

THE Golden Chronicle

THE SOUTH HADLEY COUNCIL ON AGING

9 East Parkview Drive, South Hadley MA

413-538-5042



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.



The South Hadley Council on Aging is located at 9 East Parkview Drive (St. Theresa's Parish Hall) Follow signs for parking (behind parish hall) Follow signs to COA entrance



The FRIENDS would like to thank everyone for the generous support of our recent Handbag Bingo fundraiser. Thanks to all the attendees, sponsors, donors and volunteers, the event raised \$14.5k for the new Senior Center.

Holiday Festivities

Come celebrate the holidays with us!

- Holiday Sweater Contest
- Hampshire Mall Shopping
- Holiday Cookie Exchange
- Holiday Card Making with Tammy
- Holiday Jazz Concert
- MESMS Holiday Concert
- "A Christmas Carol" Radio Show
- Snowman & Santa Paint Brush Craft
- Bright Nights Mini-Bus Trip

SNOW, SLEET, FREEZING RAIN & Alerts Watch channel 22 or 40 for senior center cancellations and closures. Sign up to receive alerts about emergencies, flooding, road closures, power outages & information relevant to the community.



www.southhadley.org go to "I want to..." go to "Requests/Submit" go to "Alerts and Notifications" And Sign-Up!



HOLIDAY LUNCHEON & ENTERTAINMENT

Thurs. December 19th

Lunch served at 12:00PM

Entertainment begins at 12:45pm

50/50 Raffle & Raffle Gift Baskets provided by our FRIENDS

Rob Fletcher's Winter Wonderland

Rob's Winter Wonderland experience features holiday hit classics sung in the style of Frank Sinatra, Johnny Mathis, Nat King Cole, and more.

Call by 12:00pm Dec. 18th for lunch reservations.

For those of you who wish to come for the entertainment only, please call by December 18th. We need to set-up chairs. Call 538-5042

The more the merrier!!!

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DECEMBER HAPPENINGS & HIGHLIGHTS



December Birthdays & Anniversaries

Celebrated at lunch on Tuesday,
Dec. 19th

Call Ola 538-5042, to reserve

***If it's your Birthday or Anniversary, your lunch is free!*

Compliments of our FRIENDS group



Lunch & Legislature

with Rep. Dan Carey

Monday, Dec. 4 at 11:30am.

join us for lunch in the **Gymnasium**.



MOVIE with Popcorn

1st Tues./Month: Dec. 3rd, 1:00pm

"THE HOLIDAY" (2006) Romantic/

Comedy. Two lovelorn women, troubled with guy problems from opposite sides of the Atlantic Ocean, arrange to swap homes to escape heartbreak during the Christmas & holiday season. Starring Kate Winslet,

Cameron Diaz, Jude Law & Jack Black.

Lunch & Learn

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

Thurs. Dec. 5th at 11:30am

Holiday Stress Reduction with Sol Fontanez

Who doesn't need a little reminder about the importance of lowering stress during the holiday season. Join Sol Fontanez, from Beacon Hospice, to learn some simple, quick tools to keep you calm during the holidays.

Wed. Dec. 11th at 11:30am

Michael Desmarais, Pharmacist at Big Y

Mr. Desmarais will suggest questions people should ask when visiting their pharmacy. Topics include possible interactions between prescriptions and over the counter medication, general information about over the counter drugs. He will come with some snacks and will open up the floor for Q&A.

BRIGHT NIGHTS & HAMPSHIRE MALL SHOPPING

The cost for transportation to these events is covered by a COA Gift Account Fund.

Monday, Dec. 2nd 9am to 2pm. Hampshire Mall

Holiday Shopping: Meet at the center/parish hall at 8:45am. Pick up at the Mall at 2pm.

Monday, Dec. 16th, 4pm to 7pm: Bright Nights at

Forest Park. Meet at the center/parish hall at 3:45pm.

The Jazz Trio!

Berkshire Hills Academy Holiday

Dec. 3rd at 11am

Enjoy Holiday & Jazz Standards

MESM School Performance

Thurs. December 12th at 12:45 PM

Tricia Murawski, music teacher and Opus choir director, and Brooks Holmes, band director, will bring students from Michael E. Smith Middle School in South Hadley, to perform a selection of songs from their winter concert.

Holiday sweater contest

December 17th.

