

# SOUTH HADLEY COUNCIL ON AGING

## The Golden Chronicle

March 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



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### 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.

#### **Agatha Christie's London**

Thursday, March 9th 12:30 p.m.-1:30 p.m.

Complimentary tea and scones will be served. The walking tour is presented as a chronology of Agatha's life, starting as a child in Devon, taking us through two marriages, two World Wars, trips abroad, character creations and representations, a disappearance, and places of inspiration. Along the way, you'll see where her plays were first staged and we'll look at other people



and places associated with her work, such as the actors who have portrayed some of her best-loved characters, many of whom hail from London with intriguing stories of their own.

#### **Sarah the Fidler Trio Concert With special visit from The Grand Colleen, her court, & Ms. Congeniality**

Tuesday, March 14th 5:30 p.m.-7:00 p.m.

Refreshments will be served

Tickets are \$5.00, on sale at the COA. Tickets must be purchased in person, and are selling out fast, so please come purchase your ticket today!



#### **Jay Blotcher Presents: Unlocking My Past**

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

Jay is a published journalist of four decades. As an adoptee living in 1960s suburban Boston, Jay had no idea of his family background. At age 28 he was reunited with his birth mother. He learned information that challenged everything he knew about his life. In a casual discussion and slide show, Blotcher will explain how he created a new future with his biological family.



### INSIDE THIS ISSUE

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15. ★ Free AARP Tax Preparation Info ★

Did you know that all programs, exercise classes, and presentations require registration?  
Call, email, or stop in at the COA to register for the upcoming March events.



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06-5294

**Birthday Anniversary Lunch & Concert with Patrick Tobin**  
**Thursday March. 30th at 12:00p.m.**

Join us this month for a special return engagement by Patrick: a makeup performance from Nov. event sponsored by The Friends of the South Hadley Seniors. Patrick is a critically acclaimed Frank Sinatra impersonator. The meal will be roast pork with gravy, au gratin potatoes, brussel sprouts and birthday cake. You must register by Wednesday Match 29th 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 EOEA.

**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><b>BAKED GOODS</b>                  .....                  SELECTION OF TOAST,                  ENGLISH MUFFINS,                  MUFFINS, SCONES,                  DANISH AND SWEETS.  <i>Changes Daily</i></p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>SANDWICHES</b></p> <p>EGG &amp; OLIVE                  HAM &amp; PICKLE                  HAM &amp; CHEESE                  TURKEY &amp; CHEESE  <i>On your choice of bread                  with lettuce and tomato.</i></p>
<p style="text-align: center;"><b>SOUP                  CHOWDER                  CHILI</b></p> <p style="text-align: center;"><i>Stop by or call the center for                  daily selections.</i></p>	<p style="text-align: center;"><b>BEVERAGES</b></p> <p style="text-align: center;">TEA SODA                  COFFEE JUICE                  WATER</p> <p style="text-align: center;"><b>CASH ONLY</b></p>

**March 14th Special 3:30 p.m.-6:30 p.m.**  
**Corned Beef Sandwich**



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## 4 Special Programs

### **New! Meet the Artist Reception**

**Tuesday March 7th at 4:00 p.m.**

Anne Mueller will be sharing her collage works in our exhibit spaces through the month of March. Come meet her, and learn what inspired her to use mixed media. Refreshments will be served!

### **Supper Club Meeting and Food Demo:**

#### **Something a Little Saucy**

**Wednesday, March 8th 1:30 p.m.**

**Free and open to all!**

This month, join Chef Maggie as she prepares a classic Bechamel and shows you how to enjoy the best grilled cheese you will ever have, a Croque Monsieur. Recipes and samples available.

**Farmer's Market/ Store trip:** Minimum of 5 participants. Mini Bus will leave from the Senior Center.

**Wednesday March 8th at 1:15 p.m.** Randall's Farm

**Wednesday, March 15th at 1:15 p.m.** Downtown Springfield Winter Farm Market

### **Table Talk with Patrick O'Hare**

#### **from Reidy Medical Alarms**

**Wednesday March 15, 10:00 a.m.-2:00p.m.**

Patrick will be available to answer questions and supply information about Reidy Medical Alarms.

