


THE GOLDEN CHRONICLE


THE SOUTH HADLEY COUNCIL ON AGING

The South Hadley Senior Center provides a culturally responsive environment that promotes opportunities for learning, social interaction and recreational activities that foster a fulfilling and healthy lifestyle for all seniors. Our community is committed to advancing, cultivating, and preserving a culture of empowerment, diversity, inclusion and belonging.

May 2022

 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

 southhadley.org

 @southhadleycoa

Memorial Day Event Friday, May 27 at 9:00 a.m.

Memorial Day holiday honors the men and women who died while serving the U.S. military. Join the South Hadley Council on Aging and the South Hadley Veterans' Service Department as we observe this day. The event will include a delicious breakfast, music, distinguished speakers, military remembrances and ceremonies. Please register for this event beginning Friday, April 29.



Senior Center Staff

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FOOD SERVICE COORD.

Billy Poe

Lifelong Learning Lecture Series: A Collaboration Between Mount Holyoke College & The South Hadley Council on Aging

Funding for this series is provided by the South Hadley COA Travel Club

Understanding How Diet and Stress Affect your Immune System and Mental Health

Tuesday, May 3 from 10:30 a.m. to Noon



Jamie Church, PhD. presents this interactive seminar that summarize the latest science of how lifestyle factors, such as diet and stress, impact the function of the brain and immune system. **A suggested donation of \$10.00 - \$15.00 to the South Hadley Council on Aging Activity Fund is encouraged but is not mandatory for participation.**

Biomimicry: Designing Innovative Solutions Inspired by Nature

Wednesday, May 18 from 10:30 a.m. to Noon



Dr. Tiffany Espinosa is the executive director of Professional and Graduate Education at Mount Holyoke College. Learn how scientists, engineers, designers, and innovators around the world are using nature-inspired design to develop creative, sustainable solutions. **A suggested donation of \$10.00 - \$15.00 to the South Hadley Council on Aging Activity Fund is encouraged but is not mandatory for participation.**

Registration for May Events & Activities Begins Friday, April 29



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06-5294

Community Table

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

Lunch Served at Noon

Reserve meals by noon the day before.

Suggested, confidential, voluntary donation is \$2.25 for guests 60 or older, those under 60 are charged \$6.50 per Federal Regulations. The title III-C Congregate Meal Site program is 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.



Breakfast-To-Go-Menu

Monday - Friday

Pick-up from Noon - 12:30 p.m.

Reserve meals by noon the day before.

Breakfast meals are delivered cold and are meant to be heated the following morning. A suggested, confidential, voluntary donation of \$2.25 per meal for guests. For questions about meals, please call the Nutrition Department at 413-538-9020.

Monthly Birthday & Anniversary Meal

Thursday, May 5 from 11:30 a.m. - 12:30 p.m.

Reserve your meal by Tuesday, May 3



Join us as we celebrate birthdays and anniversaries for the month of May with entertainment by the **Steve & Tom Duo**.

Celebrants with a birthday or anniversary in May eat free courtesy of the Friends of the South Hadley Seniors. Please tell the Welcome Desk when you register for lunch if you are celebrating this month.

Tech Time with Sandy

30 - Minute, One on One Appointments

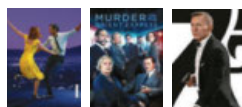
Sandy is the Center's new technology instructor! Sandy has regular appointments to answer questions, help you navigate your device, give advice, and hear concerns about your electronic devices. Sandy can help with both Apple and Android devices. schedule an appointment today!

Matinee Monday Movies at 1:15 p.m.

La La Land (2017)
Monday, May 2

No Time to Die (2021)
Monday, May 24

Murder on the Orient Express (2017)
Monday, May 9



The Woodlawn Café

Open Monday—Friday

8:00 a.m. to 1:00 p.m.