**Winner chosen at lunch.*

**You do not have eat lunch to be part of the contest.*

**Blinking, bedazzled, bejeweled and beyond—
Get your holiday on.**

Holiday Cookie Exchange

Wed. Dec. 18th at 10am in the gym.

Please pre-register by Dec. 13th

Make 2 dozen—leave 2 dozen. Please label if cookies include nuts. COOKIES MUST BE HOMEADE

Prizes for most creative, best tasting and most festive!

CRAFTING & CREATING WITH BRENDA

Sign up at the office or call 538-5042

Radio Theater: A CHRISTMAS CAROL Sit back, relax and enjoy the time old classic, "A Christmas Carol" a sneak peak to the upcoming "Old Radio Series" starting in 2020.



Snowmen & Santa Brush

Ornaments -Mon. Dec. 23rd at 10:00 a.m. Need a last minute gift—here it is!!

All Supplies Provided.

The Importance of the 2020 Census by Joe Eaton, AARP, Sept. 5, 2019

Cybersecurity and privacy concerns of older Americans addressed. The full article can be read at <https://www.aarp.org/politics-society/government-elections/info-2019/census-impact-older-americans.html>

How will the new census process work? Between March 12 and 20, the majority of households will receive a postcard invitation to respond online to the 2020 census. Those who don't answer will then receive the traditional paper form in the mail. If a household still does not respond, the bureau will send a census taker to knock on that door to collect the household's data.

Why make the change to online? The Census Bureau has digitized the 2020 census to save money. The 2010 census, which cost \$10.2 billion, was the most expensive in history. Taking the census online — at least partially — is projected to save an estimated \$5.2 billion

How do I know someone claiming to be from the census isn't a scam artist? Real census employees won't ask for your full Social Security number, for money or donations, or for bank or credit card numbers. Check to make sure that the person has a valid identification badge with his or her photograph, a Department of Commerce watermark and an expiration date. If you still suspect fraud, call the Census Bureau at 800-923-8282 to speak to a representative.

What happens if I'm missed? You won't be represented in the census for the next decade. While a few unrepresented residents shouldn't affect a community's federal funding, if many in your area go uncounted, then federal money — or representation — that would rightly go to your region would go to other communities or states. (Your personal benefits like Social Security and Medicare won't be affected.)

As boomers age, does the government expect a dramatic rise in the number of older Americans counted? Yes. In 2010, there were more than 40 million people 65 and older in the United States — 13 percent of the population. That number is projected to grow to 55 million — 16 percent of the population — in 2020. By 2050, those 65-plus will make up 20 percent of the population, the Census Bureau projects.

As the number of older Americans increases, how will the census improve their lives? An AARP survey shows that most older adults want to stay in their homes and communities as they age. Filling out the census could increase the likelihood of that happening. Census data will be used over the coming decade to decide where to place parks, roads and hospitals. It will determine funding for community projects that benefit people of all ages, including mass transit, which helps many people remain in their homes longer.



TRANSPORTATION

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Monday – Friday

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Friday**

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Afternoons!**

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Chicopee stops: CVS,
Walgreens & Price
Rite.

You must schedule rides 24-hours in advance. Call between 8am to 1pm daily: 538-5042

GROUPS AND SUPPORT SERVICES

New participants *always* welcome!

Alzheimer's Caregiver Support Group: First and Third Thursday of the month @ 10 a.m., 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.

AVA , the Pet Therapy Dog and her human, Maggie. Tuesdays at 10:30am. Ava is always looking for someone to cuddle. Stop her for a hug.

Blood Pressure with Town Nurse: 2nd Thursday of the month, 12:30-2:00 p.m. Marge Bernard will have a table in the St. Theresa's Gymnasium for Blood Pressure Clinic.

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

Third Tuesday of the month, 10-11 a.m., The gymnasium at St. Theresa's Parish. Call Ann for more information @ 538.5042 ext. 206

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

Hearing Screening with Gary Winn: Second Tuesday of the month, 9:30 -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.

Low Vision Group 2nd Tuesday of the month, 10-11 a.m. **DAY CHANGE** Transportation provided by the Mass. Assoc. for the Blind and Visually Impaired. Call Ann for information @ 538.5042

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.

Memory Café: On Winter Hiatus: No meetings Dec. – Feb. See you in March 2020 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.

