

SOUTH HADLEY COUNCIL ON AGING

The Golden Chronicle

January 2023!



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



45 Dayton Street
South Hadley,
MA 01075.



413-538-5030 press 3



coa@
southhadleyma.gov



southhadley.org



@southhadleycoa



Join us Tuesday Evenings in January for Dinner at the Woodlawn Café & these Outstanding Free Programs!

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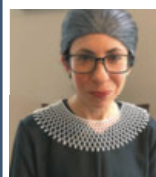
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Gary Felder Presents: The James Webb Space Telescope

Jan. 10th at 5:30 p.m.

Back by popular demand! Gary Felder, cosmologist and Smith College Professor of Physics returns for a special presentation. He will speak about the new James Webb Space Telescope: what it has seen and what we hope it will see.



Sheryl Faye as Ruth Bader Ginsburg "I Dissent"

Jan. 24th at 5:00 p.m.

Since 2003, Sheryl Faye has been presenting Historical Women to inspire audiences. These live historical performances are entertaining and educational, and they also help audiences understand the profound impact these women have made in history. This program is sponsored by The Friends of The South Hadley Seniors.



Music and Dancing through the decades with Richie Mitnik

Jan. 17th at 5:30 p.m

Come enjoy an evening out with all your favorite music- sure to make you want to get up and dance! Refreshments will be served!



Lifelong Learning Lecture Series: Retrospective Exposure of Gender & Sexuality

Jan. 31st 5:30 p.m.

Dr. Jacquelyne Luce, Professor and Director, Gender Studies, Mount Holyoke College and Director of the Five College Women's Studies Research Center will join us for a conversation about gender/sex/sexuality and how our understandings and experiences of these terms might change over the course of a lifetime. This program is sponsored by the COA Travel Club.

Registration for Healthy Bones & Balance Classes opens Tuesday, January 17th.



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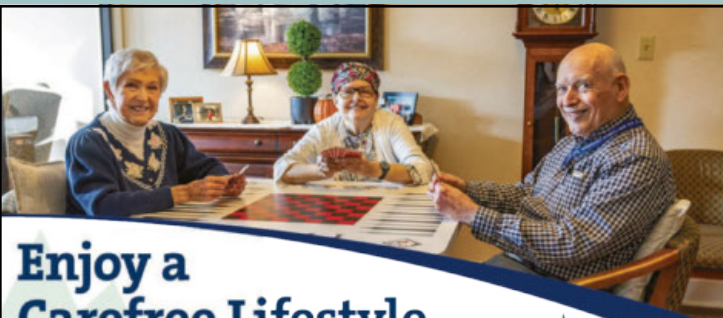


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06-5294



January Birthday Anniversary Lunch & Concert with Elaine Hom

Thursday Jan. 12th at 12:00p.m.

Elaine Hom is excited to make her Western MA debut! She's performed on many professional stages in Boston. You'll hear a mix of covers including jazz standards, classics, and other hits. The lunch will be roast pork loin with apricot glaze, scalloped potatoes, and green beans. You must register by Wed. Jan 6th 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="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 & OLIVE HAM & PICKLE HAM & CHEESE TURKEY & 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>SUP</i> SOUP DU JOUR</p> <p style="text-align: center;">Cup: \$2.00 / TO GO \$2.50 Crock: \$3.00 / TO GO 3.50</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 TEA SODA</p>

