



# 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  
8:00 a.m. - 4:30 p.m.  
Tuesdays until 7:00 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



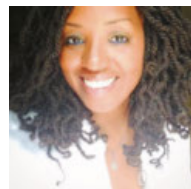
April 2022

## Tech Time with Sandy 30 - Minute, One on One Appointments

Sandy is the Center's new technology instructor!

Sandy has regular appointments to answer questions, help you navigate your device, give advice, and hear concerns about your electronic devices. Sandy can help with both Apple and Android devices.

To schedule an appointment contact the Welcome Desk at 413-538-5030 x3 or [COA@southhadleyma.gov](mailto:COA@southhadleyma.gov)



## Lifelong Learning Lecture Series

A Collaboration Between Mt. Holyoke College and the South Hadley Council on Aging

**"Our Liberation is Bound Together - Embracing Anti-Racist Values for the Collective Purpose of Racial Healing"**

Thursday, April 28 at 2:30 p.m.

Dr. Kijua Sanders-McMurtry serves as the inaugural Vice President for Equity and Inclusion and Chief Diversity Officer at Mount Holyoke College in South Hadley, Massachusetts. She began her role at the College in August of 2018. This program is funded by the South Hadley Council on Aging Travel Club.

## Vladimir Putin - Corrupt, Brutal, and Enigmatic - Coming Cold War? Tuesday, April 19 at 5:30 p.m.

Author and publisher Henry Quinlan lived in Moscow from 1990 - 1995 and witnessed the collapse of the Soviet Union. Join us for a look at the career of Vladimir Putin, as an autocrat who is corrupt, brutal, competent and enigmatic. There is a full examination of:

- Why the Autonomous Jewish Region is growing after years of decline.
- The opening of the Northern Passage and impact on international trade.
- The points of conflict within the Arctic Council and the Paris Accords.
- The role of China in supporting Russia's goals.
- The current war in Ukraine – is that the end of the Putin era or the beginning a new East v. West?



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06-5294

## 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 health 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 or 413-538-9020, ext. 337 or see the Welcome Desk.

## Lunch Program

Monday - Friday, 11:00 a.m. - 1:00 p.m.

Lunch Served at Noon

Reserve meals by noon the day before.



Anonymous, suggested donation is \$2.25 for guests 60 or older, those 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, April 14 from 11:30 a.m. - 12:30 p.m.

Reserve your meal by Tuesday, April 12

Join us as we celebrate birthdays and anniversaries for the month of April with entertainment by guitarist **Tony Rarus**. Celebrants with a birthday or anniversary in April eat free courtesy of the Friends of the South Hadley Seniors. This event is sponsored by the Friends of the South Hadley Seniors.

## Memory Café

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

Held the 2nd and 4th Wednesday of the month.

Program schedule:

10:00 a.m. - 10:30 a.m. - Coffee & Donuts

10:30 a.m. - 11:30 a.m. - Activity

11:30 a.m. - Just in time for lunch - feel free to join us, as our guests.

### April 13 Activity:

10:30 a.m. - 11:30 a.m. - The Life and Art of Leonardo daVinci. Learn a bit of this genius's life and appreciate the well known art pieces he gave the world. Presenter: Sandy Farnsworth, Program Coordinator

### April 27 Activity:

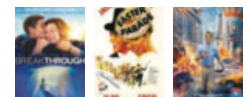
10:30 a.m. - 11:30 a.m. - Naturalist Lois Kiraly takes you on the amazing migrations birds undergo every season.

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

**Breakthrough (2019)**  
Monday, April 4

**Easter Parade (1948)**  
Monday, April 11

**Free Guy (2021)**  
Monday, April 22



## Lace up your Sneakers! The Walk Massachusetts Challenge is Back!

May 1 to October 31, 2022

This year the challenge is open to everyone in Massachusetts aged 5 and up. Walk with your family, friends, or on your own! Those under age 60 "sponsor" an older adult – just enter the name of that older adult (no fundraising is involved). As you complete the challenge, you are entered into a drawing for a \$50 Visa gift card, a \$25 Amazon gift card or a \$10 Dunkin' gift card. For each person who completes their challenge, the South Hadley Council on Aging gets an entry to win up to \$1000 for use with fitness programming. Last year, we won \$250 toward programming!

