




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.


 Monday - Friday
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

February 2022

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Communication is Key

During this time of Covid we want you to have the latest information regarding program cancellations and updates. The South Hadley Council on Aging has the ability to send robo calls, text messages, and emails when we have scheduling changes. You have the option of which ways you'd like us to contact you.

So that we may successfully connect with you... please be sure the Center has your correct phone number, that your phone has an open voicemail account able to receive messages, and we also have your email address, if you have one. **Please note that the call will now come from 413-538-5030.**

Change in Registration Policy

Things change quickly. To let you know of changes in classes, events, and programs we are **requiring pre-register for all events.** You can register for classes, events, and programs a month at a time. We also ask that you communicate with the welcome desk if you are not able to attend something you registered for.

Registration for February events begins Monday, January 31 at 8 a.m.

Lifelong Learning Series Survey

The South Hadley Senior Center, in partnership with Mount Holyoke College, have begun preparations to offer a monthly Lifelong Learning Series for the older adult community in South Hadley. As part of the preparations, The group has developed a quick survey to collect preferences and gather suggestions for lecture topics to make the program wide-ranging. Thank you for taking a few minutes to fill out a brief, online survey at

<https://forms.gle/B6RHGFZNmxZrffmRA>

Paper surveys are available at the welcome desk.

Valentine's Day Show with Sinatra Tribute Artist Patrick Tobin

Monday, February 14 at 2 p.m.
In person capacity: 30 also presented live on Channel 15



Patrick has been critically acclaimed internationally. Attributing learning how to sing to Elvis, Neil Diamond and Billy Joel, Patrick

wasn't groomed to be a singer of standards. Discovering Mr. S's music in his early twenties, it was at the urging of friends to pursue that style of music and the tribute. Come join us for some Valentine's Day fun!



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AARP Tax Information

The AARP TaxAide Program volunteers will be preparing tax returns at our Senior Center beginning on February 10.

Tax returns will be done on a same-day drop-off basis. Tax-Aide provides tax assistance free of charge, with a special focus on taxpayers who are age 50+ or have low-to-moderate income.

Taxpayers will NOT be permitted in the tax prep room, nor will there be in-person, face to face help offered; instead all taxpayers will be required to drop off their documents in a large sealed envelope (supplied by the Senior Center) in the COA dropbox by 8:30 a.m. the day of your appointment.

Communication will be done by phone, which means you must commit to be available by phone all day for questions or consultations. You will be called to sign the e-file authorization and to pick up your papers and a copy of your tax return on the same day. We cannot mail them to you.

A Tax Packet containing a detailed instruction sheet, and intake forms must be picked up at the Senior Center in advance of your appointment.

These documents must be completed and signed at home before paperwork is dropped off on the day of your appointment. If the paperwork is incomplete you will need to pick up your papers and have your tax return done elsewhere. Please follow the instructions and attach ALL required documents.

If you are filing for the Mass Circuit Breaker, you must have ALL Real Estate and Water/Sewer bills that you paid in Calendar Year 2021. If you cannot find them, get a printout asap to put in with your tax papers, else your Circuit Breaker refund will be smaller this year! For Real Estate printouts contact the Treasurer's department. For Water/Sewer bills please contact your water district.

Those wishing to schedule an appointment can call the Senior Center. Calls will be returned and your appointment will be scheduled for a particular date, but not a specific time.

Let's Celebrate! Monthly Birthday & Anniversary Meal

Tuesday, February 8 - 11:30 a.m. - 12:30 p.m.

Reserve your meal by Friday, February 4

If you are celebrating a birthday or anniversary in February, please let us know when you sign-up for the Tuesday, February 8 WMEC meal. Celebrants eat free courtesy of the Friends of the South Hadley Seniors. This month we will be celebrating with music from **Berkshire Hills Jazz Ensemble** during lunch.



