

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

southhadley.org

@southhadleycoa

September 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
Ken Dawley, Minibus Driver
Rick Dufault, Minibus Driver
Sandy Cahillane, Technology Instructor



The COA Art Show

South Hadley Senior Center Art Show
Tuesday, September 27th
3:00 p.m. - 7:00 p.m.

The Senior Center comes alive with a major exhibition of works by the artists involved in all our art, quilting and fiber arts classes!

This exhibit will showcase art throughout our beautiful center. Works of art submitted by our celebrated art instructors and their talented students as well as works from our quilting and fiber arts instructors and students.

This event is free and open to the public and all are welcome!

Refreshments will be served
Woodlawn Café will be open

Celebrate Woodlawn!
Saturday, September 10th
11 a.m.-9:30 p.m.

Celebrate Woodlawn Park and the South Hadley Senior Center

11:00 a.m.

Woodlawn Park Dedication by Town Administrator, Lisa Wong

11:15 a.m. – 1:00 p.m.

Senior Center tours (11:30 to 3:30)
Family activities, free face painting, wiffle ball derby, chair yoga, neighborhood trek, fitness equip. instructions, DJ Kstylez and Foley's Franks available for purchase

1:00-4:00 pm

Cornhole Tournament on the playing field. \$20 per two-person team.

pre-registration deadline

Sept.6, southhadleyrecreation.org (special events page.) Player's must be 13+. Parent or Guardian must register under 18. There will be food, beer, wine and hard seltzer for purchase.

6:30 – 9:30 pm

The celebration moves inside for an evening of music with the Bad News Jazz and Blues Orchestra. Free small plate food stations with a cash bar for adult and soft beverages.

Restaurants include Boathouse, Ebenezer's, IYA, Johnny's Bar and Grill, Master Chef, SOK's, Whiskey Barrel, Yard Tavern and Log Rolling Catering.]

Please join us

Now on display at the Senior Center, Artist and Quilt Designer, Timna Tarr, has donated one of her quilts to support this community event. Please see raffle information on page 15

Registration for September Events & Activities Begins Monday, August 29th



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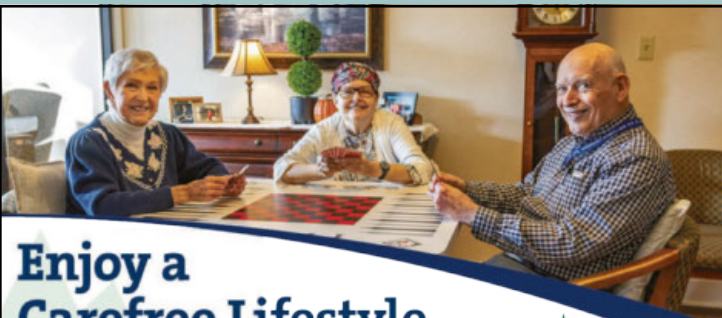
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Birthday/ Anniversary Celebration with entertainment by MADISON CURBELO.

Thursday, September 8th 11:30am
Reserve by noon on Wed. Sept.7th

The menu: Pasta Fagioli soup, Pot Roast w/ gravy, baked potato, and birthday cake. Celebrants with a birthday or anniversary in September eat free courtesy of the Friends of the South Hadley Seniors. **You must pre-register for this lunch and concert event.**

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 of \$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.

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.

SPECIAL OFFER

LUNCH SPECIAL ON FRIDAYS

Seafood Salad Sandwich with Chips \$5.00 To-go: \$5.50

SOUP: New England Clam Chowder
Cup.....\$2.00 Crock.....\$3.00
To go: \$2.50 To go: \$3.50

***Daily Soups**
Tortellini, Beef Barley, Clam Chowder, Pasta Fagioli & Cream of Broccoli

***Sandwiches**
Choice of Ham & Pickle, Seafood Salad, Ham & Cheese and Turkey & Cheese with Lettuce and Tomatoes

***Soups and Sandwiches vary each day.**
Coffee / Hot Tea...\$0.75
Coffee / Hot Tea to-go.1.00

FREE HOT COFFEE & TEA IN THE WOODLAWN CAFÉ DURING THE MONTH OF SEPTEMBER

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at 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
9:00 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
	5:00 p.m. Learn to play Mah-Jongg	
	All afternoon activities are cancelled on Sept. 27th	

