

# THE GOLDEN CHRONICLE

THE SOUTH HADLEY COUNCIL ON AGING

## Mission Statement

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.

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



July 2022

## Staff Directory

Leslie Hennessey, Exec. Dir.  
Ext. 6204  
Lisa Napiokowski, Asst. Dir.  
Ext. 6203  
Ann Andras, Soc. Serv. Coord.  
Ext. 6206  
Kathy Florence, Activity &  
Volunteer Coord.  
Ext. 6207  
Sandy Farnsworth, Program  
Coord.  
Ext. 6205  
Billy Poe, Food Serv. Coord.  
Donna Gonet, Kitchen & Café  
Assistant  
Sharon Martel, Kitchen & Café  
Assistant  
Ken Dawley, Minibus Driver  
Rick Dufault, Minibus Driver  
Sandy Cahillane, Technology  
Instructor



## Free Ice Cream Social at McCray's Farm

Tuesday, July 12th  
5:00 p.m. to 7:00 p.m.

Sarah the Fiddler

- Free Ice Cream Sundaes!
- Free Transportation on the COA minibus provided!

Call to reserve your ride by July 11th at noon

Free event sponsored by the Friends of the South Hadley Seniors.

Rain date: June 13th

**\*\*The Senior Center will close at 4:30 p.m.**

**\*\*More information on page 14.**

## Summer Concerts on the Patio

Tuesday, July 19th at  
5:45 p.m.

The Premier Swing &  
Dance Band

- Free Ice Cream provided by State Representative Dan Carey

\* Bring a lawn chair

\*Rain or Shine

(the multipurpose room)

The Summer Concert series is sponsored by the Friends of the South Hadley Seniors

Registration for July Events & Activities Begins Thursday, June 30th



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06-5294

**Community Table**

Monday - Friday, 11:00 a.m. - 1:00 p.m.  
 Lunch Served at Noon (pick up until 12:20 p.m.)  
**Reserve meals by noon the day before.**



A 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 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.

**Join us for our July Birthday/ Anniversary Celebration**



Thursday, July 14th 11:30am  
**Reserve by Tuesday July 12**

The menu will be Pot Roast w/ Gravy, 1/2 Baked Potato, Tuscan Blend Veg, Rye Bread, milk and birthday cake. We will have entertainment by The Harmonics, a guitar and singing duo. Celebrants with a birthday or anniversary in July eat free courtesy of the Friends of the South Hadley Seniors

**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.

*The Woodlawn Café*

**Open Monday—Friday  
 8:00 a.m. to 1:00 p.m.**

Coffee / Hot Tea...\$0.75 Coffee / Hot Tea to-go...1.00

**Iced Coffee & Iced Tea Available**

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

**\*Daily Soups**

**NEW for July & August**

**Gazpacho and Strawberry Yogurt Soup**

*Tortellini, Beef Barley, Cream of Broccoli*

Cup: .....\$2.00 Crock: .....\$3.00

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

**\*Sandwiches**

*Choice of Ham & Pickle, Tuna 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.*

**Call to inquire about the Soup of the Day**

**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	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. <b>Academic Drawing &amp; Painting: On Hiatus for July</b>	9:30 a.m. Social Strollers	9:00 a.m. Tech Time with Sandy
10:00 a.m. Tai Chi & Qigong for Health & Relaxation	10:00 a.m. Fitness Basics	9:30 a.m. Healthy Bones & Balance
1:00 p.m. Zumba Gold	11:15 a.m. Gentle Yoga	10:00 a.m. Circuit Training
1:00 p.m. Mah-Jongg	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. Color Me Calm	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
	3:00p.m. Trivia Club	1:00 p.m. Beginner Tai Chi
	5:30 p.m. Yoga & Meditation	1:00 p.m. Mah-Jongg
	5:30 p.m. Ukulele Group Lessons	1:00 p.m. Pitch
	June 7th & 21st	
	<b>Evening classes are cancelled July 12th.</b>	

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	10:30 a.m. Learn to play Mahjongg
1:00 p.m. Chip Poker	1:15 p.m. Cribbage
1:00 p.m. Quilting	1:30 p.m. Bridge
1:00 p.m. Chair Volleyball	1:30 p.m. Fiber Arts Club

**Sign-up for July events beginning Thursday, June 30th**

Registration is required for all events and activities. All programs are subject to change

Please use the MySeniorCenter computers to sign-in to all your events and activities, every day.

