours at the senior center on Mondays, Tuesdays and Thursday. She is available in her office for blood

The Food Bank of Western Massachusetts Brown Bag Program: Mobile Pantry.

Third Tuesday of the month, 10-11 a.m., Room #3. Call Ann for more information @ 538.5042 ext. 206

Memory Café: Second Wednesday if the month, 10 a.m.-11:30 a.m. A Memory Café is a place for people in the community with memory loss, and their caregivers, to come together and interact with other members of the community in a safe and supportive atmosphere. Call 538-5042 ask for Leslie.

Low Vision Group Third Tuesday of the month, 10-11 a.m. Transportation provided by the Mass. Assoc. for the Blind and Visually Impaired. Call Ann for information @ 538.5042 ext. 206

The Williams Sound System: Helping you hear better at the senior center. Are you missing out on conversations at lunch. Do you have trouble hearing during cards or Mah Jongg. Ask Ann

Foot Nurse Appointments: 2nd & 4th Mon. of the month at 9 a.m. By appointment. Call 538-5042.

S.H.I.N.E Counseling: CALL COA—SHINE appointment with counselor Eileen Burke regarding questions about Medicare, supplemental plans, prescription drug plans and other insurance questions. Appointment is required. Please call SH COA at 538-5042. **Or call other Senior Centers.**

FREE Hearing Screening with Gary Winn: Second Tuesday of the month, 9-12 a.m. Licensed, Hearing Instrument Specialist, **Gary Winn, owner of "New Ears" Affordable Hearing Care**, will conduct a **free hearing clinic**. Make an appointment by calling 538-5042, and hear what you've been missing.

Veterans Support Group: Second Thursday of the month, 10-11 a.m., Room #2. This informal group is facilitated by Larry White, Veteran Liaison for Hospice Life Care in Holyoke. In addition to conversation, a variety of educational documentaries will be shown.

WEIGHT WATCHERS REIMAGINED (WW): ~ Join us for a weight watcher session! Meetings will be held on Fridays at 12:15 p.m. weigh in begins at 11:45 a.m. Support Meeting & Weigh-in: 11:45am

