



# 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.

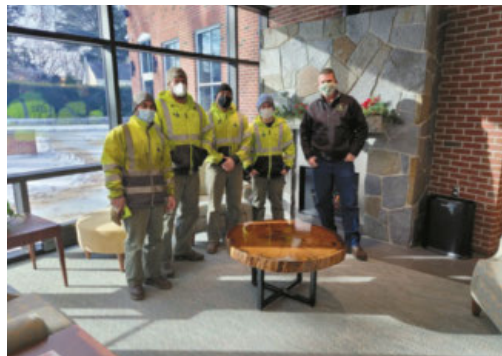
 45 Dayton Street  
South Hadley, MA 01075

 413-538-5030

 [coa@southhadleyma.gov](mailto:coa@southhadleyma.gov)

 [southhadley.org](http://southhadley.org)

 @southhadleycoa



Sending our thanks to the talented folks at the **Water Department in District #1** for creating this gorgeous, one-of-a-kind piece of furniture for the new South Hadley Senior Center. This slice of Oak was harvested from one of the original Oak trees removed from the property to make room for the new building. **The Oak was between 85 and 87 years old.**

**March 2022**

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**Mardi Gras Celebration with the Official Big E Mardi Gras Dixieland Band**  
Tuesday, March 1 at 5:45 p.m.



Join us on Fat Tuesday for beads, beignets, and the Big E Mardi Gras Band! This 5 piece band will bring the Dixieland sounds to our senior center! Reservations are required (as they are for all events, programs, and activities) and the celebration is limited to 60. The concert will be livestreamed on SHCTV channel 15. This event is sponsored by the Friends of the South Hadley Seniors.

**Celebrate St. Patrick's Day All Afternoon**  
Wednesday, March 16

**Noon - 12:30 p.m.** - Join us for a special congregate lunch of Irish stew with cabbage, carrots, and red potatoes accompanied with rye bread and shamrock cake. Register for this meal by Noon on Tuesday, March 15.

**1 p.m.** - Meet the 2020 Colleen Finalists from the St. Patrick's Day Parade

**1:30 - 2:30 p.m.** - Entertainment by Freddie Marion. Reservations are required (as they are for all events, programs, and activities) and the celebration is limited to 60. The concert will be livestreamed on SHCTV channel 15. Sponsored by the Friends of the South Hadley Seniors.





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## AARP Tax Information

The AARP Tax-Aide Program volunteers will be preparing tax returns at our Senior Center through March and into April. Tax returns will be done on Thursdays 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 your documents in a large sealed envelope (supplied by the Senior Center) in the COA dropbox by 8:30 a.m. the day of their appointment. A tax packet containing a detailed instruction sheet, and intake forms must be picked up at the Senior Center in advance of your appointment. If you are filing for the MA Senior Circuit Breaker Tax Credit, 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 from Town Hall to put in with your tax papers, or else your Circuit Breaker refund will be smaller this year! 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.

## Bridging Divides at Home and Abroad Lifelong Learning Lecture Series

- In collaboration with Mount Holyoke College
- Sponsored by the South Hadley Travel Club

Wednesday, March 23 from 1:30 - 3 p.m.

Fee: A suggested donation of \$10 to \$15 to the South Hadley COA Activity Fund



Paula Green will present an illustrated talk on her work in this country and around the world in successfully facilitating dialogues with participants who hold opposing perceptions, beliefs, experiences, politics, and values. There will be time for questions and conversation.

Dr. Green has 40 years of experience as a psychologist, educator, facilitator, and mentor in the field of intergroup relations and the resolution of communal conflicts.

Dr. Green consults and speaks widely as a public educator on issues of bridging divides, managing conflicts, and creating opportunities to expand understanding and act together on our common concerns.



## Lunch Program

Monday - Friday, 11 a.m. - 1 p.m.

Lunch Served at Noon

Reserve meals by noon the day before.

In person meals return February 28

Anonymous, suggested donation is \$2.25 for 60 or older, 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.