S.H.I.N.E Counseling: By Appointment Only: 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.**

Veterans Support Group: Second Thursday of the month, 10-11 a.m., 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

DECEMBER EVENT CALENDAR & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. WMEC Holiday Party</p> <p>COA Pizza Party! Lunch provided by our FRIENDS!</p> <p>11:30 REPRESENTATIVE DAN CAREY JOINS US</p>	<p>3 BIG Y SHOPPING MENU: CHICKEN FAJITA</p> <p>12pm to 5pm HOLIDAY WREATH SALE</p> <p>11-12:00 BERKSHIRE HILLS HOLIDAY JAZZ DUO</p> <p>1:00 MOVIE: "THE HOLIDAY" Romantic/Comedy (2006)</p>	<p>4 MEMORIAL DRIVE SHOPPING MENU: RAVIOLI WITH MEAT SAUCE</p> <p>EVENING PROGRAM: 5:00 HOLIDAY CARD MAKING WITH TAMMY</p>	<p>5 MENU: BROCCOLI & CHEESE QUICHE</p> <p>11:30 LUNCH & LEARN: HOLIDAY STRESS REDUCTION WITH SOL FONTANEZ</p>	<p>6 BIG Y SHOPPING MENU: POLLOCK LOIN WITH DILL SAUCE</p>
<p>9 MENU: MARSALA MEATBALLS W/ MUSHROOMS</p> <p>9-2pm: Hampshire Mall Shopping Trip</p> <p>4:30pm COA Board of Directors Meeting</p>	<p>10 BIG Y SHOPPING MENU: CHICKEN PARMESAN</p> <p>10:00 <u>LOW VISION GROUP: new day</u></p>	<p>11 MEMORIAL DRIVE SHOPPING MENU: SHEPHERD'S PIE</p> <p>11-12:00 LUNCH & LEARN— WITH BIG Y PHARMACIST MICHAEL DESMARAIS</p>	<p>12 MENU: POT ROAST</p> <p>12:45-1:30 MIDDLE SCHOOL BAND OPUS CHORUS</p>	<p>13 BIG Y SHOPPING MENU: BREADED FISH FILLET SANDWICH</p>
<p>16 MENU: HEARTY CHICKEN STEW</p> <p>4pm to 7pm: Bright Night's Mini-bus trip</p>	<p>17 BIG Y SHOPPING MENU: TACO TUESDAY— BEEF/BEAN MIX WITH CHEESE</p> <p>10am "A Christmas Carol" Radio Show</p> <p>Holiday Sweater Contest: Winner pick at lunch!!</p>	<p>18 MEMORIAL DRIVE SHOPPING MENU: LAZY GOLUMPKI</p> <p>10:00 MEMORY CAFÉ (Rm#)</p> <p>10:00 HOLIDAY COOKIE SWAP</p>	<p>19 HOLIDAY LUNCHEON AND BIRTHDAY/ ANNIVERSARY</p> <p>ENTERTAINMENT: "TOAST OF THE TOWN" WITH ROB FLETCHER</p> <p>MENU: ROAST TURKEY <i>Birthday & Anniversary Celebrants eat FREE as guest of our Friends of S.H. Elderly- Let Ola know in the Office</i></p> <p>12:30-2:00 Blood Pressure with Nurse</p>	<p>20 BIG Y SHOPPING MENU: MAC'N CHEESE</p> <p>9:00 NEWSLETTER COLLATING</p>
<p>23 MENU: SAUSAGE, PEPPERS & ONIONS IN TOMATO SAUCE</p> <p>10:00 Crafts with Brenda: "Santa & Snowman Paint Brush Ornament"</p>	<p>24 MENU: BEEF BURGUNDY WITH MUSHROOMS, MASHED POTATOS, ROLL & APPLE PIE</p>	<p>25 CENTER IS CLOSED HOLIDAY</p>  <p>(No Meal Service)</p>	<p>26 MENU: BBQ CHICKEN</p>	<p>27 POTATO POLLOCK</p>
<p>30 MENU: BEEF BURGER/ BUN, BAKED BEANS</p>	<p>31 MENU: HAM W/ PINEAPPLE SAUCE</p>	<p>CENTER IS CLOSED</p>  <p>(No Meal Service)</p>	<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>	

DAILY ACTIVITY SCHEDULE

Ongoing activities—new participants always welcome!