### **Women's History Month: Women in Music**

**Wednesday March 15th at 2:30 p.m.**

This presentation will explore the work and lives of famous women composers, performers, and conductors. The presentation will be facilitated by Community Music School of Springfield faculty Anna Pless and Daria Park.

### **The Art of Emily Dickinson's Amherst**

**Thursday March 16th at 2:00 p.m.**

We are pleased to offer a presentation of the culture of Dickinson's world. Join us as we explore architecture, visual arts, music and dramatic elements that shaped Dickinson and her poetry. Presented by Becky Lockwood and Melba Jensen.

### **Men's Breakfast**

**Friday, March 17th at 8:30 a.m.**

Guests will be members of the South Hadley Chamber of Commerce.

### **Coffee & Conversation: WestMass ElderCare**

**Friday March 17th 11:00-11:45 a.m.**

### **New Volunteer Opportunity: Outreach volunteers**

**Wednesday March 22nd at 1:30 p.m.**

We are looking to form a new volunteer group to visit our community housing neighbors once a month for fun. If you are interested in this opportunity please join Kathy for an informal meeting.

### **WesternMass Food Bank : Salt and You**

**Friday, March 24th at 2:00pm.**

Meredith Starr plans to bring little samples, prepared ahead of time in their Food Bank Kitchen, from one of their cookbook recipes. This visit Meredith will be bring The Slow Cooker Stuffed Pepper Soup and discuss adding flavor without adding salt.

### **Cupcake and Board Games Social with MacDuffie Students**

**Wednesday, March 29th at 2:30 p.m.**

Join the students from MacDuffie for cupcakes and board games! We will have a variety of games, great company and delicious sweet treats!

### **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.

#### **Lifelong Learning Lecture Series**

**Communicating Across Differences: Intercultural Communication and its Influence on our Everyday Lives. Session 5: Tuesday March 7, 2023 5:30-7:00 pm**

Karen Jane Stromgren Blanchard is a Professor Emerita of The School for International Training Graduate Institute. Dr. Blanchard will draw from her extensive knowledge and career to share knowledge of intercultural communication. This program is sponsored by The South Hadley Travel Club.

#### **Supper Club- IT ISN'T EASY BEING THIS CHEESY**

**Tuesday, March 21st 5:00 p.m. Tickets \$8**

By popular demand, get ready this month for all things FRENCH. That's right, while the rest of the world is boiling their corned beef, our supper clubbers will be on their adventures in haute cuisine. Join us for our flavorful Soupe a l'oignon, Quiche Lorraine and a crusty Baguette, finishing off with a baked Brie en Croute. You won't want to miss this truly special meal. Bon Appetit!



**Funding from the Older Americans Act, through the Executive Office of Elder Affairs, and the Administration for Community Living, provide grant funding for the following: funding for the Technology Instructor, the Companion/ Transportation Program and the Caregiver Respite Grant .**

**Transportation**

The COA provides **free** in town transportation for residents 60-yrs and older. Our minibus is equipped with a wheelchair lift.



**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: Fiberspring 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))



**Rides must be scheduled 24 hours in advance.**  
Monday - Friday from 9:00 a.m. to 3:30 p.m.

**Shopping at Big Y** Every Tuesday & Friday.

**NEW! Holyoke Medical Center Campus & Trinity Health Of New England Medical Group: Chicopee** Transportation to non-emergent medical appointments to the Holyoke Medical Center Campus or Trinity Health of New England in Chicopee are available. You must be physically able to get into the medical office without the assistance of the driver. Companions are welcome to accompany. This service is free of charge.

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## 6 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 April 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**

**March 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.

**"To love a person is to see all of their magic, and to remind them of it when they have forgotten." (Author unknown)**

### **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.

### **Brown Bag Program for Seniors**

**3rd Tuesday of the Month: March 21st**

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

### **"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 donations from members, community, and local businesses.



### **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**

**March 29th From 2:00 p.m. to 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.

### **"NEW" Supporting your local Food Pantry "Neighbors Helping Neighbors"**

The Senior Center will resume the "pre-pandemic" program to offer ongoing support for the South Hadley Food Pantry "Neighbors Helping Neighbors," beginning in March. Each month a specific food item or necessity will be listed in the newsletter. Donations can be left in the specially marked box in the Senior Center lobby. No item is too small. Please do not donate any expired or opened food. Thank you for being a good neighbor!

