

SOUTH HADLEY COUNCIL ON AGING

The Golden Chronicle

December 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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WASSAIL! A Victorian Holiday with The Small Planet Dancers

Tuesday, December 13th at 5:30 p.m.
Pre-register for this event

You are cordially invited to a 90-minute program of Victorian dancing, sing-alongs, readings and seasonal music performed on the keyboard. Help us to celebrate Hanukkah, Christmas and the New Year, as we welcome you into our home to share in the festivities. Enjoy a complimentary cup of Wassail punch and cookies!



Holiday Stockings for Seniors

Contact the center to reserve a stocking for pick up or delivery

The Senior Center and friends are getting into the holiday spirit by distributing 400 Holiday Stockings to isolated and homebound South Hadley seniors.



If you are a homebound or isolated senior, or a caregiver, please call and reserve a **free** stocking. Stockings are full of holiday cheer and handy items.

Stockings will be available for pick up after December 7th. Deliveries will be made by firefighters from Fire Districts 1 and 2. We have 400 stockings that need a home, so don't be shy, give us a call today.

This Holiday Stocking program was made possible by the South Hadley COA, the Friends of the South Hadley Seniors, South Hadley Fire Districts 1 & 2 and the South Hadley Police Department.

Registration for Healthy Bones & Balance Classes opens Tuesday, December 20th



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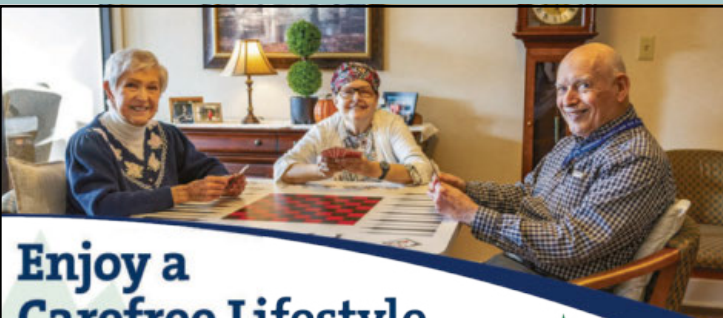


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06-5294

December Birthday Anniversary Lunch & Concert with Entertainment by Madison Curbelo Thursday, Dec. 8th 11:30 a.m.

Back by popular demand. You don't want to miss this one! The lunch menu is roast pork with au gratin potatoes and brussels sprouts as well as cake. **You must pre-register by Wed. Dec. 7th by noon. Free to Birthday & 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 WMEC Nutrition Department at 413-538-9020.

THE WOODLAWN CAFE

Monday-Friday 8:00am to 2:00pm
Tuesday Evenings 3:30pm to 6:30pm

<p style="font-size: 1.2em; font-weight: bold;">SWEETS</p> <p style="font-size: 0.8em;">SELECTION OF MUFFINS, SCONES, DANISH AND SWEETS.</p> <p style="font-size: 0.7em; color: #f0e68c;">Changes Daily</p>	<p style="font-size: 0.8em; color: #f0e68c;">w/ Chips \$5.00 or TO GO \$5.50</p> <p style="font-size: 0.7em; font-weight: bold;">SANDWICHES</p> <p style="font-size: 0.8em;">EGG & OLIVE HAM & PICKLE HAM & CHEESE TURKEY & CHEESE</p> <p style="font-size: 0.7em; color: #f0e68c;">On your choice of bread with lettuce and tomato.</p>
<p style="font-size: 0.7em; font-weight: bold;">SOUP</p> <p style="font-size: 1.1em; font-weight: bold;">SOUP DU JOUR</p> <p style="font-size: 0.7em; color: #f0e68c;">Stop by or call the center for daily selections.</p> <p style="font-size: 0.8em;">Cup: \$2.00 / TO GO \$2.50 Crock: \$3.00 / TO GO 3.50</p>	<div style="text-align: center;"> <p style="font-size: 1.2em; font-weight: bold; color: white;">BEVERAGES</p> <p style="font-size: 0.8em; color: white;">WATER JUICE COFFEE TEA SODA</p> </div>

