

# 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.

## November 2022



Monday - Friday  
8:00 a.m. - 4:30 p.m.  
Tuesdays until 7:00 p.m.



45 Dayton Street  
South Hadley, MA 01075



413-538-5030, press 3



coa@southhadleyma.gov



southhadley.org



@southhadleycoa



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### Veterans Appreciation Breakfast

Nov. 9th 9:00 a.m.  
Please Pre-Register for this Event

Veterans are invited to a breakfast in appreciation for their service in honor of Veteran's Day. Breakfast will be prepared by Ilona's restaurant, followed by a special ceremony with guest speakers, veteran of the year honoree, and music.

This event is co-sponsored by the Friends of the South Hadley Seniors, the VFW, and the veterans council.



### Thanksgiving Lunch Featuring Sinatra Tribute Artist Patrick Tobin.



Nov. 17th 12:00-2:00 p.m.  
Sponsored by The Friends of the  
South Hadley Seniors

Kick off the Holidays with a Thanksgiving lunch and the songs of Frank Sinatra. Patrick has been critically acclaimed internationally. Attributing learning how to sing to Elvis, Neil Diamond and Billy Joel, Patrick wasn't groomed to be a singer of standards. Discovering Mr. S's music in his early twenties, it was at the urging of friends to pursue that style of music and the tribute. Concert is sponsored by The Friends of the South Hadley Seniors. Lunch will be turkey with apricot glaze, candied sweet potatoes and pumpkin pie prepared by WestMass ElderCare.



Registration for Healthy Bones & Balance Classes opens Tuesday, November 15th



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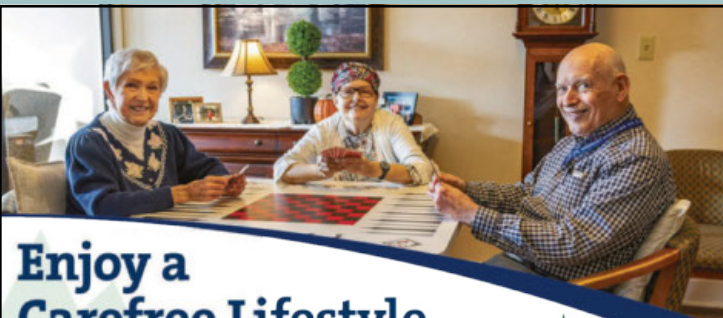
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**Birthday/Anniversary Celebration with Entertainment by Berkshire Hills Jazz Band.**

Friday, November 4th. Reserve by Noon on Nov. 3rd.

The meal will include butter crumb fish with dill sauce, rice florentine, stewed tomatoes and birthday cake.

**You must pre-register for this lunch and concert event. Free to Birthday and Anniversary recipients courtesy of the Friends of the South Hadley Seniors**

**Community Table: Monday- Friday 11:00 a.m. to 1:00 p.m. Reserve meals by noon the day before.**

A suggested, and confidential, 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.

**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 questions about meals, please call the WMEC

**THE WOODLAWN CAFE**  
 Monday-Friday 8:00am to 2:00pm  
 Tuesday Evenings 3:30pm to 6:30pm

<p style="text-align: center;"><i>SWEETS</i></p> <p style="text-align: center;">SELECTION OF MUFFINS, SCONES, DANISH AND SWEETS.</p> <p style="text-align: center;"><i>Changes Daily</i></p>	<p style="text-align: center;"><i>SANDWICHES</i></p> <p style="text-align: center;">EGG &amp; OLIVE HAM &amp; PICKLE HAM &amp; CHEESE TURKEY &amp; CHEESE</p> <p style="text-align: center;"><i>On your choice of bread with lettuce and tomato.</i></p>
<p style="text-align: center;"><i>S O U P</i></p> <p style="text-align: center;"><b>SOUP DU JOUR</b></p> <p style="text-align: center;"><i>Stop by or call the center for daily selections.</i></p>	<p style="text-align: center;"><i>BEVERAGES</i></p> <p style="text-align: center;">WATER    JUICE COFFEE    SODA    TEA</p>