Coffee / Hot Tea.....\$.75

Coffee / Hot Tea to-go...\$1.00

Assorted Muffins, pastries & scones...\$2.00

*Daily Soups

Clam Chowder, Beef Barley, Cheese Tortellini, Italian Wedding, Chicken Noodle, and Minestrone

Cup:\$2.00 Crock:\$3.00

To-go (small)....\$2.50 / To-go (large).....\$3.50

*Sandwiches

Choice of Ham & Pickle, Tuna Salad, Egg Salad, Ham & Cheese and Turkey & Cheese with Lettuce and Tomatoes

Sandwich with chips.....\$5.00 To-go: \$5.50

Soup & Sandwich..... \$6.00 To-go: \$6.51

**Soups and Sandwiches vary per day. Generally we have two soups and three sandwich choices per day.*

No dinner plans? No problem! Take a delicious soup and sandwich to go!

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.

May 11 Activity: 10:30 a.m. - Musician John Thorp will play his dulcimer.

May 25 Activity: 10:30 a.m. - Ben Monkaba is a musician and entertainer with Williams Syndrome. Ben has an innate musicality and is a natural performer who is happiest when he is making others happy with his music. He sings while Ed Roseman accompanies him on keyboard, guitar, and clarinet.

Do you like to garden? Have a green thumb?

If you are interested in starting a garden club contact Kathy Florence at x6207

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	9:00 a.m. Tech Time with Sandy
10:00 a.m. Tai Chi & Qigong for Health & Relaxation	11:15 a.m. Gentle Yoga	9:30 a.m. Healthy Bones & Balance
1:00 p.m. Zumba Gold	1:00 p.m. Bingo	10:00 a.m. Circuit Training
1:00 p.m. Mah-Jongg	1:00 p.m. Learn to play Pinochle	10:00 a.m. to 11:45 a.m. - Fitness Room Closed due to a class.
1:00 p.m. Canasta	1:00 p.m. Pinochle	10:45 a.m. Healthy Bones & Balance
1:15 p.m. Monday Movies	3:00 p.m. Line Dancing	11:00 a.m. Gratitude Journal Group
	5:30 p.m. Yoga & Meditation	1:00 p.m. Beginner Tai Chi
	5:30 p.m. Ukulele Group Lessons	1:00 p.m. Learn to Quilt
	(May 3 & 17)	1:00 p.m. Mah-Jongg
		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: Canceled May 27
9:30 a.m. Watercolors	9:30 a.m. Coffee & Conversation: Canceled May 27
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
9:00 a.m. Tech Time with Sandy	1:00 p.m. Learn to Knit
1:00 p.m. Chip Poker	1:15 p.m. Cribbage
1:00 p.m. Quilting	1:30 p.m. Bridge
1:15 p.m. Chair Volleyball	1:30 p.m. Fiber Arts Club

Sign-up for May events beginning Friday, April 29

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 for services provided at the Senior Center 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. The fee for a home visit is \$50.00.

Hampshire Hearing & Speech Services Hearing Screenings & Hearing Aid Cleanings

2nd Tuesday of the Month, 9:00 a.m. - 12:00 p.m.

With Audiologists Allison Holmberg and Lisa Howard.

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 538-5030 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.

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 call Marge at 413-536-6688.

Registration for May Events & Activities Begins Friday, April 29

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: May 3 and 17
\$5.00 per class

Join Music Therapist Dana Osterling to learn the basics of the ukulele twice a month 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, May 17 - 5:30 - 7:00 p.m.

May topic - Welcome Home Bonus Program. Mike is South Hadley's Veterans' Service Director

The Walk Massachusetts Challenge is Back!
Join us for the Kick Off Event!
Tuesday, May 10 at 1:00 p.m.

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 \$1,000 for use with fitness 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. 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), or a treadmill (in the Senior Center Fitness Center) – wherever you want! Then, enter your walking on 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!

Special Evening Movie - West Side Story (2021)
Tuesday, May 31 at 4:30 p.m.



Please register for this event.