OCTOBER EVENT CALENDAR & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>RESERVATIONS Reservations MUST be made at least 24 hours in advance by calling COA at 538-5042. Suggested donation is \$2.25 for 60 or older; guests <u>under</u> 60 are charged \$6—per Federal Regulations.</p>	<p>1 MENU: CHICKEN MARBELLA 9:15 FIT & FUN (BEGINS) 1:00 pm: MOVIE & POPCORN: "BOOK CLUB" (2018) <i>Starring Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen, Craig Nelson and Andy Garcia.</i> 1:00-2:30 Shakespear's Hamlet #3</p>	<p>2 MEMORIAL DRIVE SHOPPING MENU: STUFFED SHELLS WITH MEAT SAUCE 9:00-1:00 FLU CLINIC 1:30-3:00 BEREAVEMENT SUPPORT GROUP (Library) 3:00 Book Club (begins) 5:00pm: Making Perfume with Essential Oils</p>	<p>3 MENU: HAM WITH PINE-APPLE SAUCE 9:15 FIT & FUN (BEGINS) 10:00 Alzheimer Caregiver Support Group (Library)</p>	<p>4 BIG Y SHOPPING MENU: SALMON WITH DILL SAUCE 12:15 WW</p>
<p>7 MENU: GARLIC MEAT-BALLS 9:00 Gentle Yoga with Michele (Starts) 10:00 "Glitter Leaves Garland Craft" w/Brenda 11:30 REPRESENTATIVE DAN CAREY JOINS US FOR LUNCH 1:00pm Color Me Calm (Rm#3)</p>	<p>8 BIG Y SHOPPING MENU: FRENCH COUNTRY STEW W/CHICKEN & SAUSAGE 9:15 FIT & FUN 9:30 Free Hearing Screening with Gary Winn 10:30 AVA THE DOG 11:30 "Tips for Avoiding the Flu" Beacon Hospice 1:00-2:30 Shakespear's Hamlet (Rm#3)</p>	<p>9 MEMORIAL DRIVE SHOPPING MENU: SHEPHERD'S PIE 9:15 Dance with Ashley (begins) 10:00 MEMORY CAFÉ (Rm# 2) 10:00-2:00 Winter Safety and Preparedness Fair 12-1:30 Travel Club 1:30-3:00 BEREAVEMENT SUPPORT GROUP (Library) 5:00-7:00 Winter Safety and Preparedness Fair</p>	<p>10 MENU: POT ROAST WITH GRAVY 9:15pm FIT & FUN 10:00-11:00 Veterans Support Group 10-11:30 Travel Club 12:30-2:00 Blood Pressure with Nurse</p>	<p>11 BIG Y SHOPPING MENU: TUNA NOODLE / PEAS CASSEROLE 10am -11am Coffee & Conversation with Leslie—New Senior Center Updates 12:15 WW</p>
<p>14 Columbus Day Holiday Center is Closed</p>	<p>15 BIG Y SHOPPING MENU: TACO TUESDAY—BEEF/ BEAN MIX, SHREDDED CHEESE 9:15 FIT & FUN 10:00 Brown Bag (Rm#3) 10:00 LOW VISION GROUP -2 10:30 AVA THE DOG 10:30 SILK SCARF MAKING with Trish from CareOne 1:00- 2:30pm: Shakespeare's Hamlet (Rm# 3) 4:00pm FRIENDS of SH Elderly Monthly Meeting- COA Dining Rm.</p>	<p>16 MEMORIAL DRIVE SHOPPING MENU: KIELBASA, LAZY PIE-ROGI 9:15 Dance with Ashley 12-1:30 Travel Club 1:30-3:00 BEREAVEMENT SUPPORT GROUP (Library) 5:30pm Daybrook Village presents: The latest updates on Alzheimer's Disease</p>	<p>17 MENU: ROAST TURKEY WITH GRAVY 9:15 FIT & FUN 10:00 Alzh. Caregiver's Support Group (Library) 10-11:30 Travel Club</p>	<p>18 BIG Y SHOPPING MENU: MAC 'N CHEESE 12:15 WW 7:00pm DESIGNER HANDBAG BINGO at St. Theresa's Church (Doors open at 5:30pm)</p>
<p>21 MENU: BBQ RIB PATTY 9:00-9:50 Gentle Yoga with Michele 10:00 "Hallo- Wine Craft" with Brenda 1:00pm Color Me Calm 4:30pm Board of Directors Meeting</p>	<p>22 BIG Y SHOPPING MENU: CHICKEN W/COUNTRY GRAVY 9:00 NEWSLETTER COLLATING 9:15 FIT & FUN 10:30 AVA THE DOG 1:00- 2:30pm: Shakespeare's Hamlet (Rm# 3)</p>	<p>23 MEMORIAL DRIVE SHOPPING MENU: SPAGHETTI & MEAT-BALLS W/MARINARA SAUCE 9:15 Dance with Ashley 12-1:30 Travel Club 1:30-3:00 BEREAVEMENT SUPPORT GROUP (Library)</p>	<p>24 BIRTHDAY/ ANNIVERSARY MENU: BEEF STEW <i>Birthday & Anniversary Celebrants eat FREE as guest of our Friends of S.H. Elderly— Let Ola know in the Office</i> 9:15 FIT & FUN 10-11:30 Travel Club</p>	<p>25 BIG Y SHOPPING MENU: POTATO POL-LOCK 12:15 WW</p>
<p>28 MENU: ALOHA CHICKEN 9:00-9:50 Gentle Yoga with Michele 9:30 am— Foot Nurse (by Appointment)</p>	<p>29 MENU: BAKED POTATO BAR (Beef/Bean Chili, Broccoli w/cheese sauce) 9:15 FIT & FUN 10:30 AVA THE DOG</p>	<p style="text-align: center;">Senior Center Closed</p> 	<p style="text-align: center;">Senior Center Closed</p> 	

DAILY ACTIVITY SCHEDULE

These ongoing activities are held regularly at the COA —new participants always welcome!