MONDAY	8:00am	No Charge	Cornhole Beanbag Games - NEW(starts 12/9)Gym 2
	9:00am	Pay Instructor	Gently Yoga With Michele (Rm 5&6) Ends 12/9
	10:00am	\$3.00 Per Class	Tai Chi (Room #5) - <i>pay at the office. Rm #5&6</i>
	10:00am	No Charge	Music Appreciation Rm #4
	1:00pm	No Charge	Canasta (Rm 4) Pinochle (Rm #3) Mah Jongg Rm 5
	1:00pm	No Charge	Color Me Calm (Rm #4) 1st & 3rd Monday
TUESDAY	9:00am	Cost varies per session (Check with Office)	FIT & FUN NEW CLASS (rm 5&6)
	10:00am	Cost varies per session (Check with Office)	Beginning Exercise (rm 5&6)
	1:00pm	No Charge	Bingo (Rm 5 &6),
WED.	9:15am	No Charge	Dance with Loryn (Gym #2)
	10:30am	No Charge	Healthy Bones & Balance (Rm 5 &6),
	1:00pm	No Charge	Pitch (Rm 3), Mah Jongg (Rm 5 &6),
	3:00pm	No Charge	Book Club - 1st Wednesday of the Month (Rm #4)
THURS.	9:00am	\$3.50 per class (Office)	FIT & FUN NEW CLASS (gym #2)
	9:30am	\$5.00 (Pay instructor)	Watercolor Class (Rm #3)
	10:00am	No Charge	Beginning Exercise
	10:15am	\$3.00 (Pay instructor)	Seated & Standing Yoga (gym #2)
	1:00pm	No Charge	Scrabble (gym), Quilting (Rm #4), Chip Poker (Rm 2)
FRIDAY	8:00am	No Charge	Cornhole Beanbag Games- NEW(starts 12/9) Gym 2
	10:30am	No Charge	Healthy Bones & Balance (Gym #2)
	1:00pm	No Charge	Bridge (Rm #3), Canasta (Rm 4),
	1:00pm	No Charge	Cribbage (Rm#5&6) Knitting (Rm#2)

New Activities with Brenda in 2020

Old Time Radio Shows

Cozy up on a cold, winter's day with a cup of hot chocolate, tea or coffee and go back in time. Listen to old time radio shows like "The Shadow", "Dragnet", "The Saint" and more.

Monthly Day Trips

Fun, educational and adventurous. Day trip with Brenda to local attractions.

Reminiscing Games & Discussions about the good ole days



WEDNESDAY EVENING PROGRAM

DEC. 4th at 5:00 pm
HOLIDAY CARD

MAKING WITH TAMMY

This evening event will be held at St. Theresa's Parish Hall. \$2.00 suggested donation to the instructor



WINTER CORNHOLE GAMES IN THE GYM

Starts December 9th
8am to 10:30am.
Monday and Friday mornings

Have you traveled somewhere interesting?

Do you love poetry? Are you a handyman? We are looking for volunteers with special interests, hobbies or talents who want to share some time with our older adults. If you are interested, please call BRENDA at 537-3353

A MESSAGE FROM LESLIE

Happy Holidays Everyone!!!! I hope this holiday season finds you happy and healthy.

We've *completely* relocated to St. Theresa's Parish Hall. Phew! A great deal of thanks go out to our volunteers, volunteer ambassadors and members. The assistance and well wishes we received were truly heartwarming. Thank you for asking..."what can I do?" The Friends of South Hadley Elderly have donated one of the COA pool tables to Lathrop Village for use in their community room. The pool table is available to Lathrop Village residents and our COA members. Great news for all our billiard players! Lathrop Village is located at 69 Lathrop Rd and the community room is located in the building with the housing authority's main office, kitchen and laundry. Stop in and play a game or two.

Our South Hadley TRIAD (TRIAD is a community policing initiative between seniors, law enforcement, and service providers to increase safety through education and crime prevention) held the 2nd Sand for Seniors program on Nov. 19th. Members of the South Hadley DPW, teams from our South Hadley Fire & Police Departments, the COA and the members of the Hampden County Sheriffs Office filled 5-gallon buckets with sand and then delivered them to over 60 South Hadley Seniors. Our TRIAD members hope the sand buckets will be used by seniors, and/or family members, on icy walkways and stairs to decrease the risk of falls. The link between winter weather and falls in the elderly is well-known. Falls are the number one cause of fatal and non-fatal injuries in older adults. The collaborative work of our TRIAD partners bolsters our united commitment to provide opportunities to keep our older adults safe.