**NOVEMBER SPECIAL: PUMPKIN PIE**

*Cash Only*

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# 4 Activities Schedule

**OPEN REGISTRATION for \*\*Weekly Activities - Call or email COA@southhadleyma.gov for 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	10:00 a.m.	Fitness Basics	*9:30 a.m.	Healthy Bones & Balance
9:30 a.m.	Academic Drawing & Painting	11:15 a.m.	Gentle Yoga	10:00 a.m.	Tech Time w/ Sandy
10:00 a.m.	Tai Chi & Qigong	1:00 p.m.	Bingo	10:00 a.m.	Small Group Pers. Training
1:00 p.m.	Zumba Gold	1:00 p.m.	Learn to play Pinochle	*10:45 a.m.	Healthy Bones & Balance
1:00 p.m.	Mah-Jongg	1:00 p.m.	Pinochle	11:00 a.m.	Gratitude Journal Group
1:00 p.m.	Color Me Calm	3:00p.m.	Trivia Club	1:00 p.m.	Mah-Jongg
1:00 p.m.	Monday Movies	5:30 p.m.	Yoga & Meditation	1:00 p.m.	Pitch
		5:00 p.m.	Learn to play Mahjongg	*Fitness room unavailable from 10:00am-11:45.	
Thursday		Friday		<p><b>*Registration for December Healthy Bones and Balance Classes will begin November 15th.*</b></p>  <p><b>SAVE THE date</b></p> <p>All activities are subject to change</p>	
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.	Tech Time w/Sandy	9:30 a.m.	Coffee & Conversation		
9:30 a.m.	Watercolors	9:30 a.m.	Healthy Bones & Balance		
10:00 a.m.	Fitness Basics	10:45 a.m.	Healthy Bones & Balance		
11:00 a.m.	Seated & Standing Yoga	10:30 a.m.	Learn to play Mahjongg		
1:00 p.m.	Quilting	1:00 p.m.	Cribbage		
1:00 p.m.	Chair Volleyball	1:00 p.m.	Bridge		
		1:00 p.m.	Fiber Arts Club		

## Groups & Wellness

### Foot Nurse, Sharon Beulieu, RN

**Nov. 1st, 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 Nov. 8th– Cancelled. Next date will be Dec. 13th

With Audiologists Allison Holmberg and Lisa Howard.

### Low Vision Group

**Tuesday, Nov. 8th 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, Nov. 9th, 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

**Thursday, Nov. 10th 12:30 p.m. to 2:00 p.m.**

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.

### Council on Aging "Stay Well" Wellness Scholarship 2022 –2023

The Stay Well "wellness grants" are available to South Hadley residents 60-yrns and over. A maximum of \$150 yearly can be used to cover the cost of exercise classes, activities or programs.



## A Beeyonder Tour: Live Walking Presentation.

This live and interactive virtual experience allows you to see and speak directly with the guide via streaming platforms like Zoom. Enjoy this tour from your seat at the Senior Center.

Enjoy a free cup of Costa Rican Coffee!



### November 29th 3:30pm to 4:30pm Costa Rican Coffee Farm Itinerary

Visit a coffee farm with your guide, Alejandro Cano Ospin, and learn all about coffee, the plant, the history, the production, even the chemistry of caffeine, and of course the preparation of a delicious cup of coffee in the old fashion way. Alejandro Cano Ospin has researched, developed, and implemented teaching modules for adults regarding new technologies to protect the planet- like solar energy, clean agricultural techniques, culturally respectful tourism, and ecotourism. This program series is sponsored by The Friends of the South Hadley Seniors.



Dinner prepared by  
**The Supper Club with Chef Maggie.**  
Sponsored by the Friends of South Hadley Seniors.  
Tuesday, November 15th Cost \$12:00 per person.  
Dinner guests please arrive at 5:00 p.m.  
You must pre-register by November 7th.

Can't wait to get started with the holidays? Kick off the season with our FRIENDSGIVING FEAST, featuring a menu that is WUNDERBAR! That's right, an authentic GERMAN HOLIDAY FEAST. No turkey here, delight in authentic \*Rouladen, rich Rotkohl and ending with a spicy Magenbrot! Don't know what any of that is? Don't worry, neither did the Kitchen Team! But they've been working hard to turn out a fabulous meal while you dance away to the **LIVE MUSIC BY : Richie Mitnik to compliment your evening out.**

Join us for friends, fun and food to celebrate all for which we are thankful.

(Meal includes stuffed steak, potatoes and braised red cabbage with chocolate gingerbread for dessert)

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## 6 Fitness Programs

All Exercise Classes are \$2.00

Small Group Personal Training in the Fitness Center is \$4.00 per class



"Regular activity can positively impact our physical health as well as our mental and emotional wellbeing. It can help give us more energy and greater self-confidence, enabling us to embrace our later years with gusto."  
-National Council on Aging

### **"Nia" with Instructor Beth Foster** Mondays 9:00 a.m.- 9:45 a.m.

Nia is a 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.

