


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

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

 @southhadleycoa



## August 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.  
Blanca Borrero, Reception  
Donna Gonet, Kitchen & Café Assistant  
Ken Dawley, Minibus Driver  
Rick Dufault, Minibus Driver  
Sandy Cahillane, Technology Instructor



### Summer Concerts on the Patio

Tuesday, August 16th at 5:45 p.m.

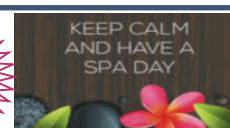
#### Noah Lis "Voice" Alum

- 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



### Pamper Yourself

Tuesday, August 30th  
4:00 p.m. to 7:00 p.m.

Preregistration is required.

Wind-down the summer season with a special night of pampering with licensed professionals offering

**Mini Manicures**      **Mini Facials**  
**Chair Massage**      **Reiki**

All-inclusive cost for evening is only \$5.00.

There will be vendors sharing a variety of items for purchase including jewelry, soaps, hand painted greeting cards, journals, crafts, and sweet treats.

The Woodlawn Café will be open during this event.

The Friends of the South Hadley Seniors are co-sponsoring this event

Registration for August Events & Activities Begins Friday, July 29th



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**Community Table**

Monday - Friday, 11:00 a.m. - 1:00 p.m.  
Lunch Served at 12:00p.m. to 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 August Birthday/  
Anniversary Celebration**



Thursday, August 4th 11:30am

**Reserve by noon on Tuesday August, 3rd.**

The menu will be Meatloaf w/ Gravy, Mashed Potato, Corn and Rye Bread with milk and birthday cake. We will have entertainment by singer Liz Simmons. Celebrants with a birthday or anniversary in August 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**

**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@southhadley.ma.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
9:00 a.m. NIA, Cardio-Dance, Workout	9:30 a.m. Social Strollers	9:30 a.m. Healthy Bones & Balance
9:30 a.m. Academic Drawing & Painting	10:00 a.m. Fitness Basics	10:00 a.m - 12:00 p.m. Tech Time with Sandy
10:00 a.m. Tai Chi & Qigong for Health & Relaxation	11:15 a.m. Gentle Yoga	10:00 a.m. Circuit Training
1:00 p.m. Zumba Gold	1:00 p.m. Bingo	10:00 a.m. to 11:45 a.m. - Fitness Room
1:00 p.m. Mah-Jongg	1:00 p.m. Learn to play Pinochle	10:45 a.m. Healthy Bones & Balance
1:00 p.m. Color Me Calm	1:00 p.m. Pinochle	11:00 a.m. Gratitude Journal Group
1:00 p.m. Monday Movies	3:00p.m. Trivia Club	1:00 p.m. Mah-Jongg
	5:30 p.m. Yoga & Meditation	1:00 p.m. Pitch
	5:30 p.m. Ukulele (On hiatus for August)	

Thursday	Friday
8:00 a.m. Billiards	8:00 a.m. Billiards
9:00 a.m. Stretch and Go	9:00 a.m. Cornhole
1:00 p.m. - 4:00p.m. Tech Time with Sandy	9:30 a.m. Coffee & Conversation
9:30 a.m. Watercolors (on Hiatus for August)	9:30 a.m. Healthy Bones & Balance
10:00 a.m. Fitness Basics	10:45 a.m. Healthy Bones & Balance
11:00 a.m. Seated & Standing Yoga—No class 8/4	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

**Registration for all August events beginning Friday, July 29th**  
 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

**August 8th and 22nd, 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

**August 2nd, 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, August 9th, 9:00 a.m. - 12:00 p.m.

With Audiologists Allison Holmberg and Lisa Howard.

### Low Vision Group

**Tuesday, August 9th 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, August 10th, 9:00 a.m. to 11:00 a.m.**

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

**August 11th, 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 August Events & Activities Begins Friday, July 29th**

**Academic Drawing and Painting**

**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 August 2nd at 3:00 p.m.**  
 We will meet to discuss *A Time For Mercy* by John Grisham. September's book selection will be *The Cuckoo's Calling* a 2013 crime fiction novel by J. K. Rowling, published under the pseudonym Robert Galbraith. Books are available at South Hadley and Gaylord Public Libraries.

