

THE GOLDEN CHRONICLE

THE SOUTH HADLEY COUNCIL ON AGING

The mission of 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.

🕒 8 a.m. - 4:30 p.m.
Tuesdays until 7 p.m.

📍 45 Dayton Street
South Hadley, MA 01075

☎️ 413-538-5030

✉️ coa@southhadleyma.gov

🌐 southhadley.org

📘 @southhadleycoa



Veterans Appreciation Breakfast: Curbside! November 9 Pick up: 9 a.m. to 10 a.m.

We are the land of the Free because of the Brave. The Council on Aging and South Hadley Veteran Services Department will be honoring veterans with a grab and go breakfast catered by Hamel's

Catering. Please drive- by the senior center (follow signs) to receive your complimentary boxed breakfast. Delivery is available. **Call 538-5030 by November 3rd** to reserve your breakfast. Appreciation events will include displays by the S.H. Fire Department and VFW post 3104, and a special program on Channel 15 at 11am.

November 2021

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Due to the ever-changing Covid-19 conditions, all of our planned events, programs, and activities are subject to change.

Friendsgiving with the Agawam Melody Band Thursday, November 18 at 2 p.m. This event has limited in – person seating. Reservations are required.

The Agawam Melody Band is a quintet that performs in the local Western Mass area about 50 to 60 times a year, at various venues and events. With a colorful and unique history, the band was formed out of the Agawam Senior Center roughly 30 years ago, and all money received was donated to them for various projects and needs. The music performed covers a wide range of 30's and 40's type music through the 60's...and perhaps later. Featured is upbeat, high energy type swing music along with latin, polkas, country and big band arrangements. All members sing, as well!



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Stop In at the Café!

Monday - Friday
8 a.m. - 2 p.m.
Cash Only



Serving select breakfast and lunch items. Coffee and tea, juice, muffins, danish, ham and cheese and turkey and cheese sandwiches with lettuce and tomato. Have a side of soup or chips. Soup available after 11 a.m. for sit-down or take-out. Try a bowl of Billy's delicious dinner!



A NOTE FROM LESLIE

Tuesday nights at the Senior Center

We are excited to offer evening hours at the center on Tuesday nights; the Center will remain open until 7pm. Currently, we have a variety of activities and programs planned for November and December, but I encourage you to reach out to me to discuss class offerings and presentation topics you would like to see offered at the center on Tuesday nights, or during the day. If you're interested in playing pool, the billiards room is open and available on Tuesday nights and if you're interested in starting a Tuesday night pool league, I'd be happy to hear from you.

If you're interested in starting a new group or club, let's talk about it. The Friends of the South Hadley Seniors have offered to support and fund the start-up cost for new equipment or supplies that would be needed to get a new program underway.

For now, check out our Tuesday night list of activities and presentations on page 7 of this newsletter.

Call 538-5030, ext. 6204, or email me, lhennessey@southhadleyma.gov


WestMass ElderCare Congregate November Lunch Menu

For questions about meals, please call the Nutrition Department at 413-538-9020

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Food	Food	Food	Food	Food
8	9	10	11	12
WestMass ElderCare was unable to provide us with a November lunch menu before the newsletter went to print. We will have copies available at the center. We apologize for any inconvenience this may cause.			Center Closed for Veteran's Day	Food
			18	19
			Food	Food
25	26			
Food	Food	Food	Center Closed for Thanksgiving	Center Closed for Thanksgiving
29	30	Monday - Friday, 11 a.m. - 1 p.m. Lunch Served at Noon		
Food	Food	Reserve meals by noon the day before.		
Anonymous, suggested donation is \$2.25 for 60 or older and guests under 60 are charged \$6.50 per Federal Regulations. Title III-C Congregate Meal Site program provided by WestMass ElderCare through funding from the Executive Office of Elder Affairs.				