### **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 until 11:15 a.m.

Beginners: build strength, stamina, and learn sequencing.

For Advanced add additional 30 minutes to learn Part 2 of the form.

### **Zumba Gold**

Mondays at 1:00 p.m.

This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

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

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

### **Fitness Basics with Lindsey** Tuesdays & Thursdays

at 10:00 a.m. (Hybrid) Get moving with Lindsey with a little bit of cardio, weight training, and stretching. All abilities welcome.

### **Gentle Yoga**

Tuesdays at 11:15 a.m. (Hybrid)

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

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

Tuesdays at 5:30 p.m. Michaela leads this Hatha Yoga class with extended guided meditation and relaxation.

### **Dance with Loryn**

Wednesdays at 9:00 a.m. 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!

### **Small Group Personal Training (formally called Circuit Training)**

Wednesdays at 10:00 a.m.

**The class fee is \$4.00 per class**

Join Heidi a NASM Certified Personal Trainer and Senior Fitness Specialist for an hour of fun moving circuit style through timed workout stations focusing on functional training in balance, strength, core and flexibility using resistance bands, light medicine balls, agility markers, weights and more! Be guided and coached individually and as a group in proper form, modifications and use of equipment. **You must fill out your application packet and complete the fitness room orientation with Heidi to participate.**

### **Fitness Room Orientation**

Wednesday, Nov. 2nd and 16th at 11:15 a.m. Mandatory - No Cost

You must complete your application and your fitness room orientation before using the Fitness Center. Applications are available at the front desk. Once your application is approved, a staff member will contact you to schedule an orientation.

### **Seated & Standing Yoga**

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

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

### **Chair Volleyball**

Thursdays at 1:00 p.m. -No Cost

Build core muscle strength and flexibility in this fun and social activity!

### **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.



Registration for Healthy Bones & Balance Classes opens Tuesday, November 15th

# November Special Event Calendar **7**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 5:00p.m. to 7:00 p.m. Girl Scout Reunion	2 1:00 p.m. Supper Club Meeting	3	4 11:00 a.m. Coffee & Conversation with Officer Tebo.
7 12:30 Pet Therapy with Bright Spots. 1:00 p.m. Online Shopping Safety Class 3:00 p.m. Holiday Music Makers	8 1:00 p.m. to 3:00 p.m. Farmers' Market Trip  5:30 p.m. Stigma of Mental Illness with Kate Tyler	9 9:00 Veteran Breakfast 10:30 a.m. Memory Cafe 1:00 p.m. German Culture Conversation 2:00 p.m. Ann's Outreach to Newton Manor	10	11 <b>SENIOR CENTER IS CLOSED</b>  <b>Happy Veterans Day!</b>
14 3:00 p.m. Holiday Music Makers	15 Sand for Seniors Reservation Deadline.  5:00 p.m. Supper Club Dinner	16 2:30 p.m. Pie Social with MacDuffie School Students.  2:00 p.m. Ann's Outreach to Hubert Place Residents in the community room.	17 12:00 p.m. to 2:00 p.m. Thanksgiving lunch and Sinatra Tribute.  1:00 p.m. Dementia Friendly Committee	18 11:00 a.m. Coffee & Conversation with Megan Hastings  10:00a.m. to 12:00 p.m. Sand for Seniors Delivery
21 8:30 a.m. Men's Breakfast  12:30 Pet Therapy with Bright Spots.  3:00 p.m. Holiday Music Makers	22 1:00 p.m. to 3:00 p.m. Farmers' Market Trip  4:00p.m. to 7:00 p.m. Holiday Prep Night	23 10:30 a.m. Memory Cafe  2:00 p.m. Ann's Outreach to Lathrop Village Residents in the community room.	24 <b>SENIOR CENTER IS CLOSED.</b>  <b>Happy Thanksgiving!</b>	25 <b>SENIOR CENTER IS CLOSED</b>
28 3:00 p.m. Holiday Music Makers	29 5:30 p.m. LLL Series: Dr. Andy Reiter, Associate professor of Politics.	30 1:00 p.m. German Culture Conversation  2:00 p.m. History of the Sycamores with Starr Florio.		