## Groups & Wellness

### Nail Care

July 11th and 25th, 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

July 5th, 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 Tuesday, July 12th, 9:00 a.m. - 12:00 p.m.

With Audiologists Allison Holmberg and Lisa Howard.

### Low Vision Group

Tuesday, July 12th 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

Wednesday, July 13th, 9:00 a.m. to 11:00 a.m.

Complimentary pastry and coffee provided by VFW 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

July 14th, 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 July Events & Activities Begins Thursday, June 30th**

**Academic Drawing and Painting**  
**HIATUS FOR THE MONTH OF JULY**  
**Mondays 9:30 a.m. to Noon**  
**Reduced Fee! \$4.00 per class**  
 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**  
**Tuesday July 12th at 3:00 p.m.**  
 Discussion on "The Better Sister" by Alifair Burke. The book for our next meeting will be "A Time For Mercy", a legal thriller novel by American author John Grisham; the sequel to "A Time to Kill" and "Sycamore Row". We will meet on August 2nd to discuss this selection. Books are available at South Hadley and Gaylord Public Libraries.

**Book Club Hybrid**  
**Wednesday July 27th at 2:00 p.m.**  
 This month's book selection is "The Feather Thief" by Kirk W. Johnson. This book is about beauty, obsession, and the natural history heist of the century. Books are available at South Hadley

and Gaylord Public Libraries. Please email [kflorence@southhadleyma.gov](mailto:kflorence@southhadleyma.gov) by 7/25 for virtual instructions.

**New Tuesday Trivia Club!**  
**Tuesdays at 3:00 p.m.**  
 Test your trivia knowledge in this new club! We will have weekly competitions and prizes! Jeopardy style contests with categories adds to the fun!

**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.

**Watercolor Class**  
**Thursdays at 9:30 a.m.**  
**Reduced Fee! \$4.00 per class**  
 Tina provides the know-how and

guidance. You bring the supplies.

**Chair Volleyball**  
**Thursdays at 1:00 p.m.**  
 Build core muscle strength and have fun with this fun and social activity!

**Color Me Calm**  
**Mondays at 1:00 p.m.**  
 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**  
**Free coffee and tea**

- **July 8th at 9:30 a.m.** - Michelle Theroux, CEO of Berkshire Hill's Music Academy.
- **July 15th at 9:30 a.m.** - Jean Deschaine, VP, Sr. Branch Manager: Fraud & Scam information. Don't be a Victim: protecting yourself from scammers.

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## 6 Fitness Programs

All Exercise Classes are \$2.00 and Circuit Training in the Fitness Center is \$4.00 per class

Registration for all classes, events, and programs for July is required and begins Thurs. June 30th at 8 a.m.

### **NEW CLASS!! "Nia" with Instructor Beth Foster Mondays beginning July 18th from 9:00 a.m.- 9:45 a.m.**

Nia is a barefooted cardio-dance workout, energizing and conditioning the whole body. Dancing and moving to soul stirring music, Nia blends the precision and strength of the martial arts, the creative joy of the dance arts and the restorative energy of the healing arts. While personalizing your intensity levels and through the mind body integrative action of Nia, your body will begin to experience flexibility, agility, mobility, strength and inner balance. You will sense a reduction in your stress level, creating a calmer mind, promoting relaxation in the body. Exercise will never be the same again! All levels of fitness are welcome. Shoes may be worn if needed.

### **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.

### **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.

### **Social Strollers Tuesdays at 9:30 a.m.**

Join the SHCOA walking group led by volunteer Huguette Supinski each Tuesday for some fresh air and exercise! There will be a destination walk on Tues., July 26th to Black Stevens conservation area in South Hadley. **Please preregister for this event** Park in the Plains School parking lot.

### **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.

### **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.**  
**The class fee is \$4.00 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 Wednesday, July 6th and 20th 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.