An American musical romantic drama film directed and co-produced by Steven Spielberg. **The cafe will be open from 3:30 p.m. - 5:30 p.m.** There will be soup and sandwiches available for purchase. **There will be free popcorn and soda for the movie.**

Falls Prevention Program
With the South Hadley Fire Departments
Tuesday, May 3 at 5:45 p.m.

Representatives from Fire Districts 1 & 2 will lead a presentation on falls and fire prevention strategies. Order forms for free house numbers will be available. The program is supported by the South Hadley Senior Center and the Age and Dementia Friendly Community initiative. **A raffle will be held.** This presentation is valuable information for seniors, caregivers, and family members.

The Artistry of Puppet Making
Tuesday, May 10 at 5:30 p.m.

Come for a magical evening and meet Eric Weiss of "Homeslice Puppetry". Eric has won an award in professional puppet building from BJ Guyer and the Stan Winston School of Character Arts. He is the founding member and President of the Western Massachusetts Puppetry Guild. After all, just about everyone loves puppets!

Attorney Karen Jackson - What is an Estate Plan and Why is it Important?
Tuesday, May 17 at 5:30 p.m.

Attorney Jackson will explain the importance of each document in the basic estate plan: the will, health care proxy, HIPAA release, advance directive, durable power of attorney and homestead. The people named in the various documents will make the important decisions for the person who is no longer able to do so. Without these critical documents, a family member or someone else must petition the court for the appointment of a guardian and/or conservator. Attorney Jackson will go through each document and will also provide practical tips, such as when, and when not, to add children to bank accounts.

Bird Watching in New England
Tuesday, May 24 at 5:45 p.m.

Jim Lafley of Hampshire Birding Group will offer a beginning bird watching program. Jim was an Education Program Coordinator and presenter for Massachusetts's Department of Conservation and Recreation (DCR) for 30 years and an Environmental Educator for 44 years before retiring a few years ago.

6 Fitness Programs

Registration for all classes, events, and programs for May is **required** and begins Friday, April 29 at 8 a.m.

Tai Chi & Qigong for Health & Relaxation with Denise
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 an 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.

Social Strollers
Tuesdays at 1:00 p.m.

Join the SHCOA walking group led by volunteer Huguette Supinski each Tuesday for some fresh air and exercise! The group will have a

destination walk each month. This month's trip is to Upper Pond at Mt. Holyoke College on May 24 at 1:00 p.m. Meet at the Senior Center and take a free ride in our van to the destination, or you can meet us there. **Please preregister for this event and let us know if you'll be riding in the van or meeting us at the destination.**

Line Dancing
Tuesdays at 3:00 p.m.
\$3.00 per class

A mix of popular line dance, country line dance, with a little ballroom sprinkled in. Designed to welcome all levels from beginner to more advanced. Liz has over 25 years experience in many forms of dance and exercise, and is AFAA certified.

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

"Does your foot tap to the beat? Do you like music from days of younger feet?

Do you like laughs and moves at the same time?

Then come dance with Loryn for an experience sublime!"

Join Loryn for a joyful, all-abilities dance class. Learn a variety of dance moves set to fun music spanning the decades. Loryn has over a decade of experience working with dancers and has a "come as you are" approach to dance!

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
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.

Registration for May Events & Activities Begins Friday, April 29

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

May 13 - Bling a thing!

Cost: \$5.00 if purchasing a scarf.
\$3.00 if you bring your own item.
Limited to 12 Blingers.



We will have scarves available to purchase or you can bring something to add a little sparkle.

May 27 at 10:30 a.m. - Summer Sign

Cost: \$6.00. Limited to 12 Crafters.

Paint your own wooden sign to welcome summer on your door, or anywhere around the house!



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!

History of Drumming and Drum Circles

Monday, May 16 at 1:30 p.m.

Celebrate International Drum Month with a history of drumming lecture, followed by a drum circle led by drummer, teacher, and composer Tim Kane.