## Let's Celebrate! Monthly Birthday & Anniversary Meal

Thursday, March 3 from 11:30 a.m. - 12:30 p.m.

Reserve your meal by Tuesday, March 1

Join us as we celebrate birthdays and anniversaries for the month of March with entertainment by guitar duo **Doug Pi and Santo**. Celebrants with a birthday or anniversary in March eat free courtesy of the Friends of the South Hadley Seniors. This event is sponsored by the Friends of the South Hadley Seniors.

Make your reservation by Tuesday, March 1.

## Volunteer Spotlight

We are in need of volunteers for our Woodlawn Cafe from 9:30 a. m. -1:30 p.m. Contact Kathy Florence, Activities & Volunteer Coordinator if you are interested in applying.

## 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:

**March 9 - Irish music with harpist Rachel Clemente, instructor at the Community Music School of Springfield** - Sing along and reminisce about St. Patrick's Day with the sweet sounds of the harp.

**March 23 - Aromatherapy** - We will be discussing the benefits of aromatherapy and making our own glass bottle room sprays made with essential oils. 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.

## 4 Activities Schedule

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

Monday		Tuesday		Wednesday	
8:00 a.m.	Billiards	8:00 a.m.	Billiards	8:00 a.m.	Billiards
9:00 a.m.	Cornhole	9:00 a.m.	Stretch and Go	9:00 a.m.	Dance with Loryn
9:30 a.m.	Academic Drawing & Painting	10:00 a.m.	Fitness Basics	9:30 a.m.	Healthy Bones & Balance
10:00 a.m.	Tai Chi & Qigong for Health & Relaxation	1:00 p.m.	Bingo	10:00 a.m.	Circuit Training
1:00 p.m.	Zumba Gold	11:15 a.m.	Gentle Yoga	10:45 a.m.	Healthy Bones & Balance
1:00 p.m.	Mah-Jongg	1:30 p.m.	Learn to play Pinochle	11:00 a.m.	Gratitude Journal Group
1:15 p.m.	Monday Movies	1:30 p.m.	Pinochle	1:00 p.m.	Mah-Jongg
		5:30 p.m.	Ukulele Group Lessons (March 8 & 22)	1:00 p.m.	Pitch
		5:45 p.m.	Line Dancing		

Thursday		Friday	
8:00 a.m.	Billiards	8:00 a.m.	Billiards
9:00 a.m.	Stretch and Go	9:00 a.m.	Cornhole
9:30 a.m.	Watercolors	9:00 a.m.	Coffee & Conversation
10:00 a.m.	Fitness Basics	9:30 a.m.	Healthy Bones & Balance
11:00 a.m.	Seated & Standing Yoga	10:45 a.m.	Healthy Bones & Balance
1:00 p.m.	Chip Poker	1:00 p.m.	Learn to Knit
1:00 p.m.	Quilting	1:15 p.m.	Cribbage
1:15 p.m.	Chair Volleyball	1:30 p.m.	Bridge
		1:30 p.m.	Fiber Arts Club

**Sign-up for March events begin Monday, February 28**

**Registration is required for all events and activities**

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.

### 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.

**Coming April 15 at 1:30 p.m.**

Paint n' Sip with Amy - We're having a spring cherry blossom painting party

### 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**

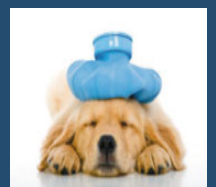
With Audiologists Allison Holmberg and Lisa Howard. When you call to book your appointment, please specify whether you would like a screening or a cleaning.

### Veterans Social Hour

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

Visit with Mike Slater, the South Hadley 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.**



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

Join Music Therapist Dana Osterling to learn the basics of the ukulele twice a month on March 8 and 22 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 borrow a ukulele for free at the Gaylord Library!

**Evening Hours with Mike Slater  
3rd Tuesday of the month  
Tuesday, March 15 - 5:30 - 7 p.m.  
March topic - Mass Veterans State benefits.**

To let you know of changes in classes, events, and programs we **require that you pre-register for all events.** Registration for March begins Monday, February 28 at 8 a.m.