### **Seated & Standing Yoga Thursdays at 11:15 a.m. (Hybrid)**

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

### **Sign-up for July events beginning Thursday, June 30th**









**Registration is required for all events and activities. All events and activities are subject to change**

**Please use the MySeniorCenter computers to sign-in to all your activities and classes, every day.**

**Registration for July Events & Activities Begins Thursday, June 30th**

# July Special Event Calendar **7**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Enter your Walk Mass Challenge progress at <a href="http://www.walkmachallenge.com">www.walkmachallenge.com</a></p>	<p>Please use the MySeniorCenter computers to sign-in to all your daily classes and Activities, everyday.</p>			<p>1</p> <p>10:30 a.m.-12:30 p.m. Learn to play Mah Jongg</p>
<p>4</p> <p><b>Senior Center Closed</b></p> 	<p>5</p> <p>Tuesday Night Transportation starts. 5:00 p.m. to 7:00 p.m.</p> <p>5:45pm Multiverses: Is our universe one of many?</p> <p>5:30pm Ukulele Lessons with Dana</p>	<p>6</p> <p>9:00 a.m. to 11:00 a.m.: Veteran's Social Hour at the COA</p> <p>1:00 p.m.: New Gelli Print Class</p>	<p>7</p> <p>1:00pm Learn Basic East Coast Swing—last class</p> <p>10:30 a.m. to 12:00p.m. FREE PVTA Senior ID Clinic</p>	<p>8</p> <p>9:30 a.m. Coffee &amp; Conversation Michelle Theroux from the Berkshire Hills Music Academy</p> <p>10:30 a.m. Cactus Garden Craft</p> <p>10:30-12:30 Learn to play Mah Jongg</p>
<p>11</p> <p>1:00 p.m. Monday Movie: The Queen Bees</p>	<p>12</p> <p>Friends of the South Hadley Seniors Ice Cream Social at McCray's Farm</p> <p>Senior Center will close at 4:30 p.m. to assist with the event.</p> 	<p>13</p> <p>10:30 a.m. Memory Café: Sing-a-long with Nancy Howard</p> <p>10:00 a.m. to 12:00 p.m.: Farmer's Market Trip to Chicopee Farm Market</p> <p>3:00 p.m. to 4:00 p.m. Ice Cream Social with Daybrook Village Senior Living in Holyoke</p>	<p>14</p> <p>Monthly Birthday and Anniversary Celebration with entertainment by The Harmonics</p>	<p>15</p> <p>9:30 a.m. Coffee &amp; Conversation with Jean Deschaine, Branch Manager of Berkshire Bank in S. Hadley</p>
<p>18</p> <p>9:00 a.m.: NIA Exercise class begins</p> <p>1:00 p.m. Monday Movie: Classic Movie, Summer of 42'</p>	<p>19</p> <p>5:30p.m. Ukulele Lessons with Dana</p> <p>5:45 p.m. The Premier Swing &amp; Dance Band outdoor Concert—rain or shine</p>	<p>20</p> <p>1:00 p.m.: New Gelli Print Class</p> <p>3:00 p.m. to 4:00 p.m. Ice Cream Social with Orchard Valley Senior Living at Wilbraham</p>	<p>21</p> <p>2:30 p.m. 50 State Road trip with Historian Cesar Becerra, part 2</p>	<p>22</p> <p>10:30 a.m. Teacup Garden Craft</p> <p>10:30 a.m.-12:30 p.m. Learn to play Mah Jongg</p>
<p>25</p> <p>1:00 p.m. to 3:00 p.m. Trip to McKinstry Market</p> <p>1:00 p.m. Monday Movie: King Richard</p>	<p>26</p> <p>3:00 p.m. Farm-to-Table with Chef Maggie Vescio</p> <p>4:45 p.m. Office Hours with State Representative Dan Carey</p> <p>5:45 p.m. The Art of Photography with Chris Tucker</p>	<p>27</p> <p>10:30 a.m. Memory Café Heroes, Horses and Hounds</p> <p>10:00 a.m. to 12:00 p.m.: Farmer's Market Trip</p> <p>3:00pm to 4:00pm Ice Cream Social with Loomis Communities Senior Living</p>	<p>28</p> <p>10:30 a.m. Music Appreciation with Liz Simmons: The 1940's and 50's</p>	<p>29</p> <p>Registration for all August Classes, Events and Programs begin today</p>

<p><b>Local help with your Medicare questions.</b></p> <p><b>Luzelenia Casanova</b>                  Licensed Sales Agent                  28 Main St #392                  Chicopee, MA, MA, 01021                  (413) 315-9001 TTY 711                  Luz.wellnessqueen@gmail.com                  www.MyUHCagent.com/Luz.Casanova</p>  	<p><b>Home, Auto, Business, Life</b></p> <p>39 Lamb St., P.O. Box 789, South Hadley - 413-538-8293  <a href="http://www.jubenville.com">www.jubenville.com</a> • <a href="mailto:info@jubenville.com">info@jubenville.com</a></p>  <p>Representing Fine Companies Such as</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

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. Please register for lunch 24hrs in advance or by noon the day before.