Gift Certificates Now Available! Makes for the perfect holiday gift. 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
<p>8:00 a.m. Billiards</p> <p>9:00 a.m. Cornhole</p> <p>9:00 a.m. NIA</p> <p>9:30 a.m. Academic Drawing</p> <p>& Painting</p> <p>10:00 a.m. Tai Chi & Qigong</p> <p>1:00 p.m. Zumba Gold</p> <p>1:00 p.m. Mah-Jongg</p> <p>1:00 p.m. Color Me Calm</p> <p>1:00 p.m. Monday Movies</p>	<p>8:00 a.m. Billiards</p> <p>9:00 a.m. Stretch and Go</p> <p>10:00 a.m. Fitness Basics</p> <p>11:15 a.m. Gentle Yoga</p> <p>1:00 p.m. Bingo *December Prizes sponsored by The Friends of South Hadley Seniors.*</p> <p>1:00 p.m. Learn to play Pinochle</p> <p>1:00 p.m. Pinochle</p> <p>3:00p.m. Trivia Club</p> <p>5:30 p.m. Yoga</p>	<p>8:00 a.m. Billiards</p> <p>9:00 a.m. Dance with Loryn</p> <p>*9:30 a.m. Healthy Bones & Balance</p> <p>10:00 a.m. Tech Time w/ Sandy</p> <p>10:00 a.m. Small Group Pers. Training</p> <p>*10:45 a.m. Healthy Bones & Balance</p> <p>11:00 a.m. Gratitude Journal Group</p> <p>1:00 p.m. Mah-Jongg</p> <p>*Fitness room unavailable from 10:00am-11:45.</p>
Thursday	Friday	<p>*Registration for January Healthy Bones and Balance Classes will begin December 20th.*</p>  <p>All activities are subject to change</p>
<p>8:00 a.m. Billiards</p> <p>9:00 a.m. Stretch and Go</p> <p>1:00 p.m. Tech Time w/Sandy</p> <p>9:30 a.m. Watercolors</p> <p>10:00 a.m. Fitness Basics</p> <p>11:00 a.m. Seated & Standing Yoga</p> <p>1:00 p.m. Quilting</p> <p>1:00 p.m. Chair Volleyball</p>	<p>8:00 a.m. Billiards</p> <p>9:00 a.m. Cornhole</p> <p>9:30 a.m. Coffee & Conversation</p> <p>9:30 a.m. Healthy Bones & Balance</p> <p>10:45 a.m. Healthy Bones & Balance</p> <p>10:30 a.m. Learn to play Mahjongg</p> <p>1:00 p.m. Cribbage</p> <p>1:00 p.m. Bridge</p> <p>1:00 p.m. Fiber Arts Club</p>	

Groups & Wellness

Foot Nurse, Sharon Beulieu, RN

Dec. 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 Dec. 13th 8:30 a.m. to 11:30 a.m.

With Audiologists Allison Holmberg and Lisa Howard.

Low Vision Group

Tuesday, Dec. 13th at 10:00 a.m.

The group continues to welcome new members. Any senior who has received a medical diagnosis of legal blindness, visual impairment or low vision can join. Contact Ann Andras at 538-5030 x6206.

Veterans Social Hour

Wednesday, Dec. 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, Maureen Couture, RN

Thursday, Dec. 8th 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.

Council on Aging "Stay Well"

Wellness Fund 2022 -2023

The Wellness Fund is available to South Hadley residents 60-yrs and over. A maximum of \$150 yearly can be used to cover the cost of exercise classes, activities or programs.

Interested individuals please contact Ann Andras.



A Beeyonder Tour: Virtual Live Presentation.

This live and interactive virtual experience allows you to see and speak directly with the guide via streaming platforms. Enjoy this tour from your seat at the Senior Center. This program series is sponsored by The Friends of South Hadley Seniors.

The Hanukkah Tour Limit: 50 participants.
Dec 15th from 2:00 p.m. to 3:00 p.m.

