

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.

Weight Watchers Reimagined

Join us for a Weight Watchers Informational Meeting
Wed. Jan. 8th at 12:15
in room #2



Memory Training

An Innovative, 4-week Educational Program for Improving Memory

Class taught by Carol Constant, Loomis Communities Director of Community Engagement and Susan LaBonte, Retired Special Education Teacher.

Classes held on January 17th & 24th and February 7th & 14th
10am to 12pm.

Registration is required, because this class is progressive, please call 538-5042

Memory Training is an innovative, educational course that teaches individuals techniques to improve their memory in a fun, interactive classroom environment.

Topics covered:

- What memory is and how it works.
- How to reduce your memory burden.
- Your learning style.
- Better memory habits

Strategies & techniques for some of the most common memory complaints.

SNOW, SLEET, FREEZING RAIN & TOWN ALERTS

Watch channel 22 (wwlp.com) or 40 (WesternMassNews.com) for senior center cancellations and closures.



Sign up to receive alerts about emergencies, flooding, road closures, power out-ages & info relevant to the community.

www.southhadley.org

go to "I want to..."

go to "Requests/Submit"

go to "Alerts and Notifications"

And Sign-Up!



Gratitude Box

During the month of January

Help your brain release the "feel good" neurotransmitters dopamine and serotonin by dropping a note of gratitude or a compliment to someone into the COA Gratitude Box.

You can sign your name or keep it anonymous. Notes will be read once a week at lunch.

Learn at Eleven-Thirty

Learn at "Eleven-Thirty" is a bi-monthly information presentation for all.

Participants DO NOT need to attend the daily lunch program to join the presentation, participate in the discussion and/or ask questions.

Join us!

(Formally Lunch & Learn)

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South Hadley COA - South Hadley, MA 06-5294

JANUARY HAPPENINGS & HIGHLIGHTS



JANUARY Birthdays & Anniversaries

Celebrated at lunch on Thursday
January 30th.

Call Ola 538-5042, to reserve

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

Compliments of our **FRIENDS** group



Baby It's Cold Outside! —Friday,

Jan. 3rd 10am. Warm up with a cup of cocoa from our “**Hot Chocolate Bar**” between 10am –11am. Fixings include: Peppermint Stick Stirrers, whip cream, marshmallows and sprinkles.

We will have “**no sugar added**”

cocoa so everyone can enjoy. Brenda and Kerry will be your Cocoa Baristas!



Sock Snowman Craft - Monday, Jan.

13th, at 10am. Turn ordinary socks into adorable Snow men. Supplies provided.



Lunch & Legislature with Rep. Dan Carey

Monday, Jan. 6 at 11:45am.

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



MOVIE with Popcorn

1st Tues./Month: Jan 7th, 1:00pm

“**HIDDEN FIGURES**”(2017) Biography/
History. **Based on a True Story**

The U.S. was racing against Russia to put a man in space when three brilliant African-American female mathematicians, known as NASA's “human computers”, served as the

brains behind one of the greatest operations in U.S. history. Starring Octavia Spencer, Taraji Henson, Kevin Costner.

Brain Healthy Smoothie

Wed. Jan. 8th at 10:30am

Sherry from Willimansett Center East will make brain healthy smoothies. Sherry will help make healthy smoothies for tasting, and then she will help make a second type of smoothie with an extra ingredient that will taste great *and* boost brain health. Come and take part and sample these delicious smoothies, then let us know what you think. Space is limited.

Sign up by Friday, January 3rd. 538-5042

Boost Your Brain Health By Eating Well

Thursday, Jan. 30th 10:30 to 11:30am

Julie from Armbrook Village will discuss the benefits of the Mediterranean Diet for brain health.

Food samples & Raffle included

Learn at Eleven-Thirty

All welcome to attend! You DO NOT need to stay for lunch to attend this presentation.

The History of the Brain

Tuesday, January 7th at 11:30am to 12pm

Join Jamie Church, Professor of Neuroscience and Psychology at Mount Holyoke College, for a talk on the history of the brain.

Brain, Breath & Body Connection with Kerry

Tuesday, Jan. 14th, at 11:30am– 12pm

Join Kerry to learn more about the connection between the breath and the brain. Learn basic strategies to calm your body and mind and why it works .

Senior Medicare Patrol Information

Thursday, Jan 16th at 11:30am Protect Yourself From Medicare Fraud!

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year? Come meet a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations.



SAND FOR SENIORS

is still available to South Hadley senior residents.