**The requested item for March is: Canned meats (chicken, turkey or Beef Stew)**

### **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).

**Questions or to Register for Events: [coa@southhadleyma.gov](mailto:coa@southhadleyma.gov) or 413-538-5042**



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

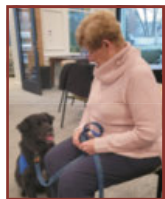
The Wellness Fund is available to South Hadley Residents 60 years and over. A Maximum of \$150 yearly can be used to cover the cost of exercise classes, activities, or programs. Interested individuals, please contact Ann Andras.

**Now available at the front desk Visual and audio magnifiers and pocket talkers.**

Dear South Hadley Senior Center Members,

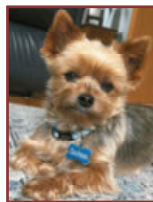
The UMass Amherst Elaine Marieb College of Nursing is thrilled to have been invited to visit the senior center this Spring semester. Five graduating seniors in our program, Allison, Alyssa, John (JJ), Matthew, and Kylene will visit weekly on Thursdays beginning February 16 through May 4. As their instructor, I will also see you when I drop in! We hope to plan events based on your interests (keep an eye on the announcement boards!) and will host weekly office hours **Thursdays at 10am starting on March 2nd** where you can drop-in to chat with the students and myself about your health or just to connect! Hope to see you soon!

-Dr. Sheila Pennell PhD, RN Clinical Assistant Professor, UMass Amherst.



**Pet Therapy**  
Riley Thurs at 11:00 a.m.

Duchess March. 6th and 20th at 12:30 p.m.



**Foot Nurse, Sharon Beulieu, RN**  
March. 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**

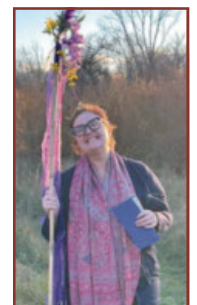
**Wed, March 8th, 9 a.m. to 11 a.m.**

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**

**March 13th 10 a.m.-1 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, March 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, March 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**

**Tuesday, March 14th 8:30 a.m.-11:30 a.m. By Appt.**

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

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March 2023: Women's History Month, St. Patrick's Day, & Presidents Day