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. 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.



Your tour guide: Itamar Ben-David

Wonderful Waterways

Wednesday, Dec. 7th 2:00pm

Nancy Condon, Coordinator of Public Programs, Robert Barrett Fishway, HG&E will discuss the amazing fish that utilize our Connecticut River and the engineering that enables them to pass around the Holyoke Dam.



Caring for our Winter Birds

Wednesday, Dec. 14th 1:00pm

Pattie Steinman from the Mass Audubon Society will be here to talk about "Caring for our Winter Birds". She'll talk about bird houses and those birds whom you'll see all winter long. Sponsored by the Friends of the South Hadley Seniors

Lunch & Learn: Senior Safety with SHELD Presented by Ray Gouley
Thursday, Dec. 15. You must arrive by 11:30 and attend the entire presentation.



Ray will offer great practical and usable information. He will also give away an individual Table Talk pie for everyone and as well as hold a raffle for 3 \$50.00 gift cards from Big Y.

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

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



"December has the clarity, the simplicity, and the silence you need for the best **FRESH START** of your life."

— Vivian White



"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 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, Dec. 7th and 21st 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, December 20th

December Special Event Calendar **7**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">Transportation</p> <p>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. Grocery shopping at Big Y Every Tuesday & Friday.</p>			<p>1 Holiday with the Harp w/ Rachel Clemente 2:30 p.m.</p> <p>Meditation w/ Richard 3:00p.m.</p>	<p>2 Coffee & Conversation w/ COA Director 11:00 a.m.</p> <p>The Friends of the South Hadley Seniors wreath sale 11:00 a.m.</p>
<p>5 Model Holiday Train comes to the COA! Holiday Music Makers 3:00p.m. Monday Movies: 1:00 p.m. Miracle on 34th Street (1994)</p>	<p>6 Wear your "ugly" sweater day. Holiday Card Making Class 10 a.m. Supper Club Meeting 1:00 p.m. Holiday Bingo 4:00 p.m.</p>	<p>7 Pool Basics w/ Mark Rivers 11:15 a.m.</p> <p>Wonderful Waterways 2:00 p.m.</p>	<p>8 Birthday and Anniversary Lunch 11:30 a.m.</p> <p>Meditation w/ Richard 3:00p.m.</p>	<p>9 Coffee & Conversation w/ Eddie Kirk 11:00 a.m.</p>
<p>12 Holiday Music Makers 3:00p.m.</p> <p>Monday Movies: 1:00 p.m. Four Christmases (2008)</p>	<p>13 Wassail! 5:30 p.m.</p> 	<p>14 Memory Cafe Music w/ Nancy Howard 10:00a.m.</p> <p>Caring for Winter Birds 1:00 p.m.</p> <p>German Culture 1:00p.m.</p>	<p>15 Senior Safety w/ SHELD 11:30 a.m. Beeyond Tour 2:00 p.m. Meditation w/ Richard 3:00p.m.</p>	<p>16 Men's Breakfast Club 9:00 a.m. Coffee & Conversation w/ Travel Club 11:00 a.m. Stuff a Stocking Deadline for sign ups.</p>
<p>19 Holiday Music Makers 3:00p.m.</p> <p>Monday Movies: 1:00 p.m. 12/19 Scrooged (1988)</p>	<p>20 Supper Club Cookie Swap with the South Hadley Community Band 6:00 p.m.</p>	<p>21 Pool Basics w/ Mark Rivers 11:15 a.m.</p>	<p>22 Ray Of Elvis Lunch 12:00 p.m. Meditation w/ Richard 3:00p.m.</p>	<p>23 We are open! Come and relax by the fireplace before the holidays.</p> 
<p>26 Senior Center is Closed. Happy Holidays!</p>	<p>27 Heart Healthy Lifestyle Discussion 5:30 p.m.</p> <p>Holiday Trip to Bright Nights 5:00 p.m.</p>	<p>28 Memory Café Crafts w/ Sandy 10:00 a.m. German Culture 1:00p.m.</p>	<p>29 Dementia Friendly Committee meeting 1:00p.m.</p> <p>Meditation w/ Richard 3:00p.m.</p>	<p>30 Coffee & Conversation w/ Board of Health Nurse 11:00 a.m.</p>

Get Ready for Winter Weather!