4 Activities Schedule

Weekly Activities - Call or email COA@southhadleyma.gov for activity details

Monday	Tuesday	Wednesday
8 a.m. - 4 p.m. Billiards	8 a.m. - 4 p.m. Billiards	8 a.m. - 4 p.m. Billiards
9 a.m. - Cornhole	9 a.m. - Stretch & Go with Lindsey !	9 a.m. - Dance with Loryn
10 a.m. - Tai Chi & Qigong for Health and Relaxation	10 a.m. - Fitness Basics	9:30 a.m. - Circuit Training
11 a.m. - Gratitude Journal Group !	1 p.m. - Bingo	10:30 a.m. - Fitness Room Orientation
1 p.m. - Zumba Gold	1 p.m. - Gentle Yoga !	10:30 a.m. - Healthy Bones & Balance
1 p.m. - Mah Jongg	1:30 p.m. Learn to play Pinochle	1 p.m. - Mah Jongg
1:15 p.m. - Monday Movies !	1:30 p.m. - Pinochle	1 p.m. - Pitch
	5:45 p.m. - Line Dancing for Beginners	
Thursday	Friday	! Indicates a new activity
8 a.m. - 4 p.m. Billiards	8 a.m. - 4 p.m. Billiards	
9 a.m. - Stretch & Go with Lindsey !	9 a.m. - Cornhole	
9:30 a.m. - Watercolors	10:30 a.m. - Healthy Bones & Balance	
10 a.m. - Fitness Basics	1:15 p.m. - Cribbage	
11 a.m. - Seated & Standing Yoga	1 p.m. - Learn to Knit	
1 p.m. - Chess & Scrabble !	1:30 p.m. - Bridge	
1 p.m. - Quilting	1:30 p.m. - Fiber Arts Club !	

Arts & Crafting

Creative Collage

1st & 3rd Wednesday of the month at 9:30 a.m.

Linda is there to guide you as little, or as much as you need. She has techniques, prompts, materials to share. Come and express yourself through art!

Craft Club - 1st and 3rd Wednesdays

At 1 p.m. - Pre-registration required

November 3 - Decoupage Serving Tray

You can decorate your serving tray with paint and decoupage for a one of the kind holiday gift!

Must pre-register, limited to 12 crafters. Cost - \$10.00

November 17 - Essential Oils Room Spray

Traditional room sprays and scented plug-ins are made with toxic chemicals and artificial fragrances. These room sprays will change the atmosphere of your home, or make a wonderful gift!

Must pre-register, limited to 12 crafters.

Cost - \$10.00 for two 4 oz bottles

Seasonal Centerpiece Club

Tuesday, November 1 at 1 p.m.

Make a November basket centerpiece for our dining room tables, and take one home for your own table!

Must pre-register, limited to 10 crafters.

Take your centerpiece home: \$5.00



Alcohol Ink Art Painting

Tuesday, November 2, 9 a.m. to noon.
Instructor is Barbara Sullivan

Have fun with Alcohol Ink Art! It is fun for both the experienced artist who would like to try something new and absolutely perfect for those who have never done art before. No previous experience is necessary. You will leave with your own creative piece of art and more than likely the desire to pursue a new hobby!

Fiber Arts Club !

Friday at 1:30 p.m.

This club is open to those who like to knit, crochet, cross stitch, and embroider. Spend time with others and share patterns and tips, Fridays by the fireplace!

"Thankful" Puzzle Decorating

Friday, November 12 from 1 p.m. - 3 p.m.

Stop by the Senior Center and pick up a puzzle piece to decorate with the theme "What are you thankful for" and return it by November 24. On November 12 we will be putting it together on our puzzle table. We will have an open art session to decorate your piece here with our supplies.

Book Club - Hybrid

Wednesday November 17 at 2 p.m.

This month's book club is meeting early due to the Thanksgiving holiday. We will be meeting to discuss **"The Vanishing Half"** by Britt Bennett. South Hadley Public Library pickup available. Books for the upcoming month are selected at the end of our meeting. To zoom email sgmeiner@southhadley.ma.gov or kflorence@southhadley.ma.gov by November 16.

Jewelry Making

Tuesday, November 2 from 5 - 7 p.m. and Monday, November 15 from 1 - 3 p.m.

Join Sandy for some jewelry making fun! Bring your own beads, or purchase some from Sandy's collection. Pre-registration is required. Cost is \$3.00 plus the price of beads.

Gratitude Journal Writing

Mondays at 11 a.m.