Thank you to The Friends of the South Hadley Seniors for upgrading our electric vehicle with some stellar signage from Sign Techniques!

## Transportation

The COA provides **free** in town transportation for residents 60-yrs and older. Our minibus is equipped with a wheelchair lift. **Rides must be scheduled 24 hours in advance.** Monday - Friday from 9:00 a.m. to 3:30 p.m.

## Local help with your Medicare questions.

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## 8 Support Services

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

Memory Cafe is a wonderfully welcoming place for individuals with Alzheimer's Disease or any other form of dementia, or other brain disorders. They are designed to include the care partner as well, for a shared experience. Additionally, it is helpful for people with all forms of mild cognitive impairment. Please register for a complementary lunch 24 hours in advance or by noon the day before.

#### Nov. 9th: 10:30a.m.-11:30a.m.

Musical presentation by real life prince charming Ben Monkaba and Ed Roseman.

#### Nov, 23rd: 10:30a.m.-11:30a.m.

Sing-along with Nancy Howard with songs you know and love. Words for songs will be available.

### 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.

### Alzheimer's Caregiver Support Group

#### Nov. 2nd and 16th 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

### Sand For Seniors

#### Delivery Nov. 18th from 10:00a.m.-12:00 p.m.

A collaboration between the Council on Aging and the South Hadley TRIAD Program.

Call the Center **to reserve your FREE, 5-gallon bucket of sand by Tues. Nov. 15th.** On Friday the 18th, members from the local PD, FD and TRIAD will deliver a bucket to your home. If you have your bucket from last year, simply leave it at your door and it will be refilled with sand. The sand can be used on residential stairs, walkways, and drive-ways to decrease the risk of falls associated with winter ice and snow.

### Companion Medical Transportation Grant.

This transportation service is a need-based program offered to South Hadley seniors who have medical appointments outside of South Hadley. If you are a senior living in South Hadley and would like to request a ride to a medical appointment, please call Ann Andras at 538.5030 ext. 6206.

### Ann's Community Outreach

Newton Manor on Friday, November 9th 2:00 p.m.

Hubert Place on Friday, November 16th 2:00 p.m.

Lathrop Village on Friday, November 23rd 2:00p.m.

### It's Fuel Assistance time!

The Fuel Assistance season has arrived. By now, some of you may have received your **recertification** packet from Community Action of Greenfield. If you need help in completing your recertification packet, call Ann Andras. Please **DO NOT** just sign your application and return it to Greenfield. You must supply additional documentation. Doing this will result in an unnecessary **delay** in processing your application. For those South Hadley seniors who would like to apply for Fuel Assistance for the first time, a face to face meeting with Ann is required. You can make an appointment by calling Ann or emailing her at [aandras@southhadleyma.gov](mailto:aandras@southhadleyma.gov). Appointments are required.

#### The 2022/2023 Financial Guidelines are:

Number in Household	Annual Income Limit
1	\$42,411
2	\$55,461
3	\$68,511

### Brown Bag Program for Seniors

#### 3rd Tuesday of the Month: Nov. 15th

#### 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

# 9 Arts & Language

**Craft Club - Friday, Nov. 4th & 18th at 10:30 a.m.**  
**Pre-registration is required**



**Nov. 4th Pumpkin Centerpiece**  
**Cost \$5.00 Limit 10 crafters**  
Paint and decorate this pumpkin for a centerpiece for your holiday table or as a decoration anywhere you need a touch of fall!



**Nov. 18th Decorative Rolling Pin**  
**Cost \$12.00 Limit 10 crafters**  
Paint and embellish this decorative rolling pin with vinyl transfers. Makes a great hostess gift for Thanksgiving!

## Watercolors

**Thursdays at 9:30 a.m.**  
**Fee: \$4.00**

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

## Color Me Calm

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

Enjoy the company of friends while you create beautiful coloring pages. Supplies provided.

## Creative Collage

**Nov. 2nd+16th 1:00 p.m.**

Linda has techniques, prompts, and materials. Come and express yourself through art!

## Tuesday Trivia Club

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

Test your trivia knowledge. We will have weekly competitions.

## Academic Drawing and Painting

**Mondays 9:30 a.m. to Noon Fee: \$4.00**

Learn from classically trained artist Anne Mueller on how to produce fine works of art.

Bring your own supplies and subject matter.

## Holiday Music Makers Mondays at 3:00 p.m.

Do you love to sing or play an instrument?

Join us for an afternoon of music making just in time for the holidays! Sheet music will be provided.