In case of inclement weather, the Senior Center may close or institute a delayed opening. Watch Channels 40, 22 or 3 for updates and cancellations. Emergency Shelters will be available in a declared emergency. Please go to: <https://www.southhadley.org/184/Winter-Weather-Preparedness>

If needed, the Western Mass Disaster Animal Response Team (WMDART), will respond for animal care during a disaster. <https://lwmdart.org/>

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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.

Dec. 14th: 10:00a.m.-11:30a.m.

Holiday Sing Along with Nancy Howard with complimentary lunch afterwards.
(words will be available)

Dec. 28th: 10:00a.m.-11:30a.m.

Craft with Sandy to make a wonderful winter inspired sweater vase and snowman.



Caregiver Respite Fund

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

Are you caring for a loved one with memory loss? Do you need an occasional break from caregiving to go out to a meal, a cup of coffee, an appointment, or to attend the SHCOA Caregiver Support Group? Consider using the Council on Aging's Caregiver Respite Fund. The fund provides financial assistance up to \$500 per calendar year for 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

Dec. 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.

Vaccines for Homebound Residents

Free COVID and Flu vaccines are available to homebound residents in Hampshire County & Chester, MA. Register by visiting this website <https://northamptonma.gov/2487/Homebound-Vaccination-Visits-OR-> Call Elliot Ezcurra, Public Health Nurse, at 413-587-4919.

Ann's Community Outreach

Newton Manor on Friday, December 2nd 2:00 p.m.
Hubert Place on Friday, December 9th 2:00 p.m.
Lathrop Village on Friday, December 16th 2:00p.m.

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.

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. 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: Dec. 21st.
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

Registration for Healthy Bones & Balance Classes opens Tuesday, December 20th

9 Arts & Language

Craft Club

New! Card Making Class

Tues. Dec. 6th at 10 a.m. \$5.00 for 4 cards

Just in time for the holidays, Joanne Milloy will be teaching a card making class! Learn how to create 4 different card designs.

All supplies are included!



**Dec. 2nd Wooden Present Trio
Cost \$8.00**

Limit 10 crafters

Paint and decorate these "presents" as a decoration or a special gift!

**Dec. 9th Decoupage
Christmas Trees Cost \$8.00
Limit 10 crafters**

Make this trio of wooden Christmas trees with paint and decoupage for a festive touch anywhere!



Glass Craft with Tina Addison December 13 at 4:00 p.m. Cost \$5.00

Tina Addison will instruct the group to make bud vases and cake plates using leftover pieces of glass and plates. Create your own unique piece! If you have plates, vases or candlesticks you can bring them for your recreation, or use the supplies provided.



**Dec. 16th Decoupage
Cookie Plate Cost \$5.00
Limit 10 crafters**

Make this plate for Santa or fill it with cookies for a sweet gift!



Creative Collage Dec. 7th and 21st. 1:00 p.m.

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

Watercolors Thursdays at 9:30 a.m.

Tina provides the know-how and guidance. You bring the supplies. Fee: \$4.00

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

Test your knowledge with weekly competitions.

Color Me Calm Mondays at 1:00 p.m.

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

Academic Drawing & Painting Mondays 9:30

Learn from classically trained artist Anne Mueller on how to produce fine works of art. Fee \$4.00 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 Wed. at 11:00 a.m.

Open to all abilities.

Mystery Book Club Tuesday Dec. 6th at 3:00 p.m.

To discuss *Maisie Dobbs* by Jacqueline Winspear. The group will meet on Jan. 3rd at 3 p.m. to discuss *The Snowman* by Jo Nesbo. Books are available at South Hadley and Gaylord Public Libraries.

Book Club Hybrid Wed. Dec. 27th at 2:00 p.m.