South Hadley Public Library Gatehouse Writers group coordinator Linda Rowland-Buckley facilitates this journal writing group that helps you open up to a more grateful life and greater happiness! Each participant receives a free journal! Open to any writer of any ability.

Memory Café

Wednesday, November 10 and 24 at 10:30 a.m.
A program for those with dementia/memory loss and their caregivers

Held the 2nd and 4th Wednesday of the month from 10:30 a.m. - 12:30 p.m. Join us for socialization, friendship and facilitated fun-centered activities. This month's activities: November 10 - Drum Circle with Jeanne Achille and November 24 - Music Therapy with Dana Osterling. Gratis lunch follows. Carol Constant co-facilitates the Memory Cafe. Pre-registration is encouraged.

Sand for Seniors

Reserve by November 17

Delivery is November 30 from 10 a.m. to noon.

A program through the Council on Aging and South Hadley TRIAD Program.

Order your **FREE**, 5-gallon buckets of sand and members from TRIAD will deliver them to seniors in South Hadley. The sand can be used on residential stairs, walkways, and driveways to decrease the risk of falls associated with winter ice and snow. Call the COA to enroll in this free, senior safety program.

Groups & Wellness

Nail Care

Every other Monday, 9 a.m. - Noon

Basic manicure - 15 minutes for \$10.00
 Manicure with polish - 30 minutes for \$20.00
 Foot beautification - 30 minutes for \$30.00

Foot Nurse, Sharon Beaulieu, RN

1st Tuesday of the month, 9 a.m. - 10:30 a.m.

Sharon, certified foot care specialist, will be at the Senior Center on the 1st Tuesday of the month from 9 a.m. to 10:30 a.m. Sharon will continue her house calls. To book your visit at the Senior Center in November, please call 413-538-5030. To book a house call (ongoing), please call 413-552-9533.

Hampshire Hearing & Speech Services Hearing Screenings & Hearing Aid Cleanings

2nd Tuesday of the Month, 9 a.m. - 12 p.m.

Call to make an appointment

With Audiologists Allison Holmberg and Lisa Howard
 When you call to book your appointment, please specify whether you would like a screening or a cleaning.

Low Vision Group

2nd Tuesday of the Month at 10 a.m.

This group continues to welcome new members. Any senior who has received a medical diagnosis of blindness or is legally blind can join. Call Ann for more information.

Visit with Board of Health Community Nurse, Marge Bernard, RN

2nd Thursday/ Month, 12:30 p.m. - 2:00 p.m. Drop-in

Marge Bernard is available for monthly drop-in visits at the Senior Center. Have your blood pressure checked, share a concern, ask a question, and more. Drop in, or you can always call Marge at 413-536-6688.

Veterans Social Hour with regional Director of Veterans Services, Mike Slater

4th Wednesday of the Month at 10 a.m.

Visit with Mike Slater and your fellow veterans. Chat, reminisce, share concerns, or inquire about benefits and services.

6 Fitness Programs

In-Person Fitness Programs with some hybrid classes

- Registration is required for all fitness classes. You may register for a class a month at a time. Please register at least the day before the scheduled class. Please call 24 hours in advance if you will miss a class, so someone on the wait list can take the class.
- To register for in-person or zoom activities call 538-5030 or email coa@southhadley.ma.gov
- Wellness Scholarships are available and confidential for those who have a limited income. Please see Ann for details.

Please bring a pair of sneakers to change into for your fitness classes.

Tai Chi & Qigong for Health & Relaxation

**Mondays at 10 a.m. All levels 10 a.m. - 10:45 a.m.
Advancing/Intermediate 10 a.m. - 11:15 a.m.**

Beginners: build strength, stamina, and learn sequencing for 45 minutes. Intermediate: start at 10 a.m. and additional 30 minutes to learn Part 2 of the form.

Zumba Gold

Mondays at 1 p.m.

Lower impact than Zumba, but just as fun.

Stretch and Go with Lindsey

Tuesday & Thursday at 9 a.m.

This class will get you up and ready for the day.

Fitness Basics with Lindsey

Tuesdays & Thursdays at 10 a.m. (Hybrid)

Get moving with Lindsey with a little bit of cardio, weight training, and stretching. All abilities welcome.