Lunch Program

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



Tech Time with Vinnie

Tuesdays

- 10:15 a.m. - 12 p.m. - One-on-One Tech Time
- 1 p.m. - 2:15 p.m. - Group Class: Welcome to Android and Microsoft Windows (Samsung Smartphones)

Fridays

- 1 p.m. - 2:15 p.m. - Group Class: Welcome to iPhone and iPad
- 2:15 p.m. - 4 p.m. - One-on-One Tech Time

These easy-paced, beginner classes will help you participate in social and cultural activities, keep in touch with loved ones, meet new friends, access online banking and shopping, make travel arrangements, get information including doctor reports and test results, share and view pictures and much more.

If you are unsure about which class you should attend, please call the Senior Center and talk to Vinnie.

Falls Prevention Program

South Hadley Fire Departments 1 and 2 in cooperation with the South Hadley Senior Center and the Age and Dementia Friendly Community initiative are launching a Falls Prevention Program. Each year, one in three older adults experiences a fall, and people who fall once are two to three times more likely to fall again. Schedule a visit with firefighters from your District to identify safety issues in real time in your home. Free smoke alarms, house numbers or other safety devices needed, will be supplied or placed on order, during the visit.

Call Sandy Farnsworth at the Center to schedule a visit. Have a Home Safety Checklist sent to you by mail or email. Safety Checklists can also be picked up at the Center.

4 Activities Schedule

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

Monday		Tuesday		Wednesday	
8 a.m.	Billiards	8 a.m.	Billiards	8 a.m.	Billiards
9 a.m.	Cornhole	9 a.m.	Stretch and Go	9 a.m.	Dance with Loryn
9:30 a.m.	Academic Drawing & Painting	10 a.m.	Fitness Basics	9:30 a.m.	Circuit Training
10 a.m.	Tai Chi & Qigong for Health & Relaxation	1 p.m.	Bingo	9:30 a.m.	Healthy Bones & Balance
1 p.m.	Zumba Gold	11:15 a.m.	Gentle Yoga	10:45 a.m.	Fitness Room Orientation
1 p.m.	Mah Jongg	1:30 p.m.	Learn to play Pinochle	10:45 a.m.	Healthy Bones & Balance
1:15 p.m.	Monday Movies	1:30 p.m.	Pinochle	11 a.m.	Gratitude Journal Group
		5:30 p.m.	Ukulele Group Lessons	1 p.m.	Mah-Jongg
		5:45 p.m.	Line Dancing for Beginners	1 p.m.	Pitch

Thursday		Friday	
8 a.m.	Billiards	8 a.m.	Billiards
9 a.m.	Stretch and Go	9 a.m.	Cornhole
9:30 a.m.	Watercolors	9 a.m.	Friday by the Fireside
10 a.m.	Fitness Basics	9:30 a.m.	Healthy Bones & Balance
11 a.m.	Seated & Standing Yoga	10:45 a.m.	Healthy Bones & Balance
1 p.m.	Chip Poker	1 p.m.	Learn to Knit
1 p.m.	Quilting	1 p.m.	Country Beat Fitness
1:15 p.m.	Chair Volleyball	1:15 p.m.	Cribbage
		1:30 p.m.	Bridge
		1:30 p.m.	Fiber Arts Club

Monday, January 31 **Sign-up for February events**

Due to the ever-changing Covid-19 conditions, all of our planned events, programs, and activities are subject to change. Registration is required so we know who to contact if there is a change in programming.

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. - 11 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. Contact Ann Andras for more information.

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

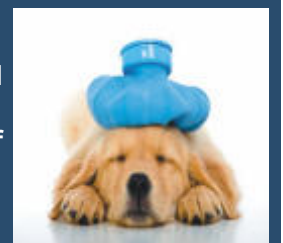
With Audiologists Allison Holmberg and Lisa Howard. When you call to book your appointment, please specify whether you would like a screening or a cleaning.

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.

Not feeling well? Take advantage of our virtual programs. We have zoom and South Hadley Community Television options for many of our fitness classes. Email or call for links and more information.