To discuss *The Poisoned Bible* by Barbara Kingfisher. Books are available at South Hadley and Gaylord Public Libraries. **Contact Kathy Florence for zoom link kflorence@southhadleyma.gov**

Coffee & Conversations on Friday mornings 11:00 a.m. to 11:45 a.m. in the Large Conference Room 106

Dec 2nd: South Hadley COA Executive Director, Leslie Hennessey will speak on the state and the future of the COA.

Dec 9th : Our guest is Edie Kirk of Five College Learning in Retirement Program will present "A Program for Exercising the Mind". We all know about the importance of exercising our bodies to maintain our physical health but often we don't pay enough attention to the possibilities and the benefits of continuing to expand our minds.

Dec 16th: Huguette Supinksi and Susan Canedy of the Travel Club will be here to update you on destinations, explain how the Travel Club works and will accept suggestions.

Dec 30th: Meet our new Board of Health nurse Maureen Couture, RN.

10 Special Programs

Blue Christmas Holiday Lunch & Concert

Dec. 22nd 12:00-2:00 p.m.
You must pre-register for this event by Dec. 21st at 12:00 p.m.



Ray Guillemette Jr. is one of today's leading, premier, Elvis Tribute Artists. This 10-time, International, 1st place Elvis Presley Impersonator will rock in the holidays with his Lunch menu will include: Ham with Sweet Glaze, Rosemary Potatoes, Glazed Brussels Sprouts and Apple Pie provided by WestMass ElderCare with suggested voluntary donation of \$2.25.

This Event is currently full but we are happy to add you to the waitlist.

Supper Club Meeting:

This is not your grandma's Fruitcake!
Tuesday, December 6th at 1:00p.m.

Class is free and open to all.

For a new look at an old, notoriously scary holiday tradition. **Wear your ugliest holiday sweater** and try out this indulgent dessert. Cooking demonstration, taste test and recipes included followed by Supper Club serve safe training part 3 and planning session for our cookie swap. Become a fruitcake believer.

Holiday Model Train Exhibit December 5th- January 3rd

Our common area will be transformed into a holiday display thanks to Gene Maag and the model train club. This display will remain up through January 3rd.

Holiday with the Harp By Rachel Clemente from The Community Music School

Dec. 1st at 2:30 p.m.

Rachel is a harpist and instructor at the Community Music School in Springfield. She will talk about the harp and share some holiday music with us. This is sponsored by the Friends of the South Hadley Seniors.

New! Beginner Pool Basics

Wednesday Dec. 7th and Dec. 21 11:15a.m.-11:45a.m.

Always wanted to learn how to play pool? Mark Rivers will be teaching the basics for beginners!

German Culture- Language & History

Wednesday, Dec. 14th and 28th 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.

Pet Therapy! Come Meet Duchess

Dec. 5th and 19th at 12:30 p.m.

We will be having pet visits from Bright Spots Therapy dog: Duchess with her owner Warren Weiner.



Free! Men's Breakfast Club

Friday Dec. 16th at 9:00a.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.

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.

Meditation with Richard Baer

Thursdays in December from 3:00-4:00 PM No cost

Richard Baer has been practicing meditation for almost 50 years. Meditation can help us be happier, relax, and decrease worry. We will learn different meditation techniques. This class is not affiliated with a religious tradition.

Monday Movie Matinee at 1:00 p.m.

12/5 Miracle on 34th Street (1994)

Genre: Holiday Comedy, Drama

American Christmas fantasy comedy-drama film co-written and co-produced by John Hughes, and directed by Les Mayfield. The film stars Richard Attenborough, Mara Wilson, Elizabeth Perkins, and Dylan McDermott, and is the first theatrical remake of the original 1947 film

12/12 Four Christmases (2008)

Genre: Holiday Comedy

American Christmas comedy film about a couple visiting all four of their divorced parents' homes on Christmas Day. It stars Vince Vaughn and Reese Witherspoon with Robert Duvall, Jon Favreau, Mary Steenburgen, Dwight Yoakam, Tim McGraw, Kristin Chenoweth, Jon Voight and Sissy Spacek.