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: No appts on 9/1	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
11:00 a.m. Seated & Standing Yoga	10:30 a.m. Learn to play Mahjongg
1:00 p.m. Chip Poker	1:00 p.m. Cribbage
1:00 p.m. Quilting	1:00 p.m. Bridge
1:00 p.m. Chair Volleyball	1:00 p.m. Fiber Arts Club

Registration for September Events & Activities Begins Monday, August 29th

All activities are subject to change

Groups & Wellness

Nail Care

Sept. 5th and 19th, 9:00 a.m. to 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

Sept. 6th, 9:00 a.m. to 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 Sept. 13th, 9:00 a.m. to 12:00 p.m.

With Audiologists Allison Holmberg and Lisa Howard.

Low Vision Group

Tuesday, Sept. 13th 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, Sept. 14th, 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

Marge will not have September hours.

Available for monthly drop-in visits at the Senior Center. Blood pressure checks, share a concern, or ask a question. Call Marge at 413-536-6688.

Registration for September Events & Activities Begins Monday, August 29th

Academic Drawing and Painting
Mondays 9:30 a.m. to Noon Fee: \$4.00
 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 Sept. 6th at 3:00 p.m.
 We will meet to discuss *The Cuckoo's Calling* by J. K. Rowling, October's book selection will be *The Guest List* by Lucy Folely. Books are available at South Hadley and Gaylord Public Libraries.

Book Club Hybrid
Wednesday Sept. 28th at 2:00 p.m.
 This month's book club selection is *The French Braid* by Anne Tyler. Contact kflorence@southhadleyma.gov for zoom link. Books are available at the South Hadley and Gaylord Public Libraries.

New Tuesday Trivia Club!
Tuesdays at 3:00 p.m.

Test your trivia knowledge. 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.

Watercolors
Thursdays at 9:30 a.m. Fee: \$4.00
 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.
 Enjoy the company of friends while you create beautiful coloring pages. Supplies provided.

Coffee & Conversation with complimentary coffee and tea
Sept. 9th at 9:30 a.m. - Marguerite Szczawinski, with Mass.

Equipment Distribution Program
 If you have a disability, the Mass. Equipment Distribution Program (MA EDP) may be able to provide you with a free, or low cost, specialized telephone network.

Sept. 16th at 9:30 a.m.
Master Plan Implementation Committee-MPIC: Chair., Judy Gooch Dobosh & V. Chair Nate Therien from MPIC will discuss the implementation of the Town's updated 2020 Master Plan.

Sept. 23rd at 9:30 a.m.
Meet the COA Art Instructors who will be featured, along with the works of their students, in our upcoming **Art Show. Sept. 27**

Sept. 30th at 9:30 a.m.
Medicare 101 Conversation. Susan LaMastro, certified Shine Counselor Are you new to Medicare? Turning 65 soon? Or planning to retire in the next few months? Then this is a great opportunity to learn first hand what to expect from Medicare.

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 Sept. required and begins Monday, August 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 to Buttery Brook on September 20th. This will be the last meeting for the Social Strollers for the year. Please meet in the Buttery Brook parking lot.**

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




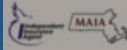



Thursdays at 11:00 a.m. (Hybrid)

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

Registration for September Events & Activities Begins Monday, August 29th

September Special Event Calendar **7**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
See page 12 for upcoming October Events and programs.	Fresh Muffins, Scones and Danish served in the Woodlawn Café	September is Senior Center Month! Free Hot Coffee and Tea in the Woodlawn Café, compliments of the Friends of the South Hadley Seniors	1	2 10:30 a.m. : Farm-house style Cutting Board Craft 1:00p.m.: Seasonal Centerpiece club
5 	6 10:00a.m. to 11:00a.m. Learn to Play Pickleball for Seniors 5:30pm: Drop-in with Mike Slater, Vet. Serv. Coord. 5:45pm Fuel Assistance. Do you qualify? 5:00p.m. -7:00p.m. Learn to Play Mah Jongg	7 10:00 a.m. Alzheimer's Caregiver Support Group	8 10:00a.m. to 11:00a.m. Learn to Play Pickleball for Seniors 11:30 a.m. Monthly Birthday and Anniversary with American Idol and The Voice alum MADISON CURBELO! All welcome to attend.	9 9:30 a.m. Coffee & Conversation with Marguerite Szczawinski, Mass. Equipment Distribution Program 1:30 p.m: Farmers' Market: Northampton market on 150 Main St. behind Thornes Market.
12 1:00 p.m. Monday Movie: Ad Astra (2019)	13 5:00 p.m. -7:00 p.m. Learn to Play Mah Jongg 5:45 p.m. A presentation on Ageism.	14 9:00 a.m. to 11:00 a.m.: Veteran's Social Hour at the COA 10:30 a.m. Memory Café: Lois Kiraly, retired educator and naturalist, presents "From Wild to Mild" how animals have evolved.	15 2:00p.m.: Monarch Butterflies with Sandy Oldershaw	16 9:30 a.m. Coffee & Conversation: Master Plan Implementation Committee-MPIC
19 9:00 to 11:00 a.m. Falls Prevention Week Cornhole Championship 1:00 p.m. Monday Movie: Jurassic World: Fallen Kingdom (2018) 4:30 p.m. COA Board of Dir. Meeting: Virtual	20 1:00 p.m. Skimming Device informational Monthly Supper Club with Chef Maggie 4:00 p.m to 6:30 p.m. 5:00 p.m. -7:00 p.m. Learn to Play Mah Jongg	21 10:00 a.m. Alzheimer's Caregiver Support Group 11:00a.m. to 1:00p.m. Senator Jo Comerford & Rep. Dan Carey lunch and greet.	22 National Falls Prevention Day	23 9:30 a.m. Coffee & Conversation: Meet the COA Art Instructors
26 10:00 a.m.: A presentation on Ageism. Maureen O'Toole from Loomis Communities 1:00 p.m. Monday Movie: Hello, My Name Is Doris (2015)	27 Sept. 27th: Farm Stand Trip: 1:30 p.m. Dave's Natural Garden Amherst St. Granby. 3:00p.m. to 7:00p.m. Senior Center Art Show	28 10:30 a.m. Memory Café: sing-along with Nancy Howard	29	30 9:30a.m. Coffee & Conversation: Medicare 101 Conversation. 10:30 a.m. Craft Club: Wooden Pumpkin Trio

<p>Local help with your Medicare questions.</p> <p>Luzelenia Casanova 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>Home, Auto, Business, Life</p> <p>39 Lamb St., P.O. Box 789, South Hadley - 413-538-8293 www.jubenville.com • info@jubenville.com</p>  <p>Representing Fine Companies Such as MAPFRE INSURANCE</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

Sept. 14th and 28th 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 24 hours in advance or by noon the day before.

Sept. 14th Activity Presenter Lois Kiraly, retired educator and naturalist, presents "From Wild to Mild" how animals have evolved.

Sept. 28th Activity: - Sing-along with Nancy Howard.

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

Sept. 7th and 21st. 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.

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.

Brown Bag Program for Seniors

3rd Tuesday of the Month: Sept. 20th 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

Prescription Advantage

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole" If you reach that gap, you will see your prescription drug costs increase dramatically! Prescription Advantage can help. Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap. For more information call MassOptions at 1-800-243-4636, Monday—Friday, 9:00 a.m. to 5:00 p.m. or visit prescriptionadvantagemma.org.

SHINE

Tuesdays by appointment

Serving the Health Insurance Needs of Everyone!