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Monday</b></p> <p><b>Announcements:</b>  <b>On Friday, March 24th at 8:00 a.m. we will have a staff training on Protective Services</b>  <b>We will not open the senior center until 9:30am.</b>  <b>Fitness Room</b> Open M-F 8:00 a.m. –5:00 p.m.                      Tuesdays 8:00 a.m.-7:00 p.m.                      *Closed for Personal Training Wednesday 10-11  <b>Billiards</b> M-F 8:00 a.m. –5:00 p.m.                      Tuesdays 8:00 a.m.-7:00 p.m.  <b>Check Out the New Fitness Classes!</b>                      Beginner Yoga, Line Dancing, and Intro Social/ Ballroom Lessons.</p>	<p><b>7</b> 9:00 Stretch and Go                      10:00 Fitness Basics                      10:00 Card Making Class                      11:15 All Level Yoga                      1:00 Bingo                      1:00 Pinochle                      3:00 Trivia Club                      3:00 Mystery Book Club                      4:00 Artist Reception                      5:30 Yoga                      5:30 Lifelong Learning</p> <p><b>Taco Mix</b></p>	<p><b>8</b> 9:00 Dance with Loryn                      9:00 Veterans Social Hour                      9:30 Healthy Bones                      10:00 Tech Time w/ Sandy                      10:00 Personal Training                      10:45 Healthy Bones                      11:00 Gratitude Journal                      11:15 Beginner Yoga                      1:00 Mah-Jongg                      1:00 Line Dancing                      1:15 Farmers Market                      1:30 Supper Club</p> <p><b>Breaded Chicken Parm</b></p>	<p><b>9</b> 9:00 Stretch and Go                      1:00 Tech Time                      9:30 Watercolors                      10:00 Fitness Basics                      11:15 seated Yoga                      12:30 Beeyonder Tour                      12:30 Public Health Nurse                      1:00 Sit and Sew                      1:00 Quilting                      1:30 Chair Volleyball                      2:00 Meditation</p> <p><b>Irish Stew</b></p>	<p><b>10</b> 9:00 Cornhole                      9:30 Healthy Bones                      10:30 a.m. Learn to play Mahjongg                      10:45 Healthy Bones                      10:30 Craft Club                      1:00 Cribbage                      1:00 Bridge                      1:00 Fiber Arts Club</p> <p><b>Crab Cake</b></p>
<p><b>13</b> 9:00 Cornhole                      9:00 NIA                      9:30 Academic Drawing                      10:00 Tai Chi &amp; Qigong                      10:00 Reiki                      1:00 Zumba Gold                      1:00 Mah-Jongg                      1:00 Color Me Calm                      1:00 Monday Movies</p> <p><b>Salisbury Steak</b></p>	<p><b>14</b> 8:30 Hamp. Hearing                      9:00 Stretch and Go                      10:00 Fitness Basics                      10:00 Low Vision Group                      11:15 All Level Yoga                      1:00 Bingo                      1:00 Pinochle                      3:00 Trivia Club                      5:30 Yoga                      5:30 Sarah the Fiddler</p> <p><b>Chicken Fricassee Sauce</b></p>	<p><b>15</b> 9:00 Dance w/ Loryn                      9:30 Healthy Bones                      10:00 Tech Time w/ Sandy                      10:00 Personal Training                      10:00 Reidy Medical Alarm                      10:00 Care Support Group                      10:45 Healthy Bones                      11:00 Gratitude Journal                      11:15 Beginner Yoga                      1:00 Creative Collage                      1:00 Mah-Jongg                      1:00 Line Dancing                      1:15 Farmers Market                      2:30 Women in Music</p> <p><b>Mongol. Pork Chopette</b></p>	<p><b>16</b> 9:00 Stretch and Go                      9:30 Watercolors                      10:00 Fitness Basics                      11:15 Seated Yoga                      1:00 Sit and Sew                      1:00 Quilting                      1:00 Tech Time                      1:30 Chair Volleyball                      2:00 Meditation                      2:00 Art Emily Dickinson</p> <p><b>Beef Barley Veg. Soup</b></p>	<p><b>17</b> 8:30 Mens Breakfast                      9:00 Cornhole                      9:30 Healthy Bones                      10:30 a.m. Learn to play Mahjongg                      10:45 Healthy Bones                      11:00 Coffee &amp; Convo                      1:00 Cribbage                      1:00 Bridge                      1:00 Fiber Arts Club</p> <p><b>Veggie Chili</b></p>