Gentle Yoga

Tuesdays at 1 p.m.

Heidi Leads this Yoga class which is open to all levels.

Line Dancing

Tuesdays at 5:45 p.m.

Line dancing continues with Liz. Join the fun!

Dance with Loryn

Wednesdays at 9 a.m.

Have some fun and move to the beat with Loryn.

Circuit Training in the Fitness Center

Wednesdays at 9:30 a.m. - \$5.00

Heidi provides a routine that includes all pieces of fitness equipment and additional exercise stations. You must fill out your application packet, including physician sign-off, and complete the fitness room orientation with Heidi (Wednesdays at 10:30 a.m. - pre-register) to participate.

Fitness Room Orientation

Wednesdays at 10:30 a.m. - Mandatory - No Cost

You must complete your fitness room orientation and complete your application before using the gym. Applications are available at the front desk. Once your application is approved a staff member will contact you to schedule an orientation.

RSVP Healthy Bones & Balance Program

Wednesdays & Fridays at 10:30 a.m. - No Cost

This free class is made possible by RSVP. It is designed to increase strength, mobility, flexibility, and balance while having fun and socializing.

Seated & Standing Yoga

Thursdays at 11 a.m. (Hybrid)

Grab a straight back chair, wear some comfy clothes and connect breath with movement.

Circuit Training with Get Movin' Fitness

Tuesdays at 5:30 p.m.

6-week session starts on November 9

Cost: \$4 per class

April Marion provides a routine that includes all pieces of fitness equipment and additional exercise stations. You must fill out your application packet, including physician sign-off, and complete the fitness room orientation with Heidi (Wednesdays at 10:30 a.m. - pre-register) to participate.

Savvy Senior: How To Protect Yourself From Becoming A Victim Of Scams.

November 4 at 1 p.m.

presented by Attorney General's Community Engagement Division. Join us to learn about how to detect and fight against the most common scams happening right now. RSVP by email gmontero@wmeldercare.org or call 413-538-9020, ext. 310 to receive a Zoom link and instructions to participate.

For questions or to register for events, email: coa@southhadley.ma.gov or 413-538-5030

Fiscal Year 2022 Fuel Assistance Guidelines

The Fuel Assistance season officially begins November 1st. Many of you who use “deliverable fuels”, such as oil, propane and wood might have received your recertification packet for the 2021~2022 heating season. PLEASE do not just sign your application and send it back to Community Action! You must provide collaborating documents also. Mailing your recert application without these necessary documents could result in a delay. I am available by appointment, or if you prefer to use a “drop off” option, we now have a secure, lock mailbox attached to the building. I will work on your application, telephone you with any questions and contact you when it is ready to be picked up. This option is available to recertifications ONLY. All first time applicants must have a face-to-face appointment with a trained counselor. To make an appointment or for additional information, call Ann Andras or email her at aandras@southhadleyma.gov

PEOPLE IN HOUSEHOLD	INCOME LIMITS
1	\$40,951
2	\$53,551

PEOPLE IN HOUSEHOLD	INCOME LIMITS
3	\$66,151
4	\$78,751

Medicare Annual Open Enrollment -November 15 through December 7

Attention all Medicare recipients! Now is the time to review your Medicare Insurance plan, whether a Supplement plan, Advantage plan or just your Part D prescription drug plan, this time is set aside especially for you to determine if your current plan is working for you. **If you are satisfied with your current plan, you do NOT need to do anything.** Due to Covid restrictions **all** appointments will be done by telephone. The Senior Center has two certified SHINE counselors who can provide you with the current health insurance changes and premiums. For help with your Medicare questions, an appointment is required. These appointments are for South Hadley residents only. Please call 538-5030 to make your appointment with a SHINE counselor.

Transportation

Council on Aging Transportation Program

We are able to transport you to locations **within** South Hadley. **You must schedule rides at least 24 hours in advance.**

Transportation pricing - door to door service

- \$0.75 one way to the Senior Center
- \$1.25 one way to locations within South Hadley

Transportation hours

- Monday - Friday from 9 a.m. to 3 p.m.