SHINE counselor Sue LaMastro assists with SHINE counseling on Tuesdays from **8:30 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.

The New 988 Mental Health Hotline is live. Here's what to know

Modeled after 911, the new three-digit 988 Suicide & Crisis Lifeline is designed to be a memorable and quick number that connects people who are suicidal or in any other mental health crisis to a trained mental health professional.

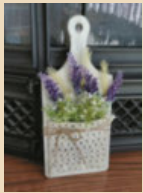
POWERFUL TOOLS FOR CAREGIVERS

Tuesday, Oct. 11th to November, 15th from 10:00 a.m. to 12:00 p.m.

Powerful Tools for Caregivers is a FREE educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, an adult relative or friend with disabilities, someone who lives at home, in a nursing home or across the country. This series meets once a week for six weeks. The class teachers are Ann Andras, SHCOA Social Service Coordinator and Nikki Brookens, WMEC Home Care Supervisor. Pre-registration is required. Please contact Ginger Cruickshank at vcruickshank@wmeldercare.org or by calling 413.538.9020 ext. 337 or by calling the Senior Center at 413.538.5030 or by email to aandras@southhadley.ma.gov

9 Crafting & Special Programs

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



Friday, Sept. 2, Farmhouse style Cutting Board Craft

Cost \$8.00 Limit 10 crafters Join us to paint and decorate a wooden cutting board in farmhouse style for a sweet decorative touch to your home!



Seasonal Centerpiece club

Friday, Sept. 2 at 1 p.m.

Take home cost \$5.00

Make a fall centerpiece for our dining room table and take one home for your own! Limited to 10.



Friday, Sept. 30th Wooden Pumpkin trio. Cost \$8.00 Limit 10 crafters

Get ready for the fall season by creating this trio of wooden pumpkins! Perfect for adding that little touch of the season!

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!



Falls Prevention Week Event.

Monday, Sept. 19, 9:00 a.m.– 11:00 a.m.

The South Hadley Fire Districts 1 & 2 are challenging the Corn-hole players to bragging rights. The event will highlight the importance of Falls

Prevention in the home as one of the points supported by the Age and Dementia Friendly Initiative and Falls Prevention Awareness Week.

SOUTH HADLEY FALLS PREVENTION PROGRAM— GREAT COMMUNITY RESPONSE

South Hadley Fire Departments 1 and 2 in cooperation with the South Hadley Senior Center and the Age and Dementia Friendly Community invite you to take advantage of the Falls Prevention Program. District #1 firefighters have assisted **45** South Hadley seniors and District #2 have visited **12** South Hadley Seniors.

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.



Learn to Play Pickleball for Seniors

Tuesday, Sept. 6th and Thurs. Sept. 8th from 10:00 a.m to 11:00 a.m.

Have you wondered what all the hype is about surrounding this crazy-named sport? Come and learn the basics of Pickleball at Buttery Brook Park on South Hadley's brand new Pickleball courts. Wear comfortable clothing and tennis or soft soled shoes. And be sure to bring a water bottle. Paddles will be provided if needed. Additional Learn to Play times will be posted on the South Hadley Recreation website. The clinics are free and sign up will be through the Senior Center. **Limit of 12 per class.**

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

Farmers Market/ Farm Stand Trips

Sept. 9th, 1:30 p.m.- 3:30 p.m.

Northampton market on 150 Main St. behind Thornes Market.

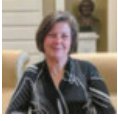
Sept. 27th, 1:30 p.m.-3:30 p.m.

Dave's Natural Garden Amherst St. Granby.

Please register for these trips.. We will be requiring a minimum sign-up of 5 participants for these trips. **If you have farmers' market coupons, you can use them on these trips

Registration for September Events & Activities Begins Monday, August 29th

10 Special Programs & Tuesday Night Events



Lunch with Senator Jo Comerford and Representative Dan Carey
Wednesday, Sept. 21st from 11:00 a.m.-1:00 p.m.

Join us for a unique opportunity to talk and have lunch with South Hadley's state representatives.