Provided by the South Hadley TRIAD

During the winter stairs and walkways become slippery with ice and snow. Do you need a bucket of sand delivered to your home to help prevent falls?

Call 538-5042 to order your bucket!



AARP FOUNDATION TAX PREP—

Due to a shortage in personnel, AARP **will no longer offer** a free tax preparation to low—and moderate-income older adult taxpayers, ages 60 and older **at the South Hadley COA**. South Hadley residents, 60-years and older, are encouraged to contact the **Belchertown COA at 323-0420**, the **Holyoke COA at 322-5625** and the **Chicopee COA at 534-3698** to schedule an appointment with an AARP Tax Preparer. **All Council on Aging's accept out-of-town participants for their AARP Tax Prep programs.**

The Questions on the 2020 Census

The 2020 Census is easy. The questions are simple. There are 7 questions:

- **How many people are living or staying at your home on April 1, 2020.** This will help us count the entire U.S. population and ensure that we count people according to where they live on Census Day.
- **Whether the home is owned or rented.** This will help us produce statistics about homeownership and renting. The rates of homeownership serve as one indicator of the nation's economy. They also help in administering housing programs and informing planning decisions.
- **About the sex of each person in your home.** This allows us to create statistics about males and females, which can be used in planning and funding government programs. This data can also be used to enforce laws, regulations, and policies against discrimination.
- **About the age of each person in your home.** The U.S. Census Bureau creates statistics to better understand the size and characteristics of different age groups. Agencies use this data to plan and fund government programs that support specific age groups, including children and older adults.
- **About the race of each person in your home.** This allows us to create statistics about race and to provide other statistics by racial groups. This data helps federal agencies monitor compliance with anti-discrimination provisions, such as those in the Voting Rights Act and the Civil Rights Act.
- **About whether a person in your home is of Hispanic, Latino, or Spanish origin.** These responses help create statistics about this ethnic group. This is needed by federal agencies to monitor compliance with anti-discrimination provisions, such as those in the Voting Rights Act and the Civil Rights Act.
- **About the relationship of each person in your home.** This allows the Census Bureau to create estimates about families, households, and other groups. Relationship data is used in planning and funding government programs that support families, including people raising children alone.

Governments, businesses, communities, and nonprofits all rely on the data that these questions produce to make critical decisions.

The Census Will Never Ask Certain Questions: During the 2020 Census, the Census Bureau will *never* ask you for:

- ~ Your Social Security number.
- ~ Money or donations.
- ~ Anything on behalf of a political party.
- ~ Your bank or credit card account numbers.

If someone claiming to be from the Census Bureau contacts you via email or phone and asks you for one of these things, it's a scam, and you should not cooperate.



TRANSPORTATION

COA MINI-BUS IS HANDICAP ACCESSABLE

To & From the Council On Aging is ONLY .75 each way! Door to Door Services

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

You must schedule rides 24-hours in advance. Call 538-5042

ONGOING GROUPS, SERVICES & PROGRAMS

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 & Maggie The 1st & 3rd Tuesdays of the Month at 10:30am

Brown Bag Program 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 pm 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 Hiatus: We are revamping our Memory Café Program and will reopen the Café in June 2020. The Café will meet twice a month and members will be invited to stay, if they wish, for our daily lunch program—complements of our Friends of South Hadley Elderly. Please call Kerry if you have any questions. 538-5042, ext. 6205

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.

Visits with the Nurse: 2nd Thursday of the month, 12:00-2:00 p.m. The Board of Health Nurse, Marge Bernard, is available for monthly, drop-in visits with seniors. Have your blood pressure checked or just share a concern or ask a question. Stop in to room #2 to meet with Marge. You can always contact Marge at 413-536-6688

WEIGHT WATCHERS REIMAGINED (WW): ~ Come find out what WW is all about: An Informational meeting will be held on January 8th at 12:15pm. A new session starts in mid-January.