**July 13 Activity: 10:30 a.m.** - Sing-a-long with Nancy Howard.

**July 27th Activity: 10:30 a.m.** - Colleen Campbell, Director of the equine assisted therapy and dog rescue program. Colleen has a program entitled Mini Miracles. This unique program helps people heal from strokes and learn how to use prosthetics with the help of Serena, a mobility and therapy trained miniature Horse.

**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**

July 6th and 20th at 10:00 a.m.

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: July 19th

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

The Mobile Food Pantry will be on site. Anyone, low-to-moderate income, 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**

Tuesdays by appointment

Serving the Health Insurance Needs of Everyone!

SHINE counselor Sue LaMastro assists with SHINE counseling on Tuesdays from 9:30 a.m. to 12:30 p.m. 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.

**Monthly Farmers Market Trips**

Wednesday, July 13th 10:00 a.m. to 12:00 Noon.

Wednesday 27th from 2:00 p.m. to 4:00 p.m.

This month we will visit the Chicopee Market located at the corner of Chicopee and Perreault Streets, in the Willimansett section, under the I-391 overpass. We will return to the Florence Civic Center Market on Main and Park Street in Florence on Wednesday, July 27th from 2:00 to 4:00 pm. Meet us there, or ride the minibus (limit 12 on minibus) You must pre-register at the front desk for these trips.

**CISA 2022 Senior Farm Share**

for the 10 recipients who were randomly chosen for this year's senior farm share, produce pick-ups will begin Thursday, July 14th, between 11:00 and 11:30 a.m. Delivery will continue for 10 weeks. We are once again pleased to be partnering with **Dave's Natural Garden!**

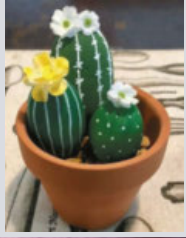
**Farmer's Market Coupons**

The Massachusetts Farmer's Market Coupons should arrive in late July early August. At this time I have no firm date from our sponsor site WestMass ElderCare, Inc. For more information, call Ann Andras

## 9 Crafting & Special Programs

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

Don't have a green thumb? Try one of these great "garden" ideas!



#### July 8 10:30 a.m. "Cactus" Garden Cost \$5.00 must pre register limited to 10 crafters

Painted rocks mimic the look of cactus plants in a terracotta pot. No water needed to enjoy these "plants". You can paint the pot as well!



#### July 22nd, 10:30 a.m. Teacup Garden. Cost \$10.00 must pre-register limited to 10 crafters

Succulents, moss and assorted miniatures make a fun and easy to maintain tea cup garden. Beautiful tea cups and all supplies are included.

### 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!

### FREE Pioneer Valley Transit Authority (PVTA) Senior ID Clinic

Thursday, July 7th from 10:30 a.m. to 12:00 p.m.

PVTA will be at the Senior Center to make PVTA Senior IDs for Seniors 60+ for Free! A PVTA Senior ID allows you to ride the bus for ½ fare (\$0.75) and FREE on TUESDAYS. PVTA staff will be available to answer any questions you have about public transportation and can also set up Travel Training for anyone that wants a more hands on approach learning how to use PVTA.

## 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 9:00 a.m. to 3:30 p.m.
- **NEW: Tuesday Night Transportation 4:30 p.m. to 7:00 p.m. Come join us for our evening programs on page 10**

Daily rides to banks, pharmacies, hairdressers,

### Monday Movie Matinee at 1:00 p.m.,



QUEEN BEES



**7/11 Queen Bees (2021)** American romantic comedy film directed by Michael Lembeck. It features an ensemble cast, including Ellen Burstyn, James Caan, Ann-Margret, Christopher Lloyd, Jane Curtin, Loretta Devine, and Elizabeth Mitchell.

**7/18 Classic Movie: Summer of 42' (1971)** American coming-of-age film based on the memoirs of screenwriter Herman "Hermie" Raucher

**7/25 King Richard (2021)** The film stars Will Smith as Richard Williams, the father and coach of famed tennis players Venus and Serena Williams (both of whom served as executive producers on the film)

### 50 State Road trip with Historian Cesar Becerra Thursday, July 21st 2:30-3:30 p.m.

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 2nd of a three part series.