Many thanks to our South Hadley Knights of Columbus Council #1721, for over 15-years, they've prepared and delivered a hot, ready-to-eat Thanksgiving dinner to many of our South Hadley Meals on Wheels clients. We're so grateful for their commitment to provide this meal for our older adults and we hope their organization will be able to continue this wonderful "tradition" for our homebound folks.

~Wishing you all the best for the holidays, Leslie

SOCIAL SERVICES –ANN'S CORNER

Low Vision Group~ Tuesday, December 10 @ 10:00 a.m. Our guest speaker will be Jane Barker, Medication Management Specialist @ MedMinder Pharmacy. For information call Ann at 538.5042 ext. 6206
Lunch reservations: Call Ola @ ext. 6201

Ann's Community Outreach Days for DECEMBER~WEDNESDAYS

NEWTON MANOR ~ December 4th HUBERT PLACE~ December 11th LATHROP VILLAGE~ December 18th.
Time 2:00 to 3:00 p.m.



FUEL ASSISTANCE 2019/2020

The fuel assistance season begins **November 1st**. Those South Hadley Seniors who have received their recertification packet from Community Action and would like help, please call Ann at 538.5042 ext. 6206. The application process can be time consuming, therefore I am unable to accommodate "walk-ins". Included in your packet is a check list of the necessary documents you need to bring to your appointment. **Please read carefully.** Sending your application without proper documents will result in a delay of the approval process. Here are the income guidelines:

FAMILY SIZE INCOME LIMIT

1	\$37,360
2	\$48,855
3	\$60,351

ANNUAL ELECTRIC LIGHT CREDIT

The Council on Aging will once again offer an electric light credit to those **South Hadley Seniors** who qualify. Some financial guidelines do apply. If you are experiencing a hardship, either financial or medical, we may be able to ease that burden. These gifts are made possible by the **generous** donations from your friends, neighbors and our local businesses. If you would like to be considered for a light credit, please call Ann at 538.5042 extension 6206. Deadline for requests is **December 31st**.

TaxAide Program Volunteer Opportunity

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. And we want you to join us. Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns on the computer. Basic computer skills and some experience in filing your own tax returns are helpful, along with a willingness to make a one day per week time commitment during our 10-week tax season. Hands-on training is provided in the classroom, and we have experienced Counselors to assist at all sites. Please fill out an application to become a part of this invaluable team: www.aarpfoundation.org/TaxaideVolunteer.

For questions or additional information, please contact Chuck Johnson, email: cjohnson@smith.edu; or Gail Bielizna, email: gspielz@comcast.net

FRIENDS OF SOUTH HADLEY ELDERLY

The Friends are grateful for the following generous donations to the New Senior Center Building Fund:

Edward & Kathleen Kopec * Jeannett L. Teece * Christopher Rogers * Cecile & Richard Girard in memory of Kathleen Moore Gagne * Linda Gerbert in memory of Ray Gerbert * Robert & Marianne Foote in memory of Will Beaudry * McCray's Country Creamery in memory of Ann Haber * Robert Labonte in memory of Margaret Labonte

Holiday Wreath Sale & Pick up

Wreath pick up is on Tuesday, Dec. 3rd from 12-5pm at St. Theresa's Church. If you haven't preordered your wreath, email Kim @ Ksprough@me.com to reserve a small (\$15) or a large (\$20) wreath with a bow.

HOLIDAY PARTY: The Friends will again be raffling off gift baskets for December's holiday party. We're seeking donations of gift cards to include in the baskets. If you have any gift cards you'd like to donate (range \$5-\$15) please leave at the COA, attention "Friends".



Holiday shopping is easy at [smile.amazon.com](https://www.smile.amazon.com)

Amazon donates ½% of your purchases to Friends of the South Hadley Elderly, Inc".

How to sign up for AmazonSmile:

1. Visit smile.amazon.com
2. Sign in with your Amazon.com credentials
3. Select "Friends of South Hadley Elderly, Inc."

FRIENDS 2020 MEMBERSHIP DRIVE BEGINS

Please renew your membership or consider joining the Friends of the South Hadley Elderly today as our 2020 Membership Drive kicks off. Membership dues are \$10pp/\$20 couple. Dues are a valuable source of funding for Friends and help support free programming and entertainment offered at the COA. Mail your dues to Friends of S.H. Elderly at 9 East Parkview Dr.