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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 9:00 a.m. Cornhole 9:00 a.m. NIA 9:30 a.m. Academic Drawing & Painting 10:00 a.m. Tai Chi & Qigong 1:00 p.m. Zumba Gold 1:00 p.m. Mah-Jongg 1:00 p.m. Color Me Calm 1:00 p.m. Monday Movies</p> <p>*The Senior Center will be closed January 2nd + 16th.</p>	<p>8:00 a.m. Billiards 9:00 a.m. Stretch and Go 10:00 a.m. Fitness Basics 11:15 a.m. Gentle Yoga 1:00 p.m. Bingo 1:00 p.m. Learn to play Pinochle 1:00 p.m. Pinochle 3:00p.m. Trivia Club 5:30 p.m. Yoga</p>	<p>8:00 a.m. Billiards 9:00 a.m. Dance with Loryn *9:30 a.m. Healthy Bones & Balance (These classes canceled January 4th) Center opens at 10:00 a.m. 10:00 a.m. Tech Time w/ Sandy 10:00 a.m. Small Group Personal Training *10:45 a.m. Healthy Bones & Balance 11:00 a.m. Gratitude Journal Group 1:00 p.m. Mah-Jongg *Fitness room unavailable from 10:00am-11:45.</p>
Thursday	Friday	<p>*Registration for February Healthy Bones and Balance Classes will begin January 17th.*</p>  <p>All activities are subject to change</p>
<p>8:00 a.m. Billiards 9:00 a.m. Stretch and Go 1:00 p.m. Tech Time w/Sandy 9:30 a.m. Watercolors 10:00 a.m. Fitness Basics 11:00 a.m. Seated & Standing Yoga 1:00 p.m. Quilting 1:00 p.m. Chair Volleyball</p>	<p>8:00 a.m. Billiards 9:00 a.m. Cornhole 9:30 a.m. Coffee & Conversation 9:30 a.m. Healthy Bones & Balance 10:45 a.m. Healthy Bones & Balance 10:30 a.m. Learn to play Mahjongg 1:00 p.m. Cribbage 1:00 p.m. Bridge 1:00 p.m. Fiber Arts Club</p>	

Groups & Wellness

Foot Nurse, Sharon Beulieu, RN

Jan. 3rd, 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 Jan. 10th 8:30 a.m. to 11:30 a.m.

With Audiologists Allison Holmberg and Lisa Howard.

Low Vision Group Tuesday, Jan 10th 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, Jan 11th, 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, Jan 12th 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.





Coffee & Conversations
Friday Mornings 11:00 a.m. to 11:45 a.m.



Meet Partners & Members who make a difference by sharing their time and talents!

Jan 6th: Meet Dick Matteson! Dick is the Director of the South Hadley Chorale, Black Cat Theatre and the Loomis Chorus at Loomis Village. He is also a board member of the Council on Aging.

Jan 13th: Meet Mary Lou Guarnera from Neighbors Helping Neighbors! Mary Lou is the Executive Director of Neighbors Helping Neighbors. Join Mary Lou to learn about the role this organization plays in our community and what she has seen over the last few years.

Jan 20th: Meet Dr. Joan DelPlato! Dr. DelPlato has taught Art History for more than 30 years at Bard College at Simon's Rock. This interactive discussion about how art reaches us will look at a few case studies and welcome suggestions from participants. Email information about artwork that intrigues you to kflor-ence@southhadleyma.gov by 1/19 and express your opinions on the format for monthly Art programs.

Jan 27th: Meet Denise Barry! Denise is our Tai Chi instructor here at the COA. She has also published a book titled "As Old as the Hills". Denise self-published this book to share with family and friends. The book is filled with old sayings and aphorisms from the past. These will generate lots of laughs and good memories. Denise has enjoyed the process of collecting these sayings for the past 20 plus years.



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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

January Mindfulness

You can do anything, but not everything at the same time.
You don't have to figure everything out.

Restart as many times as needed.

Your inner peace is too expensive to be sacrificed.
Do more of what makes you forget about time.



-ourmindfullife.com

"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. 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, Jan. 4th and 18th 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, January 17th