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

Ukulele Group Lessons and Play Tuesdays at 5:30 p.m.
Lessons: February 8 and 22
\$5.00 per class

Join Music Therapist Dana Osterling to learn the basics of the ukulele twice a month on February 11 and 25 for a \$5.00 lesson fee. Meet every other week to practice and play for free! If you already know how to play, come and join us! You can loan a ukulele for free at the Gaylord Library!

Evening Hours with Mike Slater 3rd Tuesday of the month
Tuesday, February 15 - 5:30 - 7 p.m.
 February topic - Surviving Spouse Benefits



My Time in the U.S. Navy serving onboard the Icebreaker USS Glacier AGB-4
Tuesday, February 22 at 4:30 p.m.

Join us for this special program presented by Rich Normandin. See actual footage of Rich's Navy time spent traveling from Boston through the Panama Canal down to New Zealand and Antarctica. Close ups of penguins and navy personnel. You will see 3 Navy Icebreakers in action moving an iceberg the size of a city block.

Welcome to our newest COA staff member, Sandy Farnsworth
 Sandy was born and raised in Central MA and came to Western MA some 30 plus years ago. She has worked in several Nursing Homes and Assisted Living programs, interspersed with 20 plus years at the Clarke School for the Deaf and later - Berkshire Hills Music Academy. Her interests are music, nature, history, crafting and learning something new every day. She looks forward to establishing new relationships with the folks at the South Hadley COA and continuing this journey.

Special Presentation:
The Big Bang Theory and the Early Universe
Tuesday, February 15 at 5:30 p.m.

Join Gary Felder, a Smith College professor of Physics for this presentation. In this talk, Gary will describe some of what we know about those changes in our universe and about what the universe was like in the first moments after the Big Bang. Along the way, we'll see why some scientists believe that other parts of the universe might be having their own Big Bangs now, and why those places might evolve to look very different from the part of the universe we know.

Activities & Events

Academic Drawing and painting Mondays 9:30 a.m. to Noon
Limited to 15. \$5.00 per class
 Learn from a classically trained professional artist, Anne Mueller, how to produce fine works of art. Choose any medium, bring your own supplies and subject matter. Create your own personal masterpiece.

Book Club - Hybrid
Wednesday, February 23 at 2 p.m.
Books available at South Hadley and Gaylord Library
 This month's book selection is "Everything I Never Told you" by Celeste Ng. To zoom email by February 14: klflorence@southhadley.ma.gov

Watercolors
Thursdays at 9:30 a.m.
Cost: \$5.00 per class
 Tina provides the know-how and guidance. You bring the supplies.

Gratitude Journal Writing Wednesdays at 11 a.m.
 South Hadley Public Library Gatehouse Writers group coordinator Linda Rowland-Buckley facilitates this group that helps you open up to a more grateful life. Participants receive a free journal! Open to all abilities.

Chair Volleyball
Thursday at 1:15 p.m.
 Build core muscle strength, and have fun with this new free activity! You won't even know you're working out!

NEW Alcohol Ink Painting
Tuesday, February 15, 1 - 3 p.m.
Limited to 12. Cost: \$5.00
 Back by popular demand, Barbara Sullivan returns to lead another Alcohol Ink class. Barbara will teach you the techniques to make your own alcohol ink creation. All supplies are provided.

Fridays by the Fireside
Fridays at 9 a.m.
 Join us for free coffee and conversation with a guest each week.

- February 4 - South Hadley Town Administrator, Lisa Wong
- February 11 - Melissa Couture, South Hadley Associate Assessor
- February 18 - Joe Rodio, Director of South Hadley Public Library
- February 25 - Artist and instructor Ann Mueller. Her work resides in private collections and many public buildings in the area.

NEW Freeze Bingo
Tuesday, February 2 at 1 p.m.
 Join us for Bingo with a frozen theme! All participants will receive a frozen treat. There will also be special prizes and lots of fun! Limited to 30 bingo players.

You must register for all events, programs, and activities. Registration for February begins January 31.

6 Fitness Programs

Tai Chi & Qigong for Health & Relaxation

Mondays at 10 a.m.

All levels 10 a.m. - 10:45 a.m.

Advancing 10 a.m. - 11:15 a.m.

\$3.00 per class

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.

\$3.00 per class

The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

Stretch and Go with Lindsey

Tuesday & Thursday at 9 a.m.

\$3.00 per class

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

Fitness Basics with Lindsey

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

\$3.00 per class

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

Gentle Yoga

Tuesdays at 11:15 a.m.

\$3.00 per class

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

Line Dancing

Tuesdays at 5:45 p.m.

\$3.00 per class

Line dancing continues with Liz. Join the fun!

Dance with Loryn

Wednesdays at 9 a.m.

\$3.00 per class

Have some fun and move to the beat with Loryn.

Join us for exercise! Here's how:

- Registration is required for all classes. Registration begins Monday, January 31.
- You may register for one month of exercise classes at a time.
- Please call 24 hours in advance if you will miss a class, so someone on the wait list can take the class.
- Registration for the next month begins on the Monday the new begins. Registration for February is Monday, January 31.
- Register for activities at the welcome desk, call 538-5030, or email coa@southhadley.ma.gov
- **Please bring a pair of sneakers to change into for your fitness classes.**



We have zoom and South Hadley Community Television options for many of our fitness classes. Email or call for links and more information.

Introducing Exercise Punch Cards

- Purchase a punch card at the welcome desk.
- We will punch your card at the front desk, just as if you were paying with cash or check.
- We accept cash or check.
- Punch cards can be purchased for \$15 or \$30.
- Each punch equals one \$3 fitness class.
- Cards cannot be used for \$5 classes.
- Members are responsible for their punch card. No refunds will be given for lost cards.
- Members will still be able to pay for classes using check or cash.
- Members are no longer able to prepay for fitness classes.

Circuit Training in the Fitness Center

Wednesdays at 9:30 a.m.

\$5.00 per class

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 10:45 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

9:30 & 10:45 a.m. classes - 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)

\$3.00 per class

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

Country Beat

Fitness Class

Fridays at 1 p.m.

\$3.00 per class

Feel the energy as you kick up your heels with our simple steps to get you moving to the best country music hits. Dance infused with fitness elements for a fun class that is sure to push your happy buttons. Country Beat is a beginner friendly exercise class.

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

Craft Club - 2nd and 4th Friday at 10:30 a.m.

February 11 - Rustic Heart Grapevine Wreath

Cost: \$8.00

Add a rustic decoration appropriate for Valentine's Day and beyond! Love is always in style! Limited to 12 crafters.



February 25 - Mod Podge Plate

Cost: \$5.00

Add a little color and whimsy to your dinnerware! Create these unique glass plates personalized with decoupage and fabric. Limited to 12 crafters.



Seasonal Centerpiece Club

Friday, February 4 at 1 p.m.

Take home cost: \$5.00

Make a winter scene centerpiece for our dining room table and take one home for your own! Limited to 10 crafters.



Card Making

Thursday, February 3 at 3:30 p.m.

Join us for free card making class with Lauren Blanchard. Lauren shares all her supplies and guides us in creating cards for Valentine's day or anytime you want to brighten someone's day. Limited to 12.

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.

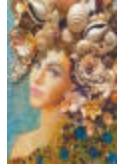
Creative Collage

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

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



New project: Creative Collage repurposed object art project Do you have a messy junk drawer? Do you have broken costume jewelry? Well I have an art project for you. Bring all of your extra junk (screws, bolts, buttons, odd earrings, old photo, an odd spoon, and anything else you can think of to repurpose into a fun piece of art) to our February 5 creative collage class with a twist. **This project will take 2 classes to complete. If you have a glue gun, feel free to bring it to class.**



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!

Registration is required so we know who to contact if there is a change in programming.

February registration begins Monday, January 31 at 8 a.m.

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 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 Support Services

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.

Council on Aging "Stay Well" Wellness Scholarship 2021-22

Start the New Year off in a Healthy Way!

Stay Well \$15 "wellness grants" are available to low- and moderate-income South Hadley seniors. Interested individuals need to speak to Ann Andras in the Senior Center to fill out a simple means-test form. A maximum of \$150 yearly can be used to cover the cost of dance or fitness classes.

Alzheimer's Caregiver Support Group 1st and 3rd Wednesday of the Month

The Alzheimer's Caregiver Support Group will resume in person meetings at the Senior Center beginning on Wednesday, February 2 and February 16 from 10 to 11 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.

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.

Companion Transportation Program

The South Hadley Council on Aging has received funding from WestMass ElderCare, Inc. and the Executive Office of Elder Affairs for the Companion Medical Transportation Program. Income eligible South Hadley seniors can receive rides to and from medical appointments in surrounding towns like Chicopee, Springfield, Holyoke and Northampton at no charge. Private drivers are paid through the grant to provide rides in their own car. Strict mask protocols are followed for the safety of the senior and driver.

Please contact Ann Andras for more information about these services. Call her at extension 6206 or email her at aandras@southhadleyma.gov

Fiscal Year 2022 Fuel Assistance

The heating season is in full swing and it is not too late to apply for fuel assistance! If you are a South Hadley senior and need help with your recertification paperwork or you are considering applying for the first time, Please contact Ann Andras.

Memory Café

A program for Seniors 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:

February 9 - Special multi-media presentation by Roger Hart: Mother Nature's Paintbrush. Exploring nature by color groups.

February 23 - Name that tune singalong with Denise and Kathy - Have fun with this name that tune game and enjoy singing along to your favorite love songs.

Join the group for a free lunch at the end of the day's program. Carol Constant co-facilitates the Memory Cafe. Pre-registration is encouraged for this event.

SHINE

Serving the Health Insurance Needs of Everyone!

"Welcome Fred Thomas" to the South Hadley Senior Center! Fred will be assisting with SHINE counseling on Tuesdays, from 9:30 am to 12:30 pm by appointment. If you are soon turning 65 or new to Medicare and would like to have some clarity and feedback on navigating through the Medicare maze, call for an appointment with Fred.

Mobile Food Pantry with Neighbors Helping Neighbors

Tuesday, February 15, 10:00 to 11:30 a.m.

Monthly: 3rd Tuesday of the Month

The Mobile Food Pantry will be stationed in front of the South Hadley Council on Aging with a mobile market. Anyone, regardless of age, is welcome to shop at the market. Offerings could include fresh produce, dairy, or frozen meat. Please bring a bag.

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

Delicious Curbside Meals in February & March!

Soup & Popover Meal (prepared by Smithsonian) / \$4 ea.
 Date: Thurs. February 17 (reservations due Feb 10)
 Pick Up: Curbside from 2-3pm at the Senior Center

St. Patrick's Day Corned Beef & Cabbage Meal (prepared by Loomis) / \$7 ea.
 Date: Tues. March 15 (reservations due March 4)
 Pick Up: Curbside from 2-3pm at the Senior Center

- Yes, I'd like the seafood chowder (\$4)
- Yes, I'd like the turkey chili (\$4)
- Yes, I'd like the corned beef and cabbage meal (\$7)
- I need delivery
- I'd like financial assistance (available to anyone who requests it)
- My check is included (payable to the Friends of the South Hadley Seniors)

Name: _____

Address: _____

Phone: _____

Mail reservations to the South Hadley COA, 45 Dayton St or drop off at the Senior Center.
These meals are subsidized by the Friends of the South Hadley Seniors.

Valentine's Day Raffle & Cookies



Visit the Friends at the Senior Center on February 14 from 10 a.m. - 2 p.m. We'll be giving away free Valentine's Day cookies and you can drop off or complete your final chances to win the beautiful quilt and handmade wreath. The drawing will be held at 2 p.m. on February 14 and will be televised live on South Hadley's Channel 15. Tickets are \$2 each or 6 for \$10. Raffle tickets are available at the Senior Center.