### Learn Basic East Coast Swing Last class July 7th at 1:00 p.m.

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. 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!!

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

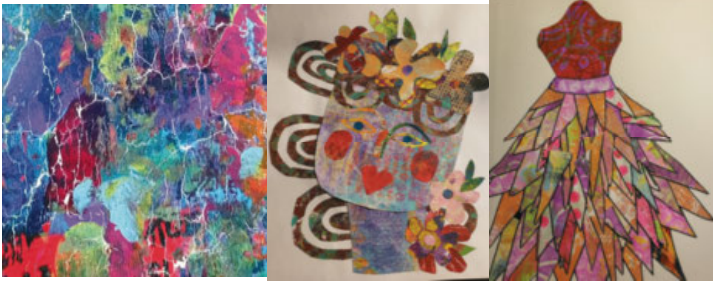
Every Wednesday between Noon - 2:00 p.m. Must reserve ride by Monday at 4:30 p.m.

### Monthly trips to local Farmers Markets

The month of July we will visit the Chicopee Farmer's Market on Wed. July 13th from 10:00 a.m. to 12:00 p.m. and July 27th, from 2:00 p.m to 4:00 p.m., we will visit the Florence Civic Center Market.

Registration for July Events & Activities Begins Thursday, June 30th

# 10 Special Programs & Tuesday Night Events



## New Class! Gelli plate prints

**July 6th and July 20th at 1pm with Linda Herron**

Learn how to make Gelli plate prints, and how we can use our monoprints to create collage art. Gelli plates are a gelatin-type plate that can be used over and over. It is a squishy plate that can be used with stencils or cut-outs to produce a one of a kind print. Brayers help evenly spread the paint on the gelli plates. Gelli plates and brayers along with paint can be a fun creative collage class for backgrounds and prints. The prints can be cut up and used for collages of many things (animals, scenes, etc.). Gelli plates can also be used for greeting card backgrounds. They are a colorful way to make a base for cards. The gelli plate can be used for printing on fabric. Prints on fabric can be quilted or sewn into fun items (i.e., tote bags, aprons, wall hangings). The uses for gelli plate and their prints are only hindered by one's imagination!

## Learn to play American Mah Jongg

**July 1st, 8th and 22nd.**

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

**No evening classes will be held on July 12th.**

## Evening Yoga and Meditation with Michaela Driscoll

**Tuesdays at 5:30 p.m.**

**Cost is \$2.00**

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.

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.

## Ukulele Group Lessons and Play

**Tuesdays at 5:30 pm \$4.00 per class**

**Lessons: July 5th and 19th**

Join Music Therapist Dana Osterling to learn the basics of the ukulele twice a month for a 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, July 19th - 5:30pm - 7:00pm**

July topic TBA

## The Art of Landscape and Wildlife Photography

**Presentation and discussion with Chris Tucker**

**Tuesday, July 26 at 5:45pm**



Chris grew up and still lives in western mass. He has been photographing local landscapes and wildlife for over 10 years. Chris studied photography at Holyoke Community College and does photo galleries around the area. Chris will discuss the art of Photography; he'll share his photos, experiences and give tips on how to take a good picture.

## Summer Farm-to-Table culinary adventure with Chef Maggie

**Shopping, (optional) Monday July 25th.**

**The minibus leaves the Senior Center for McKinstry's Farm Market at 1:00 p.m. and returns @ 3:00 p.m.**

**Cooking and Dinner, Tuesday, July 26th 4:00 p.m. to 6:30 p.m. Cost for dinner**



**\$5.00**

Once again, Chef Maggie will be leading you down a path to culinary adventure. We will explore different ways to shop and choose ingredients, and new techniques to bring the best to your table. We are geared towards learning to enjoy local, seasonal and healthy foods, preparing things in new ways, trying new ingredients and just having fun. **You will be doing the cooking!** Come with an apron and be ready to participate in the HANDS ON part of the evening, then sit down with friends to enjoy a meal. All are welcome, but you must sign up by July 15, so we will have enough to go around. Special diets are no problem (you can always chat in advance with Chef Maggie if you have any concerns)

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



## Multiverses: Is our universe one of many?

Tuesday, July 5th at 5:45 p.m.  
Gary Felder is back by popular demand!!

