




# THE GOLDEN CHRONICLE





## THE SOUTH HADLEY COUNCIL ON AGING

 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, press 3

 coa@southhadleyma.go

 southhadley.org

 @southhadleycoa

### June 2022

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### Summer Concerts on the Patio

**Tuesday, June 21 at 5:45pm**  
The Berkshire Hills Music Academy Jazz Band

**Tuesday, July 19th at 5:45pm**  
The Premier Swing & Dance Band

**Tuesday, August 16th at 5:45pm**  
Entertainer and Voice Alum,  
Noah Lis

**\* Free Ice Cream \* Bring a lawn chair**  
**\*Rain (the multipurpose room) or Shine**  
The Summer Concert series is sponsored by the Friends of the South Hadley Seniors



### Celebrating the new Senior Center's one-year Anniversary

**Friday, June 24th**  
**Special lunch & Concert with Jimmy Mazz**  
**11:30am-2:00pm**

**You must pre-register for this lunch and concert event**

Join us as we celebrate the anniversary of our new Senior Center! We will be hosting a special lunch followed by a concert with **Jimmy Mazz!** The lunch menu will be: Chicken stuffed with broccoli and cheese, red bliss potatoes, glazed carrots, dinner roll and Jell-O poke cake.

**Free Cupcakes in the Woodlawn Café 8:00am to 1:00pm**



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

### The Joseph Allen Skinner Museum: Yesterday and Today

Dr. Aaron Miller is the Curator of Visual and Material Culture and the Native American Graves Protection and Repatriation Act Coordinator, Mount Holyoke College Art Museum.

**Wednesday June 8th at 10:30 a.m.**

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.

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

### Aging in Place

#### Health & Awareness Fair

**Tues., June 14th 9:00am to 3:00pm**

This event will provide seniors with comprehensive information on a variety of aging in place topics from proper nutrition to support services available for caregivers. Sign up for a home safety check performed by S.H. Fire Department personnel.

Do not miss out on this opportunity to gather a great deal of information provided by health care professionals all under one roof.

**Many Raffle gifts, free coffee & giveaways**

**Evening presentations:**

**\*Tai Chi group demo at 5:15pm**

**\* Learn about the COA Caregiver Respite Grant at 5:45pm**

**\*Identification and treatment of common Mental Health Disorders in the Older Adult presentation with Karen Buscemi at 6:00pm**

**Registration for June Events & Activities Begins Friday, May 27th**



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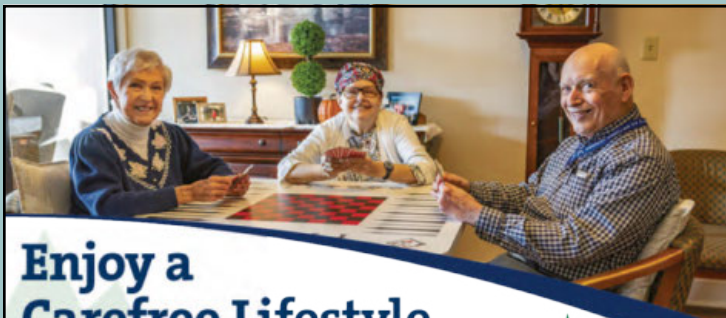
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**Community Table**

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

Lunch Served at Noon

Reserve meals by noon the day before.

Lunch will not be served on June 14th due to our Aging In Place Health and Awareness Fair

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.