12/19 Scrooged (1988)

Genre: Holiday Drama, Comedy

Director: Richard Donner Stars: Bill Murray, Karen Allen, John Forsythe Genre: Comedy, Drama, Fantasy A selfish, cynical television executive is haunted by three spirits bearing lessons on Christmas Eve.

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

Holiday Bingo with Free Hot Cocoa Bar!

Dec. 6th at 4:00 p.m.

Join us for a special holiday Bingo with extra prizes generously donated by the Friends of the South Hadley Seniors, and a free hot cocoa bar! The Woodlawn cafe will be open for dinner. Please note: there will be **no afternoon Bingo on this day**

Special Holiday Trip to Bright Nights

Tuesday, Dec. 27th at 5:00 p.m. Departure Time

The Cost is \$5.00 and 6 people minimum for trip to run. Join your friends and take in all the beauty of Bright Nights. There will be free cocoa and cookies! The Woodlawn Cafe will be open at 3:30 for dinner.

Heart Healthy Lifestyle Discussion

Tuesday, Dec. 27th at 5:30p.m.

COA Board member Marsha Chappel is a Cardiac Nurse at BMC and a nurse instructor at AIC. She will offer a workshop on living a heart healthy lifestyle. Marsha will address blood pressure, cholesterol, stroke, TIA's, and when to call 911. She will also discuss what information people should share with their doctor and what to expect if your doctor orders a stress test and/ or EKG.



Supper Club Holiday Cookie Swap with The South Hadley Community Band.

Tuesday, December 20th at 6:00 p.m.

TICKETS \$5 per person (1 ticket for 1 dozen cookies and 1 hot beverage)



Our talented culinary club is working tirelessly to bake sweet confections for your delight. There will be hot chocolate, and music and caroling with the South Hadley Community Band. Take home a dozen hand made Italian style butter cookies to grace your holiday table! Co-sponsored by the Friends of the South Hadley Seniors.



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Allison Holmberg,
MS, Audiologist/SLP

Amy Catanzaro,
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Joni Skinner,
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12 Donations and Upcoming Events

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.

We are grateful for the donations from:

Joanne Holly, Emily Pietras, Jane Pafford, Eileen Halkyard,
Mary Commager, Diane Scheinost, and Vanessa Valery and Peter Burek.

JAMES PEETZ

The Cribbage Club

CLINTON M. RHOADES

Barbara Vanderpoel

KATHERINE WASHBURN

Kathy Washburn

TOM TETLOW

Irene Tetlow

BARBARA HATCH

John Scibak

DR. CENGIZ KAYI

Carol Kayi

MIC MONTE, CHEF & TEACHER

Chefs of the World Food Day
Chef Maggie

A NOTE FROM LESLIE

HAPPY HOLIDAYS! There's a holiday feeling in the air! The halls have been decked, the cookies have been baked (and some have been eaten), and the activity and programming staff has organized a wide array of activities that will bring you joy all month long.

Concerts, Cookies, Cocoa, A Victorian Christmas with Wassail punch, a trip to Bright Nights, Rocking with Ray of Elvis, Dan Kane with Freddie Marion, a Holiday Wreath Sale, a Hannukah Tour and 400 stuffed stockings!!

The Senior Center has a lot going on this month and all through the cold months of January and February. If you don't want to drive to the Center, consider taking the COA minibus or electric car!

Transportation is free for all in-town travel. Rick, the COA minibus/electric car driver, will pick you up at your door and drop you off at the Senior Center, where the fireplace will be roaring and coffee and baked goods are available in the Woodlawn Cafe.

If you are new to the Center, please stop at the front desk and let us know. We would be happy to introduce you to the Center and get you signed up for a newsletter. We'll even give you a "I'm new to the SHCOA!" coffee ticket for a free cup of coffee on us.