Senior Savvy Trivia

Thursday, May 19 at 12:15 p.m.

Come for lunch (registration required) or just the program.

Learn what you can do to prevent fraud by playing an interactive, multiple choice, Senior Savvy Trivia Game. This program is provided by the Consumer Protection Unit and is one of the local consumer programs throughout the Commonwealth working in cooperation with the Massachusetts Attorney General's Office.

Music Appreciation with Liz Simmons

Thursday, May 26 at 11:30 a.m.

The Roaring Twenties and the Swinging Thirties! We will listen to and discuss some of the most popular musicians of the time, like Ella Fitzgerald, Glenn Miller, and also discuss the context in which their songs became the early hits we know and love. There will be time for discussion and questions, as well as an opportunity for us to sing together!

Transportation



The COA can get you where you need to go...FREE!

Are you a 60+ South Hadley resident in need of transportation? The COA provides free in town transportation.

You must schedule rides at least 24 hours in advance.

Transportation hours

- Monday - Friday from 9:00 a.m. to 4:00 p.m.

Daily rides to banks, pharmacies, hairdressers, stores, routine doctor and dentist appointments, to the library and to and from the COA for lunch, special events, programs and activities.

Weekly Scheduled Trips

Grocery shopping at Big Y

- Every Tuesday & Friday: 3 bag maximum.

Neighbors Helping Neighbors Food Pantry

- Every Wednesday between Noon - 2:00 p.m. Must reserve ride by Monday at 4:30 p.m.

Scheduled Trips to local Farmer's Markets starting in June.

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

Donations are always welcome

Masks must be worn at all times while riding in the COA vehicles

Local help with your Medicare questions.

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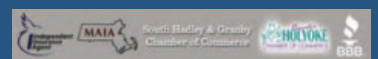
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8 Support Services

2022 Summer Senior Farm Share

Application Deadline is June 1

The South Hadley Senior Center is offering farm shares through Community Involved in Sustaining Agriculture (CISA). The cost is a one-time payment of \$10.00 for the opportunity to have fresh vegetables over a 10-week period. Once again, we are excited to partner with Dave's Natural Garden in Granby! Applications will be collected during the month of May. Applications are available at the Senior Center or by emailing Ann at Aandras@southhadleyma.gov. On June 1, ten (10) names will be randomly drawn and those applicants will be notified.

You must be 60 years or older to qualify. In addition, you must be able to answer yes to one of the four criteria:

- receive SNAP benefits (Food Stamps), Medicaid, SSI, AFDC, or Veteran's Aid benefits.
- participate in the Food Bank's Brown Bag Program.
- live alone and my income is below \$27,180
- or the total income of my household is below \$36,620 (only one share per household).

Caregiver Respite Grant

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

You need respite services for a loved one with memory loss. Please consider applying for this grant. 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

The Savvy Caregiver Workshop

Tuesdays 1:00 p.m. - 3:00 p.m.

Class Dates: May 17, 24, 31, June 7, 21, 28

Cost: Free

The Savvy Caregiver acknowledges that taking care of a person living with Alzheimer's or related dementia (ARD) is specialized work. To do this successfully, caregivers need special skills, knowledge, and a positive attitude which helps them care for themselves as well. The program will cover: the impact of dementia on both the caregiver and the care recipient, how to identify and overcome barriers to self-care, managing day-to-day stress, setting reasonable goals and communicating effectively with family members and strengthening family support. Dementia Friends Champion Carol Constant will facilitate this program.

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, May 19 from 10:00 a.m. to 11:30 a.m.

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

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. Funding for this program is from WestMass ElderCare, Inc. and the Executive Office of Elder Affairs for the Companion Medical Transportation Program.

Alzheimer's Caregiver Support Group

1st and 3rd Wednesday of the Month at 10:00 a.m.

The group is facilitated by Sara Colegrove, MS, Home Care Manager and Caregiver Specialist at WestMass ElderCare, Inc. The group is open to caregivers of those suffering from a dementia related disease.