Are you a Florence Bank Customer?

Florence Bank is giving away \$100,000 in community grants to local non-profits as part of their

Customers' Choice Community Grants.

Please vote for the Friends by going online to www.florencebank.com/vote and type in "Friends of the South Hadley Elderly". Voting can also happen in person at the branch office. Any charity that receives 50 or more votes will receive a portion of this grant money.

TRAVEL CLUB TRIPS

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

Sunday, February 9, 2020: "Jekyll & Hyde" A powerful musical adaption of Robert Louis Stevenson novel - at Warner Theater . Pre-show lunch at Venetian Restaurant. Cost: \$105pp. Call Huguette Supinski (413) 530-6162.

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, 413-530-6162.

March 26, 2020 Seven Angels Théâtre, Waterbury CT: "Always a Bridesmaid" Transportation, luncheon & Show Cost \$105. Call Dolores Giroux @ 413-519-5434.

April 28, 2020 :Aqua Turf Club, Southington, CT "Stars of the Grand Ole Opry". Music and Laughter. Package includes: Transportation, luncheon and show. Cost \$100. Call Jon Camp @ 413-536-4113.

May 19, 2020: Bronx Zoo, NY City. The Total Experience Pass includes Wild Asia Monorail, Butterfly Garden, Congo Gorilla Forest, Jungle World, New Dinosaur Safari & Zoo Shuttle. Lunch on own. Includes dinner at Cracker Barrel in Milford, CT. Cost \$115. Jon Camp @ 413-536-4113.

June 18, 2020: Lake George Luncheon Cruise, Lake George, NY. 2 hour Luncheon Cruise aboard the **Lac du Saint Sacrement**. Package includes: Transportation, cruise, lunch, entertainment and winery tour & tasting. Cost \$115. Call Dolores Giroux @ [413-536-2779](tel:413-536-2779).

August 18 to 21, 2020: Quebec City, Canada. This 4 day / 3 night / 8 meal trip. Call Huguette, 413-530-6162.

September 15, 2020: Dan'l Webster Inn with New Cabaret Show, Sandwich, MA. Call Dolores Giroux @ [413-536-2779](tel:413-536-2779).

October 13, 2020: Inn at East Hill Farm, Troy, NH. And Cathedral of the Pines. Call Huguette, 413-530-6162.

INFORMATION & THANKS



SENIOR FARE FREE TUESDAYS

Seniors ride PVTA's Fixed
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PVTA bus tickets are also
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COA on
Channel 15
SHCTV
South Hadley's
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Television

Did you miss the COA's Winter
Safety & Preparedness Fair on
October 9th?

If you follow the link below you
can watch the presentations on
South Hadley's Community
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<https://vimeo.com/368801843>

THANK YOU!

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

The Friends of South Hadley Elderly,
Tammy Larcombe
Sol Fontanez from Beacon Hospice,
Homewatch Caregivers, The Michael
E. Smith Middle School,
Representative Dan Carey and Big Y
Pharmacist, Michael Desmarais.

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

**The Golden Chronicle
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mailed to over 2326 seniors in
South Hadley**

If you enjoy the monthly mailing,
please consider making a \$5.00
suggested donation to The News-
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postage.

The cost to out-of-town subscribers
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Remember, If you go south for the
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**TO SIGN UP FOR AN EMAILED
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Lnapiorkow-

ski@southhadley.ma.gov

DECEMBER 2019 – MEMORIAL DONATIONS & OTHER DONATIONS

We are sincerely grateful for all the donations 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 news-
letter.)

ANNE HABER

Janet Brunelle

KRIS SCHEINOST

Dianne Scheinost

INDU PRADHAN

Gayatri Bastia

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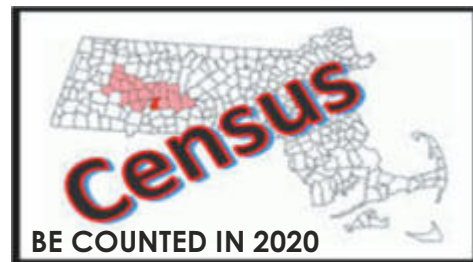
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GIFT FUNDS

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 Elderly 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 ; make your check payable to
The Friends of South Hadley Elderly

*In Honor or Appreciation 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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