Thank You, FRIENDS!!

The Friends of the South Hadley Seniors financed the beautiful and festive holiday decorations that adorned the Senior Center's cafe, fireplace and common area. The FRIENDS also sponsored the December Noah Lis Concert and the accompanying refreshments and the January Ritchie Mitnik Concert. The FRIENDS purchased additional Cornhole equipment for the Cornhole Club, and sponsored the prizes for the winners of the January BINGO games.

Thank you Girl Scouts of Central & Western MA South Hadley and Granby Unit!!

They made the beautiful holiday ornaments and cards for our home meals on wheels seniors!!

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

\$10 Individual Member/ \$20 Joint Membership

Additional Donation: \$_____

In memory of: _____

Name/s: _____

Address: _____

Email: _____

Phone: _____

Mail checks payable to the Friends to PO Box 55, South Hadley 01075

Visit us on the web at southhadleyseniors.org

South Hadley Travel Club News

February Office Hours: No office hours for February. Call Susan Canedy anytime at 413-536-2106



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).

April 20, 2022: Newport Playhouse and Cabaret, Newport, RI. "SOCIAL SECURITY" Comedy. Enjoy this unique Dinner Theater experience. Package includes: transportation, luncheon, play and cabaret show. Cost \$135. Call Huguette Supinski @413-530-6162.

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.

June 23, 2022: Lake George Luncheon Cruise, Lake George, NY. 2 hour Luncheon Cruise aboard the Lac du Saint Sacrement then visit Fort William Henry. Package includes: Transportation, cruise, lunch, entertainment and fort tour Cost \$125. (\$110. for veterans). Call Huguette Supinski @413-530-6162.

August 23 to 26, 2022: Pennsylvania Amish Experience, Lancaster, PA. "DAVID" AND "CHICAGO". This 4 day / 3 night / 7 meal trip is packed with lots of fun, music and adventure. We'll be staying at the Country Inn in Lancaster. Cost: \$899. (double); \$1,165. (single); \$825. (triple). Call Huguette Supinski @ 413-530-6162.

September 13, 2022: Daniel Webster Inn with New Cabaret Show, Sandwich, Mass.

October 11, 2022: Inn at East Hill Farm, Troy, NH. And Cathedral of the Pines.

10 Monday Movie Matinees

Matinee Monday Movies at 1:15 p.m.

February 7 - Florence Foster Jenkins (2016)



A biographical film directed by Stephen Frears and written by Nicholas Martin and Julia Kogan, starring Meryl Streep as Florence Foster Jenkins, a New York heiress known for her poor singing, and her generosity. Hugh Grant plays her manager and long-time companion, St. Clair Bayfield.

February 28 - About Time (2013)



British romantic comedy-drama film written and directed by Richard Curtis and starring Domhnall Gleeson, Rachel McAdams, and Bill Nighy. The film is about a young man with the ability to time travel who tries to change his past in hopes of improving his future.

Upcoming Event! Tuesday, March 1

Celebrate Mardi Gras with the official "Big E Mardi Gras Dixieland Band". Join us on Fat Tuesday for some special music by this wonderful 5 piece band that performs regularly at the Big E.



Important Phone Numbers

FoodSource Hotline: 1-800-645-8333

WestMass ElderCare: 413-538-9020

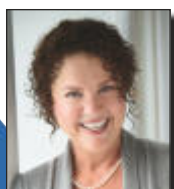
Neighbors Helping Neighbors: 413-437-7593

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

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

Covid-19 Booster for homebound: 1-833-983-0485

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.



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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. 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.

Acknowledgements can only be sent to the address provided

In Honor or Appreciation of: _____

In Memory of: _____

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Address _____

If you would like an acknowledgment sent to the family:
 (Required: Name, address & relationship to the deceased)

Name: _____ Address: _____

Relationship to deceased: _____

If you **DO NOT** want your name published in the newsletter please check box

South Hadley Council on Aging Gift Fund

Make Check Payable To: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075

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