For more information and to schedule transportation, please call the South Hadley Council on Aging at 413-538-5030 or email coa@southhadleyma.gov

Weekly Scheduled Trips

Grocery shopping at Big Y

- Every Tuesday & Friday
- 3 bag maximum, please

Neighbors Helping Neighbors Food Pantry

- Every Wednesday between Noon - 2 p.m.
- Must reserve ride by Monday at 4:30 p.m.

Per CDC order (January 29, 2021)
all passengers must wear a mask that covers
your nose and mouth while using our
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Local help with your Medicare questions.

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8 Evening Happenings Support & Assistance

Jewelry Making

Tuesday, November 2 from 5 p.m. - 7 p.m.

Join Sandy for some jewelry making fun! Bring your own beads, or purchase some from Sandy's collection. Pre-registration is required. Cost is \$3.00 plus the price of beads.

Astronomy Class: Observe the night sky

Tuesday November 9 at 5:45 p.m.

Smith astronomy instructor Meg Thacher returns to show you the stars. We'll review the fall constellations and take a peek at a few winter constellations. Meg will bring her telescope and show you the Moon, Jupiter, a galaxy, and some brilliant star clusters. If it's cloudy, bring your telescope or binoculars and Meg will show you how to use them.

Dementia - Alzheimer's Disease and Beyond

Tues. Nov. 9th at 5:30pm

Karen Buscemi, Psychiatric Mental Health Nurse Practitioner, discusses Nonpharmacologic and Pharmacologic treatment strategies. November is National Alzheimer's Awareness Month and National Family Caregiver Month.

Vladimir Putin: Corrupt, Competent and an Environmentalist

Tuesday November 16 at 5:30 p.m.

Publisher, author and historian Henry Quinlan explores the career of Vladimir Putin, as an autocrat who is corrupt, competent and an environmentalist. Henry will examine the policies and actions that could lead to a new "Cold War.", the opening of the Northern Passage and impact on international trade, points of conflict within the Arctic Council and the Paris Accords, and the role of China in supporting Russia's goals.

Candle Making

Tuesday November 16 at 5:30 p.m.

We will be making scented and unscented teacup candles in time for holiday gift giving. You can bring your own teacup and saucer or choose from our selection. Pre-registration is required. Cost \$ 15.00 with purchase of teacup \$10.00 if you bring your own teacup! 12 limit

Fresh Flower Centerpiece

Tuesday November 23 at 5:45 p.m.

We will be making a fresh flower centerpiece for your Thanksgiving dining room table. Pre-registration is required. Limited to 12 participants, cost \$15.00

Game Night

Tuesday November 30 at 5:45 p.m.

We have a variety of games to enjoy- bring your friends and come on down!

Medicare: Understanding Part A & Part B

Tuesday, November 30 at 5:30 p.m.

This taped presentation by Holyoke Medical Center offers information for consumers about Medicare parts A & B.

Caring for the Caregiver

Every other Monday/month at 3 p.m.

Join WestMass ElderCare and fellow caregivers for a free Caring for the Caregiver virtual support group. This online meeting features supportive conversation focusing on caregiver needs, support resources and self-care strategies facilitated by Caregiver Specialist Sarah Peterson MSW, LCSW. Call 413-538-9020, ext. 310 to register or email gmontero@wmeldercare.org

Brown Bag Program for Seniors -

The Food Bank of Western Mass

Monthly: 3rd Tuesday. Pickup between 10 - 11 a.m.

A monthly, supplemental food program for individuals over the age of 55 who meet certain income guidelines, or those under the age of 55 who have a documented disability and are currently receiving SSDI may be eligible to receive a FREE bag of healthy groceries each month. Please call Ann for more information.

Caregiver Respite Grant

A partnership between the South Hadley Council on Aging and WestMass ElderCare

This grant will provide financial assistance for 16-20 hours of paid, respite support to families in South Hadley who are caring for an older adult who has been diagnosed with Alzheimer's Disease or Dementia. If you are a caregiver of a senior in South Hadley, please call the Center for information This grant is made possible by donations from South Hadley citizens, local businesses, the Koske Family, and from the Cares Act from the Executive Office of Elder Affairs. Please call Ann or email her at aandras@southhadleyma.gov

Medical Equipment Loan

Medical Equipment contact for delivery or pick up: Dave Fenton of the Hampshire County Sheriff's Dept. Please call 413-582-7787; please leave a message.