Modern telescopes allow us to see a universe billions of light years across, with trillions of galaxies. But we believe that what we can see is only a tiny fraction of all that is out there. Might there be distant regions that look very different from what we see? Might there be entire other universes with different types of matter, or even seemingly different laws of nature? Although such ideas sound like science fiction, you'll see that many of our theories and discoveries have led scientists to the idea that the universe as we know it might be part of a much bigger realm, sometimes called a "multiverse."



## Summer Concert Series on the Patio

**The Premier Swing & Dance Band**  
July 19th at 5:45 p.m.

Get ready to dance and enjoy free Ice Cream! Please bring a lawn chair. The Premier Jazz/Swing Band: The 7 piece group performs forms of music including: Swing, Jazz, Blues, Rock and Latin.



## Visit with State Representative Dan Carey

Tuesday July 26th 4:45 p.m. to 5:45 p.m.

State Representative Dan Carey will be outside on the Senior Center patio on Tuesday, July 26<sup>th</sup> for his Community Office Hour. Representative Carey holds open office hours each month throughout the Second Hampshire District. Community office hours are intended for constituents to stop by to say "hi", share their thoughts and ask him questions. If you would like to schedule a private meeting, Rep. Carey is happy to meet in person, by phone or virtually. Please contact his office at 413-529-4286 with any questions.

Please pre-register for these events, email  
[coa@southhadleyma.gov](mailto:coa@southhadleyma.gov)  
Call 413-538-5030

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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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# 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.

**RICHARD "BUD" ANDRAS**

Rick Dufault

Dottie Kelly

Sal & Ann Canata

Elizabeth & Robert Sullivan

Melissa Couture-Rimbold &

Bruce Rimbold

Jennifer & Michael Mayo

Kathleen Kennedy

**TODD A. ROSA**

Kay Rosa

**HARRY & ANNA FEARNES**

Kay Rosa

**RICHARD LACOSTE**

Anonymous

**DORTHIE SAWYER JAROSZ**

Faye Lawson & Beth Brehm

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

The South Hadley Travel Club

Barbara Fresia

## A NOTE FROM LESLIE

A very happy Fourth of July to you all!

Fireworks, BBQ's and beach time are the treasures of summertime. We hope you're taking advantage of the weather to enjoy the riches of July!

Good News!! We have lowered the cost of our exercise and activity classes. Most of our exercise classes are now \$2.00 per class and our \$5.00 classes are now \$4.00!

The Senior Center staff and I would like to thank all the health fair attendees and senior service providers for their enthusiastic participation at our Aging in Place: Health and Awareness Fair in June. The feedback from the estimated 250 attendees was overwhelmingly positive, with many members commenting that they'd only learned about some of the resources for seniors and caregivers at the fair. Planning for next years' health fair has already started!

And the survey says, we want ice cream!... so, we are bringing in the ice cream. This month we've partnered with three, local senior living facilities to host ice cream sundaes on the COA patio.

Please join us between 3:00pm and 4:00pm on the following Wednesday afternoons in July.

**July 13** - Daybrook Village Senior Living Facility in Holyoke will host.

**July 20** - Orchard Valley Senior Living Facility at Wilbraham will host.

**July 27** - Loomis Communities Senior Living Facilities will host.

Finally, please use the MySeniorCenter computers to sign-in to **all your daily activities and exercise programs**. We want to continue to provide low-cost exercise and activity programs. Only **YOU** can support our efforts. Every grant I write requires information on how many individuals are served by our senior center and how often. Please do your part.

Thank you, Leslie

## MARK YOU CALENDARS

**August 9th:** 5:45 p.m., Summer in the Kingdom of Bears: Stacey Schmeidel has spent summers volunteering at Alaska's Katmai National Park -- home of some of the world's largest brown bears. Join her to talk about the wonders of one of the nation's most remote national parks.

**Free Concert on the COA Patio (Rain or Shine )**  
Tuesday, August 16th at 5:45 p.m. Entertainer and Voice Alum, Noah Lis is back for our final summer concert on the patio. Free Ice Cream!

**August 30th:** 4:00 p.m.-7:00 p.m., End of Summer Pamper Yourself Event.

### Memory Café in August

**August 11th:** 1:00 p.m., Presentation on Advanced Directives by Day Brook Village Rn Marcia Porter

**Aug: 31st: TBA**

### September is National Senior Center Month and

### National Falls Awareness and Prevention Month

**Saturday, September 10th:** Community Event with a concert by the Bad News Band.

**September 27th:** The Senior Center Art Show returns!

**September 26th: 10:00 a.m.** A presentation on Ageism. Ageism is a type of discrimination that involves prejudice against people based on their age. Ageism affects everyone, both young and old. Age discrimination can be seen in a wide variety of settings and situations including the workplace and in healthcare.