## Gratitude Journal Writing

**Wednesdays at 11:00 a.m.**

Linda Rowland-Buckley facilitates this group. Open to all abilities.

## Mystery Book Club

**Tuesday Nov. 1st at 3:00 p.m.**

To discuss *Ordinary Grace* by William Kent Krueger. The selection for December will be *Maisie Dobbs* by Jacqueline Winspear. Books are available at South Hadley and Gaylord Public Libraries.

## Book Club Hybrid

**Wednesday Nov. 23th at 2:00 p.m.**

To discuss *A Long Petal of the Sea* by Isabel Allende. This epic novel follows two young people as they flee the aftermath of the Spanish Civil War in search of a place to call home. Books are available at South Hadley and Gaylord Public Libraries.

**Contact Kathy Florence for zoom link**  
[kflorence@southhadleyma.gov](mailto:kflorence@southhadleyma.gov)

## German Culture- Language & History

**Wednesday, Nov. 9th and 30th at 1:00 p.m.**

Retired Mt. Holyoke professor of German, Donna Van Handle shares her knowledge of German culture, history, politics, and language. She'll discuss German customs, history, and culture in English, and also practice basic phrases in German.

## Sycamore's History

**Wednesday, Nov. 30th at 2:00 p.m.**

Starr Florio, The House Manager, Archivist, Curator and Vice Chair of the Sycamores Committee will discuss the history as well as renovations of the Sycamores.



Update

## Coffee & Conversations on Friday mornings at 11:00 a.m. to 11:45 a.m.

We'll be making a time change this month to see if the new time works better for folks. The focus of Coffee and Conversation is to bring those people who are integral in the lives of South Hadley residents, in for 45 minutes, to answer any questions and to update you on any changes. We have reached out to all parts of our local government, the town departments, members of the Chamber of Commerce and some local businesses. Please join us for this informative hour every Friday morning now at 11am.

**Nov. 4th : Our guest is Officer Tebo, South Hadley Police Department.**

**Nov 18th: Our guest is Megan Hastings, Business Manger at Dave's Natural Garden**

## 10 Special Programs



### Online Shopping Safety Class

**Monday Nov. 7th at 1:00 p.m.**

Our Technology Instructor, Sandy Cahillane, will present a class on how to safely shop online this holiday season. Topics covered include web site evaluation and best ways to protect your information when buying online.

### Supper Club Meeting

**Wednesday Nov. 2nd at 1:00 p.m.**

**Everyone Welcome**– Information on Supper Club will be available to anyone interested in joining in the fun. This is the planning session for our German Night dinner. This month, we will be doing training on calculating quantities for a crowd. Learn how to expand a recipe and wrangle kitchen logistics. Sign up for prep and kitchen assignments here. If you can't make this meeting and still want in, be sure to let Maggie know! [maggiev06021@gmail.com](mailto:maggiev06021@gmail.com)

### Farmers' Market Trip

**Tuesday, Nov 8th 1:30 p.m. -3:00 p.m.**

Grow Food in Northampton.

**Tuesday, Nov 22nd 1:30 p.m. -3:00 p.m.**

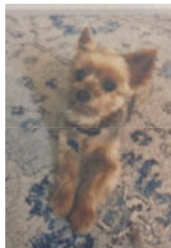
McKinstry Market Garden in Chicopee

Minimum of 5 participants for these trip to take place.

### Pet Therapy! Come Meet Duchess

**Nov. 7th and 21st at 12:30 p.m. .**

Beginning in November we will be having pet visits from Bright Spots Therapy dog: Duchess with her owner Warren Weiner.



### Pie Social with MacDuffie students

**Wednesday Nov. 16th 2:30 p.m.**

The students from the MacDuffie school in Granby are back for another afternoon social with **FREE** pie and cider.

### Free! Men's Breakfast Club

**Monday, Nov. 21st at 8:30 a.m. pre-registration required to determine purchasing needs.**

Join us for an opportunity to gather, enjoy a homemade breakfast and meet and talk with each other. The FREE breakfast will be served by local South Hadley department members, folks from area civic groups and businesses.

Please be sure to register with the Welcome Desk

### Shopping Rights

**Monday Nov. 14th 1:00 p.m.**

Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, will present shopping rights. The presentation will include information about the Office, expressed & implied warranties, return policies, defective merchandise, pricing discrepancies, and shopping online, through the mail or television.