MONDAY	9:00am	Pay Instructor	Gently Yoga With Michele (Rm #5) Starts Oct. 7th (8 weeks)
	10:00am	No Charge	Music Appreciation (Rm #3)
	10:00am	\$3.00 Per Class	Tai Chi (Room #5) - pay at the office
	1:00pm	No Charge	Canasta & Pinochle (DR) Mah Jongg (Rm #2)
	1:00pm	No Charge	Color Me Calm (Rm #3) 1st & 3rd Monday
TUESDAY	9:15am	\$3.00 per class (Office)	FIT & FUN NEW CLASS (Rm #5) - Starts October 1st-pay Monthly
	10:15am	\$56 for full Session (Office)	Beginning Exercise – (Rm #5) Tu + Th Session: 9/3-10/29 is \$56
	10-11am	\$4.00 per class (Office)	Circuit Training with Heidi - pay at the office
	1:00pm	No Charge	Bingo (Rm #2),
	1:00pm	No Charge	Shakespeare's Hamlet (Rm #3)
WED.	9:15am	No Charge/Grant Funded	Dance with Loryn (Rm #5)
	10:30am	No Charge	Healthy Bones & Balance (Rm #5)
	1:00pm	No Charge	Pitch (Rm #2), Mah Jongg (Rm #3),
	3:00pm	No Charge	Book Club - 1st Wednesday of the Month (Library)
THURS.	9:15am	\$3.00 per class (Office)	FIT & FUN NEW CLASS (Rm #5) <u>NO CLASSES ON OCT. 30TH</u>
	9:30am	\$5.00 (Pay instructor)	Watercolor Class (Rm #3)
	10:15am	\$56 for full Session (Office)	Beginning Exercise – (Rm #5) Tu + Th Session: 9/3-10/29 is \$56
	10:15am	\$3.00 (Pay instructor)	Seated & Standing Yoga (Rm #2) 2nd Thurs of Month (Library)
	1:00pm	No Charge	Scrabble (Lib), Quilting (Rm #3), Chip Poker (Rm #4)
FRIDAY	10:30am	No Charge	Healthy Bones & Balance (Rm #5) <u>NO CLASSES ON OCT. 31ST</u>
	1:00pm	No Charge	Bridge (Rm #3), Canasta (DR),
	1:00pm	No Charge	Cribbage (Rm#2), Knitting (Libr)

GENTLE YOGA WITH MICHELE

Michele is back for more fun!!

8-week class on Monday mornings starts October 7th to December 9th. 9:00am to 9:50am

(No Class on 10/14 or 11/11)

8 week series is \$36.00 (paid to instructor at the first class) OR \$5.00 per class/drop in.

Gentle Yoga, with Michele Lyman from Serenity Yoga, is a rest and calm class that includes breathing, gentle flowing movements and basic balancing poses. Relax and settle in as you learn to feel your way through your practice.

FIT & FUN CLASS

Provided by the Holyoke YMCA on

Tuesdays & Thursdays 9:15 am

\$3.50 per class

Join us for an energizing, fun program that includes a variety of low-impact exercises set to stimulating music. We will use small weights and more. You will work on strength, flexibility, balance, fall prevention and cardiovascular fitness. You will look forward to each class in this upbeat, friendly atmosphere. **NO CLASS ON OCT. 31st**



TRANSPORTATION

**To & From the Council
On Aging is
ONLY .75 each way!**

Transportation is provided
Monday – Friday
Door to Door Services

You must schedule rides 24-hours in advance.

Monday –Friday

Transportation is provided
Throughout
South Hadley
Call to schedule a ride

Every Tuesday & Friday:

Grocery Shopping at the
South Hadley Big-Y!
3-bags maximum, please

Wednesday Afternoons:

Memorial Drive in
Chicopee stops: CVS,
Walgreens & Price
Rite.

Call between 8am to 1pm daily: 538-5042



A MESSAGE FROM LESLIE



We're MOVING out

Throughout October we will continue to have books, assorted decorations, and other items available for a small donation to the Friends of South Hadley COA's New Senior Center Building Fund. Check in at the office

October 25th: Last day for groups and clubs to remove all items/supplies from the COA closets.