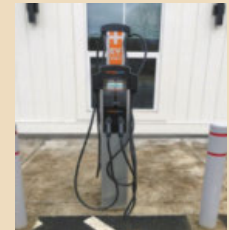
**Roger Hart Multimedia  
Presentation: Acadia, "The Crown  
Gem of our National Park System"  
Tuesday, March 15 at 5:45 p.m.**

Join photographer Roger Hart as he takes you on an adventure through Acadia National Park. Acadia protects the natural beauty of the highest rocky headlands along the Atlantic coastline of the United States, an abundance of habitats, and a rich cultural heritage. This event is sponsored by the Friends of the South Hadley Seniors.

**Astronomy class: "Happy Easter,  
Passover, Equinox! The  
astronomical roots of holidays"  
Tuesday, March 22 at 5:45 p.m.**

Meg Thacher returns to guide us through the astronomical roots of holidays. Meg is the Senior Laboratory instructor at the Smith College Astronomy Department and also the author of "Sky Gazing". This presentation is sponsored by the Friends of the South Hadley Seniors.

**Need an EV Charge?**



Check out the newest electric vehicle charging station in South Hadley located at the Senior Center! The level-2 EV station was made possible by a grant program through MassEVIP Public Access. The program aims to make electric vehicles (EVs) and EV charging stations more widely available across Massachusetts. The South Hadley Electric Light Department granted the Senior Center a 5-year rebate to cover the expense of the cloud service program for the new EV stations.

## 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, March 23 at 2 p.m.  
Books available at South Hadley  
and Gaylord Library**  
This month's book selection is "The Invention of Wings" by Sue Monk Kidd. To zoom email by March 21: [kflorencia@southhadley.ma.gov](mailto:kflorencia@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 receives a free journal! Open to all abilities.

**Chair Volleyball  
Thursdays 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!

**Coffee & Conversation  
Fridays at 9 a.m.**  
In honor of Women's History Month, meet some of the women who make a difference in our community

- March 4 - South Hadley Town Administrator, Lisa Wong
- March 11 - Carlene Hamlin, South Hadley Town Clerk
- March 18 - Carol Constant, South Hadley Selectboard Member & Senior Center Champion
- March 25 - Lauren Blanchard, Account Executive of the Springfield Thunderbirds

**Remembering When - Tuesday, March 8 at 1 p.m.**  
Representatives from Fire District 1 & 2, Lt. Jason Houle and Ryan Moore, will lead a presentation on falls and fire prevention strategies. The Remembering When presentation uses trivia, humor, and nostalgia to identify key ways to prevent fires and falls. The focus is fun, but the safety messages are serious. Order forms for free house numbers will be available. This program is supported by the South Hadley Senior Center and the Age and Dementia Friendly Community initiative.

## 6 Fitness Programs

### Join us for exercise! Here's how:

- Registration is required for all classes. Registration begins Monday, February 28.
- Registration for the next month begins on the Monday the new month begins. Registration for March is Monday, February 28.
- You may register for one month of exercise classes.
- Register for activities at the welcome desk, call 538-5030, or email [coa@southhadley.ma.gov](mailto:coa@southhadley.ma.gov)
- Please call 24 hours in advance if you will miss a class, so someone on the wait list can take the class.
- **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. **There is a suggested \$3 donation to the Activity Fund per class.**

### 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 Senior Center.

### Council on Aging "Stay Well" Wellness Scholarship 2021-22 Start the New Year off in a Healthy Way!

Stay Well "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.

### Tai Chi & Qigong for Health & Relaxation

**Mondays at 10 a.m. (Hybrid)**  
**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 (Hybrid)**

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.

### Circuit Training in the Fitness Center

**Wednesdays at 10 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 to participate.

### Fitness Room Orientation

**1st & 3rd Wednesday at 11:15 a.m.**  
**Mandatory - No Cost**

You must complete your application and complete your fitness room orientation 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.