I hope you will share the magic of the season with us and have an opportunity to enjoy time with family and friends living near and far! Lisa, Ann, Billy, Kathy, Sandy, Rick, Donna, Becki, Emily, Kat and I wish you the happiest of holidays and good healthy in 2023!

JANUARY SAVE THE DATES!!

Registration opens December 1st for all January events, excluding Healthy Bones & Balance.

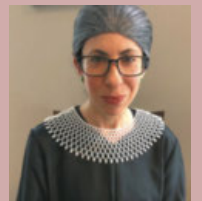


January 3rd: New Year's Lunch & concert with Noah Lis 12p.m.-2p.m.

Celebrate the New Year with some beautiful music from one of our new favorites: Noah Lis. Lunch will be provided by West Mass Eldercare for a suggested donation of \$2.25.

January 24th: Ruth Bader Ginsburg - "I dissent!" Back by popular demand, Sheryl Faye Presents Historical Women 5:00p.m.

An American lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in September 2020. A champion of fairness and equality, she objected to different expectations for men and women and prejudice against minority groups. Sponsored by the Friends of the South Hadley Seniors.



New classes coming in January!

Dance and Drum circle with Tara Murphy 6 week series Tues. 1-2 p.m. beginning Jan. 10th

Inspired by West African dance and drumming, this activity is therapeutic and a great outlet for creative expression.

Beginner Line Dance with Jennifer Jones 4 week series Wed. at 1 p.m. beginning Jan. 11th

This is a beginner class where you will learn 6-8 dances from experienced line dance teacher, Jennifer Jones

For questions or to register for events, email 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

- | | | |
|--------------------------|------------------------|---------------------------------|
| ___ Wherever Needed Most | ___ Activities Account | ___ Caregivers Gift Account |
| ___ Newsletter Account | ___ Services Gift Fund | ___ 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

- 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

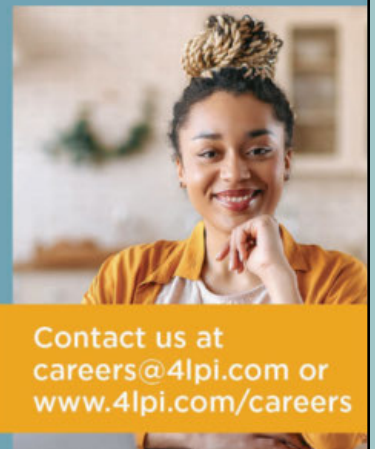
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\$10 TICKET Support the Friends of the South Hadley Seniors \$10 TICKET

January 2023 CALENDAR RAFFLE: 31 PRIZES

Winners are reentered for all prizes | Tickets only \$10 | Over \$1,000 in total prizes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 \$100 CASH	2 \$40 CASH	3 \$25 Something Special	4 \$35 CASH	5 \$25 Comfort Bagel	6 \$50 CASH	7 \$25 CASH
8 Book of Stamps	9 \$40 CASH	10 \$25 Liquor Town	11 \$35 CASH	12 \$25 Iona's Kitchen	13 \$50 CASH	14 \$25 CASH
15 Book of Stamps	16 \$100 CASH	17 \$25 Big Y	18 \$35 CASH	19 \$20 Main Moon	20 \$50 CASH	21 \$25 CASH
22 Book of Stamps	23 \$40 CASH	24 \$25 McCrays	25 \$35 CASH	26 \$25 Whiskey Barrel	27 \$50 CASH	28 \$25 CASH
29 Book of Stamps	30 \$40 CASH	31 \$25 Yarde Tavern	<i>Want to play more than one calendar? Additional copies may be photocopied or picked up at the Senior Center. Winners will be notified daily.</i>			

Return this section + \$10 (payable to Friends of the South Hadley Seniors) for each ticket. Mail to the FRIENDS at P.O. Box 55 or drop off at the Senior Center by Dec 30 to be eligible for the full month of prizes.