<p><b>20</b></p> 	<p><b>21</b> 9:00 Stretch and Go 10:00 Fitness Basics 10:00 Brown Bag 11:15 All Level Yoga 1:00 Bingo 1:00 Learn Pinochle 1:00 Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 5:30 Yoga 5:30 Supper Club Dinner <b>Grilled Chicken w/ BBQ</b></p>	<p><b>22</b> 9:00 Dance w/ Loryn 9:30 Healthy Bones 10:00 Tech Time w/ Sandy 10:00 Personal Training 10:45 Healthy Bones 11:00 Gratitude Journal 1:00 Mah-Jongg 1:00 Creative Collage 1:00 Line Dancing 1:30 New Outreach Volun. 2:00 Book Club Hybrid <b>Cheese Pizza</b></p>	<p><b>23</b> 9:00 Stretch and Go 9:30 Watercolors 10:00 Fitness Basics 11:15 Seated Yoga 1:00 Quilting 1:00 Tech Time 1:30 Chair Volleyball 2:00 Meditation 2:00 iPhone Photo Class <b>Beef Stew</b></p>	<p><b>24 COA OPENS AT 9:30</b> 25 9:30 Cornhole 9:30 Healthy Bones 10:30 Craft Club 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 2:00 Salt and You <b>Vegetarian Minestrone</b></p>
<p><b>27</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi &amp; Qigong 1:00 Zumba Gold 1:00 Mah-Jongg 1:00 Color Me Calm 1:00 Monday Movies 2:30 Craft Club <b>Chicken Patty</b></p>	<p><b>28</b> 9:00 Stretch and Go 10:00 Fitness Basics 11:15 All Level Yoga 1:00 Bingo 1:00 Learn Pinochle 1:00 Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 5:30 Yoga 5:30 Unlocking my Past <b>Tossed Salad</b></p>	<p><b>29</b> 8:00 Billiards 9:00 Dance with Loryn 9:30 Healthy Bones 10:00 Tech Time w/ Sandy 10:00 Personal Training 10:45 Healthy Bones 11:00 Gratitude Journal 1:00 Mah-Jongg 1:00 Line Dancing 2:00 Ann visit Pantry 2:30 Social w. Macduffie <b>Chicken &amp; Dumplings</b></p>	<p><b>30</b> 8:00 Billiards 9:00 Stretch and Go 9:30 Watercolors 10:00 Fitness Basics 11:15 Seated Yoga 12:00 Birth+ Ann Lunch 1:00 Quilting 1:00 Tech Time 1:30 Chair Volleyball 2:00 Meditation <b>Roast Pork w/ Gravy</b></p>	<p><b>31</b> 8:00 a.m. Billiards 9:00 Cornhole 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club <b>Unbreaded Salmon</b></p>
			<p><b>Did you know?</b> Many of our programs and events are streamed live through SHCTV channel 15. These include our fitness programs, lectures, and entertainment. Other programs are available to watch in the video archive section of the SHCTV website go to <a href="http://WatchLive-shctv15.com">WatchLive-shctv15.com</a> or <a href="http://VideoArchive-shctv15.com">VideoArchive-shctv15.com</a></p> 	<p>Dan Pease, Studio Manager South Hadley Community Television</p>
<p><b>Get Ready for Winter Weather!</b> 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: <a href="https://www.southhadley.org/184/Winter-Weather-Preparedness">https://www.southhadley.org/184/Winter-Weather-Preparedness</a> If needed, the Western Mass Disaster Animal Response Team (WMDART), will respond for animal care during a disaster. <a href="https://lwmdart.org/">https://lwmdart.org/</a></p>				

# 10 Arts & Language & Movies– Please Register

## Make Something New with Our Craft Club

### Card Making Class with Joanne Milloy

Tuesday, March 7 at 10 a.m. \$5.00 for 4 cards

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

### Yarn and Twine Shamrock Garland

Friday March 10th at 10:30 a.m.

Cost \$2.00 limit 10 crafters

Make this sweet garland of yarn wrapped shamrocks to bring the spirit of St. Patrick's Day to your home!



### Wooden Carrot Trio

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

Cost \$6.00 limit 10 crafters

Join us for another wooden trio craft- carrots! These non-edible, wooden carrots will bring thoughts of Easter and spring



### Flower arranging: Tin can

Monday, March 27th at 2:30p.m.

Cost \$8.00 limit to 10 crafters

Join Denise from the Springfield Garden Club! Bring your own cans if you want to recycle, but cans will be provided!



## 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.

### Creative Collage March 1st and 15th 1:00 p.m.

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

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

Open to all abilities.

### Mystery Book Club Tuesday March 7th at 3:00 p.m.

*Long and Faraway Gone* by Lou Berney and Tuesday, April 4th at 3 p.m. to discuss *Wailing Wind* by Tony Hillerman

### Book club Hybrid Wed, March 22nd at 2:00 p.m.

*The Last Book shop in London* by M. Martin  
Contact Kathy Florence for zoom link.  
kflorence@southhadleyma.gov

### New Class! How to improve your iPhone photos

Thursday, March 23rd at 1:00 p.m.

Join photographer Neil Broome to learn how the ordinary can be transformed into something that stands out! This class is free and open to all. Bring your iPhone to this workshop

### German Culture- Language & History On Hiatus- Be back soon!

### New! Beginning Spanish class

Wednesday March 1st

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.

### Sit and Sew Thursdays at 1:00 p.m.

This group is open to quilters, sewers, hand sewing, and mending. From big projects to small. Come sew with friends!