### 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.**

She can help you setup your iphone, ipad, PC Laptop She can help you use a Mac Book. She can help you: Find a lost file or photo, attach documents to an email or text and print documents from an email or text

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

**11/7 On Golden Pond (1981)**

Genre: Drama,

Norman is a curmudgeon with an estranged relationship with his daughter Chelsea. At Golden Pond, he and his wife nevertheless agree to care for Billy, the son of Chelsea's new boyfriend, and a most unexpected relationship blooms

**11/14 Sweet November (2001)**

Genre: Drama, Romance

A workaholic executive, and an unconventional woman agree to a personal relationship for a short period. In this short period she changes his life.

**11/21 An Old Fashioned Thanksgiving(2008)**

Genre: Drama

In the late 1880's, a widowed mother of three struggles to keep her family intact and to put food on the table. The oldest daughter sends a letter to her estranged, very wealthy grandmother urging her assistance, much to her mother's disapproval. When the grandmother arrives, old...

**11/28 The Holiday (2006)**

Genre: Comedy, Romance

Two women troubled with guy-problems swap homes in each other's countries, where they each meet a local guy and fall in love.

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

**November 1st 5:00 p.m. to 7:00 p.m.**  
Blood Pressure Clinic with RN, Marsha Chappel.

**Girl Scout Reunion Celebration.**

**Tuesday, Nov. 1st at 5:00 p.m. to 7:00 p.m.**

In honor of the birthday of the founder of the Girl Scouts, Juliette Low, we will have a “campfire “ dinner and celebration! The present day Girl Scouts will join our alumni for a wonderful evening of memories, songs and stories. “Make new friends, but keep the old...” This event is sponsored by the Friends of the South Hadley Seniors.



**The Stigma of Mental Illness presented by Kate Tyler, Behavioral Health Outreach Coordinator at Holyoke Medical Center.**

**Tuesday, Nov. 8th at 5:30 p.m.**

**Drop In: Evening Hours with Mike Slater, South Hadley Veterans Service Coordinator**

**Tuesday, Nov. 15th at 5:30 p.m.**



**Holiday Prep Night –Café will be open for dinner! Tuesday Nov. 22nd from 4:00 p.m. to 7:00 p.m.**

**Please pre-register by Nov. 14th.**

Join us for one or all of these sessions to get you ready for the Thanksgiving Holiday!

4 p.m. Bow making class- \$3 per bow

Learn how to make gorgeous bows for wreaths, decorating and gift wrapping.

5 p.m. Fresh flower centerpiece-\$15 (limit 10)

Make a beautiful centerpiece for your table.

6 p.m. Candle making- \$5 each (limit 15)

Make a seasonal scented candle to bring warmth to your home or give as a gift.



**Lifelong Learning Lecture Series: Peaceful Progress or Violent Regression? International Relations in 2022 and Beyond.**

**Tuesday, November 29th 5:30pm**

A collaborative program with Mount Holyoke College sponsored by The Travel Club. This series begins at 5:30 and includes the offer of dinner purchased via the Woodlawn Cafe.

Dr. Andy Reiter is an Associate Professor of Politics and International Relations at Mt. Holyoke College.



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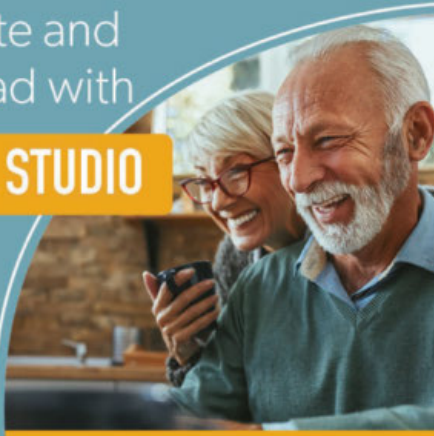
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**Allison Holmberg,**  
MS, Audiologist/SLP

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

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



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## 12 Donations and Memorials

We are sincerely grateful for all the donations to the South Hadley COA in support of the many activities, programs and services we provide. Donations made in memory of, or in appreciation of are Indicated in capital letters.

**JAMES PEETZ**  
The Bridge Club

**DONALD PIQUETTE**  
Steven Masiuk, Jr.  
Joe & Marlene Gay

**CARMEN SULLIVAN**  
Donna Van Handle

**We are grateful for the donations from:**  
The South Hadley Senior Travel Club

Janet & Howard Walsh  
Samual & Michelle Mazza  
Vanessa Valery

**RICHARD "BUD" ANDRAS**  
Mary McDowell

**MARION S. WHALEN**  
Jo-Ann Bourguignon &  
Michelle Davidson

### A NOTE FROM LESLIE

Happy Thanksgiving Everyone!!