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

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

March 11 - St. Patrick's Day Table Runner or placemats

Cost: \$8.00

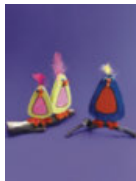
Choose between placemats or a table runner for your creative way to add a little luck of the Irish to your table setting!



## March 25 - "Tweets on a Twig"

Cost: \$5.00

Join your favorite crafters, Denise and Carla for a one of a kind project. Make your own "tweets on a twig", "birds on a branch", "chicks on a stick!"



## Seasonal Centerpiece Club

Friday, March 4 at 1 p.m.

Take home cost: \$5.00

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

## Free Card Making Class

Tuesday, March 8 at 3:30 p.m.

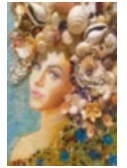
Lauren returns for another card making class for St. Patrick's Day and spring! Lauren brings all the supplies and instruction to make one of a kind cards with your own personal touch! Limited to 12.

## 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 March 2 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!

## Jewelry Making with Sandy

Tuesday, March 15 at 1 p.m.

Cost: \$3 plus the cost of beads

Join jewelry maker Sandy Merrill to make a new piece of jewelry or bring in your old jewelry to repair and customize. Sandy has an excellent collection of beads to choose from.

## 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](mailto:coa@southhadleyma.gov)

**Per CDC order all passengers must wear a mask that covers your nose and mouth while using our transportation program.**

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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.

### Brown Bag Program for Seniors

#### Tuesday, March 15. Pickup between 10 - 11 a.m. Monthly: 3rd Tuesday

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. Provided by the Food Bank of Western Mass.

### Mobile Food Pantry with Neighbors Helping Neighbors

#### Tuesday, March 15 from 10 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.

### 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.

### 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, March 2 and March 16 from 10 to 11 a.m. The group is 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.

Please contact Ann Andras for more information about these services. Call her at extension 6206 or email her at [aandras@southhadleyma.gov](mailto:aandras@southhadleyma.gov)

### Fiscal Year 2022 Fuel Assistance

The deadline to apply for fuel assistance is April 30, 2022. You still have plenty of time to get help paying for fuel costs. Don't wait! Call Ann Andras for assistance with your recertification or a first time application.

### SHINE

#### Serving the Health Insurance Needs of Everyone!

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.

### Create your personal my Social Security Account Today!

Your personal my Social Security account gives you immediate access to important information and tools, putting you in control of your time.

**It's secure!** The Social Security Administration is committed to using the best technologies available to protect your personal information; extra security measures to keep you safe and secure.

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Creating an account gives you the control to check your Social Security statement, change your address and telephone number, view your benefit estimates, request a replacement Social Security card, request a replacement Medicare card, check the status of your application or an appeal, set up or change your direct deposit, request a Social Security 1099 form (SSA-1099) and much more.

To set up your free personal my Social Security account go to <https://www.ssa.gov/myaccount/>

### Employment Support

Are you 55 or older and Seeking Employment? Low income seniors may qualify for paid training opportunities through the Senior Community Service Employment Program or SCSEP. SCSEP is the nation's oldest job training program to help unemployed individuals aged 55 and older find work. SCSEP is an equal opportunity program. Call 413-787-6861 to learn more, ask for Anthony.

For questions or to register for events, email: [coa@southhadleyma.gov](mailto:coa@southhadleyma.gov) or 413-538-5030



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

\$10 Individual Member/ \$20 Joint Membership  
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 Mail checks payable to the Friends of the South Hadley Seniors to: PO Box 55, South Hadley, MA 01075

## Support the Friends through AmazonSmile

There is no cost to you and AmazonSmile donates ½% 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:

1. Visit smile.amazon.com
2. Sign in with your Amazon credentials
3. Select "Friends of the South Hadley Seniors, Inc"
4. Start Shopping!