### Here's how it works:

You can choose a challenge from one of 5 different levels - walking for days, time, miles, or steps. Then choose a challenge based on a Massachusetts fun fact. It could be from walking 88 days during the challenge period to walking 126.5 miles to walking 362,000 steps. Choose your challenge based on your walking abilities, or challenge yourself to reach a higher goal! You can walk inside, outside (around the Senior Center loop), on a track or a treadmill (in the Senior Center Fitness Center) – wherever you want! Then, enter your walking on [www.walkmachallenge.com](http://www.walkmachallenge.com) between May 1 and October 31 and you'll be entered to win at each milestone (five chances to win total). It's that easy! Call Sandy Farnsworth at x6205 to let her know you're joining the challenge. South Hadley participants will be entered into an additional South Hadley Senior Center raffle!

## 4 Activities Schedule

**Weekly Activities - Call or email [COA@southhadleyma.gov](mailto: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	11:15 a.m. Gentle Yoga	10:00 a.m. Circuit Training
1:00 p.m. Zumba Gold	1:00 p.m. Bingo	10:00 a.m. to 11:45 a.m. - Fitness Room Closed due to a class.
1:00 p.m. Mah-Jongg	1:00 p.m. Learn to play Pinochle	10:45 a.m. Healthy Bones & Balance
1:15 p.m. Monday Movies	1:00 p.m. Pinochle	11:00 a.m. Gratitude Journal Group
	1:00 p.m. Social Strollers	1:00 p.m. Beginner Tai Chi
	3:00 p.m. Line Dancing	1:00 p.m. Learn to Quilt
	5:30 p.m. Yoga & Meditation	1:00 p.m. Mah-Jongg
	5:30 p.m. Ukulele Group Lessons (April 5 & 19)	1:00 p.m. Pitch

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	9:30 a.m. Coffee & Conversation
10:00 a.m. Fitness Basics	9:30 a.m. Healthy Bones & Balance
11:15 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 April events begin Monday, March 28**

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

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

## Groups & Wellness

### Nail Care

**Every other Monday, 9:00 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  
Call for an appointment.

### Foot Nurse, Sharon Beaulieu, RN

**1st Tuesday of the Month, 9:00 a.m. - 11:00 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.

### Hampshire Hearing & Speech Services Hearing Screenings & Hearing Aid Cleanings 2nd Tuesday of the Month, 9:00 a.m. - 12:00 p.m. Call to make an appointment

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

### Low Vision Group

**2nd Tuesday of the Month at 10:00 a.m.**

The group continues to welcome new members. Any senior who has received a medical diagnosis of legal blindness, visually impaired or low vision can join. Contact Ann Andras at x6206.

### Veterans Social Hour

**4th Wednesday of the Month at 10:00 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.

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

**2nd Thursday of the 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, or ask a question. Drop in, or you can always call Marge at 413-536-6688.

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

**NEW** **Evening Yoga and Meditation with Michaela Driscoll**

**Tuesdays at 5:30 p.m.**  
**\$3.00 per class**

Michaela has practiced yoga for four years and has completed her 200 hour yoga certification at Mama Nirvana's teacher training in 2021 of traditional Hatha Yoga. This class will include Hatha Yoga poses with extended guided meditation and relaxation.

**Ukulele Group Lessons and Play**

**Tuesdays at 5:30 p.m.**  
**Lessons: April 5 and 19**  
**\$5.00 per class**

Join Music Therapist Dana Osterling to learn the basics of the ukulele twice a month on April 5 and 19 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, April 19 - 5:30 - 7:00 p.m.**

April topic - Veteran Resources in Western Massachusetts

**Alcohol Ink Painting**

**Tuesday, April 5 from 4:00 - 6:00 p.m.**  
**Cost: \$5.00. Limited to 12 Artists.**

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. If you have already tried this class, come and learn ways to add to your painting! All supplies are provided. Pre-registration is required.