SHINE

Serving the Health Insurance Needs of Everyone!

Fred assists 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 will give you an appointment. Forms are at the Welcome Desk or can be emailed upon your request.

Registration for May Events & Activities Begins Friday, April 29

MOTHER'S DAY HANGING BASKET SALE



Date: Friday, May 6, 2022
Time: 9 a.m. - 4 p.m.
Place: Senior Center Front Lawn
Cost: \$25 per hanging basket
 (Cash/check)

Details: Come early for best selection
Questions: southhadleyseniors@gmail.com or call Janet at 534-5886.

WE'LL BE OPEN RAIN OR SHINE

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: _____
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 Mail checks payable to the Friends of the South Hadley Seniors to: PO Box 55, South Hadley, MA 01075

CONNECT WITH THE FRIENDS

Website: southhadleyseniors.org
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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 products, same prices, same service.

How to sign up for AmazonSmile:

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

South Hadley Travel Club News

May Office Hours: Wednesday from 10:00 a.m. to 11:30 a.m. in the common area.

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



Travel Rewards Program: We are excited to announce our new Travel Rewards Program. Once you have travelled with us 6 times, a 10% discount will be applied toward your 7th day trip. Your Travel Reward Card can be picked at the Senior Center during our scheduled Travel Club hours or on your trip's travel day. Your travel rewards never expire. We appreciate your loyalty and support – Susan & Huguette

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.

November 10, 2022: Grand Bellevue Murder Mystery Dinner Train, Portsmouth, RI. All aboard for an interactive murder mystery train ride. Package includes: Transportation, luncheon, show & shopping stop. Cost \$130. Call Susan Canedy at 413-536-2106.

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.

The Travel Club proudly funds the Lifelong Learning Series held at the South Hadley Senior Center.

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

10 Activities

Academic Drawing and Painting Mondays 9:30 a.m. to Noon \$5.00 per class Limited to 15.

Learn from classically trained professional artist Anne Mueller on how to produce fine works of art. Choose any medium. Bring your own supplies and subject matter.

Mystery Book Club - Hybrid Tuesday, June 7 at 3:00 p.m.



Join us for a new book club meeting on the 1st Tuesday of the month. We will meet on June 7 to discuss "The Lost Man" by Jane Harper Books available at South Hadley and Gaylord Library.

Book Club - Hybrid Wednesday, May 25 at 2:00 p.m.

This month's book selection is "The Postmistress" by Sarah Blake. Books available at South Hadley and Gaylord Library.

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.

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 to make a quilt or pillows. Classes will include the safe and proper use of the rotary cutter and how to achieve a ¼ " seam allowance. 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.

Watercolors

Thursdays at 9:30 a.m.

Cost: \$5.00 per class

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

Chair Volleyball

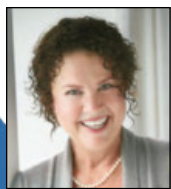
Thursdays at 1:15 p.m.

Build core muscle strength and have fun with this fun and social activity!

Coffee & Conversation

Fridays at 9:30 a.m.

- May 6 - Officer Emily Tebo
- May 13 - Sharon Hart, Director of the South Hadley Board of Health and Emergency Management Director
- May 20 - Kim Prough, President of the Friends of the South Hadley Seniors
- May 27 - Canceled



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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.

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- Charlene & James Pula
- Kathryn & Joseph Messer
- James & Mary Messer
 - Lasca Hoey
 - Carol Rogers

BLANCA BRUNELLE

- Noella Loiselle

LIDIA SILVA MENDES

- Manuel Mendes

LOUIE DUSSEAULT

- Julie Dusseault

LUANNE FERRARI & SIMONE BARTHELETTE

- Noella Loiselle

Thank you to the following businesses for providing sweet treats for our Volunteer Appreciation Party:



We are grateful for the donations from:

June & Lindy Bagg, Anonymous

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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