January Special Event Calendar 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>Senior Center is closed.</p>	<p>3</p> <p>New Year's Lunch & Concert with Noah Lis 12p.m</p>	<p>4</p> <p>Senior Center opens at 10am</p> <p>Caregiver Support Group 10 a.m. Supper Club Meeting & Demo 1 p.m.</p>	<p>5</p> <p>FUN FACT!</p> <p>On this day in History: 1933 Golden Gate Bridge construction began.</p>	<p>6</p> <p>Coffee & Conversation w/ Dick Matteson 11 a.m.</p>
<p>9</p> <p>Monday Movies: 1p.m. Elvis 2022</p>	<p>10</p> <p>Gary Felder Presents: The James Webb Space Telescope 5:30 p.m.</p>	<p>11</p> <p>PVPA's WOFA Dance and Drum Company! 1 p.m.</p>	<p>12</p> <p>Board of Health Community Nurse 9:00 a.m.</p> <p>Birthday Anniversary Lunch & Concert with Elaine Hom 12 p.m.</p>	<p>13</p> <p>Coffee & Conversation w/ Mary Lou Guarnera 11 a.m.</p>
<p>16</p> <p>Happy MLK Day. Senior Center Closed</p> 	<p>17</p> <p>Brown Bag Program 10 a.m.</p> <p>Music and Dancing w/ Richie Mitnik 5:30 p.m</p>	<p>18</p> <p>Cocoa & Cookie Social w/ MacDuffie Students 2:30 p.m.</p> <p>Caregiver Support Group 10 a.m.</p>	<p>19</p> <p>Be Red Cross Ready 11 a.m.</p>	<p>20</p> <p>Men's Breakfast Club 8:30 a.m</p> <p>Coffee & Conversation w/ Dr. Joan DelPlato 11 a.m.</p>
<p>23</p> <p>Introduction to Reiki w/ certified Reiki Master, Sara Lee 11 a.m.</p> <p>Monday Movies: 1 p.m. Harris Goes to Paris 2022</p>	<p>24</p> <p>Sheryl Faye as Ruth Bader Ginsburg "I Dissent" 5 p.m.</p>	<p>25</p> <p>FUN FACT!</p> <p>On this day in History: The film <i>One Hundred and One Dalmatians</i> was released.</p>	<p>26</p> <p>FUN FACT!</p> <p>On this day in History: Andrew Lloyd Webber's <i>The Phantom of the Opera</i>, opened in New York</p>	<p>27</p> <p>Coffee & Conversation w/ Denise Barry 11 a.m.</p>
<p>30</p> <p>Monday Movies 1 p.m. Classic Movie: When Harry Met Sally 1989</p>	<p>31</p> <p>Lifelong Learning Lecture Series: Retrospective Exposure of Gender & Sexuality 5:30 p.m.</p>	<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>		

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/>

<p style="font-weight: bold; font-size: 1.2em;">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 style="font-weight: bold; font-size: 1.2em;">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 style="font-size: 0.8em;">Representing Fine Companies Such As</p>     
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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

On Hiatus until March of 2023

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 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.

"NEW" Caregiver Support Group **January 4th and 18th at 10:00 a.m.**

Are you a Caregiver to a senior living with a chronic illness? Caregivers come in all shapes and sizes. No two Caregivers are on the same journey. With the help of Council on Aging Social Service Coordinator, Ann Andras, this new group will explore all facets of Caregiving. The group will be encouraged to share experiences with their peers as well as lend support and encouragement during difficult times. "Doctors diagnose, nurses heal, and caregivers make sense of it all." -Brett H. Lewis

Brown Bag Program for Seniors

3rd Tuesday of the Month: Jan. 17th
Pickup between 10:00 a.m. - 11:00 a.m.

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 413-587-4919.

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.

SHINE (Serving the Health Insurance Needs of Everyone)

Tuesdays from 8:30 a.m. to 11:30 a.m

Sue LaMastro, Certified SHINE Counselor will guide you through the Medicare maze and explore what Medicare Plan is right for you!

It's Not Too Late to Apply....

Ann Andras is still assisting South Hadley seniors with first-time Fuel Assistance applications and recertifications. If you would like to apply, please contact Ann by phone or email her at aandras@southhadleyma.gov. An appointment is required.

Ann's Community Outreach

Ann's Community Outreach is on hold for the winter months. She'll see you in the Spring!

"New" Ann's Visit to the Food Pantry **The last Wednesday of the month: Jan. 25th** **From 2:00 p.m.-4:00 p.m.**

Ann Andras, Social Service Coordinator will be at the Neighbors Helping Neighbors Food Pantry on the last Wednesday of each month from 2:00 to 4:00 p.m. beginning on January 25th. Please introduce yourself and inquire about the many services available.