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

3/6 *Where the Crawdads Sing* (2022)

3/20 *The Duke* (2020)

3/13 *Classic Movie: The Quiet Man* (1952)

3/27 *Uncharted* (2022)

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:

Donald Boissonault, Josephine Brunelle  
Barbara Redfern, Anonymous, &  
Robert Schwartz/MHC

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*Thank you*

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# 12 Fitness Programs

All Exercise Classes are \$2.00  
Group Personal Training in the Fitness Center is \$4.00 per class

Funding from the Executive Office of  
Elder Affairs Formula Grant supplements  
the cost of our fee-based pro-

## **"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. 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.

## **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.

## **All levels Yoga (Gentle Yoga)**

**Tuesdays at 11:15 a.m. cost \$2**

Incorporates meditation, breathwork and movement, designed to connect the mind and body. Classes will include floorwork, standing and balance postures using a variety of props. Modifications offered as needed

## **Intro Social/ Ballroom Lessons**

**Tuesdays at 3 p.m. starting March 21 Cost \$2 (NEW)**

Learn a new dance style!

Your instructor Jeannette LoPresti (JLo) will teach Swing, Rumba, Waltz, Country 2-step, Foxtrot, Cha-cha, Samba and Mambo.

**No partner needed**

## **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.

## **Group Personal 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.**

## **Beginner Yoga with Heidi**

**Wednesdays at 11:15 Cost \$2**

Whether you are brand new to yoga or have been practicing for years this class takes us back to the basics with foundational poses using clear and safe alignment.



## **Fitness Room Orientation**

**Wednesday, March 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.

## **Beginner Line Dance**

**Wed. at 1 p.m. Cost \$2**

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

## **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 1:30 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 open Thursday, March 23**

# 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 would like an acknowledgment sent to the family, you must provide the following: Name, address & relationship to the deceased.* Name: \_\_\_\_\_

Address: \_\_\_\_\_ Relationship to deceased \_\_\_\_\_

Relationship to the 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

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\_\_\_Holiday Gift Card/Lights On

## CONSIDER BECOMING A VOLUNTEER OMBUDSMAN



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

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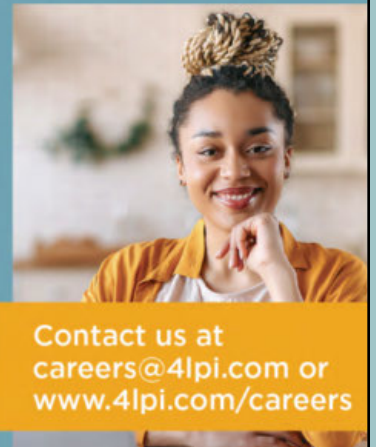
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# 14 Friends of the South Hadley Seniors


**Thank you to the following individuals for their generous donation to support the Friends of the South Hadley Seniors:**

Ann Andras	Nancy Dinn	Michael & James June	Dr. Steven Markow
Beverly Beaulieu	Sheryl Eaton	Sharyn Kovalesky	Cheryl Moriarty
Carol & Rick Constant	Jan & Eric Girard	Sara Lawrence	Andrew Moskovitz
MaryEllen Dinn	George & Mary Hojnoski	Priscilla Mandrachia	Maureen Murray
			Pam Schuster

**The Friends are grateful for the following gifts given in memory:**

<b>Helen Kensick Black</b> Deborah Quinn	<b>Nelly Gryk</b> Chriss Walton	<b>Brian Lambert</b> The Canasta Group (Carol Deren, Nancy Henry, Giovanna Herbert, Helen Jenkins, Joyce Polverini, Donna Robideau, Anna Wood)	<b>Helen, Carl &amp; David Popielarz</b> Chriss Walton
<b>Carolyn Dickinson</b> Kathleen Kennedy	<b>Gerald Jubinville</b> Chriss Walton	<b>Frank &amp; Stanley Popielarz</b> Chriss Walton	<b>Sebastian</b> Kathleen Kennedy
<b>Al Fernandes</b> Mary (Bea) Fernandes	<b>Helen Kennedy</b> Kathleen Kennedy		<b>G. Kathy Turner</b> Pauline Casey
<b>Barbara Hatch</b> Pauline Casey	<b>Ann &amp; Frank Mickna</b> Chriss Walton		<b>Wayne Walton</b> Chriss Walton

**Stop by the Friends' Membership Table the week of Feb 27-Mar 3 (9am-1pm) and drop off your membership. Membership is just \$10 per person. We'll have giveaways and all memberships will be entered into a daily raffle to win a \$5 gift certificate to the Woodlawn Café – 5 raffles in total. All paid memberships will be entered into each daily raffle.**