**Book Club Hybrid**

**Wednesday August 24th at 2:00 p.m.**  
 This month's book club selection is *Dearie the Remarkable Life of Julia Child* by Bob Spitz. Contact [kflorence@southhadley.ma.gov](mailto:kflorence@southhadley.ma.gov) for zoom link. Books are available at South Hadley and Gaylord Public Libraries.

**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!

**Gratitude Journal Writing**

**Wednesdays at 11:00 a.m.**  
 South Hadley Public Library Gatehouse Writers group coordinator Linda Rowland-Buckley facilitates this group. Open to all abilities.

**Watercolor Class**  
On Hiatus in August

**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. Supplies provided, but you can bring your own personal supplies as well.

**Coffee & Conversation**

**Free coffee and tea**  
**August 5th at 9:30 a.m.** - Caitlin Sepeda, Candidate for Hampshire County Sheriff. Caitlin would like to introduce herself to the S. Hadley Community

**August 12th at 9:30 a.m.** - Julie Adamchek, Volunteer Coordinator at Beacon Hospice

Julie is looking for kindhearted loving people to visit local hospice patients. An hour of your day spent reminiscing, listening to music, sharing stories, or just holding a hand can make an incredible difference in someone's life. Volunteers are invited to participate in a comprehensive training program after which they will be assigned to care for local hospice patients. Come learn about this program.

**August 19th at 9:30am**

**Mary Anne Meyer with the South Hadley Cultural Council.** Mary Anne will be available to answer questions about the Culture Council and to talk about ways to explore the town's Celebration of Arts and Culture in Spring of 2023.

*It's never too early to make the call, we are here for you.*



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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 August is **required** and begins Friday, July 29th at 8 a.m.

### **NEW CLASS!! "Nia" with Instructor Beth Foster**

**Mondays 9:00 a.m.- 9:45 a.m.**

**The class fee is \$2.00 per class**

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**

**The class fee is \$2.00 per class**

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

### **Zumba Gold**

**Mondays at 1:00 p.m. The class fee is \$2.00 per class**

The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and

coordination. Sneakers or comfortable shoes required.

### **Stretch and Go with Lindsey Tuesday & Thursday at 9:00 a.m.**

**The class fee is \$2.00 per class**

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

### **Social Strollers**

**Tuesdays at 9:30 a.m. No Cost**

Join the SHCOA walking group led by Huguette Supinski each Tuesday for some fresh air and exercise!

**This month's destination walk will be on August 16th at Mount Holyoke College. Please preregister for this event. We will be meeting at the greenhouse.**

### **Fitness Basics with Lindsey Tuesdays & Thursdays at 10:00 a.m. (Hybrid) The class fee is \$2.00 per class**

Get moving with Lindsey with a little bit of cardio, weight training, and stretching. All abilities welcome. Sneakers or comfortable shoes required.

### **Gentle Yoga**

**Tuesdays at 11:15 a.m. (Hybrid) The class fee is \$2.00 per class**

Heidi leads this Yoga class which is open to all levels.

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

**Tuesdays at 5:30 p.m. The class fee is \$2.00 per class**

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. The class fee is \$2.00 per class**

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

Do you like laughs and moves at the same time?

Then come dance with Loryn for an experience sublime!"

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

### **Circuit Training in the Fitness Center**

**Wednesdays at 10:00 a.m.**

**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, August 3rd and 17th 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. Sneakers or comfortable shoes required.