For questions or to register for events, email: coa@southhadleyma.gov or 413-538-5030

The following activities are sponsored and subsidized by the Friends of the South Hadley Seniors. For more information, please see the inserts.



Holiday Wreath Sale

Date: Dec. 3; 12pm to 4pm.
Time: 12-3PM



Inspirational Christmas Concert Dan Kane & Friends (featuring Freddie Marion)

December 5, 2-3:30PM



QUILT RAFFLE – Tickets on Sale

The COA quilters have made a beautiful quilt which they generously donated to the Friends to be raffled off on

Valentine's Day, 2022. Tickets are on sale now. First prize is the quilt (74"x 88") and second prize is a lovely handmade Valentine's Day wreath. Tickets are \$2 each or 6 for \$10 and are available at the Senior Center. The quilt will be displayed at the Senior Center.

HOLIDAY MEAL OFFERINGS

Sponsored and subsidized by the Friends of the South Hadley Seniors



THANKSGIVING – Wednesday, November 17 (Pickup between 2-3:30pm at the Senior Center) \$7
MEAL RESERVATION DUE NOV 5.



HOLIDAY – Wednesday, December 15 (Pickup between 2-3:30pm at the Senior Center) - Cost: . **MEAL RESERVATION DUE DEC 8.**

** Delivery is available upon request. Financial aid is available for any senior needing assistance.*



**Funding for the Center's Halloween and Autumn Decorations was provided by the Friends of the South Hadley Seniors!
Thank you!!!**



South Hadley Travel Club News

Starting on November 3, 2021, we are resuming in-person hours on Wednesdays, 12 p.m. to 1:30pm

and Thursdays from 10am to 11:30am in the COA small conference room. We look forward to seeing you. Your Travel planners: Susan Canedy & Huguette Supinski.

April 5, 2022: Encore Casino, Boston, MA.

Includes casino bonus of \$20pp free slot play (subject to change). Cost \$65. – call Huguette Supinski @413-530-6162 (full payment required at time of reservation).

Remote iPad help is available

If you would like some remote assistance with iPads or other technology, our volunteer instructor Donna invites you to email her at parkerdonnalynn@gmail.com Donna has also provided a handout, Helpful Hints for Getting the Most Out of Technology Assistance from Family and Friends, that you can pick up at the Front Desk.

AARP Tax-Aide 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 at: www.aarpfoundation.org/TaxaideVolunteer. Training will be done this Fall. For questions please contact: D5Taxaide@comcast.net.

Covid-19 Resources

Senior Center Hotline: 413-650-1021.

Vaccination sites and information: 2-1-1 or vaxfinder.mass.gov

Find a testing site: mass.gov/covid-19-testing

10 Monday Movie Matinees

Matinee Monday Movies at 1:15 p.m.

Book Club - November 1

Diane Keaton, Jane Fonda Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.

The Soloist - November 8

Steve Lopez is a journalist for the LA Times. He is on the lookout for new story ideas when he stumbles across Nathaniel Ayers, a homeless man with extraordinary musical talents.

The Art of Racing in the Rain - November 15

With Kevin Costner, Milo Ventimiglia, Jackie Minns, Marcus Hondro. Through his bond with his owner, Denny, golden retriever Enzo learns that the techniques needed on the racetrack to successfully navigate the journey of life.

Plaines, Trains and Automobiles - November 22

Steve Martin as Neal Page, a high-strung marketing executive, and John Candy as Del Griffith, a goodhearted but annoying shower curtain ring salesman.

The Family Stone - November 29

With Claire Danes, Diane Keaton, Rachel McAdams, Dermot Mulroney. A businesswoman accompanies her boyfriend to his eccentric family holiday celebration.

Important Phone Numbers

Elder Abuse Hotline in Mass: 1-800-922-2275

Veteran's Crisis Line: 1-800-273-8255

National Elder Fraud Hotline: 1-833-372-8311

Mass Social Security: 1-800-772-1213

(TTY 1-800-325-0778)

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