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

- |                          |                        |                                 |
|--------------------------|------------------------|---------------------------------|
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| ___ Newsletter Account   | ___ Services Gift Fund | ___ Holiday Gift Card/Lights On |

**LPi**

**SUPPORT THE ADVERTISERS**  
*that Support our Community!*



**The Friends invite South Hadley seniors to enjoy free Ice Cream Sundaes at McCray's Farm while listening to the uplifting and toe tapping music of Sarah the Fiddler.**

Tuesday, July 12th from 5:00pm to 7:00pm. Rain date Wed. July 13th

There will be some picnic table seating and all are welcome to bring lawn chairs.

Check in at the Friends' table (next to the mini golf building) to obtain a ticket for a free sundae.

Parking will be available in the upper lot near the ice cream building as well as the lower lot next to the mini golf course. Volunteers will be on hand to help carry sundaes for all who need assistance.

**The Friends of the South Hadley Seniors would like to thank the following individuals for their generous support. All donations support activities, programs and requests for the Senior Center as well as events and needs for South Hadley's senior community.**

Claire Beilanski  
Paul Boudreau  
SHHS Class of

Mike & Marcia  
Fleming  
Ola Herbert

Andrew Moskovitz  
Janet Nichols &  
Jim Everett

Melide Normand  
Jessica Randall  
Tim Scott

**Mary Clement-Allen**  
Brad Allen

**Bill Bielanski**  
Claire Bielanski

**Fred & Stella Hughes**  
Mike & Marcia Fleming

**David Sparko**  
Jessica Randall

**Richard "Bud" Andras**  
Ola Herbert  
Melide Normand

**Joe & Anna Fleming**  
Mike & Marcia  
Fleming

**Rita Lawler**  
Claire Bielanski

**Kay Washburn**  
Claire Bielanski

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

\$10 Individual Member/ \$20 Joint Membership

Additional Donation: \$ \_\_\_\_\_

In memory of: \_\_\_\_\_

Name/s: \_\_\_\_\_

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

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

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

**South Hadley Travel Club**

**July 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: Once you have travelled with us 6 times, a 10% discount will be applied towards your 7th day trip. Your Travel Reward Card can be picked up at the Senior Center during our scheduled Travel Club hours or on your trip's travel day. Your rewards never expire.**

**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.

A \$20.00 non-refundable deposit is required to hold your reservation and final payment is due 45 days prior to departure date.

**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**



**Beat the Heat! Join us for an Ice cream social every Wednesday between 3:00 p.m. and 4:00 p.m. on the patio!**

Your summer survey's number one request was for Ice Cream Socials and we delivered thanks to our great sponsors! We've got Vanilla and Chocolate ice cream with assorted toppings.

**July 13** - Daybrook Village Senior Living in Holyoke,

**July 20** - Orchard Valley Senior Living at Wilbraham

**July 27** - Loomis Communities Senior Living

## The Walk Massachusetts Challenge is Back!

**It's not too late to participate!!**

**Don't forget to log-in your miles!!**

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!

## TRIAD

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

**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. 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.

## 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**



**Rape Aggression Defense (RAD) System Training**

**July, 6th, 7th and 8th from 5:00 p.m. to 7:00 p.m.**

The RAD training is a program of realistic, self-defense tactics and techniques. It is a course for women that begins with awareness, prevention and risk reduction and avoidance, while progressing to the basics of hands-on defense training. Class is offered for women 18 years old and up!

Officer Kelsey Davey will teach this course at the Senior Center. **You must register with Officer Davey to join this training. This is not a Senior Center event.** Officer Davey can be reached at 538-5050, ext. 6402, or by email at [daveyk@southhadleypolice.org](mailto:daveyk@southhadleypolice.org)

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: **1-413-256-0473**

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.

### HAMPSHIRE ELDER LAW PROGRAM

Legal Assistance Hampshire Elder Law Program (H.E.L.P) Civil & legal needs of low income elders in Hampshire County. Call **413-586-8729**

### SAGE HOTLINE: 1-877-360-LGBT ( 5428)or

**www.sageusa.org**

[rainbowelders@lifepathma.org](mailto:rainbowelders@lifepathma.org).

### 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 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 July Events & Activities Begins Thursday, June 30th