### **Seated & Standing Yoga**

**Thursdays at 11:00 a.m. (Hybrid)**

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

Registration for August Events & Activities Begins Friday, July 29th

# August Special Event Calendar **7**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 1:00 p.m. Monday Movie: The King's Man	2 4:30p.m. Dinner & A Movie - Mamma Mia! 5:45p.m. Jean Des- haine presents on avoiding scams	3 10:00p.m. Alzheimer's Caregiver Support Group 3:00p.m. to 4:00p.m.: Ice Cream Sundaes Linda Manor Assisted Living Facility	4 11:30 a.m. Monthly Birthday and Anniversary Celebration with Entertainer Liz Simmons	5 9:30 a.m. Coffee & Conversation with Candi- date for Hampshire Sheriff, Caitlin Sepeda 10:30 a.m. Decoupage shell ring holder 10:30 a.m.-12:30 p.m. Learn to play Mah Jongg
8 1:00 p.m. Monday Movie: Cyrano (2021)	9 5:45pm Summer in the Kingdom of Bears with Stacey Schmeidel, Sr. Director of News and Strategic Comm., Smith College	10 9:00 a.m. to 11:00 a.m.: Veteran's Social Hour at the COA 10: 30 a.m. Memory Café Presenter: Sandy Older- shaw, discussion of Mon- arch Butterflies 11:00 a.m. to 1:00 p.m. Farmer's Market Trip to Chicopee Farm Market	11 10:30 a.m. Music Appre- ciation: The 1940s and 50s with Liz 1:00 a.m. Presentation on Advanced Directives with Day Brook Village	12 9:30 a.m. Coffee & Conversation with Bea- con Hospice Volunteer Coordinator, Julie Adam- chek. 10:30 a.m-12:30 p.m. Learn to play Mah Jongg
15 1:00 p.m. Monday Movie: What About Bob? (1991)	16 5:45 p.m. Concerts on the Patio: Noah Lis —rain or shine	17 10:00 a.m. Alzheimer's Caregiver Support Group	18 2:00 p.m. 50 State Road trip with Historian Cesar Becerra, part 3	19 9:30 a.m. Coffee & Con- versation: Mary Anne Meyer with the South Hadley Cultural Council. 10:30 a.m. Summer Sunflower Door Swag 10:30 a.m.-12:30 p.m. Learn to play Mah Jongg
22 1:00 p.m. Monday Movie: The Shape of Water(2017)	23 Monthly Supper Club with Chef Maggie Tuesday, August 23 4:00 p.m to 6:30 p.m.	24 10: 30 a.m. Memory Café: Tissue Blossom Tree Craft 11:00 a.m. to 1:00 p.m.: Farmer's Market Trip to Chicopee Farm Market	25 Try something new!! Chair Volleyball starts at 1:00p.m. 	26 10:30 a.m.-12:30 p.m. Learn to play Mah Jongg
29 1:00 p.m. Monday Movie: Classic Movie: American Graffiti Register for September Events	30 4:00 p.m. to 7:00p.m. PAMPER YOURSELF EVENT	31 		

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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**

August 10th and 24th at 10:30 a.m.

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

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.

**August 10th** Presenter: Sandy Oldershaw

Discussion of Monarch Butterflies. Sandy will bring in her Monarch caterpillars and adult Monarchs, to include discussion and suggestions as to how you can attract these beautiful butterflies.

**August 24th Activity:** - Presenter: Sandy Farnsworth leads a craft project: Tissue Blossom Tree. Easy project with branch stems, tissue paper and glue.



**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**

August 3rd and 17th 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: August 16th  
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.

The financial guidelines have been updated by the Food Bank of Western Mass.

#of Household Members	Annual	Monthly	Weekly
1	25,142	2,096	484
2	33,974	2,823	652
3	42,606	3,551	820

**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

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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 Trips to local Farmers Markets**

August 10th and August 24th from 11:00 a.m.- 1:00 p.m.

The month of August we will visit the farmers market on Springfield St. in Chicopee. Please register if you would like transportation. You can self-drive and meet us there.

**Farmer's Market Coupons**

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



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## 9 Crafting & Special Programs

### Craft Club - 1st and 3rd Friday this month at 10:30 a.m.



#### August 5, 10:30 a.m. Decoupage Shell Ring Holder

Cost \$3.00 must pre register limited to 10 crafters

Transform your beach shells into beautiful works of art with paint, napkins and decoupage.



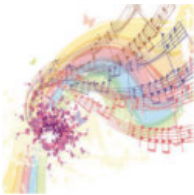
#### August 19th, at 10:30 a.m. Summer Sunflower Door Sway Cost \$8.00 must pre-register limited to 10 crafters

Enhance your front door with this beautiful grapevine swag with cheerful sun-

flowers

### 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!



### Music Appreciation: The 1940s and 50s with Liz

Thursday, August 11 at 10:30 a.m..

The Andrews Sisters, Bing Crosby, Fats Domino, Elvis. These are some of the names that may come to mind when we think of the music of the 1940s and 50s, the era that ushered in the dawn of Rock 'n' Roll! In these two one-hour classes we will listen to and discuss some of the popular and trailblazing musicians of the time, 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 at the end!

### Presentation on Advanced Directives Thursday, August 11 at 1:00 p.m.

Marcia Porter, RN from Day Brook Village will be sharing insight into the importance of Advanced Directives which is used to guide your health care team and your loved ones when you are unable to make your own healthcare decisions.

### Tech Time With Sandy - How She Can Help

Wednesdays 10:00a.m. to 12:00p.m.  
Thursdays 1:00p.m. to 4:00p.m.

New Device? She can help you setup your:

- iphone
- ipad
- PC Laptop
- Questions using Mac Book?

She can help with that too!

Have a problem with your device? She can help you:

- Find a lost file or photo
- Attach documents to an email or text
- Print documents from an email or text

Already know the basics? Learn how to:

- Organize your documents or photos
- Connect you to the cloud so your data is available from any device, anywhere
- Teach you what the cloud is

Here's what current members have to say:

Jane H. "I am delighted to have Sandy help me because I have a lot to learn on my new laptop. Sandy is a very patient and good teacher."

Nancy N. "Sandy is very knowledgeable about computers and cell phones and is diligent in helping resolve problems. She has helped with a variety of issues, some quite complicated. I am increasingly able to apply what I am learning to achieve my goals."

Don D. "Sandy explains clearly the unexplainable. She patiently removes the fog and confusion that makes technology understandable to her clients."



## 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.

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 - 2:00 p.m. Must reserve ride by Monday at 4:30 p.m.

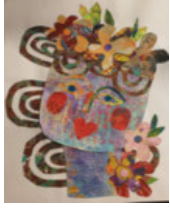
### Monthly Trips to local Farmers' Markets

**August 10th and August 24th from 11:00 a.m.- 1:00 p.m.**

The month of August we will visit the farmers market on Springfield St. in Chicopee. Please register if you would like transportation to the market.

**Registration for August Events & Activities Begins Friday, July 29th**

# 10 Special Programs & Tuesday Night Events



## **New Class! Gelli plate prints August 3rd and 17th, 1:00 p.m. to 3:00 p.m with Linda Herron**

Learn how to make Gelli plate prints, and how to use monoprints to create collage art. Gelli plates are a gelatin-type plate that can be used over and over. 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 animals, and scenes. Gelli plates can also be used for greeting card backgrounds, they are a colorful way to make a base for cards. The uses for gelli plates and their prints are only hindered by one's imagination!

## **Learn to play American Mah Jongg 10:30 a.m. on Fridays.**

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.

## **50 State Road Trip with Cesar Thursday, August 18 at 2:00 P.M.**

The great American birthrite 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 tore off on a 50 state trip in one calendar year before he was 30. More so he did it in one calendar year. Come hear about his 1979 Chevrolet malibu classic station wagon dressed like an American flag. In 1999 he and his ex-wife drove 51,000 miles beginning and ending in his native Miami. This is the last of a three part

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

**Aug. 1 The King's Man (2021)** The very first Kingsmen are tasked with stopping a band of heinous villains who are intent on starting a war that will make them money, but threaten the end of the world as they know it.

**Aug. 8 Cyrano (2021)** Cyrano is a musical romantic drama film directed by Joe Wright and with a screenplay by Erica Schmidt, based on Schmidt's 2018 stage musical of the same name, itself based on the 1897 Edmond Rostand play Cyrano de Bergerac. The film stars Peter Dinklage, Haley Bennett, Kelvin Harrison Jr., and Ben Mendelsohn.

**Aug. 15 What About Bob? (1991)** Director: Frank Oz

Stars: Bill Murray, Richard Dreyfuss, Julie Hagerty A successful psychotherapist loses his mind after one of his most dependent patients, an obsessive-compulsive neurotic, tracks him down during his family vacation.

**Aug. 22 The Shape of Water (2017)** Director: Guillermo del Toro Stars: Sally Hawkins, Octavia Spencer, Michael Shannon At a top secret research facility in the 1960s, a lonely janitor forms a unique relationship with an amphibious creature.

**Aug. 29 Classic Movie: American Graffiti (1973)** A group of teenagers in California's central valley spend one final night after their 1962 high school graduation cruising the strip with their buddies before they pursue their varying goals. Stars: Richard Dreyfuss, Ron Howard, Paul Le Mat. Directed by George Lucas.

## Tuesday Night Events

### **Evening Yoga and Meditation with Michaela Driscoll Tuesdays at 5:30 p.m.**

**Cost is \$2.00**

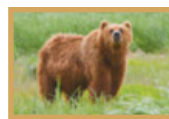
Michaela has practiced yoga for four years. She completed her 200 hour yoga certification at Mama Nirvana's teacher training in 2021. This class will include Hatha Yoga poses with extended guided meditation and relaxation.

### **Ukulele Class: On hiatus in August. No Class**

### **Evening Hours with Mike Slater, Veterans Service Coordinator with the Town of South Hadley On Hiatus in August.**

### **Summer in the Kingdom of Bears Tuesday, August 9 at 5:45 P.M.**

with Stacey Schmeidel, Sr. Director of News and Strategic Communications, Smith College. Stacey 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 bears, salmon and the wonders of one of the nation's most remote national parks.



### **Protecting your Finances from Scammers with Jean Deshaine, V.P, Sr. Branch Manager at Berkshire Bank Tuesday, August 2nd at 5:45 p.m.**

What you need to know to keep your finances safe from scammers. Common fraud schemes, how to avoid credit card scams and how to tell if you've been scammed. Jean Deshaine shares her experiences.



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.

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



**Dinner & A Movie**

Tuesday August 2 4:30 P.M.

The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA. Directed by Phyllida Lloyd. With Amanda Seyfried, Meryl Streep, Pierce Brosnan, Colin Firth.

The Woodlawn Cafe will re-open at 4:00p.m. and will have soup, sandwiches and goodies available to purchase before the movie! Free popcorn! You must register for this event.



**Summer Concert Series on the Patio  
Voice Alum, Noah Lis**

Tuesday, Aug 16th at 5:45 p.m.

Lis sings a variety of material ranging from crooner jazz songs, original rock/pop songs to his cover of Billy Paul's 1972 classic, "Me and Mrs. Jones," which he had also performed on season 6 of NBC's "The Voice". Bring a chair and

enjoy free ice cream, compliments of State Representative Dan Carey.

**Monthly Supper Club with Chef Maggie**

Tuesday, August 23 4:00 p.m.

6:30 p.m.

**Cost \$5.00 Please register by August 15th**

Join chef Maggie to explore new techniques to bring the best to your table. **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 August 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)



**End of Summer Pamper Yourself event**

Tuesday August 30, 4:00 P.M.-7:00 P.M.

**Cost \$5.00**

You must preregister for this event. Treat yourself to a wonderful evening of pampering to close-out the summer with licensed providers offering manicures, facials, massages, reiki, and meditation groups. There will be vendors sharing a variety of items for purchase including jewelry, soaps, hand painted greeting cards, journals, bags and sweet treats. The Woodlawn Café will be open during this event.

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**Allison Holmberg,**  
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**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**

Karen & Andy Buscemi  
Earl & Cheryl Ingham

### **SANDRA & FRANCIS FERNANDES**

Florence Fernandes

### **ALBERT J. CARRIER**

Janet Brunelle

### **PAULETTE WILEY**

Shirley Danasko  
South Hadley Cribbage  
Players

### **JOHN BOULAIS**

Bob & Marge Valenti

### **CHRISTINE JEDZINIAK MCCULLOUGH**

Don McCullough

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

Representative Dan Carey

Dr. Dorothy Kelly

Jane Pafford

### **A NOTE FROM LESLIE**

August is the month to plan those last minute trips to the beach and BBQ's with friends and family.

June was a very busy month for us at the Senior Center. In response to our June Anniversary promotional, we had an increase to our senior membership and a welcomed increase to new folks participating in our free exercise and art classes. In July, we reduced the prices of our \$3.00 classes to \$2.00, and our \$5.00 classes to \$4.00.

Please, use the MySeniorCenter computers to sign-in to **all of your daily activities and exercise programs.**

We want to continue to provide low-cost exercise and activity programs and **YOU** can support our efforts.

If you are a member; sign-in every day for any and all activities you are going to attend.