**Gary Felder, Professor of Physics at Smith College presents: Black Holes: Peering Behind the Curtain of One of Nature's Greatest Mysteries**

**Tuesday, April 12 at 5:30 p.m.**

A black hole is an object so dense that nothing, not even light itself, can escape from its gravity. While we can't see inside a black hole, we can learn a lot about them by observing matter as it falls in towards them, and by using the laws of physics to predict what happens inside them. Are black holes singularities of infinite density? Are they wormholes to other regions of time and space? What would you experience if you fell into a black hole? Gary Felder is back by popular demand for this requested discussion.

**Not Everything is on the Internet**

**Tuesday, April 26 at 5:30 p.m.**



Dave will present an introduction to genealogy and help you discover things about your family you never knew. Dave Robison is the former President of the Western Massachusetts Genealogical Society (WMGS), the New England Chapter of the Association of Professional Genealogists (NEAPG) and the Connecticut Society of Genealogists (CGG).

**The Kitchen of a Professional Chef**

**Tuesday, April 4 at 11:00 a.m.**

Join retired professional chef, Maggie Vescio, who has 20+ years of experience working and teaching in professional kitchens. Topics include, but are not limited to: Equipment vs tools vs gadgets- all you really need is ONE great knife and sharpener and a cut board (and maybe a peeler). Pots vs pans and Dutch Ovens. Maggie will demonstrate all these secrets by making a one pot meal of Angry Pasta Fagiolo to share with participants.

**A Note From Leslie**

Happy Spring everyone!

Spring always brings a sense of renewal and excitement; when the warmer weather moves in and brighter, longer daylight springs forward.

Much like the same time last year, local and statewide cases of COVID-19 appear to be declining, which offers us new opportunities, relaxed mask mandates and revised capacity limits in the Senior Center.

The Woodlawn Café is open! We welcomed our café patrons back to the café in mid-March. While Billy is

out for his knee replacement surgery, Donna Gonet and Sharon Martel are working in the café and assisting in the kitchen. Please stop in and support the café. Our prices are very reasonable and the food is delicious. We have muffins and pastries for those who want a sweet boost to their morning and soup and sandwiches (Turkey and Ham with lettuce and tomatoe) for lunch. The cafe is open 8:00 a.m. to 1:00 p.m., Monday through Friday.

The Senior Center is grateful to State Representative Dan Carey who procured a \$50,000 line item in the 2022 state budget for the purchase of an electric vehicle for

the South Hadley Council on Aging transportation program.

We are thankful for the behind the scenes work of Board of Director Chairperson Bob Pueschel and Board Secretary, Liane Pueschel who researched the purchase of the EV from Gary Rome Hyundai of Holyoke. The teal-colored Ioniq 5 arrived just as gas prices began to rise. The COA is excited to have both the environmental and financial benefits of owning a charging station and an electric vehicle. We are also proud to be a leader in the community for increased reliance on green technology.

## 6 Fitness Programs

### 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 10:00 a.m. (Hybrid) All levels 10:00 a.m. - 10:45 a.m. Advancing 10:00 a.m. - 11:15 a.m. \$3.00 per class

Beginners: build strength, stamina, and learn sequencing for 45 minutes. Intermediate: start at 10:00 a.m. and additional 30 minutes to learn Part 2 of the form.

#### Zumba Gold Mondays at 1:00 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 9:00 a.m. \$3.00 per class

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

#### Fitness Basics with Lindsey Tuesdays & Thursdays at 10:00 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.

Registration for all classes,  
events, and programs  
for April begin  
Monday, March 28 at 8 a.m.

#### Social Strollers Tuesdays at 1:00 p.m. Beginning April 12

Join the SHCOA walking group led by volunteer Huguette Supinski each Tuesday for some fresh air and exercise! The group will be adding a "destination walk" each month starting in May.