The Council on Aging will be closed on Wednesday, 10/29, Thursday, 10/31 and Friday 11/1 to move to St. Theresa's Parish.

All COA Programming will begin at St. Theresa's Parish

Ann's Outreach for OCTOBER

Newton Manor~
Oct. 3rd.

Hubert Place ~
Oct. 10th

Lathrop Village ~
Oct. 17th

Time: 2:00 p.m. to 3:00 p.m.

SOCIAL SERVICES –ANN'S CORNER

Low Vision Group~ Tuesday, October 15th at 10:00 a.m. Our guest speaker will be Jane Parker of Med Minder. For information call Ann at 538.5042 ext. 206 Lunch reservations: Call Ola @ ext. 201



FUEL ASSISTANCE 2019/2020

I am available by **appointment only** to any South Hadley senior who would like help with their Fuel Assistance re-certification. The season officially begins November 1st. First time applicants must apply in person. For the new guidelines and what documents you will need to bring to your appointment, call Ann at 538.5042 extension 206.



COA PEN PAL

Are you a senior living alone in South Hadley? Would you like to take part in our Pen Pal group? We currently have 9 members who have been writing monthly (or twice monthly) notes and cards to elders around town. Several members are truly homebound and have enjoyed the contact with our group.

Writers only know each other by first name and I am the "go between". Notes are delivered or mailed by me! If you would like to hear more about this volunteer program, please call Ann at 538.5042 ext. 206



OCTOBER IS WHITE CANE AWARENESS MONTH

The white cane is a symbol of independence and blindness. The white cane allows an individual who is legally blind to travel independently. In 1931 the Lions Club began promoting the use of white canes for people who are blind as a national identification program. International White Cane Day is October 15. All states have White Cane Laws, which allow pedestrians, who are legally blind, the right of way at street crossings. Massachusetts White Cane Law states that all motorists, when they see a pedestrian who uses a guide dog or a white cane at a street crossing, must come to a complete stop. Here are a few tips on what a motorist shouldn't do when they see a blind person crossing the street:

- *Don't HONK
- *Don't wave to indicate you are waiting for them to cross..they CANNOT see you.
- *Don't yell out "it's OK to cross".
- *Don't stop your vehicle in the middle of a crosswalk

(Adapted from "The Ten List of What Motorists Shouldn't Do When They See A Blind Person" Hazard/Zelaya 1998)

FRIENDS OF SOUTH HADLEY COA



FUNDRAISING UPDATE

We enjoy having people ask us how the fundraising is going for the new center and where we're at with our \$1million goal. To date, we're ¼ of the way toward our goal, at just over \$250k. And this number is growing daily. We're grateful for the generous donations for the new building fund. Please see the back page of the newsletter for the new building donation form.



HOLIDAY WREATH SALE

We will again be taking pre-orders for beautiful double-bound balsam wreaths with a bow. Small wreaths (20"-22") are \$15 and large wreaths (25"-28") are \$20.

Pre-orders are being taken now with payment due at the time of pick up. Pick up will be Tuesday, Dec 3. from 12-5pm at St. Theresa's Church (9 E. Parkview Dr). Call the COA (538-5042) or email Kim at ksprough@me.com to reserve a wreath. We have a limited quantity available so don't wait to order.



Do you enjoy baking?

If so, we could use your help. We're looking for a few baked goods for the Winter Safety & Preparedness Fair on October 9. The Friends will provide refreshments for the evening portion of the Fair. If you'd like to provide a baked good, please contact Kim Prough at 781-864-0468 or sprough@me.com.

Keeping up with the Friends

Our next monthly meeting will be Tuesday, October 15 at 4PM. (Note this is a change in day from our usual 2nd Tuesday.) All are welcome to attend to learn more about all the great work of the Friends.

friendsofshcoa@gmail.com



Start your holiday shopping now

at

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and support the Friends.