NAME: _____ PHONE: _____

ADDRESS: _____

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

- Bradford Allen Andrew Moskovitz
- Iona's Kitchen Ocean State Job Lot
- George & Judy Wilson

Thank you for the gifts given to the Friends in memory:

- Leo Hajdamowicz**
Vicha Hajdamowicz
- Joy, Tim & John Leonard**
Jack Leonard
- Stan Strzempko**
Judie Strzempko

**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.

February 14, 2023: Mohegan Sun Casino & George's of Galilee.

Celebrate Valentine's Day w/ lunch at George's of Galilee Seafood Restaurant and at Mohegan Sun. Package includes: transportation, luncheon and casino stop. Cost: \$120. Call Huguette Supinski @ 413-530-6162.

March 15, 2023: Newport Playhouse and Cabaret, Newport, RI. "Blithe Spirit" Comedy.

Enjoy this unique Dinner Theater experience. Package includes: transportation, luncheon, play and cabaret show. Cost \$140. Call Susan Canedy @ 413-536-2106.

April 13, 2023: Massachusetts State House and New England Aquarium, Boston, MA.

Guided Tour of the State House and Group Photo followed with a lunch and discussion with Rep. Dan Carey. Then to the New England Aquarium. Package includes: transportation, tour, aquarium and lunch. Cost: \$90. - Call Huguette Supinski @ 413-530-6162.

May 22, 2023: Aqua Turf Club, Plantsville, CT "Tribute to the BEE GEES - Stayin' Alive".

Don't miss the sounds of the band that defined 70's music. Package includes: Transportation, Show & Luncheon. Cost \$125. - Call Susan Canedy @ 413-536-2106.

August 22-25, 2023: Quebec City, Canada. (SOLD OUT / WAITLIST ONLY).

Cost: \$940 pp (double); \$1,343 pp (single); \$840 pp (triple). Call Huguette Supinski @ 530-6162.

October 15 - 22, 2023: Royal Caribbean Florida & The Bahamas Cruise from NJ Pier.

8 days / 7 nights aboard RCI Oasis Cruise Ship. Costs ranging from \$749. pp to \$1,069. pp / plus taxes, gratuities and travel insurance. Call The Ship Shop @ 1-800-243-1630 or Susan Canedy @ 413-536-2106.

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.





The Friends will be offering small and large wreaths, each with a bow. Wreaths will be \$20 for small (20-22"), \$28 for large (25-28").

Wreaths can be ordered by calling Ola at 536-3187 or by emailing southhadleyseniors@gmail.com

Wreath pick up will be Friday, Dec 2nd from 11:00 a.m.-4:00 p.m. at the COA.

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

Dan Kane & Freddie Marion at St. Theresa's Church

Sunday, December 4th

2:00p.m.-4:00p.m.

Free hot chocolate and cookies following the show.



TRIAD

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

Person at Risk Registry

Available to South Hadley residents at risk of becoming lost, disoriented and/or in need of medical assistance. Registration forms are online at South Hadley Police Department, or at their location on 41 Bridge Street.

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 Falls Prevention Program

South Hadley Fire Departments 1 and 2 in cooperation with the South Hadley Senior Center and the Age and Dementia Friendly Community invite you to take advantage of the Falls Prevention Program. 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.



"Lights On" Program

Are you currently receiving fuel assistance, Brown Bag, SNAP, or experiencing a difficult financial time,? Please speak to Ann Andras about the COA's Electric Light

Credits Program for eligible South Hadley Seniors. Support for this program is 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

WestMass ElderCare

The COA's Ageing Services Access Points for South Hadley, is launching an Elder Mental Health Outreach Team (EMHOT) with funding from the MA Councils on Aging. They are currently seeking a part-time (20 hour/week) LICSW to join the team. Job description: <https://www.indeed.com/cmp/Westmass-Eldercare/jobs?jk=6aa4f1e519b031fb&start=0>.





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

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

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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, Becki Guerin, Kitchen & Café Assis-

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.

Resource Directory

NEIGHBORS HELPING NEIGHBORS FOOD PANTRY IN SOUTH HADLEY, MA 413-437-7593.

Online: 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

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. Dave Fenton 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. 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

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: