



# SOUTH HADLEY COUNCIL ON AGING

## The Golden Chronicle

**February 2023**



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



45 Dayton Street  
South Hadley MA 01075



413-538-5030 press 3



www.southhadley.org/  
324/Council-on-Aging



southhadley.org



@southhadleycoa



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Check out page 12 for special Black History Month programs!

**Valentine's Day Concert With Bad News Jazz And Blues Orchestra Featuring vocalist Cindy Reed**  
**Tues Feb. 14th at 5:00 p.m. Tickets \$5.00 Please Register**  
 Get ready for an evening of music and dancing with Jeff Gavioli's Bad News Jazz and Blues Orchestra, a 19 piece big band that performs swing music from the 30s and 40s (Glenn Miller, Benny Goodman, Frank Sinatra, Count Basie, etc.) as well as contemporary arrangements of more recent jazz, rock, funk and blues music.

**LUCKY DRAW**  
 A Valentines basket will be raffled off compliments of The Friends of the South Hadley Seniors.



**Lifelong Learning Lecture Series**  
 A Collaboration Between Mount Holyoke College & The South Hadley Council on Aging



**Awkward Adolescents and Grumpy Old Males**  
 (The effects of stress and life experience on behavior)  
**Session 4: Tuesday February 21st, 5:30 p.m. -7:00 p.m.**  
 Dr. Travis Hodges is an Assistant Professor of Psychology at Mount Holyoke College. Learn about the effects of life experiences on behavior and symptoms of depression

This program is funded by The South Hadley Travel Club.

We want to hear from you!  
 Visit our website and fill out a survey.

Registration for Healthy Bones & Balance Classes opens Tuesday, February 21st.



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**February Birthday Anniversary Lunch & Concert with Elaine Hom**  
 (Rescheduled from January)  
**Thursday Feb. 16th at 12:00p.m.**

Elaine Hom is excited to make her Western MA debut! You'll hear a mix of covers including jazz standards, classics, and other hits. Meal will be Crab cakes with tartar sauce, roasted red potatoes, coleslaw, apricots and birthday cake. You must register by Wed. Feb. 15th by noon. Free to Birthday & Anniversary recipients courtesy of The Friends of the South Hadley Seniors.

**Community Table: Monday-Friday Served by 12:15 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 nutrition questions call WMEC at 413-538-9020. x313

**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. <i>Changes Daily</i></p>	<p style="text-align: right;"><i>w/ Chips \$5.00 or TO GO \$5.50</i></p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>SANDWICHES</b></p> <p style="text-align: center;"><b>EGG &amp; OLIVE HAM &amp; PICKLE HAM &amp; CHEESE TURKEY &amp; CHEESE</b></p> <p style="text-align: right;"><i>On your choice of bread with lettuce and tomato.</i></p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>SOUP</b></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;">Cup: \$2.00 / TO GO \$2.50 Crock: \$3.00 / TO GO 3.50</p> <p style="text-align: center;"><b>BEVERAGES</b></p> <p style="text-align: center;">WATER JUICE COFFEE TEA SODA</p> <p style="text-align: center;"><i>Cash Only</i></p>

2/14 Evening Special: Italian Wedding  
 Soup + Garlic Love Knots



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# 4 Activities Schedule

OPEN REGISTRATION for \*\*Weekly Activities - Call or email COA@southhadleyma.gov for details

Monday	Tuesday	Wednesday
<b>8:00 a.m. Billiards</b> <b>9:00 a.m. Cornhole</b> <b>9:00 a.m. NIA</b> <b>9:30 a.m. Academic Drawing</b> <b>10:00 a.m. Tai Chi &amp; Qigong</b> <b>1:00 p.m. Zumba Gold</b> <b>1:00 p.m. Mah-Jongg</b> <b>1:00 p.m. Color Me Calm</b> <b>1:00 p.m. Monday Movies</b>	<b>8:00 a.m. Billiards</b> <b>9:00 a.m. Stretch and Go</b> <b>10:00 a.m. Fitness Basics</b> <b>11:15 a.m. Gentle Yoga</b> <b>1:00 p.m. Bingo</b> <b>1:00 p.m. Learn to play Pinochle</b> <b>1:00 p.m. Pinochle</b> <b>3:00p.m. Trivia Club</b> <b>5:30 p.m. Yoga</b>	<b>8:00 a.m. Billiards</b> <b>9:00 a.m. Dance with Loryn</b> <b>*9:30 a.m. Healthy Bones &amp; Balance</b> <b>10:00 a.m. Tech Time w/ Sandy</b> <b>10:00 a.m. Small Group Personal Trng</b> <b>10:45 a.m. Healthy Bones &amp; Balance</b> <b>11:00 a.m. Gratitude Journal Group</b> <b>1:00 p.m. Mah-Jongg</b> <b>*Fitness room unavailable from</b>
Thursday	Friday	<b>*Registration for March Healthy Bones and Balance Classes will begin February 21st.*</b>  <b>All activities are subject to change</b>
<b>8:00 a.m. Billiards</b> <b>9:00 a.m. Stretch and Go</b> <b>1:00 p.m. Tech Time</b> <b>9:30 a.m. Watercolors</b> <b>10:00 a.m. Fitness Basics</b> <b>11:00 a.m. Seated &amp; Standing Yoga</b> <b>1:00 p.m. Quilting</b> <b>1:30 p.m. Chair Volleyball</b> <b>2:00p.m. Meditation</b>	<b>8:00 a.m. Billiards</b> <b>9:00 a.m. Cornhole</b> <b>9:30 a.m. Healthy Bones &amp; Balance</b> <b>10:45 a.m. Healthy Bones &amp; Balance</b> <b>10:30 a.m. Learn to play Mahjongg</b> <b>11:00 a.m. Coffee &amp; Conversation</b> <b>1:00 p.m. Cribbage</b> <b>1:00 p.m. Bridge</b>	

## Groups & Wellness



### Pet Therapy

With Riley Thurs at 11:00 a.m.

We now have another four-legged friend, Riley.

With Duchess Feb. 13th and 27th at 12:30 p.m.

### Foot Nurse, Sharon Beulieu, RN

Feb. 7th, 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.

### Veterans Social Hour

Wed, Feb. 8th, 9 a.m. to 11 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.



### New Reiki with Sara Lee

Feb. 13th 10:00 a.m.-1:00 p.m. By Appt.

Reiki is a gentle energy healing technique that promotes relaxation and stress reduction. Sara will offer 20 minute sessions with 10 minutes in between for a suggested donation of \$15.00, longer sessions are available upon request

### Visit with Public Health Nurse,

Maureen Couture, RN

Thursday, Feb 9th 12:30 p.m. to 2:00 p.m.

Visit with Maureen for blood pressure checks, share a concern, or ask a question.

### Low Vision Group

Tuesday, Feb. 14th at 10:00 a.m.

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

### Hampshire Hearing & Speech Services

By Appt: No Appts in Feb. Returning March 14th

Hearing Screenings & Hearing Aid Cleanings with Audiologists Allison Holmberg and Lisa Howard.



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!

**February 3 with Ginger Elliot**

Ginger Elliot with RSVP, Retired and Senior Volunteer Program, Ginger will talk with us about the opportunities that RSVP offers. The Retired and Senior Volunteer Program (RSVP) provides grants to qualified agencies and organizations for the dual purpose of engaging persons 55 and older in volunteer service to meet critical community needs and to provide a high quality experience that will enrich the lives of volunteers.

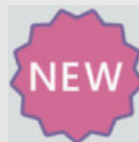
**February 10 with Lisa Wong**

Lisa Wong, Town Administrator, Lisa will be available to answer questions and to give updated information on events in South Hadley.

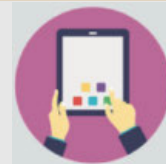
**February 24 with Sarah Gmeiner**

Sarah Gmeiner, South Hadley Town Clerk. Our newly appointed Town Clerk, formerly the Senior Center Coordinator, will answer questions about her role as Town Clerk and will offer a short presentation.

Please Register at The Senior Center



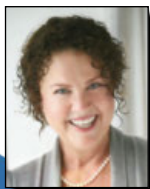
**iPad Loan Program**



Our Apple iPad are available for a 6-week loan period (6-week renewals available if there is not a waiting list for the device). One-on-one lessons on how to use the iPad will be given by our technology instructor, Sandy Cahillane, by appointment. If you do not have WIFI at home, there are several options: The South Hadley Public Library and Gaylord Library have Wi-Fi hotspots for loan. The South Hadley Council on Aging has public Wi-Fi available throughout the building and your iPhone can be used as a hotspot (Instructor Sandy can help you with that) Call Emily at 538-5030 for an application.

To find out about low-income Wi-Fi support: Fyberspring by S.H.E.L.D. has an Affordability Connectivity Program ([www.acpbenfit.org](http://www.acpbenfit.org)) and Comcast has Comcast Essentials ([www.internetessentials.com/apply](http://www.internetessentials.com/apply))

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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



### Did you know The South Hadley Council on Aging offers a "Stay Well" Wellness Fund? (2023)

The Wellness Fund is available to South Hadley Residents 60 years 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.

#### **"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. **You must fill out your application packet and complete the fitness room orientation with Heidi to participate.**

#### **Fitness Room Orientation**

Wednesday, Feb. 1st and 15th 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!

#### **Meditation with Richard Baer**

Thursdays 2:00 p.m. No cost

Richard Baer has been practicing and teaching meditation for almost 50 years. Class includes different meditation techniques. This class is not affiliated with a religious or spiritual tradition.

#### **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, February 21st

# February Special Event Calendar 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 This facility is equipped with a hearing assistance system. Please ask for a receiver.		1 10:00 a.m. Caregiver Support Group 11:15 a.m. Fitness Room Orientation	2 11 a.m. Pet Therapy with Riley	3 11 a.m. Coffee & Conversation with Ginger Elliot
6 1 p.m. Monday Movies Matinee Hidden Figures (2016)  	7 3 p.m. Supper Club Demo 5:30 p.m. Comedy and Tragedy on the Mountain  5:30 p.m. What is an Elder Mental Health Outreach Team, (EMHOT)	8 9 a.m. Veterans Social Hour 1:15 p.m. Farmer's Market 2 p.m. Sweet Nothings  AARP Tax Program Starts	9 12:30 p.m. Visit with the Public Health Nurse Maureen Couture, RN  11 a.m. Pet Therapy with Riley	10 10:30a.m. Valentine Wooden Block Trio craft  11 a.m. Coffee & Conversation with Lisa Wong
13 12:30 p.m. Pet Therapy with Duchess  1 p.m. Monday Movies Matinee A Star is Born (2018)  	14 8:30 a.m. Hampshire Hearing 10 a.m. Low Vision Group 5:00 p.m. Valentines Day Concert  	15 10:00 a.m. Caregiver Support Group 11:15 p.m. Fitness Room Orientation 12 p.m. The Met: Live in HD: Verdi, La Traviata 1:15 p.m. Farmer's Market 2:30 p.m. Paczki Party with MacDuffie Students	16 11 a.m. Pet Therapy with Riley  12 p.m. Birthday and Anniversary Lunch  2:30 Special Showing American Masters: Marian Anderson	17 8:30 a.m. Men's Breakfast Club  
20  <b>Happy Presidents Day! The Senior is Closed</b>	21 10 a.m. Brown Bag 1 p.m. Mardi Gras Bingo 4 p.m. Heart Healthy Lifestyle Workshop  5:30 p.m. Lifelong Learning Lecture Series	22 2 p.m. Ann's visit to the food pantry  2 p.m. Beeyonder Tour Black History in Bahia	23 11 a.m. Pet Therapy with Riley  2:30 p.m. Artist Spotlight with Dr. Joan Delplato	24 10:30 Free yarn bird craft  11 a.m. Coffee & Conversation with Sarah Gmeiner
27 8:30 a.m. Friends Membership Table 12:30 p.m. Pet Therapy with Duchess 1 p.m. Monday Movies Matinee A Journal for Jordan  		<b>Transportation</b> The COA provides <b>free</b> in town transportation for residents 60-yrs and older. Our minibus is equipped with a wheelchair lift. <b>Rides must be scheduled 24 hours in advance.</b> Monday - Friday from 9:00 a.m. to 3:30 p.m.  <b>Grocery shopping at Big Y</b> Every Tuesday & Friday.		

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

**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

**February 1st and 15th 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. "Caregiving often calls us to lean into love we didn't know possible" *Tia Walker*

### 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.

### Ann's Community Outreach

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

### SHINE (Serving the Health Insurance Needs of Everyone)

**Tuesdays from 8:30 a.m. to 11:30 a.m. by Appt.**

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](mailto:aandras@southhadleyma.gov).

An appointment is required.

### 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.

### "New" Ann's Visit to the Food Pantry

**The last Wednesday of the month: February 22nd  
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. 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/bqyV9](http://shorturl.at/bqyV9).

Paper copies are available at the Senior Center.

### Brown Bag Program for Seniors

**3rd Tuesday of the Month: February 21st.**

**Pickup between 10:00 a.m. - 11:00 a.m.**



**Registration for Healthy Bones & Balance Classes opens Tuesday, February 21st**



# 9 Arts & Language & Movies– Please Register

## Make Something New with Our Craft Club



### Card Making Class

Tuesday Feb. 7th 10:00 a.m.  
\$5.00 for 4 cards.

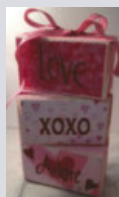
Learn how to create four different card designs with Joanne Milloy. All supplies included.



### Free Craft! Yarn Bird Duo

Friday, Feb. 24th at 10:30 a.m.

Make these adorable birds to add whimsy all around the house! Supplies provided, or bring your own leftover yarn!



### Valentine Wooden Block Trio

Friday, Feb. 10th at 10:30 a.m.  
Cost \$8.00 limit to 10 crafters

Decorate this trio of wooden blocks to share as a gift or to adorn your own house for Valentine's day!



### New! Fresh Flower Arranging Class Winter Mug Edition

Monday Feb 27th at 1:30 p.m.

Cost \$10.00 limit 10

Join Denise to make these sweet

## 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 Feb. 7th at 3:00 p.m.

To discuss *The Secret Place* by Tana French. The group will meet on Tuesday, March 7th at 3:00 p.m. to discuss *Long and Faraway Gone* by Lou Berney

### Book club Hybrid Wednesday Feb. 22nd at 2:00 p.m.

To discuss *Oh William* by Elizabeth Strout  
Contact Kathy Florence for zoom link.  
kflorence@southhadleyma.gov

### German Culture- Language & History

Wednesday, Feb. 8th 2:00 p.m. & 22th 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 Feb. 1st & 15th 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.

### Watercolors Fee: \$4.00

Thursdays at 9:30 a.m.

Tina provides the guidance. You bring the supplies.

### Afternoon Paczki Party with MacDuffie students

Wednesday, Feb. 15th at 2:30 p.m.

The MacDuffie students will be bringing in paczkis, the famous polish donut especially found during lent! Come get to know this wonderful group!

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

**2/6 Hidden Figures (2016)** American biographical drama film directed by Theodore Melfi and written by Melfi and Allison Schroeder. It is loosely based on the 2016 non-fiction book of the same name by Margot Lee Shetterly about African American female mathematicians who worked at NASA during the Space Race.

**2/13 A Star is Born (2018)** American musical romantic drama film produced and directed by Bradley Cooper with a screenplay by Cooper, Eric Roth and Will Fetters. It stars Cooper, Lady Gaga, Dave Chappelle, Andrew Dice Clay, and Sam Elliott, and follows an alcoholic musician who discovers and falls in love with a young singer. It is the fourth filmed version of the story, after the original 1937 American romantic drama, the 1954 American musical and the 1976 American musical.

**2/27 A Journal for Jordan (2021)** American drama film directed and co-produced by Denzel Washington. The story of 1st Sgt. Charles Monroe King, before he is killed in action in Baghdad, who authors a journal for his son intended to tell him how to live a decent life despite growing up without a father.

# 10 Special Programs– Please Register

## Supper Club Demo: Build a Better Batter

Tuesday, February 7th 3:00 p.m.

Chef Maggie will help us discover the hack that turns a box of cake mix into a professional confection. The demo is free and open to anyone. Recipes and samples will be provided. Bring an apron, and a notebook.

## Sweet Nothings Cake Decorating Workshop

Wed, February 8th, 2:00p.m. - 4:00 p.m. Tickets 8\$

Join us for a special supper club meeting to help get you ready for Valentine's Day. We will be using techniques to create fancy, frosted confections. Each cook will decorate their own 4 cupcakes to take home. Co-sponsored by Friends of The South Hadley Seniors.

## 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!

## Farmers Market/ Store Minimum of 5 participants

Wednesday, Feb 8th at 1:15 p.m. Trip to Atkin's Market

Wednesday, Feb. 15th at 1:15 p.m. Shopping trip to Downtown Springfield Winter Farm Market

## The Met: Live in HD: Verdi, La Traviata at

Cinemark at Hampshire Mall Hadley

Wed, Feb. 15th meet at the COA 12 p.m.

Back by popular demand: La Traviata returns to cinemas for one day only! **Music:** Verdi **Language:** Italian, with English subtitles



## Men's Breakfast club

Friday, Feb. 17th at 8:30 a.m.

With members of The South Hadley Select Board and The Board of Directors.

## Mardi Gras Bingo!

Tuesday Feb. 21st at 1 p.m.

Join us for this free Bingo, sponsored by the Friends of the South Hadley Seniors. We will have refreshments, \$10.00 game prizes, a \$25.00 prize for the cover all.



## The Core Estate Plans and Trust

February 28th at 2:30p.m.

Attorney Jackson will explain the importance of each document in the basic estate plan: the will, health care proxy, HIPAA release, advance directive, durable power of



## Tuesday Evening Programs

Transportation available on Tuesday evenings: Free of Charge!!

We are pleased to add transportation to our Tuesday night programs. Door-to-door pickups start at 4:00pm. Return trip scheduled to leave the COA at 7:00pm. Please call 24-hours in advance to reserve.



## Comedy and Tragedy on the Mountain: 70 Years of Summer Theatre on Mt. Tom, Holyoke

February 7th, 2023 at 5:30 p.m.

This discussion will cover the history of summer theater on Mt. Tom from 1895 to 1965. For some seventy years the playhouse created magic on the mountain above the city; from vaudeville, operetta, WPA-sponsored shows in the Great Depression, and its heyday from 1941 to 1962 with a beloved resident repertory company called The Valley Players. Comedy and Tragedy on the Mountain is available in print and eBook. For more information, see her website at [www.JacquelineTLynch.com](http://www.JacquelineTLynch.com).

## What is a Elder Mental Health Outreach Team, (EMHOT)

Tuesday, Feb. 7th at 5:30p.m.

Karen Buscemi, PMH-NP, will be presenting information related to the new Elder Mental Health Outreach Team, (EMHOT) that is being initiated by Western Massachusetts Elder Care (WMEC) in order to address the growing need for older adult mental health services. The South Hadley Council on Aging is proud to be participating in this initiative with a goal of destigmatizing mental illness and supporting senior mental health. Karen is a Psychiatric-Mental Health Nurse Practitioner in private practice. Registration Required.

## Heart Healthy Lifestyle Workshop with LPN Mary Beth Dwayne from Day Brook Village

Tuesday Feb. 21st 4:00 p.m.

Join us to learn more about heart healthy options for nutrition, exercise, and stress reduction. All participants will be entered into a raffle for a heart healthy gift basket which will include a \$20.00 punch card for exercise classes at the Senior Center!



## The Shakers and the Believers from South Hadley with Steve Paterwic:

Shaker Historian, author and speaker of over 80 formal presentations.

Tuesday Feb. 28th at 5:30 p.m.

Between 1835 and 1844, thirty people from South Hadley joined the Shaker community at Enfield, Connecticut. Examining their lives helps bring to light a significant piece of South Hadley history. A native of Springfield, MA, he serves as a trustee of the Shaker Library and Museum at Sabbathday Lake, Maine, and a member of Hancock Shaker Village's Collections Committee.

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:

Evelyn & William Masson, Janet & Richard Rudolph, Nancy Blanchard,  
Robert Daniels & Victor Weinblatt, Vanessa Valery, Al & Molly Hayes  
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MS, Audiologist/SLP

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AuD., Doctor of Audiology

**Joni Skinner,**

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# 12 Celebrating Black History Month

## Special Showing American Masters: Marian Anderson

**Thursday Feb. 16 2:30 p.m.**

Explore the life, career, art and legacy of the African American contralto and civil rights pioneer Marian Anderson. Best known for her concert on the steps of the Lincoln Memorial in 1939, Anderson christened the Washington, D.C. landmark as a place of protest after she was discriminated against on the basis of a "whites only" concert policy at the Daughters of the American Revolution's Constitution Hall. The concert became an inspiration to the growing civil rights movement, inspiring a 10-year-old Martin Luther King, Jr. to later publish a winning oratorical citing the experience. With unprecedented access to the Marian Anderson Estate, this documentary draws on rare audio recordings, photographs and personal correspondence to and from family and friends, including Martin Luther King, Jr., Josephine Baker and Langston Hughes. Anchored by key performances in her career, *Marian Anderson: The Whole World in Her Hands* shows how her quiet genius and breathtaking voice set the stage for Black performers in classical music, and a louder voice for civil rights.



**A close look at artist Jacob Lawrence Harriet Tubman series 1939 with Dr. Joan DelPlato**

**Thursday, Feb. 23rd at 2:30 p.m.**

As a young man working in Harlem, African American artist Jacob Lawrence (1917-2000) painted 31 panels depicting the life of Harriet Tubman in 1939. Before the Civil War she escaped from enslavement alone. She returned South to liberate family and friends crossing the Canadian border to freedom each time.

This session explores the visual language and the many guises Lawrence used to heroize this remarkably unique and deeply spiritual Black woman working tirelessly as conductor on the Underground Railroad, as soldier, nurse and spy.



## 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.**

## **Black History in Bahia: Walking Tour of Pelourinho**

**Wednesday, Feb 22nd, 3:00p.m**

Your Itinerary: Salvador in Bahia is considered the most African City and Pelourinho is the heart of our Black History. We will walk in the Old Town, Pelourinho area, talk about and experience the afro-heritage in Bahia, you will also have the chance to hear music and meet locals.

Starting in front of Sao Francisco Church - the most famous "gold" church in Brazil - you will see the first Black Association in Brazil - Sociedade Protetora dos Desvalidos/ SPD (1832). This Institution was fundamental for the survival of many blacks in the post-abolition period. Here we will talk about our first Black History Hero: Manoel Querino Walking in the Streets of Salvador let's go towards the Escola do Olodum (School of Olodum) and check the history of the music of Bahia, the Samba Reggae of Mestre Neginho do Samba. Along the walk you will see the most important afro Brazilian heritage traditions food (Acaraje), religion (Candomble) and local artists. As you were in the city with the tour guide, you will meet some local artist of local black businessman in Salvador! We will finish the tour in Pelourinho Square, the most important area in the Old Town, where in the past we had a whipping post and enslaved Africans were sold but today is very famous for being the place to celebrate Afro Brazilian Culture.

Your Guide: Sayuri is a blasian (Black Asian) Lawyer, Teacher and Tour Guide. She loves Bahia and Salvador is her hometown. She tries to give you the best experience that will bring you to see the real Brazil and Bahia Culture, Colors and Afro Heritage.



# 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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|--------------------------|------------------------|---------------------------------|
| ___ 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](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

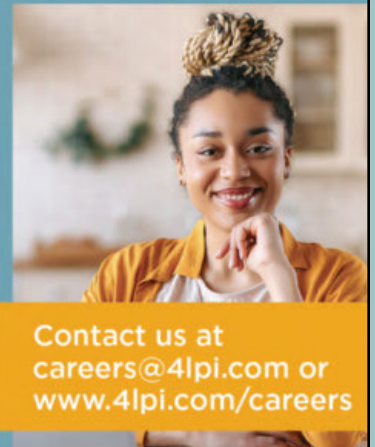
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The Friends of the South Hadley Seniors are busy planning our upcoming calendar of events which includes a multitude of programming support for the Senior Center as well as our annual traditions and some new initiatives.

Last year, the Friends provided the following:

- The funding of Senior Center supplies, entertainment, meals, coffee, cider, donuts, bingo prizes and for events such as the Health Fair, Pamper Yourself and the One Year Anniversary.
- The funding for the Woodlawn Park dedication event which brought in over 300 guests to the Senior Center.
- Stockings and items to stuff 400 stockings at Christmas.
- Our annual free Ice Cream Sundae Social (with Sarah the Fiddler) and the Dan Kane & Friends concert
- Funding for the new Pickleball courts and printing for the Age & Dementia Friendly booklets.

Membership dollars are used to help fund these various initiatives. We are grateful to all who support us by becoming a member. For those who were members in 2022, we ask you to consider renewing your membership, and if you weren't a member last year, please consider supporting us in 2023. Our dedicated group of volunteers is looking forward to 2023. We are excited to be able to provide ongoing programs and support in order to serve our senior community in a variety of ways. We encourage volunteer participation and welcome new ideas. If anyone is interested in getting involved with the Friends, please contact Janet Stawasz (534-5886). We are truly grateful for your support!

*P.S Please come to the Senior Center and visit us at our membership table the week of Feb 27-Mar 3 (8:30am-1:30pm). Each day we will have some giveaways and will raffle off a \$5 gift certificate to the Woodlawn Café. All paid memberships will be entered into each daily raffle.*

<p><b>YES! I want to support the Friends in 2023 with a membership</b></p> <p> <input type="radio"/> Individual (\$10)             <input type="radio"/> Joint (\$20)             <input type="radio"/> I would like to make an additional donation of \$         </p> <p>Name/s: _____ Email: _____</p> <p>Address: _____ Phone: _____</p> <p><small>Make check payable to the Friends of the South Hadley Seniors and drop off at the Senior Center or mail to PO Box 55.</small></p>		<p><b>"Enhancing the lives of South Hadley's Senior Community"</b></p> 
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**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.

**June 14, 2023: Indian Princess Cruise, Webster, MA.** Celebrate Flag Day aboard the Indian Princess on Webster Lake with lunch at Samuel Slater's Restaurant and stop at Brookfield Orchards. Package includes: Transportation, Cruise and Lunch. Cost \$115. – Call Huguette Supinski @ 413-530-6162.

**August 22-25, 2023: Quebec City, Canada. (WAITLIST ONLY).** 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.

## AARP Tax-Aide Program

February 9th to April 6th

The AARP TaxAide Program volunteers will be preparing tax returns at our Senior Center beginning, Thursday, February 9th and ending on Thursday, April 6th. Tax returns will be done on a same-day, drop-off basis. Tax-Aide provides tax assistance free of charge, with a special focus on taxpayers who are age 50+ or have low-to-moderate income. **Taxpayers will NOT be permitted in the tax prep room, nor will there be in-person, face to face help offered; instead all taxpayers will be required to drop off their documents in a large sealed envelope (supplied by the Senior Center) in the COA dropbox by 8:30 a.m. the day of your appointment.** Communication will be done by phone, which means you must commit to be available by phone all day for questions or consultations. You will be called to sign the e-file authorization and to pick up your papers and a copy of your tax return. We cannot mail them to you. A Tax Packet containing a detailed instruction sheet, and intake forms must be picked up at the Senior Center in advance of your appointment. These documents must be completed and signed at home before paperwork is dropped off on the day of your appointment. If the paperwork is incomplete you will need to pick up your papers and have your tax return done elsewhere. Please follow the instructions and attach ALL required documents. If you are filing for the Mass Circuit Breaker, you must have ALL Real Estate and Water/Sewer bills that you paid in Calendar Year 2022. If you cannot find them, get a printout asap to put in with your tax papers, else your Circuit Breaker refund will be smaller this year! For Real Estate printouts contact the Treasurer's department. For Water/Sewer bills please contact your water district. **Those wishing to schedule an appointment can call the Senior Center starting February 1st. If your call goes to a voicemail, please leave a message. All calls will be returned and your appointment will be scheduled for a particular date, but not a specific time.**

## "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.

## South Hadley Falls Prevention Program

S. Hadley Fire Districts 1 and 2, in cooperation with the SH COA and the Age and Dementia Friendly Community invite you to take advantage of the Falls Prevention Program. Schedule a visit with firefighters to identify safety issues in your home. Free smoke alarms, house numbers, or other safety devices needed will be supplied. Call Sandy Farnsworth to schedule a visit.

## Rainbow Social Club Monthly Events

Feb 1st 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



## TRIAD Community Programs

### 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.

### Lock Box

A lockbox contains a key to your home, located outside of your house and installed by the SH Fire Department. Call the COA for an application.

### 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.

### FILE OF LIFE

At the South Hadley Senior Center. The File of Life is a card kept in a red plastic pocket on your fridge or a small wallet size to keep on your person.

## MARCH SAVE THE DATES!!

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

### Lifelong Learning Lecture Series:

**Communicating Across Differences: Intercultural Communication and its Influence on our Everyday Lives** March 7th 5:30 -7:00pm

Dr. Karen Jane Stromgren Blanchard, Professor Emerita, School of International Training Graduate Institute

**Join us for performance from Sarah the Fiddler!**  
Tuesday, March 14th 5:30pm.



**South Hadley Council on Aging**  
45 Dayton Street  
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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 Assistants**
- Rick Dufault, & Eric Gallagher: Minibus Drivers**

**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](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. 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).**
- 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](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. Services include: 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**