Amazon donates **1/2%** of your purchases to the **Friends of South Hadley COA**

AmazonSmile has the same products, pricing & shopping as Amazon and AmazonPrime

TRAVEL CLUB TRIPS

Travel Club Hours: Wed: 12pm - 1:30pm & Thursdays: 10am - 11:30am

Thursday, November 14, 2019:

Clove Creek Dinner Theater, Fishkill, NY

"Chapter Two" is a hilarious comedic play about a recent widower that starts dating again. Package includes: transportation, show & luncheon. Cost \$110 (incl. tax & gratuities) Call Dolores Giroux @ 413-536-2779.

Tuesday, December 10, 2019:

Historic Salem Cross Inn

with Luncheon Show & Stop at **Oakwood Farm Christmas Barn and Brookfield Orchards**
Cost \$80. - Call Susan Canedy @ 413-536-2106.



February 24 - March 6, 2020

Caribbean Cruise

From NY. 12 days/ 11 nights aboard NCL Gem cruise ship. Costs from \$1,349.pp to \$1989.pp plus taxes, gratuities and travel insurance and choice of 2 free amenities. Call The Ship Shop @ 1-800-243-1630 or Huguette Supinski @ 413-530-6162.



SENIOR FARE FREE TUESDAYS

Seniors ride PVTA's Fixed Route Buses for

FREE every TUESDAY

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WestMass ElderCare (WMEC) is designated by the Massachusetts Executive Office of Elder Affairs as an Aging Services Access Point and an Area Agency on Aging.

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THANK YOU!

Our thanks to the following businesses & individuals for their generous donations to the COA:

The Friends of South Hadley COA, The South Hadley COA Travel Club, Big Y, Beacon Hospice, Daybrook Village in Holyoke, The Food Bank of Western Mass, GRO South Hadley Community Garden, Commonwealth Care Alliance & our Department and Community Partners participating in the Winter Safety & Preparedness Fair.

Funding from the **Older Americans Act** through the Massachusetts Executive Office of Elder Affairs and The Administration for Community Living provide GRANTS FROM WESTMASS ELDERCARE, INC. The programs include: Alzheimer's Caregivers Support Group, and Companion/Escort transportation. Call 538-5042 for information.

The mailing of the newsletter is made possible through Formula Grant funds & your generous support.

Transportation is available to and from the South Hadley Senior Center and destinations in town. It is provided in part by the Executive Office of Elder Affairs, Town funding and many generous donations.

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DONATIONS AND MEMORIALS

SEPTEMBER 2019 NEWSLETTER – MEMORIAL DONATIONS

We are sincerely grateful for all the donations made to the South Hadley COA in support of our senior center and the many activities, programs and services we provide. Donations made *In Memory Of*, are indicated in capital letters (Memorial Donations are due one-month in advance to appear in the next month's newsletter.)

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FROM:

All Saints' Episcopal Church
Dave LaRoche
Kathleen Hurley

Friends of the South Hadley Elderly

*The Following Donations to the
"Friends of the South Hadley Elderly"
for the New Senior Center Building Fund
were received from:*

The South Hadley COA Travel Club
Claire Belanski
Robert & Eugenia Herbert
Kim & Joel Prough

*Thank You Very Much!
Your Donations are greatly appreciated
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GIFT FUNDS

The South Hadley Council on Aging Gift Funds

The South Hadley COA Gift Funds are used to provide services, programs and activities for South Hadley older adults and are not part of the Town's operating budget for the Council on Aging. To make a donation please make checks payable to "South Hadley Council on Aging". Contributions will be listed in our newsletter unless you wish to remain anonymous.

The Friends of South Hadley COA New Building Fund

The Friends have a \$1 million dollar fundraising goal to help with the costs of the new Senior Center building. Please support our goal with a donation to :

The Friends of South Hadley COA New Senior Center Building Fund

*In Honor or Appreciation of: _____ or
 *In Memory Of: _____ or
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If you DO NOT want your name published in the newsletter, please
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SOUTH HADLEY COUNCIL ON AGING GIFT FUNDS

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FRIENDS OF SOUTH HADLEY COA **"NEW SENIOR CENTER BUILDING FUND"**

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