JOIN OUR EMAIL LIST: email Lnapiorowski@southhadleyma.gov

JANUARY 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 style="text-align: center;">BE COUNTED</p> 	<p style="text-align: center;">1</p>  <p style="text-align: center;">(NO MEAL SERVICE)</p>	<p style="text-align: center;">2</p> <p>MENU: CHICKEN MARBEL-LA 10:00 am: Alzheimer's Caregiver Support Group</p>	<p style="text-align: center;">3</p> <p>BIG Y SHOPPING MENU: FISH & TOMATO STEW</p> <p>10 –11:00: “Baby It’s Cold Outside”: HOT COCOA BAR—Dining Rm (Sign-up by 1/2)</p>
<p style="text-align: center;">6</p> <p>MENU: SALISBURY STEAK WITH MUSHROOMS</p> <p>11:45 LUNCH & LEGISLA-TURE: Rep. Dan Carey</p>	<p style="text-align: center;">7</p> <p>BIG Y SHOPPING MENU: CHICKEN POT PIE</p> <p>11:30 LEARN AT ELEVEN-THIRTY: “The History of the Brain”</p> <p>1:00 MOVIE: “HIDDEN FIG-URES” (2017) - <i>Based on a an Amazing True Story. Don't Miss it!</i></p>	<p style="text-align: center;">8</p> <p>MEMORIAL DRIVE SHOP-PING MENU: STUFFED SHELLS WITH MEAT SAUCE 10:30am BRAIN HEALTH SMOOTHIE: Sherry from Willi-mansett Center East will make brain healthy smoothies. Sign-up by 1/3 3:00pm Bookclub</p>	<p style="text-align: center;">9</p> <p>MENU: FRENCH MEAT PIE WITH GRAVY 10:00 Veterans Meeting 12:00-2:00 Visit with the Nurse (drop in) 1:15-2:30 KARAOKE KLUB BEGINS with Ron & Joan Leombruno—join in the fun!</p>	<p style="text-align: center;">10</p> <p>BIG Y SHOPPING MENU: CHEESE OMELET</p>
<p style="text-align: center;">13</p> <p>MENU: CHICKEN WITH ORANGE GLAZE</p> <p>9-12 SHINE (Call for Appt) 10:00 Sock Snowman Craft 4:30pm COA Board of Directors Meeting</p>	<p style="text-align: center;">14</p> <p>BIG Y SHOPPING MENU: TACO TUESDAY — BEEF/BEAN MIX WITH CHEESE 10:00 LOW VISION GROUP 11:30 LEARN AT ELEVEN-THIRTY: “Brain, Breath & Body Connection” with Kerry FRIENDS MEETING AT 4PM</p>	<p style="text-align: center;">15</p> <p>MEMORIAL DRIVE SHOPPING MENU: LASAGNA WITH MEAT SAUCE</p>	<p style="text-align: center;">16</p> <p>MENU: SLICED PORK WITH APPLE-ONION GRAVY 10:00 am: Alzheimer's Caregiver Support Group 11:30 LEARN AT ELEVEN-THIRTY: “Senior Medicare Patrol Information”</p>	<p style="text-align: center;">17</p> <p>BIG Y SHOPPING MENU: POTATO POLLOCK</p>
<p style="text-align: center;">20</p> 	<p style="text-align: center;">21</p> <p>BIG Y SHOPPING MENU: HOT DOG WITH BUN</p> <p>9:00 Brown Bag</p>	<p style="text-align: center;">22</p> <p>MEMORIAL DRIVE SHOPPING MENU: DIJON-TARRAGON CHICKEN</p>	<p style="text-align: center;">23</p> <p>MENU: ROAST TURKEY WITH GRAVY</p>	<p style="text-align: center;">24</p> <p>BIG Y SHOPPING MENU: TUNA NOODLE/ PEAS CASSEROLE</p>
<p style="text-align: center;">27</p> <p>MENU: SWEDISH MEAT-BALLS</p> <p>10:00: Radio Show: “The Shadow” BHMA: Etienne Perley plays the Pan Pipes</p>	<p style="text-align: center;">28</p> <p>BIG Y SHOPPING MENU: MILD COCONUT CUR-RY CHICKEN</p> <p>9:00 NEWSLETTER COLLATING</p>	<p style="text-align: center;">29</p> <p>MEMORIAL DRIVE SHOPPING MENU: SHEPHERD'S PIE</p>	<p style="text-align: center;">30</p> <p>MENU: YANKEE POT ROAST <i>Birthday & Anniversary</i> 10:30-11:30am “Boost Your Brain Health by Eat-ing Well”</p>	<p style="text-align: center;">31</p> <p>BIG Y SHOPPING MENU: SALMON WITH DILL SAUCE</p>

DAILY ACTIVITY SCHEDULE

Ongoing activities—new participants always welcome!