Monarch Butterflies Presentation
Thursday, Sept. 15th at 2:00 p.m.

Sandy Oldershaw returns to talk about Monarch butterflies. She'll have eggs, caterpillars and monarchs. She will also discuss ways we all can attract these endangered living, beautiful works of art. Sandy has lived in South Hadley for a number of years. She has worked in the MHC greenhouse along with local businesses, she has traveled extensively and has taught locally.



Protection from Skimming Devices
Tuesday, Sept. 20th at 1:00 p.m.

Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, will present on credit card skimming devices. The presentation will include information about the Office and what we do. It will also cover tips on how to spot skimming devices found at gas stations and ATMs.



Presentation on Ageism
TUESDAY NIGHT: Sept. 13th at 5:45pm and MONDAY, Sept. 26th: 10:00 a.m.

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.

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. 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. **By request, Learn to Play Mah Jongg has a new additional day/time! Tuesday**

evening from 5-7 p.m.

(There is no class for learn to play on 9/2) The game of is 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.

Monday Movie Matinee at 1:00 p.m.
Sept. 5th Labor Day Holiday. Center is closed.

Sept. 12th: Ad Astra (2019) Director: James Gray. Stars: Brad Pitt, Tommy Lee Jones, Ruth Negga, Liv Tyler, and Donald Sutherland. It follows an astronaut who ventures into space in search of his lost father, whose obsessive quest to discover intelligent alien life at all cost threatens the Solar System and all life on Earth

Sept. 19th: Jurassic World: Fallen Kingdom (2018) Director: J.A. Bayona Writer: Derek Connolly, Colin Trevorrow, Michael Crichton Stars: Chris Pratt, Bryce Dallas Howard, Rafe Spall. Genre: Action, Adventure, Sci-Fi. When the island's dormant volcano begins roaring to life, Owen and Claire mount a campaign to rescue the remaining dinosaurs from this extinction-level event.

Sept. 26th: Hello, My Name Is, Doris (2015) Director: Michael Showalter Writer: Laura Terruso, Michael Showalter Stars: Sally Field, Max Greenfield, Tyne Daly Genre: Comedy, Drama, Romance A self-help seminar inspires a sixty-something woman to romantically pursue her younger co-worker.

Tech Time With Sandy - How She Can Help
Wednesdays 10:00 a.m. to 12:00 p.m.

Thursdays 1:00 p.m. to 4:00 p.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!

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

Evening Yoga and Meditation with Michaela Driscoll
Tuesdays at 5:30 p.m.
Cost is \$2.00

Michaela has practiced yoga for four years. This class will include Hatha Yoga poses with extended guided meditation and relaxation.

Ukulele Class: No Class

Drop In: Evening Hours with Mike Slater, South Hadley Veterans Service Coordinator
Tuesday, Sept. 6th at 5:30p.m.



Fuel Assistance Workshop w/ Ann Andras "Do I Qualify and How Do I Apply"?

Tuesday, Sept. 6th at 5:45 p.m.

Join Ann Andras, Social Service Coordinator to learn the ins and out of all things fuel assistance. You will learn the financial guidelines and what documents are necessary to apply. Please join her on Tuesday, September 6th at 5:30 p.m.

Monthly Supper Club with Chef Maggie
Tuesday, September 20th Cost \$5:00
Cooks report at 4:00, Dinner guests at 5:00 p.m.- 6:30 p.m.

You must register by September 15

When you register by September 15, please SPECIFY IF YOU ARE INTERESTED IN BEING ON THE COOKING TEAM, just coming to eat, or are a cook with guest(s) Get prepared for unlimited PASTABILITIES* as we learn to throw around some fast dough for home baked pizza, and make our own quick pasta from scratch. You'll "knead" an apron for this one! Mix and match your favorite toppings with a few unique ingredients. Dinner will include antipasto and a fresh dessert. Abbondanza!* this is NOT a gluten free event!

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: funding for the Technology Instructor, the Companion/ Transportation Program and the Caregiver Respite Grant .