*The Woodlawn Café*

Open Monday—Friday

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

Coffee / Hot Tea.....FREE

Coffee / Hot Tea to-go...FREE

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 each day.*

**Free Coffee all Month!**

**Courtesy of the Friends of the South Hadley Seniors**

**NEVER MISS A NEWSLETTER!**

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



# 4 Activities Schedule

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

Monday	Tuesday	Wednesday
8:00 a.m. Billiards	<b>Red Classes Cancelled on June 14th</b>	8:00 a.m. Billiards
9:00 a.m. Cornhole		9:00 a.m. Dance with Loryn
9:30 a.m. Academic Drawing & Painting		9:00 a.m. Tech Time with Sandy
10:00 a.m. Tai Chi & Qigong for Health & Relaxation		9:30 a.m. Healthy Bones & Balance
1:00 p.m. Zumba Gold		10:00 a.m. Circuit Training
1:00 p.m. Mah-Jongg		10:00 a.m. to 11:45 a.m. - Fitness Room Closed due to a class.
1:00 p.m. Color Me Calm		10:45 a.m. Healthy Bones & Balance
1:15 p.m. Monday Movies		11:00 a.m. Gratitude Journal Group
		1:00 p.m. Beginner Tai Chi
		1:00 p.m. Learn to Quilt
		1:00 p.m. Mah-Jongg
		1:00 p.m. Pitch
		3:00 p.m. Line Dancing
		5:30 p.m. Yoga & Meditation
	5:30 p.m. Ukulele Group Lessons	
	June 7th & 21st	

Thursday	Friday
8:00 a.m. Billiards	8:00 a.m. Billiards
9:00 a.m. Stretch and Go	9:00 a.m. Cornhole
9:00 a.m. Tech Time with Sandy	9:30 a.m. Coffee & Conversation
9:30 a.m. Watercolors	9:30 a.m. Healthy Bones & Balance
10:00 a.m. Fitness Basics	10:45 a.m. Healthy Bones & Balance
11:15 a.m. Seated & Standing Yoga	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, May 27**

**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

**2nd Wednesday of the Month 9:00 am to 11:00 am**

Complimentary pastry and coffee provided by VFV Post 3104 and American Legion Post 260. 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 Thurs. 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 June Events & Activities Begins Friday, May 27th**

**Academic Drawing and Painting**

**Mondays 9:30 a.m. to Noon**  
**Free for the month of June**  
 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.**

Discussion on "The Lost Man"  
 The book for our next meeting will be "The Better Sister" by Alafair Burke. We will meet on July 12 to discuss this selection. Books are available at South Hadley and Gaylord Public Libraries.

**Book club Hybrid**  
**Wednesday, June 22 at 2:00p.m.**

This month's book selection is "Orphan Train" by Christina Baker Kline. Books are available at South Hadley and Gaylord Public Libraries. Please email [kflorence@southhadley.ma.gov](mailto:kflorence@southhadley.ma.gov) by

6/20 for virtual instructions.

**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 receive 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. If you don't want to start a new quilt, Susan can help you finish a quilt you started years ago.

**Watercolors**  
**Thursdays at 9:30 a.m.**

**Free for the month of June**  
 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!

**Color Me Calm**  
**Monday 1:00pm**

Join this relaxing group, and enjoy the company of friends while you create beautiful coloring pages. All supplies provided, but you can bring your own personal supplies as well.

**Coffee & Conversation**  
**Fridays at 9:30 a.m.**

- **June 3** - S.H. Police Chief Jennifer Gundersen
- **June 10** - Diane LaRoche—Fire House Museum in S. Hadley
- **June 17** - Johnstone Campbell, Chairperson of the Commission on Disabilities
- **June 24** - Leslie Hennessey, COA Exec. Director

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## 6 Fitness Programs

**TRY OUR CLASSES FOR FREE** During the Month of June!!

Registration for all classes, events, and programs for June is required and begins Friday, May 27th 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.**  
**Advanced 10:00 a.m. - 11:15 a.m.**

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. Join Denise at the Aging in Place Health Fair on June 14th at 5:15 for a group demonstration.

### **Zumba Gold**

**Mondays at 1:00 p.m.**

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.**

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

### **Fitness Basics with Lindsey**

**Tuesdays & Thursdays at 10:00 a.m. (Hybrid)**

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. (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 on June 21st at 1:00pm at the River to Range Trail Head parking lot, off Ferry Street, next to the Mount Holyoke College Boathouse. On this day, the group will meet at the Trail Head off of Ferry Street.