If you are a member and you've forgotten your card, please use the "FORGOT MY CARD" button and follow the prompts.

If you want to become a member (thank you!!) please ask the front desk to sign you up for a swipe card.

If you bring a friend with you, please ask them to sign in as a **GUEST.**

Our minibus driver, Ken Dawley, continues to recover from an illness. He sends his regards to you all and hopes to be back with us soon. We wish him all the best as he continues to recuperate.

Sarah Gmeiner has accepted the Town Clerk's position in South Hadley. We are very happy for her and we know she is going to do a fantastic job at Town Hall.

Please mark your calendars for a very special community event on **Saturday, September 10th.** The Town will dedicate the area surrounding the senior center as Woodlawn Park. There will be games, music, food, face painting and more to celebrate the event. That evening, the community will have an opportunity to come together and enjoy the Senior Center.

Evening festivities will include live music by the 19-piece Bad News Jazz and Blues Orchestra and an opportunity to enjoy delicious food at a variety of food stations provided by local restaurants and caterers. The only charge will be for purchase of beer and wine. We hope to see you there!

~ Leslie

Please consider traveling with us in August. Our transportation program is **FREE-OF-CHARGE!**

### **MARK YOU CALENDARS**

**September is National Senior Center Month  
National Falls Awareness and Prevention Month**

#### **CELEBRATE WOODLAWN**

**Saturday, September 10th:** Community Event with a concert by the Bad News Jazz & Blues Orchestra

**Save the Date: September 23rd.** Friends of the South Hadley Seniors Annual Mum sale.

**September 26th: 10:00 a.m. A presentation on Ageism.** Maureen O'Toole, Executive Director at Loomis Communities in South Hadley will discuss 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.

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

**October 11th –Nov. 15th.** Powerful Tools for the Caregiver –6-week course.

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
- \_\_\_ Newsletter Account      \_\_\_ Services Gift Fund      \_\_\_ Holiday Gift Card/Lights On

**LPi**

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

**CONNECT WITH THE FRIENDS**

Website: southhadleyseniors.org

Email:

southhadleyseniors@gmail.com

Facebook:

friendsofsouthhadleyseniors

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  
1970

Mike & Marcia  
Fleming  
Ola Herbert  
Sharyn Kovalesky

Andrew Moskovitz  
Janet Nichols &  
Jim Everett

Melide Normand  
Jessica Randall  
Tim Scott

**Support the Friends through AmazonSmile**

There is no cost to you and AmazonSmile donates ½% of your purchase to the Friends.

AmazonSmile is the same products, same prices, same service.

How to sign up for AmazonSmile:

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

**Gifts given to the Friends in Memory and in Honor:****Mary Clement-Allen**

Brad Allen

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

Claire Bielanski

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

Mike &amp; Marcia Fleming

**Rita Lawler**

Claire Bielanski

**David Sparko**

Jessica Randall

**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****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.

**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 22nd to 25th, 2023: Quebec City, Canada. (SOLD OUT/WAIT LIST ONLY)** 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@southhadleyma.gov](mailto:coa@southhadleyma.gov) or Call 413-538-5030**



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

**August 3rd - Linda Manor Assisted Living**

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.

**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. 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:** 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**

**Rainbow Social Club Monthly Events**

**The first Wednesday of the month, 5:00 p.m. to 7:00 p.m.** Holyoke Council on Aging on 291 Pine St.  
**Monthly Coffee Hour:** Belchertown Council on Aging on 60 State Str.

**Virtual Gathering**—Monthly guided discussion  
For more information, please call WestMass ElderCare at 538-9020, or [RainbowSocialClub@wmeldercare.org](mailto:RainbowSocialClub@wmeldercare.org)



**Need a charge?**

**The South Hadley Senior Center has the only EV charging station in town!**

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 IN SOUTH HADLEY, MA**

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 in their communities.

### **MEDICAL EQUIPMENT**

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

### **THE ALZHEIMER'S ASSOCIATION 24/7 HELPLINE**

**(800-272-3900)** is available around the clock, 365 days a year.

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

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

### **NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-8255**

### **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 LGBTQ+ Elder HOTLINE: 1-877-360-LGBT ( 5428)** or [www.sageusa.org](http://www.sageusa.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**