LGBTQ+ Survey

The South Hadley Council on Aging is reaching out to the LGBTQ+ Community of older adults in hopes of creating a safe and open community for everyone and to increase our understanding of the unique needs and challenges facing our LGBTQ+ older adults. Please help us by filling out a short survey at shorturl.at/bgqV9. Paper copies are available at the Senior Center.

Thank You to The Friends of the South Hadley Seniors, SH Fire District 1 & 2, and SH Police Department for a successful Stuff a Stocking Program!



Registration for Healthy Bones & Balance Classes opens Tuesday, January 17th

9 Arts & Language

Make Something New with Our Craft Club



Card Making Class

Tuesday Jan. 3rd 10:00 a.m.
\$5.00 for 4 cards.

Learn how to create four different card designs with Joanne Milloy. All supplies included.



Melted Snowman

Friday Jan. 13th at 10:30a.m.
Cost \$5.00 Limit 10 crafters.

Make this adorable snowman as a centerpiece for your winter table.



New! Fresh Flower Arranging Class Winter Mug Edition

Monday Jan. 23rd at 1:30 p.m.
Cost \$7.00 limit 10

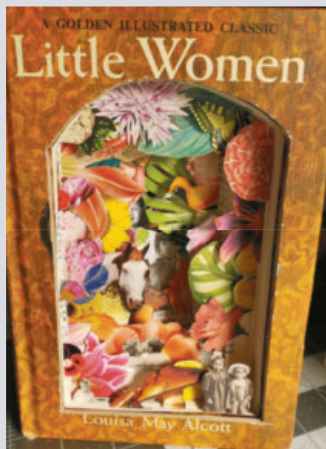
Denise Bissonnette of the Springfield garden club leads this mug floral arranging group.



Frosted Glass Jar Candle Holder

Friday Jan. 20th at 10:30 a.m.
Cost \$5.00 Limit 10 crafters

Add light and warmth with this beautiful candle holder. Tea light included.



New! Creative Collage

Project: Tunnel Books!
Wednesday Jan. 4th & 18th
at 1:00p.m. (2 Class Project)

A fun way to recycle a book and make a new piece of art. This class entails using an x-acto knife and a cutting mat. Images can be brought in or found in any of our many magazines. Just bring a hard covered book with 200-300 pages.

Arts and Language Activities

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 a.m.

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.

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

Test your knowledge with weekly competitions.

Gratitude Journal Writing Wed. at 11:00 a.m.

Open to all abilities.

Mystery Book Club Tuesday Jan. 3rd at 3:00 p.m.

To discuss *The Snowman* by Jo Nesbo.
The group will meet on Feb.7 at 3 p.m. to discuss *The Secret Place* by Tana French.

Book Club Hybrid Wednesday Jan. 25th at 2:00 p.m.

To discuss *Lady Clementine* by Marie Benedict. Contact Kathy Florence for zoom link.
kflorence@southhadleyma.gov

German Culture- Language & History

Wednesday, Jan. 11th 2:00 p.m.
& Jan. 25th 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.

New! Beginning Spanish class

Wednesday Jan. 18th at 1:00 p.m.

Paul Lamotagne, who has been teaching Spanish for 41 years. This course is an introduction to speaking, writing and listening to Spanish. It also includes some history, geography and culture of the Spanish speaking world.

Watercolors

Thursdays at 9:30 a.m.

Tina provides the guidance. You bring the supplies.
Fee: \$4.00

10 Special Programs

Monday Movie Matinee at 1:00p.m.

1/9 Elvis 2022 Biographical film directed by Baz Luhrmann, following the life of the rock and roll singer and actor Elvis Presley, told from the perspective of his manager, Colonel Tom Parker, whose financial abuse of him is a major focus. It stars Austin Butler as Elvis with Tom Hanks as Parker, while Olivia DeJonge, Helen Thomson, Richard Roxburgh, David Wenham, and Kodi Smit-McPhee co-star.