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

**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**  
 Susan Canedy: 413-536-2106 Huguette Supinski: 413-530-6162.

**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.

- March 15, 2023: Newport Playhouse and Cabaret, Newport, RI.** Cost \$140. Call Susan  
 "Blithe Spirit" Comedy. Enjoy this unique Dinner Theater experience. Package includes: transportation, luncheon, play and cabaret show.
- April 13, 2023: Mass State House and New England Aquarium, Boston, MA.** Cost: \$90. Call Huguette.  
 Guided Tour of the State House and Group Photo followed with a lunch and discussion with Rep. Dan Carey. Then off to the New England Aquarium. Package includes: transportation, tour, aquarium and lunch.
- May 22, 2023: Aqua Turf Club, CT "Tribute to the BEE GEES – Stayin' Alive".** (WAIT LIST ONLY). Call Susan
- June 15, 2023: Indian Princess Cruise, Webster, MA.** Cost \$115. Call Huguette  
 Fun 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.
- July 18, 2023: Maine Lobster / Kennebunkport, ME.** Cost \$130. Call Huguette  
 Enjoy a Maine Lobster or Prime Rib Dinner at Bull 'N Claw in Wells, ME. followed by a guided driving tour. Before leaving for home, we'll visit the shops in quaint Kennebunkport. Package Includes: Transportation, Luncheon, Guided Tour and shopping.
- August 22-25, 2023: Quebec City, Canada.** (SOLD OUT / WAIT LIST ONLY). Call Huguette
- September 7, 2023: Amarante's Sea Cliff – New Haven, CT** Cost \$115. Call Susan  
 Featuring the Elderly Brothers. Come for the View, Enjoy the Food and Stay for this "Oldies" and Rock 'n' Roll Show. Package includes: Transportation, Luncheon and Show.
- October 15 – 22, 2023: Royal Caribbean Florida & The Bahamas Cruise from NJ Pier.** Costs ranging from \$749. pp to \$ 1,069. pp / plus taxes, gratuities and travel insurance. 8 days / 7 nights aboard RCI Oasis Cruise Ship. Call The Ship Shop @ 1-800-243-1630 or Susan .

**Gift Certificates: Give the perfect gift ! Certificates can be purchased in any denomination, never expire and can be used on any trip. Call Susan 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. TaxAide 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.**



## 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.

## Protect Your Home and Family with Smoke Alarms

- Have working smoke alarms on every level of your home, outside bedrooms, at the top of open stairs and at the base of cellar stairs.
- Maintain smoke alarms. Test them once a month.
- If the alarm uses regular batteries, change them at least once a year. An easy way to remember is to change the batteries when you change your clocks. A "chirping" sound indicates that it's time to change the batteries.
- Smoke alarms must be replaced every 10 years. Alarms are labeled with their date of manufacture. If there is no label, they are older than 10 years and must be replaced.

## CHANGE YOUR CLOCK. CHECK YOUR ALARMS.

- Replace alarms every 10 years.
- Test alarms monthly.
- Change regular batteries twice a year.



For more information visit [www.mass.gov/dfs](http://www.mass.gov/dfs)

## Protect Your Home with Carbon Monoxide Alarms

- The law requires [carbon monoxide](#) alarms to be installed on every level of your home, including habitable portions of basements and attics, in most residences.
- On levels with sleeping areas, carbon monoxide alarms should be installed within 10 feet of bedroom doors.
- Replace carbon monoxide alarms every 5 to 7 years, depending on the make and model.
- Newer CO alarms have a 10-year sealed battery that does not need changing. At 10 years, the entire device is replaced.

-Captain Jason Houle, Fire Inspector FPO-II,

South Hadley Fire District No. 1

## Rainbow Social Club Monthly Events

March 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



## APRIL SAVE THE DATES!!

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

**April 11th 3:30 p.m.-6:30 p.m.** Senior Living Options Fair. Independence Living and Assisted Living programs will be available for information.

**April 29th, 10 a.m. to 2 p.m.:** Drug Take Back Day: South Hadley Police Department

**May 20th, 9 a.m. to 11 a.m.:** Mobile Shredding Event: Location: TBA



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

NONPROFIT ORG  
 US POSTAGE  
**PAID**  
 Springfield MA  
 3085

**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

**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**

Used Pick-up and Delivery: 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

**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 TTY/TDD: 413-781-7168