Tis' the season to be thankful and we hope you will take part in all the Senior Center has to offer this month. We will be holding an intergenerational program on Tuesday; Nov.1st and we cordially invite all former girl scouts to join us at this reunion. The event will be styled like a Girl Scout meeting we all remember; campfires, hot dogs, and beans, singing, crafting and friend-making. Please join us. Our technology instructor, Sandy Cahillane, will be teaching a class on how to safely shop online this holiday season. Topics covered include website evaluation and best ways to protect your information when buying online. On Tuesday, November 15th we will hold a presentation on the Stigma of Mental Health at 5:30pm. The Sand for Seniors program, through TRIAD, will deliver buckets of sand to any senior in South Hadley on November 18th. You must register for this program by Nov. 15th. Keeping your stairs and walkways clear of ice is an easy action to prevent falls. Our Lifelong Learning Lecture series will host Dr. Andy Reiter, Associate Professor of Politics and International Relations at Mt Holyoke College, who will discuss "Peaceful Progress or Violent Regression? International Relations in 2022 and Beyond".

Just a word about pre-registering for our special events and programs. The COA team puts a lot of thought and effort into bringing timely and innovative programming and events to the Center. If you plan to attend an event such as our Powerful Tools for the Caregiver, or a presentation on Ageism, PLEASE, pre-register. We had to canceled these two programs last month because no one was registered. Unfortunately, we had people arrive the day of the workshops—only to find the classes had been canceled due to lack of interest. Registering is easy. You can call: 538-5030, or email [coa@southhadleyma.gov](mailto:coa@southhadleyma.gov)  
Thank you!

– With deep appreciation, Leslie



THANK YOU

To Linda Young  
Dottie and Richard McKenna  
and the Friends of South Hadley Seniors  
Thank you for decorating our entrance for fall!!!



### DECEMBER SAVE THE DATES!!

**December: Stuff a Stocking Program**

**Tuesdays in December-** Holiday Bingo, Prizes donated by the Friends of South Hadley Seniors.

**Dec. 6th: Lifelong Learning Lecture Series.**

**Dec. 13th: Wassail! A Victorian Holiday**

**Dec. 20th: Holiday Cookie Swap**

**Dec. 22: Ray of Elvis Holiday Concert**

**Dec 22nd: A Beeyond Tour– The Hanukkah Tour**

The Maccabees; where are they from? Why were they fighting the Greeks and Where and what happened with their dynasty ultimately? We will visit different sites virtually, see the landscape and the archeological evidence that were found over the years. We will visit Modi'in, Maresha, Mitzpah (Known as the Tomb of Prophet Samuel), the City of David in Jerusalem, and much more! We will unfold the story of the Maccabees in a fascinating way that will give us a new perspective and understanding of Hanukkah.

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

# Please Support the Senior Center 13

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 Funds

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

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| <input type="checkbox"/> Newsletter Account   | <input type="checkbox"/> Services Gift Fund | <input type="checkbox"/> Holiday Gift Card/Lights On |

## CONSIDER BECOMING A VOLUNTEER OMBUDSMAN



Contact **Greater Springfield Senior Services** for more information!

**413-781-8800**

[anna.randall@gsssi.org](mailto:anna.randall@gsssi.org)

- Provide an essential voice for residents of nursing homes and assisted living facilities
- Help residents understand their rights and resolve issues
- Offer support & encouragement
- Receive ongoing training
- Create their own schedules

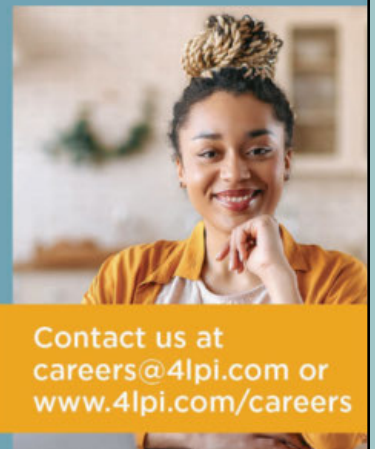
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*Thank you to the following individuals and businesses for their generous donations to the Friends of the South Hadley Seniors:*