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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.

DR. CENGIZ KAYI

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Bernard Ratkiewicz

Karol Paul Kapinos

Barbara Kapinos

We are grateful for the donations from:

Maryanne Fredette
Edward & Kathleen Kopec

A NOTE FROM LESLIE

Welcome September!

The Senior Center will be closed on Monday, Sept. 5th in observance of Labor Day.

Since we moved to a fare-free model of delivering transportation service in April, we've been thrilled by the increase in ridership. If you, or a senior you know, is in need of in-town transportation, please call the center at 538-5030. We will be happy to get you where you need to go.

The South Hadley Centennial Quilt has a new home. We're so incredibly pleased to be able to display this gorgeous piece of South Hadley history on the wall across from the Multipurpose room. Stop in and take a look.

Also on display is a quilt by renown artist and quilt designer, Timna Tarr. Timna has donated one of her exquisite quilts to the Friends of the South Hadley Seniors to use as a raffle prize to support the community event on Saturday, September 10th.

This all-day event will start at 11:00 a.m. when 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 from 11:15 a.m. to 1:00 p.m. on the baseball field.

The celebration moves indoors at the Senior Center where the 19-piece Bad News Jazz and Blues Orchestra will perform throughout the evening. The orchestra has once again been named the 2022 Reader's Choice Best Live Jazz category winners.

Food specialties from many of South Hadley's most popular restaurants will be available to sample at no charge. Adult and soft beverages will be available for purchase. Please join us for this special celebration.

The events are being sponsored by the Friends of the South Hadley Seniors and a grant from the South Hadley Cultural Council which is supported by the Mass Cultural Council, a state agency. ~ Leslie

Upcoming Events

Registration for Oct. Events begins Sept. 30th.

October 6th Lunch & a Show: Country Western BBQ from the Whiskey Barrel in South Hadley and entertainment by the Old Country Road Band. \$8.00 per person.

Tues. October 11th at 5:45 p.m.: Ann Andras, the Senior Center's Social Service Coordinator presents Fuel Assistance 101 for 1st time, new applicants.

October 11th –Nov. 15th. Powerful Tools for the Caregiver –a six week course. Ann Andras at 538-5030-6206

October 13th at 1:00 pm. Curious About Dementia? This program explores what dementia is, how to recognize the signs and what it's like to live with it.

October 18th at 5:30 p.m. The History of South Hadley with Dr. Aaron Miller, Associate Curator of Visual and Material Culture and NAGPRA* Coordinator, Mount Holyoke College Art Museum
The presentation is part of the Lifelong Learning Lecture Series.

October 20th at 1:00 pm: Planning for the Unexpected Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation will present this informative presentation.

October 25th at 5:45 pm: 50's Sock Hop/ Costume Party with the Elderly Brothers.

Friday's October through November: 10/21, 10/28, 11/4, 11/18, 12/2: Additional SHINE appointments with Certified SHINE Councilor Susan LaMastro will be available during Medicare Annual Open Enrollment.

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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| <input type="checkbox"/> Wherever Needed Most | <input type="checkbox"/> Activities Account | <input type="checkbox"/> Caregivers Gift Account |
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Contact **Greater Springfield Senior Services** for more information!

413-781-8800

anna.randall@gssi.org

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www.4lpi.com/careers



Timna Tarr Quilt

On display at the Senior Center

Timna Tarr comes from a long line of quilters but did not begin quilting until after studying art history in college. Timna's own nationally award-winning quilts are in private and corporate collections. They have also been seen in

numerous exhibits, magazines, and books as well as on The Quilt Show and Quilting Arts TV. Timna is a designer for Studio e Fabrics and is an in-demand teacher and speaker. She works out of her studio in South Hadley, MA.



MUM SALE

Friday, Sept. 23rd. 9:00 a.m. to 4:00 p.m.

The Friends' mum sale will be held on the sidewalk in front of the Senior Center.