MONDAY	8:00—10:30	No Charge	Cornhole Beanbag Games - Gym 2
	9:00am	Pay Instructor	Tai Chi (Room #5) - pay at the office. Rm #5&6
	10:00am	\$3.00 Per Class	Music Appreciation (Rm #4)
	10:00am	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	10:00am	Cost varies per session (Check with Office)	Beginning Exercise (Rm 5 & 6)
	1:00pm	No Charge	Bingo (Rm 5 & 6),
WED.	9:00am	\$5.00 per class drop in	Gentle Yoga With Michele (Rm #5&6) 1/8—2/26
	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.	9:30am	\$5.00 (Pay instructor)	Watercolor Class (Rm #3) check with office 538-5042
	10:00am	Cost varies per session (Check with Office)	Beginning Exercise (Rm #5 & #6)
	10:15am	\$3.00 (Pay instructor)	Seated & Standing Yoga (Rm #3)
	1:00pm	No Charge	Quilting (Rm #4), Chip Poker (Rm 2)
	1:15pm	No Charge	Karaoke Klub
FRIDAY	8:00—10:30	No Charge	Cornhole Beanbag Games- Gym #2
	10:30am	No Charge	Healthy Bones & Balance (Rm #5 & #6)
	1:00pm	No Charge	Bridge (Rm #3), Canasta (Rm 4),
	1:00pm	No Charge	Cribbage (Rm#5&6) Knitting (Rm#2)

The COA Book Club

Meets the 1st Wed. of the Month

January 8, 2020 – “Summer Sisters” by Judy Blume . **February 5**, – “Last Train to Memphis: The Rise of Elvis Presley” by Peter Guralnick **March 4**, – “To Kill A Mockingbird” by Harper Lee **April 1**, – “Love & Ruin” by Paula McLain **May 6**,– White Houses” by Amy Bloom . **June 3**, – “Cleopatra: A Life” by Stacy Schiff

KARAOKE KLUB

Starts 1/9/20 Thurs. at 1:15pm.

Ron & Joan Leombruno share their selection of over 3,000 songs!
If you have never done Karaoke before, this is a lighthearted and encouraging environment for all to participate. You don't have to sing— audience members and dancers are encouraged!

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.

January 27th at 10am
“The Shadow “



CORNHOLE IN THE GYM

Monday & Friday Mornings
Drop-in anytime
Between 8am to 10:30am



GENTLE YOGA

With Michele Lyman
from Serenity Yoga
Starts Jan. 8th—Feb. 26th

8-week session, 9:00am to 10am
\$5.00 per class
(paid to instructor)
Yoga mats and blocks supplied



SHAKESPEARE

Lovelier the Second
Time Around?

Tom Malone will be back in
March with
Julius Caesar

“Beware the Ides of March...”

A MESSAGE FROM LESLIE

Welcome 2020, the start of a new and exciting decade for the South Hadley Senior Center!

We would like to thank our South Hadley Municipal Departments, the generous Community of South Hadley, our tireless volunteer board and committee members and many dedicated individuals who, through your efforts, have supported our work at the Senior Center on behalf of South Hadley's older adults. To our Friends of the South Hadley Elderly and their President Kim Prough — Thank you—you dramatically put the “Fun” back into Fundraising this year! Handbag Bingo, anyone!

Updates on the New Senior Center Building Project: On December 3rd, the Selectboard awarded Souliere & Zepke Construction Company the contract to serve as the General Contractor on the New Senior Center Building Project.

New in 2020: Over the next year, we are going to explore what it means to age well. Our 2020 programming will target the six dimensions of wellness for senior health: the physical, emotional, spiritual, intellectual, environmental and social. We hope you will join us on this journey of discovery. ~ Leslie



JANUARY FOCUS ON THE BRAIN

In January, we will focus on ways to preserve memory, prevent brain diseases and support brain health.

Activities include:

- * A four week, progressive series of Memory Training workshops to support mental fitness
- * Learn at 11:30 talks that touch on sleep & relaxation, medical health, and mental fitness
- * Brain Healthy Nutrition Activities
- * Gratitude Box to help release “feel good” neurotransmitters

SOCIAL SERVICES –ANN'S CORNER



FUEL ASSISTANCE 2019/2020

The fuel season has just begun! New applications can be submitted through **April 30, 2020**. Do not delay in getting help with your fuel bill! 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

Ann's Community Outreach Days at Newton Manor, Hubert Place and Lathrop Village are on hold for the winters months of January—March 2020! Ann can be reached at the Senior Center, Monday thru Friday from 8:00 a.m. to 4:30 p.m. by calling 538.5042 ext. 6206 or by email @ aandras@southhadley.ma.gov