1/23 Mrs. Harris Goes to Paris 2022 Historical comedy-drama film directed and produced by Anthony Fabian, from a screenplay he co-wrote with Carroll Cartwright, Keith Thompson, and Olivia Hetreed. It is the third film adaptation of the 1958 novel Mrs. 'ArrisGoes to Paris by Paul Gallico. The film stars Lesley Manville, Isabelle Huppert, Lambert Wilson, Alba Baptista, Lucas Bravo, Ellen Thomas, Rose Williams, and Jason Isaacs.

1/30 Classic Movie: When Harry Met Sally 1989 American romantic comedy-drama film written by Nora Ephron and directed by Rob Reiner. It stars Billy Crystal as Harry and Meg Ryan as Sally. The story follows the title characters from the time they meet in Chicago just before sharing a cross-country drive, through twelve years of chance encounters in New York City. The film addresses but doesn't resolve questions along the lines of "Can men and women ever just be friends?"

Tech Time With Sandy - How She Can Help

Wednesdays 10:00 a.m. to 1:00 p.m.

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

She can help you with your technology needs!



New Year's Lunch & Concert with Noah Lis 12p.m.-2p.m.

Spots are still available!

January 3rd 12:00 p.m.

Lunch will be will be breaded chicken breast, country gravy, au gratin potatoes, glazed carrots provided by West Mass Eldercare for a suggested donation of \$2.25.

Supper Club Meeting & Cooking Demonstration: Hurry up and Get Dressed Wednesday Jan. 4th at 1 p.m.

Join chef Maggie for a look at how to make your own healthy SALAD DRESSING. Get some recipes, samples and a tasty Greek Salad. We are also looking for ideas for upcoming Supper Club topics. **Workshop is free and open to all.**



New! 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.

New! 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 line dance teacher, Jennifer Jones.

Back by popular demand! Free Performance by PVPA's WOFA Dance and Drum Company!

Wed. Jan. 11th at 1:00 p.m.

WOFA DRUM & DANCE

COMPANY was founded in 2009 by Kabisko Kaba (Bisko) and continues to be a source of inspiration for PVPA students to learn about the rich culture and heritage of Guinea, West Africa. WOFA is a Sousou word which means, Let's Get Together, which expresses our vision to reach out into the community to share our culture and art.



Free! Cocoa & Cookie Social w/ MacDuffie Students Wednesday, Jan. 18th at 2:30 p.m.

The MacDuffie students are back from break-join them for conversation and refreshments!

Free! Men's Breakfast Club

Friday, Jan 20th 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 local South Hadley department members, folks from area civic groups and businesses.

Free! Introduction to Reiki w/ certified Reiki Master, Sara Lee, followed by free mini reiki sessions.

Monday, Jan. 23rd at 11:00 a.m.

Sara Lee. will provide information on Reiki healing, a gentle hands-on energy healing technique that promotes relaxation and stress reduction. The gentle healing art of Reiki draws on universal life energy to benefit people of all ages and in any state of health. Reiki offers comfort and support for the good health and balance of the mind, body, and emotions.



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

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:

Tom & Bonnie Mullahy, Robert Robertson,
Mary & George Hojnoski, and The South Hadley Chamber of Commerce.

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12 Winter Preparedness




MEMA Tips for Winter Weather Preparedness

A winter storm in New England can range from a moderate snowfall over a few hours to a chilling Nor'easter, bringing blizzard conditions with blinding wind-driven snow that lasts several days. People can become stranded in their automobiles or trapped at home, without utilities or other services. The aftermath of a winter storm can have an impact on a community or the entire region for days, weeks or even months. Storm effects in New England include large snow accumulation, extremely cold temperatures, heavy, wet snow or icing on trees and power lines, roof collapses, coastal flooding and beach erosion.

Prepare Your Family

MEMA's website has information on how to prepare your family and home for the winter season, automobile and driving safety, ice safety, protecting your pets, responding to power outages, extreme temperatures, roof collapse and recovering from a winter storm. Those who already have a winter supply kit are ahead of the curve. However, it is important to check your kit, to ensure it is properly stocked with enough supplies to survive on your own for at least three to five days. Now is also the time to review a family communication plan.