**Please preregister for this event**

### **Line Dancing**

**Tuesdays at 3:00 p.m.**

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.**

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

### **Dance with Loryn**

**Wednesdays at 9:00 a.m.**

"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.**

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.**

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)**

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

**Registration for June Events & Activities Begins Friday, May 27th**

# June Special Event Calendar 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="color: red;">WMEC Lunch will not be served on <u>June 14th</u> due to our <u>Aging In Place Health and Awareness Fair</u></p>	<p style="color: red;"><b>FREE COFFEE IN THE WOODLAWN CAFÉ</b> Courtesy of the Friends of the South Hadley Seniors</p>	<p>1 TRY out a FREE FITNESS CLASS TODAY or ANYTIME ALL MONTH</p>	<p>2 1:00pm Learn Basic East Coast Swing (6-week class)</p>	<p>3 9:30am Coffee &amp; Conversation with S.H. Police Chief Jennifer Gundersun 10:30am-12:30pm Learn to play Mah Jongg</p>
<p>6 3:00pm Just Say YES to Dessert!</p>	<p>7 Savvy Caregiver Series 1:00pm to 3:00pm Virtual 5:30pm: Pour &amp; Paint with Tina Addison 5:45pm Audubon Society presentation with Patti Steinman</p>	<p>8 10:30am Memory Café: Quilt Presentation 9:00am to 11:00am: Veteran's Social Hour at the COA 10:30am Presentation of the Joseph Allen Skinner Museum 2:00-4:00pm: Farmer's Market Trip</p>	<p>9 10:30am Music Appreciation with Liz Simmons: The Roaring Twenties and the Swinging Thirties 1:00pm Learn Basic East Coast Swing 3pm Iron Chef Challenge Chef Maggie Vescio</p>	<p>10 9:30am Coffee &amp; Conversation Diane LaRoche from the Fire House Museum 9:30am Decorative Solar Lights craft 9am to 12pm: Sand for Seniors Bucket pickup. 10:30-12:30 Learn to play Mah Jongg</p>
<p>13  Enter your Walk Mass Challenge progress at <a href="http://www.walkmachallenge.com">www.walkmachallenge.com</a></p>	<p>14 <b>Aging In Place Health &amp; Awareness Fair</b> 9:00am to 3:00pm 5:30pm Pour &amp; Paint with Tina Addison 5:15 Tai Chi Demo 6:00pm Presentation: Identification and treatment of common Mental health disorders in the older adult</p>	<p>15 2:00pm-4:00pm Farmer's Market Trip</p>	<p>16 1:00pm Learn Basic East Coast Swing 3pm Iron Chef Challenge with Chef Maggie Vescio</p>	<p>17 9:30am Coffee &amp; Conversation with President of the Commission on Disabilities Johnstone Campbell 10:30am-12:30pm Learn to play Mah Jongg</p>
<p>20 The Senior Center is closed in honor of the Juneteenth Holiday </p>	<p>21 Savvy Caregiver Series 1:00pm to 3:00pm Virtual 3:00pm The Historical Legacy of Juneteenth 5:45 Berkshire Hills Music Academy Jazz Band</p>	<p>22 10:30am Memory Café Sing-a-long with Nancy Howard</p>	<p>23 1:00pm Learn Basic East Coast Swing 2:30pm 50 State Road trip with Historian Cesar Becerra</p>	<p>24 <b>SENIOR CENTER ONE-YEAR ANNIVERSARY CELEBRATION</b> Free coffee &amp; cupcakes in Café! 11:30am Celebration Lunch &amp; Jimmy Mazz Concert</p>
<p>27 10:00am to 12:00pm Trip to Smith College Botanical Garden for Garden Tour</p>	<p>28 Savvy Caregiver Series 1:00pm to 3:pm 5:45pm Quabbin Reservoir Presentation</p>	<p>29  Enter your Walk Mass Challenge progress at <a href="http://www.walkmachallenge.com">www.walkmachallenge.com</a></p>	<p>30 1:00pm Learn Basic East Coast Swing</p>	

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**Programs and services to support caregivers, family members and friends who are caring for a loved one with memory loss, dementia or Alzheimer's Disease.**

### **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. - 10:30am** - Coffee & Donuts

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

**11:30 a.m.** - Just in time for lunch - feel free to join us, as our guests. Please register for lunch 24hrs in advance or by noon the day before.

**JUNE 8 Activity: 10:30am** - Janet Veitch will bring her quilts to present

**June 22nd Activity: 10:30am** - Nancy Howard, Guitarist and Singer provides a sing-a-long

### **Caregiver Respite Grant**

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

If you need respite services for a loved one with memory loss, please consider applying for our Caregiver Respite Grant. The grant provides financial assistance for 16-20 hours of paid, respite support for families who are caring for a South Hadley older adult with Alzheimer's Disease or Dementia. Please call Ann Andras for more 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

### **Alzheimer's Caregiver Support Group**

**1st and 3rd Wednesday of the Month at 10:00 am**

Facilitated by Sara Colegrove, MS, Home Care Manager and Caregiver Specialist at WestMass ElderCare, Inc., this group is open to all caregivers of those suffering from Alzheimer's Disease, a related dementia, or memory loss. Call Ann Andras for more information.

### **Brown Bag Program for Seniors**

**3rd Tuesday of the Month**

**Pickup between 10:00 am - 11:00 am**

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, June 21st. from 10:00am to 11:30am**

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 local surrounding towns at no charge. Private drivers are paid through the grant to provide rides in their own car. Funding for this program is from WestMass ElderCare, Inc. and the Executive Office of Elder Affairs for the Companion Medical Transportation Program.

### **SHINE**

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

Assistance with SHINE counseling on Tuesdays from 9:30am to 12:30pm 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, we 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.

### **Transportation...we 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. Our minibus is equipped with a wheelchair lift.

**Rides must be scheduled 24 hours in advance.**

Transportation hours

- Monday - Friday from 9:00am to 4:00pm

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

### **Grocery shopping at Big Y**

Every Tuesday & Friday: 3 bag maximum.

### **Neighbors Helping Neighbors Food Pantry**

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

### **Monthly trips to local Farmers Markets**

The month of June we visit the Florence Civic Center Market.

Wednesdays June 8 and June 15: 2:00-4:00pm

Meet us there, or ride the minibus (limit 12 on minibus) You must pre-register at the front desk for these trips.

## 9 Crafting & Special Programs

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



#### Seasonal Centerpiece Club Friday, June 3 10:30am Cost for take home \$5.00

Make a summer centerpiece for our dining room table and one for your own table! All supplies provided.



#### June 10 at 10:30am Decorative Solar Lights cost \$7.00. Must pre register Limited to 12 crafters

Light up your summer nights by making these pretty and fun solar lights for your deck or patio.

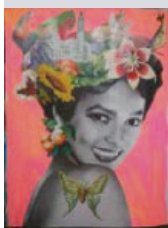


#### June 24 at 10:30am Wooden Firework Decoration cost Must pre register. Cost is \$6.00 Limited to 12 crafters

Paint and decorate this trio of wooden fire crackers for a fun and festive part of your Fourth of July decorations!

### Fiber Arts Club Friday at 1:30 pm

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 9:30am

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!

### Monday Movie Matinee at 1:00pm In honor of Father's Day we will be showing movies with a Fatherly theme!



**6/6 The Pursuit of Happyness (2006)** Life is a struggle for single father Chris Gardner (Will Smith). Evicted from their apartment, he and his young son find themselves alone with no place to go.



**6/13 Trouble with the Curve 2012** The film revolves around an aging baseball scout whose daughter joins him on a scouting trip.



**6/27 Father of the Bride (1991)** Georges daughter returns from Europe engaged, despite Bryan's good financial status and likeable demeanor, George takes an immediate dislike to him.



### 50 State Road trip with Historian Cesar Becerra Thursday, June 23 2:30-3:30pm

The great American birthright is the road trip. Many do so from time to time for a week here a week there. Generally the multi-state or 50 state variety is scheduled for after retirement but not for Historian Cesar Becerra who did it in his thirties in one calendar year. This is the beginning of a three part series

### Just Say YES to Dessert! Monday, June 6 at 3:00pm

Need to watch your sugar, your weight, your carbs, your saturated fats, your salt...WAIT! ENOUGH! Sick of the list of yummy things you CAN'T eat? Here are three wonderful things you can add to the list of things you can (probably) say, "YES", to. Taste these scrumptious desserts and find out how to make them at home. Hands-on instruction, recipes and samples included.



## IRON CHEF FARMER'S MARKET CHALLENGES WITH MAGGIE VESCIO

Farmer's Market Trip on Wednesday, June 8th followed by the cook-off Thursday, June 9th and Farmer's Market Trip on Wednesday, June 15th followed by the cook-off Thursday, June 16th

Is your salad spineless? Do you think herb is just a guy's name? Have you ever wondered what to do with all the weird green things you see, but can't identify, when you are in the produce section? Join us for all or part of these 2-day adventures designed to help you locate the freshest local vegetables at the farmer's market, and then create tasty dishes using unique seasonal ingredients.

### Wednesday 6/8 and 6/15- 2:00-4:00pm

Take the COA minibus or meet us there- Main St. & Park St.- Florence Civic Center, Florence, MA. Chef Maggie will be there to answer questions, help with selections and choose ingredients.

**THEN, Thursday 6/9 and 6/16- meet Maggie in the dining room at 3:00 pm for a hands-on, learn-as-we-go, IRON CHEF cook-off using our fun finds. Samples all around, recipes and pantry basics included.**

Registration for June Events & Activities Begins Friday, May 27th

# 10 Special Programs & Tuesday Night Events



**Trip to the Botanic Garden at Smith College**  
**Monday June 27, 10:00am-12:00pm**  
**Pre-registration is required.**  
**Maximum of 10 / minimum of 5 \$2.00 Suggested donation.**

Members will have a guided tour of the greenhouse. The Botanic Garden is a landscape for learning, complete with a sizable conservatory filled with botanical wonders. The collections include cacti and succulents, ferns, epiphytes, orchids, fragrant plants, economic crops, carnivorous plants and other tropical plants. We will depart from the Senior Center at 10am in the Senior Center minibus and return around 12:00pm

**Music Appreciation with Liz Simmons: The Roaring Twenties and the Swinging Thirties**  
**Thursday, June 9 10:30am**

Liz Simmons returns to finish her presentation on music's historical role in the 1920s and 30s in North America. 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 plenty of time for discussion and questions, as well as an opportunity for us to sing together! Liz Simmons teaches Contemporary Voice at the Community Music School of Springfield, as well as managing the Creative Aging and Bridge Leader programs. She tours regularly with her award-winning band, Low Lily.



**The Historical Legacy of Juneteenth & Celebrating African American History and culture**

**Tuesday June 21st.**  
**3:00pm-4:00pm**

In honor of Juneteenth National Independence Day join us for a presentation and discussion of two, online exhibits from the Smithsonian National Museum of African American History and Culture. The National Museum of African American History and Culture is a museum that seeks to understand American history through the lens of the African American experience. The only national museum devoted exclusively to the documentation of African American life, history, and culture, it was established by Act of Congress in 2003, following decades of efforts to promote and highlight the contributions of African Americans.



**New Free class! Learn Basic East Coast Swing**

**Thursdays beginning June 2 at 1:00pm**

Enjoy dancing to Benny Goodman, Artie Shaw, The Andrew Sisters and many other great Big Bands. You will learn the basic steps, turns and enough to get you around

the dance floor plus basic foxtrot for when you get tired and want to just relax. Depending on how many people are in the class you may be called on to learn to lead as well as follow. Please bring clean shoes with a leather sole. Sneakers are NOT recommended. Try out your moves during the July 19th Swing Band Concert on the Patio!!

**New Free Class! Learn to play American Mah Jongg**

**6 week series Friday 10:30am-12:30pm (no class on 6/24)**

Mah Jongg is a game that came from China and was adapted into a new game in America in the 1920's. Part luck and part strategy, this game will keep your mind working and give you many hours of fun playing with new friends. Please order a 2022 Mah Jongg Card online from the National Mah Jongg League. Regular size print is \$9 and Large print is \$10. Once you learn you can join the weekly games at the Senior Center on Monday and Wednesday afternoons.

## Tuesday Night Events

**Evening Yoga and Meditation with Michaela Driscoll**  
**Tuesdays at 5:30 pm**

**This fitness class is free for the month of JUNE**

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

**Ukulele Group Lessons and Play**

**Tuesdays at 5:30 pm**

**Lessons: June 7th & 21st.**

**Free for the month of June**

Join Music Therapist Dana Osterling to learn the basics of the ukulele twice a month for a FREE lesson. 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, June 21 - 5:30pm - 7:00pm**

June topic will be "State and Federal Veteran Burial benefits."

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



**Paint Pour with Tina**  
 2 week workshop June 7th and 14th  
 5:30pm cost is \$5.00 per class  
 Pre registration required Limited to 12

No watercolor painting experience needed for this two class workshop. All supplies included. In the first class, participants will learn how to draw daisies or sunflowers, use a resist and pour watercolor paints. The second class we will remove the resist and paint the flowers to complete the painting. You will walk away with a beautiful matted painting to be proud of!

**Audubon Society - Patti Steinman**  
 Tuesday, June 7th at 5:45pm

Attend a presentation on Neighborhood Birding on the Connecticut River

**Identification and treatment of common mental health disorders in the older adult**  
 Tuesday, June 14th at 6:00pm

This program is part of our Aging In Place Health and Awareness Fair

Psychiatric-Mental Health Nurse Practitioner, Karen Buscemi, will describe the most common mental health illnesses among seniors, including: anxiety, depression and the dementias (Alzheimer's Disease

and Vascular Dementia). Also covered; the basics of diagnosing/recognizing and treating these illnesses for an improved quality of life, and how to avoid hospitalization and debilitation.

**"How much do you know about the Quabbin Reservoir, it's history & how it is managed?"**  
 Tuesday June 28th at 5:45

Maria Beiter-Tucker, MA DCR Division of Water Supply and Protection for the Quabbin Reservoir . This presentation from the DCR Quabbin Visitor Center staff will cover many of the questions and correct myths that surround the Reservoir.



**Concerts on the COA Patio**

June 21st at 5:45pm

**Berkshire Hills Music Academy  
 Jazz Band**

Enjoy the official start of summer with the sounds of Jazz on the Patio!! \* Free Ice Cream! \* Please bring a lawn chair.

The Concert Series is open to the general public  
**This concert series is funded by the Friends of the South Hadley Seniors**

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## Get In On The Conversation



**Allison Holmberg,**  
 MS, Audiologist/SLP

**Amy Catanzaro,**  
 AuD., Doctor of Audiology

**Joni Skinner,**  
 AuD., Doctor of Audiology



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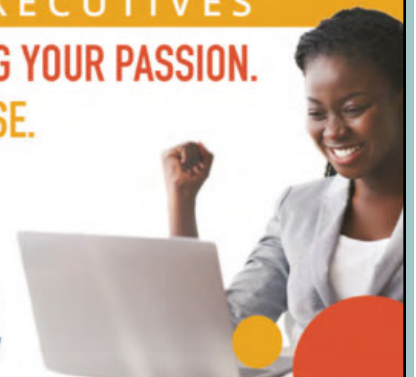
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# 12 Donations and Memorials

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.

## **THERESA LACOSTE**

Pamela & William Dalton  
Jean & Phyllis Lacoste

## **LORRAINE GAUDET**

Mary Januszkiewicz

## **AL FERNANDES**

Bea Fernandes

## **RICHARD "BUD" ANDRAS**

Barbara Merchant  
Joyce & Bernie Gay

Christine Fesko  
Leslie Hennessey

Mary Boulais

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

Edward & Kathleen Kopec  
Rosemary Chicorka

## **A NOTE FROM LESLIE**

My favorite season of the year is summer because of the warm weather, the blooming trees and perennial gardens, and the endless fun. I really enjoy the warm weather because it's the perfect atmosphere to do outdoor activities. You can enjoy the outdoors right here at the senior center by attending **our free, monthly Concerts on the COA Patio series.** We have Berkshire Hills Music Academy Jazz Quartet on June 21st, and on July 19th the Premiere Swing and Dance Band Concert will liven things up. If you don't know how to Swing Dance, join our free, 6-week dance class beginning June 2nd. On August 16th we welcome back singer Noah Lis, a favorite here at the center.

June 24th will be our **official one-year anniversary** in the new senior center and we are celebrating in a big way: all of our Fitness Classes on page 6 will be **Free of Charge** throughout the month of June. Our Watercolor Class, Academic Drawing and Painting class, and Tuesday night's Ukulele Group Lesson are also free of charge for the month of June. This is a great time to try out a class or two.

If you find the class fee prevents you from joining the exercise classes and activities, please reach out to Ann Andras and apply for one of our COA Wellness Grants. The grants are available to South Hadley seniors who want to participate in all the senior center has to offer, but need some assistance. Ann Andras will meet with you to get you on your way. A maximum of \$150 per-year can be used to cover the cost of fitness classes, activities, and special events.

We have more newsletter pages!!

You may have noticed our Golden Chronicle is larger. With the increase in pages, we've added a special events calendar, a resource page and a "Mark Your Calendar" of upcoming programs and events to keep you up-to-date on what we have planned for the future.

The patio is open and ready for visitors so stop in for a cup of coffee and enjoy the sunny weather. We look forward to your visit.

Happy, healthy summer, everyone!  
Sincerely, Leslie

## **MARK YOU CALENDARS**

### **Free Concerts on the COA Patio (Rain or Shine )**

**Tuesday, July 19th at 5:45pm**

Premiere Swing and Dance Band

**Tuesday, August 16th at 5:45pm**

Entertainer and Voice Alum, Noah Lis is back

### **Tuesday Evening Events**

**July 5th:** Gary Felder, Smith College Physics Dept.:

Multiverse, Is Our Universe One of Many? 5:30pm

**July 12th 4:00pm to 7:00pm:** Ice Cream Party at

McCrays Farm. Sponsored by the Friends of the South Hadley Seniors .

Coffee & Conversation:

**July 15th:** 9:30am Jean Deschaine from

BerkshireBank will discuss scams and fraud: how to identify attempts and prevent becoming a victim. Jean will return on July 26th at 5:30m for a 2nd presentation.

**July 12: at 5:45pm and July 14th at 1pm:** Trina Moskal, Medicare Planning Specialist and Licensed Agent will answer your Medicare questions

**July 19th:** Swing Band Concert on the Patio

**August 9th:** 5:45pm Summer in the Kingdom of Bears

**August 30th:** 4-7pm End of Summer Pamper Yourself Event.

### **Memory Café:**

**July 13th:** Sing-a-long with Nancy Howard, Guitarist and Singer

**July 28th:** Visit with a mobility and training miniature Horse.

**July 21st: 3-part series** Part 1-50 State Road Trip with Cesar; **August 18th:** Part 2-50 State Road Trip with Cesar;

**September 20th:** The Senior Center Art Show returns!

We are extremely grateful for the donations, honorariums and memorials that are made to the Senior Center gift funds. Thanks to your support, we are able to partially, or completely fund our fitness programs and our arts and activity classes. Additionally, the funds support our Medical Transportation Program and our Memory Café.

We strive to meet the physical, social, wellness and educational needs of our members and we hope you enjoy all that the Senior Center has to offer. Please consider making a monetary donation to one of the Senior Center Gift Funds. *Thank you for your support.*

**In Honor or Appreciation of:** \_\_\_\_\_

**In Memory of:** \_\_\_\_\_

**Donated by:** \_\_\_\_\_

**Address:** \_\_\_\_\_

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

*\*If you would like an acknowledgment sent to the family, you must provide the following: Name, address & relationship to the deceased.* Name: \_\_\_\_\_

Address: \_\_\_\_\_ Relationship to deceased \_\_\_\_\_

**Senior Center Gift Fund**

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

- \_\_\_ Wherever Needed Most                      \_\_\_ Activities Account                      \_\_\_ Caregivers Gift Account
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**LPI**

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**Janet Banister**

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**Ed Parks**

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**Jeanne Raymo**

Janet Bannister

**Carmen Sullivan**

Donna Van Handle

## South Hadley Travel Club

**June Office Hours: Wednesday from 10:00am to 11:30am in the common area.**

**Thursdays from 10:00am to 11:30am 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

**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.

**August 22 to 25, 2023: Quebec City, Canada.** This 4 day / 3 night / 8 meal trip is packed fun and adventure. We will be staying at the classic Victorian hotel "The Manoir Victoria" located in the heart of Old Quebec. Cost: \$940 pp (double); \$1,343 pp (single); \$840 pp (triple). \$200 deposit/reservation. Call Huguette Supinski @ 413-530-6162.

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

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

## The Walk Massachusetts Challenge is Back! It's not too late to participate!!

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](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!

## SAND FOR SENIORS BUCKET PICKUP Friday, June 10 between 9:00am and Noon

Members of the South Hadley Police and Fire Departments will stop by your home and pick up your empty, or partially empty sand bucket. You do not need to move or empty the bucket. The buckets will be reused next year.

### TRIAD

Triad is a community policing initiative between seniors, law enforcement, and service providers to increase safety through education and crime prevention.