Sal & Ann Canata  
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 Delaney Market/SH(2023)  
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Jean Kurdziel  
 Johnny's Bar & Grill  
 Susan LaBonte  
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 Phyllis & Gordon McClafin

Thomas & Bonnie Mullahy  
 William & Jan Oehler  
 John & Marsha Olson  
 Alice M. Pont  
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Douglas & Sarah Smith  
 Walter & Connie Southard  
 Theresa Stotz  
 Donna VanHandle

**Thank you for the gift given to the Friends in memory: Leo Hajdamowicz and Vicha Hajdamowicz**



We will again be offering small and large wreaths, each with a beautiful bow. Wreaths will be \$20 for small (20-22"), \$28 for large (25-28"). Wreaths can be preordered by calling Ola at 536-3187 or by emailing southhadleyseniors@gmail.com Wreath pick up will be Friday, Dec 2 from 11am-4pm at the Senior Center.

**The Friends of the South Hadley Seniors invite you to a FREE HOLIDAY CONCERT**



**Dan Kane & Freddie Marion**



**Sunday, December 4  
 2-4pm  
 St. Theresa's Church**



Thank you to the 400 Circle Club for October's free hot apple cider and cider donuts provided in Don Piquette's memory.

**South Hadley Travel Club**



**Wednesday 10:00 a.m. to 11:30 a.m. in the Common Area**

**Thursdays 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.

**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**

**Nov. 29th, at 5:30 p.m.  
 Peaceful Progress or Violent Regression?  
 International Relations in 2022 and Beyond**

**Gift Certificates:** Give the perfect gift for Christmas, Birthdays, Anniversaries and any other memorable occasion. They can be purchased in any denomination, never expire and can be used on any trip.

Call Susan Canedy at 413-536-2106 or visit us at the Senior Center during our Club Hours.





## 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.*

## Timna Tarr Quilt Raffle: On Display at the Senior Center

November marks the last month to purchase tickets for the beautiful quilt made by an award-winning quilter, and South Hadley resident, Timna Tarr. Tickets will be on sale through November 23. Tickets are available at the Welcome Desk at the Senior Center. Ticket prices are 1 for \$3, 4 for \$10 and 10 for \$20. All proceeds go to support the Friends of the South Hadley Seniors and the Woodlawn Dedication event at the Senior Center. The winning ticket will be drawn on November 23.

### October Food Drive

**THANK YOU** to all the wonderful people who donated to our month long Food Drive.

Neighbors Helping Neighbors was able to obtain 30 grocery bags full of great things to eat and use. Your hearts are as big as the day is long.

-The staff of the South Hadley Senior Center

### "Lights On" and Holiday Gift Card Program

If you, or someone you know is experiencing a financial hardship during the holiday season, the COA may be able to ease that burden. The COA offers two programs during the holidays. If you would like to be considered for these programs, please call Ann Andras. Support for these programs are made possible by the generous donations from members, the community, and local businesses.

### Rainbow Social Club Monthly Events

**Nov. 2nd 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@wmeldercare.org](mailto:RainbowSocialClub@wmeldercare.org)



### AARP Tax-Aide Program Volunteer

**Opportunity** AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns on the computer. Basic computer skills and some experience in filing your own tax returns are helpful, along with a willingness to make a one day per week time commitment during our 10-week tax season. Hands-on training is provided and we have experienced Counselors to assist at all sites. Applications available at [www.aarpfoundation.org/taxaideVolunteer](http://www.aarpfoundation.org/taxaideVolunteer).

### TRIAD

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

**Lock box:** A lockbox is a small box, containing a key to your home, which is installed on the outside of your house by the South Hadley Fire Department. 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 and other pertinent medical information.



South Hadley Council on Aging  
45 Dayton Street  
South Hadley, MA 01075

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**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
- Emily Joslin, Senior Ctr. Coord. Ext. 6211
- Billy Poe, Food Serv. Coord.
- Donna Gonet, Kitchen & Café Assistant

The South Hadley Senior Center reserves the right to utilize photos or videos of participants

## 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 p.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](mailto: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)** Available around the clock, 365 days/ 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.

**THE COMMISSION ON DISABILITIES (COD).**

The purpose of the COD is to improve and maintain unobstructed access for every resident of South Hadley to all aspects of our town. Monthly meetings are open to the public. Feel free to contact us, via email or phone,

**HAMPSHIRE ELDER LAW PROGRAM**

Legal Assistance for 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**