## Win Free Ice Cream from the Friends

On March 14, 15 & 16 (10 a.m. - 2 p.m.) the Friends will host a free daily raffle for an ice cream treat from the new Batch ice cream shop in the Commons, giving away a total of 3 ice cream treats. We'll have a table next to the Café. Stop in to see us, say hello, drop off your membership form (if you haven't already) and/or learn more about who we are and what we do. There is no cost to enter the raffle and you can take a chance to win each day. We look forward to seeing you!

### CONNECT WITH THE FRIENDS

Website: southhadleyseniors.org  
 Email: southhadleyseniors@gmail.com  
 Facebook: friendsofsouthhadleyseniors

## South Hadley Travel Club News

March Office Hours: Thursdays from 10 to 11:30 a.m. in the Small Conference Room



**April 5, 2022: Canceled / Encore Casino, Boston, MA.** Call Huguette Supinski @413-530-6162

**April 20, 2022: Canceled / Newport Playhouse and Cabaret, Newport, RI.** Call Huguette Supinski

**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 (\$110 for veterans). - 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.

**July 12, 2022: Connecticut Lighthouse Cruise, New London, CT.**

2 hour cruise from New London to Long Island. Package includes: transportation, cruise, with lunch & shopping in Olde Mistick Village. Cost: \$125. Call Susan Canedy @ 536-2106.

**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.** Magical musical cabaret-style show and stop at the Heritage Museum & Gardens. Package includes: transportation, show, luncheon and museum. Cost \$125. Call Susan Canedy @ 413-536-2106.

**October 11, 2022: Inn at East Hill Farm, Troy, NH. And Cathedral of the Pines.** Travel into the Monadnock Region through quaint New England villages. Package includes: transportation, tour, luncheon, entertainment and winery tour. Cost \$95. – Call Huguette Supinski @ 530-6162.

# 10 Monday Movie Matinees

## My Life, My Health: A Chronic Disease Self-Management Program

Tuesdays from 9:30 a.m. - Noon

March 29 to May 3 held at the Senior Center

Presented by WestMass ElderCare, this free program provides information and teaches practical skills to those living with one or several chronic health conditions who want to learn how to manage them better and improve their quality of life. This program has many benefits for adults experiencing chronic heart conditions such as hypertension, arthritis, heart disease, stroke lung disease and diabetes. Family members, friends and caregivers can benefit by participating. For questions and to register: Ginger Cruickshank at [vcruickshank@wmeldercare.org](mailto:vcruickshank@wmeldercare.org) or 413-538-9020, ext. 337

Upcoming Event - April 21 from 2 -4 p.m.

Volunteer Appreciation with a special program "The Helping Hand" by Timothy Van Egmond to honor all our volunteers, as well as a dessert buffet and prize raffles.

## Matinee Monday Movies at 1:15 p.m.

We're spotlighting women in honor of Women's History Month. Women's History Month is an annual declared month that highlights the contributions of women to events in history and contemporary society.



**Saving Mr. Banks (2013)**  
Monday, March 7 at 1:15 p.m.



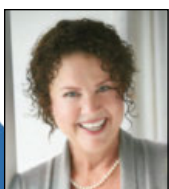
**Battle of the Sexes (2017)**  
Monday, March 14 at 1:15 p.m.



**Where'd you go Bernadette? (2019)**  
Monday, March 21 at 1:15 p.m.



**Respect (2021)**  
Monday, March 28 at 1:15 p.m.



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Donations made in memory of, or in appreciation of are indicated in capital letters.

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**We are grateful for the donations from:**

Barbara Ayers, Patricia Albright, Anonymous, Lorraine Lavallee, Travel Club, Chester Marciniak (In appreciation of the SHCOA Staff Assistance & Services)

Many thanks to the South Hadley & Granby Chamber of Commerce for their yearly donation of \$1,000.00. Their generous donation will be used to support the Center's twelve, low-to-moderate impact exercise and dance class expenses.



(Leslie Hennessey, Exec. Director of the Senior Center accepts the donation from Michele Lyman, the South Hadley & Granby Chamber of Commerce Treasurer.)

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 Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the senior center in writing.

## 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\*\**

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