### Lock box

A lockbox is a small box, containing a key to your home, which is installed on the outside of your house by the South Hadley Fire Department. It would be used by emergency personnel if they needed to enter your home in an emergency. If there is no lockbox, the Fire Department will gain entry by forcing a door open which may cause property damage. Only the South Hadley Fire Department has the key to the lockbox. Call the Senior Center for an application. 538-5030

### Reflective House Numbering

House numbers become a life and death matter when it comes to emergency response if police, fire and ambulance personnel cannot see your house number. The South Hadley TRIAD will install a house number for a small donation. Call the Fire District 1 or 2 and ask for the Fire Prevention Officer to get yours today.

### FILE OF LIFE



### Available at the South Hadley Senior Center.

The File of Life is a card kept in a red plastic pocket on your refrigerator or a small wallet size to keep on your person. It lists the patients name, emergency medical contacts, Doctor, medications, insurance information and other pertinent medical information. Emergency personnel can easily access your medical history if you are unable to respond in an emergency and need immediate medical attention.

### SOUTH HADLEY FALLS PREVENTION PROGRAM

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

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



**Need a Charge??  
The Senior Center has the  
only charging station in  
South Hadley.**

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.

The South Hadley Senior Center reserves the right to utilize photos or videos of participants for publicity purposes.

## Resource Directory

### **NEIGHBORS HELPING NEIGHBORS FOOD PANTRY**

Call the pantry at: 413-437-7593.  
Online: [info@nhnfoodpantry.org](mailto:info@nhnfoodpantry.org) Curbside pickup & Delivery: Pantry hours are: Wednesdays: 12:30 to 5:30 and Saturdays: 10am to 12pm

### **WEEKEND MEALS: TAKE & EAT INC., PEOPLE FEEDING PEOPLE PROGRAM.**

The meals are prepared and delivered by the faith-based communities in S. Hadley and Granby. The meals are provided free of charge to those 60-years of age and up, are homebound, and unable to shop, drive, prepare meals, or have low mobility. Contact: Kathleen Ryan 413-664-1041, or [takeandeat@verizon.net](mailto:takeandeat@verizon.net)

### **FOOD SOURCE HOTLINE: 1-800-645-8333**

Food Source Hours: Monday –Friday: 8am to 7pm and Saturday: 10am to 2pm. The Food Source hotline connects people struggling to put food on the table with SNAP benefits and other food resources on their communities.

### **WESTERN MA ELDER ABUSE HOTLINE: 1-800-922-2275**

### **MEDICAL EQUIPMENT**

Hampshire County Sheriff's Dept. Call Dave Fenton at 413-582-7787

### **VETERAN'S CRISIS LINE: 1-800-273-8255**

### **NATIONAL ELDER FRAUD HOTLINE: 1-833-372-8311**

### **MASS SOCIAL SECURITY: 1-800-772-1213 (TTY 1-800-325-0778).**

### **MEDICARE: 1-800-633-4227**

### **STAVROS**

Information and referral line: 1-800-804-1899 ext. 201 Assists individuals of any age with disabilities living in the community.

### **THE MASSACHUSETTS SENIOR LEGAL HOTLINE**

1-800-342-5297—Assistance is provided in Spanish, Portuguese and Haitian Creole.

### **PVTA TRANSPORTATION OPTIONS FOR SENIORS 413-781-7882**

#### **Senior Fare Free Tuesdays**

Seniors ride PVTA's fixed routes buses for Free every Tuesday. Must show valid PVTA Senior ID

### **WESTMASS ELDERCARE**

(WMEC) is South Hadley's Area Agency on Aging (AAA). WMEC provides information and services on a range of assistance for older adults and those who care for them. By contacting your local agency you get access to critical information including, home care & benefits counseling, mobility assistance, programs, housing and referrals, individual benefits counseling, support groups, caregiver training, respite care and the Home Meals on Wheels Program. Call 413-538-9020, Ask for Information & Referral.

### **THE STATE-FUNDED HOME MODIFICATION LOAN PROGRAM (HMLP)**

Call the Pioneer Valley Planning Commission at 413-781-6045, or [www.pvpc.org](http://www.pvpc.org) TTY/

TDD: 413-781-7168

**Registration for June Events & Activities Begins Friday, May 27th**