Winter Emergency Supply Kit Items



Baby items	Water (1 gallon per person/per day)
Charged cell phone	Manual can opener
Fire extinguisher	Non-perishable Food
First-aid kit	Extra blankets and sleeping bags
Flashlight and extra batteries	Essential prescription medicines
Portable radio or weather radio	

Family Emergency Communications Plan

Develop a family emergency communication plan in case family members are separated from one another during a winter storm and have a plan for getting back together. Make sure everyone knows the name, address, and telephone number of the contact person. Sometimes an emergency could impact your neighborhood or small section of town. Decide on an alternate meeting area for family members. These steps can help reassure everyone's safety and minimize the stress associated with emergencies.

Emergency Shelters

Currently, the primary shelter is the Michael E. Smith Middle School located at 100 Mosier Drive. This would allow us to safely handle approximately 50 to 100 people during an emergency situation. In the event that we needed to accommodate more people, several choices are available.

Announcing When Shelters Open



In the event an emergency situation requires us to open a shelter we will announce this by telephone message over our CivicReady notification system. We will also use any social media channels that we can access to publicize the shelter opening. As a secondary method, we will use public media, such as radio and TV, to announce our shelter plans. If all other methods fail, we will attempt to erect signs in central areas and send people to neighborhoods to pass the word. However, we must acknowledge that the last two methods may take time to accomplish. They will depend upon the number of people we may be able to dedicate to this and other factors involved in the nature of the situation that could hinder our efforts. Any questions should be directed to the town Emergency Management Department.

Resource Links

<https://www.southhadley.org/184/Winter-Weather-Preparedness>

<https://www.mass.gov/orgs/massachusetts-emergency-management-agency>

<https://www.southhadley.org/517/Alerts-Notifications>



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"/> Wherever Needed Most | <input type="checkbox"/> Activities Account | <input type="checkbox"/> Caregivers Gift Account |
| <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

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Happy New Year!

The Friends of the South Hadley Seniors would like to thank everyone for your generous support over the past year. We are grateful for our membership, for the amazing volunteers who shared their time, for the businesses which supported us and for everyone's participation in the programs and events sponsored by the Friends. We look forward to a new year of serving our seniors. In addition to funding programs, activities and events at the Senior Center, we plan to bring you our annual Ice Cream Social and the Dan Kane/Freddie Marion Holiday Concert. We will continue to look for new opportunities to support our senior community. We would like to wish everyone a very Happy New Year filled with peace, joy and good health.



The Friends of the South Hadley Seniors' Board

(Kim Prough, Janet Stawasz, Kathy Gallivan, Carol Reznick, Dorothy Kelly, MD & Rita Starzyk)

**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.



Community Partnerships & Save the Dates 15

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

January 4th 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



Be Red Cross Ready: A Program of the American Red Cross



Thur. January 19th at 11:00am.

This program is designed to prepare individuals for the type of disasters that can occur in our community. In addition to the program, trained Red Cross volunteers will also offer participants the ability to register to have smoke alarms installed in their homes free of charge. Presenters from the American Red Cross join Sharon Hart, Director of the S. Hadley Board of Health and the Emergency Management Director for the Town of S. Hadley.

FEBRUARY SAVE THE DATES!!

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

AARP TaxAide Program February through April 2023.

Appointments open on February 1st, 2023

Once again the IRS-certified AARP TaxAide volunteers will be preparing tax returns at our Senior Center, free of charge. Because of Covid, return preparation will only be done on a same-day Drop-off basis on Thursdays, like last year, to protect both the preparers and the taxpayer. We plan to start in early February, continue through the week of April 13, with appointment scheduling beginning on February 1st, 2023. **Appointments will not be made prior to this date.**

Tuesday Feb. 14th at 5:00 p.m.

Back by popular demand! Valentine Concert with the Bad News Jazz and Blues Band

Tuesday February 21st. At 5:30 p.m.

Lifelong Lecture Learning Series: Psychology, neuroscience, stress and cognitive bias with Professor Travis Hodges.

Tuesday, February 28th 5:30 p.m.

Shaker historian Steve Paderwick presents Shaker History highlighting the connection of prominent South Hadley residents.

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



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: