



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](https://www.facebook.com/southhadleycoa)

December 2021

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tunes. Enjoy touching holiday ballads made famous by Andy Williams, Tony Bennett, Frank Sinatra, Dean Martin, and get in the spirit with rockin' holiday songs from Elvis, Michael Bublé and Bruce Springsteen just to name a few. Singer/entertainer Jimmy brings his genuine warmth and smooth rich voice to every performance. Due to the ever changing COVID-19 conditions, we will offer this concert as an in-person event with a limit of 40 people and as a live broadcast on Channel 15.

Jimmy Mazz Holiday Show

December 21 at 2 p.m.
In-person capacity is 40.
Reservations required.
Presented live on Channel 15

Travel back to the days of the variety specials featuring both classic and contemporary holiday

Attention: Sign-ups for all December events, programs and activities will start on November 29.

SIGN UP NOW!



Paint n' Sip with Amy of Artsong and a Hot Cocoa Bar

**Wednesday, December 8
from 2 - 4 p.m.**
Limited to 15 people.
Pre-registration required.
Cost: \$12.00

In 2011, Amy Porchelli founded ArtSong, LLC, an arts enrichment company. Amy will be offering instruction for a special Holiday themed acrylic painting. We will also have a hot cocoa bar to "sip" generously provided by the Friends of South Hadley Seniors.

New Year Celebration with Noah Lis!



**Tuesday, December 28
at 5:45 p.m.**
In-person capacity is 40.
Reservations required.
Presented live on Channel 15

We will be ringing in the New Year with fun and music by Noah Lis! Noah started his career in the music industry at the young age of 10 years old. He is internationally recognized for his appearance on Season 6 of NBC's The Voice as a contestant landing on Blake Shelton's team.



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South Hadley COA - South Hadley, MA

06-5294

Let's Celebrate!! We will begin celebrating our monthly Birthdays and Anniversaries starting on December 15th during the lunchtime meal. If you will be celebrating a birthday or anniversary in December, please let us know and sign up for the December 15th meal. Celebrants eat free courtesy of the Friends of the South Hadley Seniors.

Special Dessert the Week of December 20!



Enjoy a delicious cup of Billy's Holiday Bread Pudding with Whip Cream!

Great Coffee and Free Wifi!!

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

Billy and Sharon serve up fresh muffins and Danish daily. Regular and Specialty coffees. Hot Cocoa by the fireplace! Soup and sandwiches available after 11 a.m. for sit-down or take-out. Lunch choice: Ham & Cheese and Turkey & Cheese with lettuce and tomato with chips or a side of soup. Two homemade soups offered weekly. Additional items include: Juice, yogurt, breakfast bars, crackers and cookies.

Mobile Food Pantry with Neighbors Helping Neighbors

Tuesday, December 21, 10:00 to 11:30 a.m.

Neighbors Helping Neighbors will be at the South Hadley Council on Aging with a mobile market. That is also Brown Bag day, but you don't need to participate in that program to use the market. Anyone, regardless of age, is welcome. Offerings could include fresh produce, dairy, or frozen meat. It would be helpful if you could bring a bag. We hope to offer more mobile markets at the Senior Center in the future.

The Town of South Hadley was renewed as a member of the AARP Network of Age and Dementia Friendly States and Communities for the creation of a town wide Action Plan to become a more age and dementia friendly community. Both efforts aim to create places where older adults and people with dementia can stay active and independent for as long as possible. To read the Town's Action Plan go to : <https://dfmassachusetts.org/tools/sample-materials/804-2/>. To view more materials about becoming age and dementia friendly, visit dfMassachusetts.org.

A Note From Leslie

- Winter is coming. Watch for cancellations and delays on Channels 40, 22 and 3.
- Due to the continued threat of serious illness from COVID-19 and its variants, we are asking all Center members to **pre-register** for all classes, activities, and programs until further notice.
- We have capacity limits set for our fitness programs and for our larger events. Our capacity limit for classes held in the movement room is 15 and for fitness classes and events held in the multipurpose room, capacity is limited to 40.
- Please be patient with us as we continue to navigate through the pandemic. Thank you, Leslie
- Starting in February 2022, the South Hadley Council on Aging, with the support and collaboration of Mount Holyoke College, will launch a new educational program called Lifelong Learners. Through their large alumni network, the Five Colleges Network of Instructors and their K-12 educators, Mount Holyoke College will share their deep reservoir of speakers and educators to offer a variety of engaging learning topics to members of the South Hadley Council on Aging. An information seeking survey of educational topics will be available at the senior center and on our website in mid-December. Please take a moment and fill out the survey and tell us your preferences so we can get started on planning and scheduling a variety of topics for your educational enjoyment.



New Catering Company begins December 6th



The menu for December will be available at the Welcome desk.

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

Monday - Friday, 11 a.m. - 1 p.m. Lunch Served at Noon 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	10 a.m. - Fitness Basics	9 a.m. - Dance with Loryn
10 a.m. - Tai Chi & Qigong for Health and Relaxation	1 p.m. - Bingo	9:30 a.m. - Circuit Training
11 a.m. - Gratitude Journal Group	1 p.m. - Gentle Yoga	10:30 a.m. - Fitness Room Orientation
1 p.m. - Zumba Gold	1:30 p.m. Learn to play Pinochle	10:30 a.m. - Healthy Bones & Balance
1 p.m. - Mah Jongg	1:30 p.m. - Pinochle	1 p.m. - Mah Jongg
1:15 p.m. - Monday Movies	5:30p.m.—Circuit Training w/ April	1 p.m. - Pitch
	5:45 p.m. - Line Dancing for Beginners	

Thursday	Friday
8 a.m. - 4 p.m. Billiards	8 a.m. - 4 p.m. Billiards
9:30 a.m. - Watercolors	9 a.m. - Cornhole
10 a.m. - Fitness Basics	10:30 a.m. - Healthy Bones & Balance
11 a.m. - Seated & Standing Yoga	1:15 p.m. - Cribbage
1 p.m. - Chess & Scrabble	1 p.m. - Learn to Knit
1 p.m. - Quilting	1:30 p.m. - Bridge
	1:30 p.m. - Fiber Arts Club

**Sign-up for
December events beginning
Monday, November 29**

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

Arts & Crafting

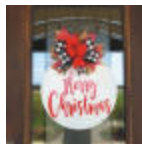
Craft Club - 1st and 3rd Wednesdays

At 1 p.m. - Pre-registration required

December 1 - Wooden Holiday Door Hanger

Paint, stain, stencil, and decorate this 14 inch circular wooden plaque for a unique door hanger! **Must pre-register, limited to 12 crafters.**

Cost: \$8.00



December 15 - Mason Jar Luminaries - 1 p.m.

These pretty candle holders will light up your holiday mantle or table.

Must pre-register, limited to 12 crafters.

Cost - \$6.00



Seasonal Centerpiece Club

Friday, December 3 at 1 p.m.

Make a holiday bucket centerpiece for our dining room table and take one home for your own table! **Must pre-register, limited to 10 crafters.**

Take your centerpiece home: \$7.00



Holiday Card Making

Monday, December 6, 3 to 4 p.m.

Join us for a special card making class. Lauren will be providing the materials and instruction at no cost. **Must pre-register, limited to 15 card makers.**

Ceramic Ornament Painting

Friday, December 10 at 1 p.m.

We will be painting ceramic ornaments for your holiday tree or a one of a kind gift. All materials will be provided at **no cost**.

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!

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!

Listen at Lunch

Wednesday, December 8 at 11 a.m.

We will be playing the October concert of Sarah the Fiddler in the multipurpose room followed by lunch! Reservations for lunch are required.

Santa with a Saxophone

Wednesday, December 15 at 11 a.m.

Join us for holiday saxophone music from "Santa". Luke McNamee will be here to entertain us and kick-off the return of Birthday/ Anniversary lunches. Reservations for lunch are required.

So you Think You Know Santa Claus?

Thursday, December 16 at 10:30 a.m.

Join Don D'Amato, PhD, to learn about the history and traditions of Santa Claus. Don has taught similar classes at STCC, AIC, HCC and with local civic groups, as well as here at the COA.

Holiday Prize Bingo

Thursday, December 16 at 1:15 p.m.

We will have free Bingo for prizes, with a special guest! Come and join the fun. We will have 9 games and a cover-all game with a 4 card maximum. Pre-registration is suggested. There is a maximum of 40 participants. Prizes provided by the Friends of the South Hadley Seniors.

Visit from "Santa Paws"

Wednesday, December 22 at 11 a.m.

We will have a special visit from Bright Spots Therapy dog Sophie aka "Santa Paws". Sophie is just ending her musical theatre debut in "Annie" at the Bushnell. Come meet her and get your photo taken with her by our own photographer, Kenny!

Memory Café

A program for Seniors with dementia/ memory loss and their caregivers

Wednesday, December 8 and 22 at 10:30 a.m.

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: **December 8th** - Drum Circle with Jeanne Achille and **December 22** - Holiday fun including a holiday singalong, a visit from "Santa Paws", and reminiscing holiday collection share. **Bring in an item from your holiday collections to show and discuss its meaning.** Gratis lunch follows. Carol Constant co-facilitates the Memory Cafe. Pre-registration is encouraged.

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.

Fee is \$35.00 cash/check to provider. To schedule an appointment at the Senior Center please call 413-538-5030. To book a house call with Sharon: call: 413-552-9533.

COA Office Hours for Veterans

1st and 3rd Friday of the month; 10:30a.m. to 1:30p.m.

Mike Slater has office hours at the COA for questions about VA benefits and services.

Low Vision Group

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

The group continues to welcome new members. Any senior who has received a medical diagnosis of legal blindness OR is visually impaired or low vision can join. Call Ann Andras 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

Available for monthly drop-in visits at the Senior Center. Blood pressure checks, share a concern, ask a question, and more. Drop in, or you can always call Marge at 413-536-6688.

Veterans Social Hour

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

Visit with Mike Slater, the S.H. Veteran Service Provider, and your fellow veterans. Chat, reminisce, share concerns, or inquire about benefits and services.

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.

6 Fitness Programs

PLEASE
READ

In-Person Fitness Programs with some hybrid classes

• Due to capacity limits, 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.
- If you try out a class, and find it's not for you, please be sure to cancel your registration to make room for others.

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. \$3.00 per class

Zumba Gold

Mondays at 1 p.m.

Lower impact than Zumba, but just as fun. \$3.00 per class

Stretch and Go with Lindsey— On Hiatus until January 2022

Tuesday & Thursday at 9 a.m.

This class will get you up and ready for the day. \$3.00 per class

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. \$3.00 per class

Gentle Yoga

Tuesdays at 1 p.m.

Heidi Leads this Yoga class which is open to all levels. \$3.00 per class

Line Dancing 🌙

Tuesdays at 5:45 p.m.

Line dancing continues with Liz. Join the fun! \$3.00 per class

Dance with Loryn

Wednesdays at 9 a.m.

Have some fun and move to the beat with Loryn. \$3.00 per class

Circuit Training in the Fitness Center Wednesdays at 9:30 a.m.

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. \$5.00 per class

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 Class

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. \$3.00 per class

Circuit Training with Get Movin' Fitness 🌙

Tuesdays at 5:30 p.m.

6-week session began November 9

Cost: \$4.00 per class

April Marion provides a routine that includes all pieces of fitness equipment and additional exercise stations. You must fill out an application packet, including physician sign-off. \$4.00 per class.

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

Holiday Card and "Lights On" Programs

During this holiday time the Council on Aging will offer South Hadley seniors, who are income eligible, or experiencing a financial hardship a credit on their electric bill or a Big Y gift card. These gifts are made possible through the generous support of South Hadley residents and businesses. Some income guidelines do apply. If you would like to be considered for a light credit or gift card, please call Ann Andras or email her at aandras@southhadleyma.gov

Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group will resume in person meetings at the Senior Center beginning on Wednesday, December 1 and Wednesday, December 15 from 10 to 11:00 a.m. The group will be facilitated by Sarah Peterson, Caregiver Specialist/Care Manager at WestMass ElderCare, Inc. The group is open to caregivers of those suffering from a dementia related disease. For additional information, contact Ann Andras.

Fiscal Year 2022 Fuel Assistance

The 2021/2022 Fuel Assistance season has begun. If you are a South Hadley Senior and need help with your application, please call Ann Andras. The Senior Center now has a secure locked box outside the front entrance where you can leave your documents. This option is available ONLY to those who are recertifying. If you are a first time applicant, you must have a face to face appointment. Fuel Assistance brochures and a list of which documents are needed to apply, are available at the Welcome Desk. Fuel Assistance help is provided by appointment only.

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

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

Transportation



The COA can get you where you need to go!

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.

Daily rides to banks, pharmacies, hairdressers, stores, doctors, dentists, the library and the COA.

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.

Please call the South Hadley Council on Aging at 413-538-5030 or email coa@southhadleyma.gov

Per CDC order (January 29, 2021) all passengers must wear a mask that covers your nose and mouth while using our transportation program.

Local help with your Medicare questions.

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8 Events & Speakers

Savvy Senior: How to Protect Yourself from Becoming a Victim of Scams

Thursday December 2 at 1:00 p.m.

The Attorney General's Community Engagement Division will offer a presentation on the Savvy Senior. We aim to ensure that our senior communities and providers are equipped with information and resources to protect themselves and clients from any type of fraud, abuse, or identity theft. Join us to learn about how to detect and fight against the most common scams happening right now. Pre-registration preferred.

Eight Keys to Living a Meaningful and Enjoyable Retirement Life

Tuesday, December 7 at 5:30 p.m.

A presentation by Henry Quinlan, Author, Publisher and Historian. A one-hour presentation that discusses four important issues in retirement: loss of identity, loneliness, depression, and boredom. It offers proven responses to these issues. In the discussion there will be examples and explanations for each. The study involved following a diverse group of seniors over 80 years of age in their daily routines over a 2-year period.

Computer and Internet Safety Presentation

Monday, December 13 at 10:30 a.m.

Karen Volpe, Assistant Vice President of PeoplesBank will give this presentation. Year end financial prep and safe holiday shopping tips.

Healthy Eating During the Holidays

Friday, December 10 at 10:30 a.m.

Ashley O'Connell shares strategies on how to eat healthy during the holidays. All participants will be entered into a raffle for a gift card.

"Yellowstone, Now and Then" with Roger Hart

Tuesday, December 14 at 5:30 p.m.

National Park Adventure makes a brief stop at the Grand Teton National Park and then moves on to Yellowstone. "Yellowstone, Now & Then" explores the history of our very first National Park. This presentation showcases the landscape, wildlife and thermal features found in this majestic national park.

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. Group continues through December.

Book Club - Hybrid

Wednesday, December 22 at 2 p.m.

This month's book club is meeting early due to the Thanksgiving holiday. We will be meeting to discuss **"The Silent Patient"** by Alex Michaelides. South Hadley Public Library pickup available. Books for the upcoming month are selected at the end of our meeting. To zoom email kflorence@southhadleyma.gov by December 16.

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 contact Ann Andras for more information.

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 contact Ann Andras for more information.

Technology Classes to resume in mid- December Day & Time: To Be Determined

Vincent "Vinny" Bonilla is an adjunct professor at Porter and Chester Institute and has an extensive background in the field of technology and he has provided instruction to students of all ages. Vinny is very excited to join the COA and make technology accessible to all seniors. Vinny's position is made possible by a grant provided by WestMass ElderCare and he will provide instruction to seniors 60-yrs and older.

Important Phone Numbers

FoodSource Hotline: 1-800-645-8333

WestMass ElderCare: 413-538-9020

Neighbors Helping Neighbors: 413-437-7593

Weekend Meals: Take & Eat Inc.: 413-664-1041

Medical Equipment Loan: Dave Fenton, Hamp. Co. Sheriff's Dept. 413-582-7787 Leave a message.

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

Upcoming Events

December 3 – Wreath Sale, 12-4 PM at the Senior Center

December 5 – Inspirational Christmas Concert w/ Dan Kane & Friends, featuring Freddie Marion – 2-3:30PM @ St Theresa's Church **FULL**

December 15 – Holiday meal (\$7) - Curbside pickup at the Senior Center – 2-3:30PM. Reservations due Dec 8. Sign up at the Senior Center.

Quilt Raffle - Ongoing

Support the Friends of the South Hadley Seniors and the new Senior Center

Donation: \$ _____
 In memory of: _____
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 Address: _____

 Email: _____
 Phone: _____
 Mail checks payable to the Friends to PO Box 55, South Hadley 01075
 Visit us on the web at southhadleyseniors.org

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Do you or your family members shop on Amazon? If so, please designate the Friends of the South Hadley Seniors as your charity through AmazonSmile.com. There's no cost to you and AmazonSmile donates 1/2% of your purchase to the Friends. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

How to sign up for AmazonSmile:

Visit smile.amazon.com

Sign in with your Amazon.com credentials
 Select "Friends of South Hadley Seniors, Inc."
 Start Shopping!



Thank you, FRIENDS!! The COA Cornhole Club received funding from the Friends of the South Hadley Seniors to purchase new cornhole equipment.



South Hadley Travel Club News

December Office Hours:
Wednesday 12 - 1:30 p.m.
Thursdays from 10 - 11:30 a.m.

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).

May 18, 2022: Aqua Turf Club, Plantsville, CT

"ABBA Tribute Band – Dancing Dream". Come experience the glitter and glamour of the 70s. Package includes: Transportation, Show & Luncheon. Cost \$115. - Call Susan Canedy @ 413-536-2106.

Hooray!! Our COA was one of the third prize winners for the Walk Massachusetts Challenge and received a check for \$250 for future programming! Thank you Social Strollers and all of our walkers!!!

Coming in January:

Academic Drawing and Painting

Mondays - 9:30 a.m. to Noon, beginning January 10

Learn from a classically trained professional artist how to produce fine works of art. Choose any medium (oils, acrylics, pencil, ink, pastel, watercolor), bring your own supplies and subject matter. Create your own personal masterpiece using the elements of art with individual step by step instructions. Anne Mueller is a graduate of Western Carolina University with a BFA in Academic Drawing and Painting. With a Realist style she has taught Fine Art since the 1980's. Her works reside in private collections and many public buildings in the area. She was chosen by WGBY, Channel 40 in 1990 as "Spirit of the Baystate" for her documentation of art through the vanishing small family farms of South Hadley and Chicopee.

Covid-19 Booster Information

In-Home Booster Program for homebound seniors : call 1-833-983-0485

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.

Buttons, A Christmas Tale - December 6

Buttons, a new musical fairy tale film from creator director Tim Janis takes you on a journey to discover that sometimes believing can be the greatest adventure of all! During a time of robber barons, mills, and rising industry, two orphan children meet two unexpected visitors (Dick Van Dyke & Angela Lansbury) who turn the tide of events and change their lives forever.

White Christmas - December 13

On Christmas Eve, 1944, somewhere in Europe, two U.S. Army soldiers, one a Broadway entertainer, Captain Bob Wallace (Bing Crosby), the other a would-be entertainer, Private Phil Davis (Danny Kaye), give a show to the troops of the 151st Division in a forward area with Bob singing "White Christmas".

A Christmas Story - December 20

Set in an indeterminate year of the 1940s, Ralphie Parker (Peter Billingsley) is a nine year-old boy living in the small town of Hohman, Indiana. His older self (voice of Jean Shepherd) narrates his experiences and thoughts through the short weeks before Christmas.

Popcorn & Hot Cocoa served at every movie!



In the Heights - December 27

The film follows the same plot as the musical, telling the story of a New York City bodega owner who saves his money in hopes of a better life. It is based on the stage musical of the same name by Hudes and Lin-Manuel Miranda.

Evening Movie: It's a Wonderful Life - December 21 at 5 p.m.

A young George Bailey, overwhelmed by family obligations and a sense of responsibility toward his community, feels tied down to a company he never had an interest in working for, and a life he never wanted to live. Told through the point of view of a group of angels, he is met by his guardian angel Clarence, as he contemplates ending his life.



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Funding from the **Older Americans Act**, through the Executive Office of Elder Affairs, and the Administration for Community Living, provide grant funding for the following programs: the Alzheimer's Caregiver Support Group, the Companion/Escort transportation program and the Caregiver Respite Grant. The South Hadley Council on Aging Transportation Department is funded, in part, by the Formula Grant.

We are grateful for the donations from:

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The South Hadley COA Gift Funds are used to provide services, programs, and activities for South Hadley older adults. Please make checks payable to "South Hadley Council on Aging." Specify in which gift account you would like your donation deposited. Donations that are not designated to a specific gift account will be deposited into a gift account at the discretion of the COA director.

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