#### Line Dancing \*New Time\* Tuesdays at 3:00 p.m. \$3.00 per class

Line dancing continues with Liz. Join the fun!

#### Evening Yoga and Meditation with Michaela Driscoll Tuesdays at 5:30 p.m. \$3.00 per class

Michaela has practiced yoga for four years and has completed her 200 hour yoga certification at Mama Nirvana's teacher training in 2021 of traditional Hatha Yoga. This class will include Hatha Yoga poses with extended guided meditation and relaxation.

#### Dance with Loryn Wednesdays at 9:00 a.m. \$3.00 per class

Have some fun and move to the beat with Loryn.

#### Circuit Training in the Fitness Center Wednesdays at 10:00 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 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 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.

#### Beginner Tai Chi with Lenny Burlingame Wednesdays at 1 p.m. \$3.00 per class

Lenny Burlingame started his study of body movement arts through martial arts training in 1980 and has been consistently studying, training and teaching for over 40 years and has Advanced Teacher Certification. Come and try out this gentle exercise form!

#### Seated & Standing Yoga \*New Time\* Thursdays at 11:15 a.m. (Hybrid) \$3.00 per class

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



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.**

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

## Seasonal Centerpiece Club

Friday, April 1 at 1:30 p.m.

Take home cost: \$5.00. Limited to 10 Crafters.

Make a spring watering can centerpiece for our table and take one home for your table! Take your centerpiece home for \$5.00.

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

**April 8 - Spring Decorative Serving Tray**

**Cost: \$10.00. Limited to 12 Crafters.**

These Wooden serving trays will add style to your spring/ Easter table and service, or as a pretty decorative item.



**April 22 at 10:30 a.m. - Spring-Time Decorative Plate**

**Cost: \$5.00. Limited to 12 Crafters.**

Add a little spring color and whimsy to your dinnerware or as a decorative item! Create these unique glass plates personalized with decoupage and fabric. Choose your favorite patterns and shades.



## Fiber Arts Club

Friday at 1:30 p.m.

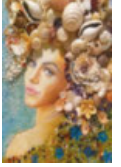
This club is open to those who like to knit, crochet, cross stitch, and embroider. Spend time with others and share patterns and tips, Fridays by the fireplace!

## 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? 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 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.



## Cherry Cherry Painting Party

Friday, April 15 from 1:30 p.m. to 3:30 p.m.

**Cost: \$12.00. Limited to 15 Painters.**

Nothing says spring like cherry blossoms! Artist and instructor Amy Porchelli of Artsong, LLC. is back by popular demand for a wonderful Cherry Blossom acrylic painting instruction party. All supplies are provided. No experience necessary. You will leave with a beautiful painting! This program is supplemented by funds from the Friends of the South Hadley Seniors.



## 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 9:00 a.m. to 3:00 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 - 2:00 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

#### 3rd Tuesday of the Month

#### Pickup between 10:00 a.m. - 11:00 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. Provided by the Food Bank of Western Mass.

### Mobile Food Pantry with Neighbors

#### Helping Neighbors

#### Tuesday, April 19 from 10:00 a.m. 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.

Please contact Ann Andras for more information on these services. Call her at 413-538-5030 X6206 or email her at [aandras@southhadleyma.gov](mailto:aandras@southhadleyma.gov)

### 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, April 6 and April 20 from 10:00 a.m. to 11:00 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.

### 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 a.m. to 12:30 p.m. 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, Fred can help. Once your SHINE questionnaire is filled out the Welcome Desk can give you an appointment. Forms are at the Welcome Desk or can be emailed upon your request.

## Announcements

### Volunteer Appreciation Party

#### Open to all volunteers of the South Hadley Senior Center - By Invitation

#### Thursday, April 21 from 2:00 p.m. to 4:00 p.m.

We will acknowledge our amazing volunteers and their commitment and dedication to the South Hadley Senior Center with a special program of entertainment, a dessert buffet and a gift basket raffle. All invitees please RSVP by Thursday, April 14 to [COA@southhadleyma.gov](mailto:COA@southhadleyma.gov) or 413-538-5030.