Low Vision Group~ Tuesday, January 14, 2020 @ 10:00 a.m. For information call Ann at 538.5042 ext. 6206. **Transportation reimbursement is available.** Members are encouraged and welcomed to stay for lunch immediately following the meeting. **For mini van and lunch reservations: Call Ola @ ext. 6201.** We will be starting off the new year with a slate of informational speakers. We hope to have a complete list available to all at the January meeting. **Watch for weather cancellations on Channels 22 or 40. If the Senior Center is closed, the meeting will be cancelled.**

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 has been extended to **January 31st.**

FRIENDS OF SOUTH HADLEY ELDERLY

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

Suzanne Desautelle, Robert Russell, Priscilla Mandracha, Donna Kuenzel, The Red Hat Society, Carol Kayi in memory of Dr Cengiz Kayi, Judi Strzempko in memory of Stan Strzempko, Pranati Chakrobarti in memory of Dr. Anil Chakrabarti, Laura Gauthier in memory of Rita Crowbak & Norma McCain in memory of Bob McCain

The Friends of the South Hadley Elderly would like to extend our deepest gratitude to the South Hadley and COA community for all of the tremendous support we've received throughout 2019. We would like to thank the staff at the COA for their continuous support and for giving us a home base. We're exceptionally appreciative to the senior community for attending our events and helping to promote our happenings. And we thank all of the many volunteers who have generously shared their time throughout the year. We couldn't have had such a successful year without all of you.

P.S. While the Friends operates independently from the COA, we work closely with the Council to financially support programs and activities that can be offered free of charge to the senior community. We hope you will consider supporting the Friends in 2020 by becoming a member today. Membership dues are just \$10 per person for the year.

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.

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 Hugette Supinski (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.

March 31, 2020: Encore Casino, Boston, MA Cost \$50—Call Hugette Supinski @413-530-6162 (Full payment required at time of reservation)

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).

July 14, 2020: Connecticut Lighthouse Cruise, New London, CT. 2-hour cruise from New London to Long Island. Package includes: Transportation, cruise, with lunch Y shopping in Olde Mistick Village. Cost: \$115. Call Susan Canedy @536-2106

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.

PVTA TICKETS, WELLNESS SCHOLARSHIP & THANKS



SENIOR FARE FREE TUESDAYS

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**PVTA bus tickets are also
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WELLNESS SCHOLARSHIP

We want all our members to be able to enjoy the activities and exercise classes at the senior center. Starting in January 2020, we will offer up to two \$15.00 scholarships per month to low-income older adults living in South Hadley.

There is a maximum of (\$150) per calendar year/per member. Contact Ann Andras at aandras@southhadley.ma.gov or call 538-4042 for an application.



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

**The Friends of South Hadley Elderly,
Big Y, Carey's Flowers, Inc., Repre-
sentative Dan Carey, Bruce Forcier,
Willimansett Center East Nursing
Center, Armbrook Village in
Westfield, Dr. Jaime Church,
Kenny Rogers and
Ron and Joan Leombruno**

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.

**South Hadley
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Marjorie S. Block, D.M.D.

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DONATIONS AND MEMORIALS

The Golden Chronicle is published monthly and mailed to over 2,300 seniors in South Hadley

If you enjoy the monthly mailing, please consider making a \$5.00 suggested donation to The Newsletter Fund to offset the cost of postage. The cost for out-of-town subscribers is \$10.00 per year if mailed.

There is no charge if emailed.

Remember, if you go south for the winter (or anywhere else warm) let us know and we can mail or email your newsletter to your address.

PREFER TO HAVE YOUR NEWSLETTER EMAILED?

Call Lisa at 538-5042 or email Lnapiorkowski@southhadley.ma.gov

JANUARY 2020 – 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 Newsletter.)

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WE ARE VERY GRATEFUL FOR THE FOLLOWING DONATIONS FROM:

South Hadley/Granby Chamber of Commerce

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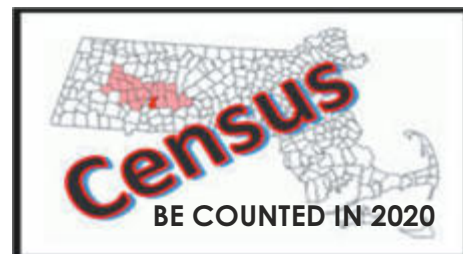
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GIFT FUNDS

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 Senior Center Fund

Join the Friends in supporting the new Senior Center. All contributions are tax deductible as the Friends is a 501(c) (3) non-profit organization
Please support our goal ; make your check payable to
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If you DO NOT want your name published in the newsletter, please
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