We'll have beautiful 8" mums in a variety of colors for \$7 each. Volunteers will be available to help load the plants. Come early for best selection. Plants cannot be reserved ahead of time. Cash or check. Rain or shine. Any questions, please call Janet at 534-5886.



September is National Senior Center Month and to celebrate, the Friends will be offering free, hot coffee (& Tea) throughout the month of September. Stop by our membership table on September 19 & 20 and grab a free donut to go with your free hot coffee.



Timna Tarr Quilt Raffle

Take a chance to win this beautiful quilt made by South Hadley's award-winning quilter, Timna Tarr, on display at the Senior Center. All proceeds to benefit the Woodlawn Park celebration and activities. Raffle tickets will be on sale through November 23, 2022. Raffle tickets available at the Senior Center.

Tickets:
1 for \$3
4 for \$10
10 for \$20

NAME: _____ PH#: _____

Cut out this ticket, make copies and/or pick up more at the Senior Center. Return raffle tickets and payment to the Senior Center or mail to the Friends at PO Box 55, South Hadley. Make check payable to the Friends of the SH Seniors.

South Hadley Travel Club

Wednesdays from 10:00 a.m. to 11:30 a.m. in the Common Area.

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

Travel Rewards Program: 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: Dan'l 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 @ 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 with 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 or Call 413-538-5030

Friends of the South Hadley Seniors

Support the Friends with your membership

Have you joined the Friends of the South Hadley Seniors this year? Membership dollars support programs and activities at the Senior Center. All memberships will be entered to win a scratch ticket lottery tree with a guaranteed \$100 prize. Join by September 23 when the winning name will be drawn.

\$10 Individual \$20 Joint

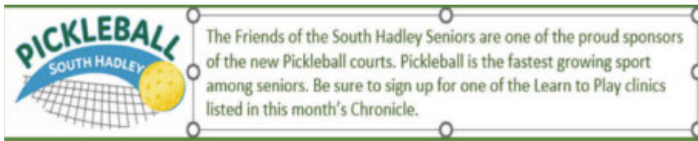
Name/s: _____

Address: _____

Email: _____

Phone: _____

Make check payable to the Friends and drop off at the Senior Center or mail to PO Box 55, South Hadley



There is still time to join the Walk Massachusetts Challenge If you already signed up- Don't forget to log your steps !!

The Walk Massachusetts Challenge runs from May 1 to October 21, 2022. During this time, when you walk, you enter your chances to win a \$50 Visa gift card, a \$25 Amazon gift card or a \$10 Dunkin' gift card. Reach each milestone and receive a total of five entries.

By completing the challenge, the South Hadley Council on Aging gets a chance to win up to **\$1,000** for fitness programming.

Here is the link: www.walkmachallenge.com
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 : 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.



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 Street, Belchertown.

Virtual Gathering—Monthly guided discussion

For more information, please call WestMass ElderCare at 538-9020, or

RainbowSocialClub@wmelder-care.org



Come visit with the South Hadley Centennial Quilt

Now on display at the Senior Center

This quilt was the project of the South Hadley Council on Aging Quilting group to commemorate the 250th anniversary of the town of South Hadley in 2003.

Karen Motyka, the woman who assembled the beautiful squares and put the quilt together told

us the quilt spoke to her. "I saw the squares and the quilt spoke to me as to what square went where, it just came to life."

If you have more information about this quilt, please reach out to Sandy Farnsworth at the SH COA.

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 Curbside pickup & delivery:

Pantry hours are: Wednesdays: 12:30p.m. to 5:30 p.m. and

Saturdays: 10:00 a.m. to 12:00 p.m.

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

The meals are prepared and delivered by the faith-based **communities in South 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

FOOD SOURCE HOTLINE: 1-800-645-8333

Food Source Hours: Monday –Friday: 8:00 a.m. to 7:00 p.m. and Saturday: 10:00 a.m. to 2:00 p.m. 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 AND CRISIS LIFELINE **988 (NEW 3-DIGIT DIALING CODE)**

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

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 TTY/TDD:

413-781-7168