- The Pinochle group is looking for new players to join their group. Learn to play, brush up on your skills, or just enjoy some competition. Tuesdays at 1:00 p.m.
- We are looking for people to start a scrabble club. Contact Kathy Florence at x6207 if you are interested in participating.

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



**Date:** Friday, April 29, 2022  
**Time:** Doors open at 5PM, Bingo begins at 6:30PM  
**Place:** St Theresa's Church  
**Cost:** \$35 per person. Tables of 9 can be reserved.  
**Tickets:** Online at [handbagbingosouthhadley.eventbrite.com](http://handbagbingosouthhadley.eventbrite.com)  
 In person: South Hadley Senior Center (form available)  
 By mail: Mail check to Friends of the South Hadley Seniors, PO Box 55, South Hadley, MA 01075  
**Questions:** Email: [southhadleyseniors@gmail.com](mailto:southhadleyseniors@gmail.com)

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

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## South Hadley Travel Club News



April Office Hours: Thursdays from 10:00 a.m. to 11:30 a.m. in the Small Conference Room

**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 at 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 at 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 at 413-536-2106.

**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 at 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 at 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 at 413-530-6162.

**December 15, 2022: Historic Red Lion Inn in Stockbridge, MA, Ventfort Hall in Lenox, then Bright Nights in Springfield.** Package includes transportation, luncheon, and entertainment. Cost \$120. Call Huguette Supinski at 413-530-6162.

# 10 Activities

## 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.

## Book Club - Hybrid

Wednesday, April 27 at 2:00 p.m.

Books available at South Hadley and Gaylord Library

This month's book selection is "The Night Tiger" by Yangsze Choo.

## Gratitude Journal Writing

Wednesdays at 11:00 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.

## Watercolors

Thursdays at 9:30 a.m.

Cost: \$5.00 per class

Tina provides the know-how and guidance. You bring the supplies.

## Quilting Class with Susan LaBonte

Wednesdays 1:00 p.m. to 3:00 p.m.

This class will introduce you to basic techniques of quilting while creating wonderful blocks that can be used to make a quilt or pillows. We will be using the book The Underground Railroad. Classes will include the safe and proper use of the rotary cutter and how to achieve a ¼ " seam allowance. Supplies needed: assorted small pieces of fabric that work well together: ¼ yard light color, ¼ yard med color, and ¼ yard dark color (the fabrics should contrast with each other. Susan is also available to assist you if you do not want to start a new quilt, but want to finish a quilt you started years ago.

## Chair Volleyball

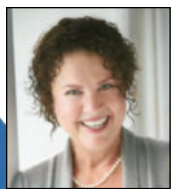
Thursdays at 1:15 p.m.

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 9:30 a.m.

- April 1 - Water Department Superintendent, Jeffrey Cyr
- April 8 - Artist & Instructor, Ann Mueller
- April 15 - Andy Rogers, Recreation Director for the Town of South Hadley
- April 22 - Dan Pease, Studio Manager of South Hadley Community Television
- April 29 - Rebekah L. Cornell, Conservation Administrator/Planner



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We are sincerely grateful for all the donations to the South Hadley COA in support of the many activities, programs and services we provide.

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

**BLANCA BRUNELLE**

- Judy Underwood

**MARGARET PARSONS**

- Brian & Beverly Bird
- Elizabeth Parsons
- Katherine Kelly-Regan
  - Susan Mailloux

**PAUL PIQUETTE**

- Dottie Piquette



Introducing the Senior Center’s newest addition to the transportation fleet, the all-electric Hyundai Ioniq-5. The COA is proud to be a community leader in sustainable, environmentally friendly green technology.

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

Lawrence & Helen Batley, Anonymous, Gisele Bourgault-Corriveau, Chester Danek

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\*\**

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