



SOUTH HADLEY COUNCIL ON AGING

The Golden Chronicle



June 2023

FUN, FITNESS, & FRIENDS!



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](http://www.southhadley.org/324/Council-on-Aging)



southhadley.org



@southhadleycoa



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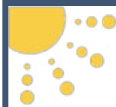
Senior Center Anniversary Luncheon & Concert Celebration!

Thursday, June 22nd 12:00- 2:00 p.m.



You must register for this free event by noon on June 16th

Join us for a delicious catered luncheon, prepared by the Chefs at Loomis Village, to celebrate the second anniversary of the Senior Center. Following lunch, sit back and enjoy a multi-media live performance by "Soiree". They will be presenting "The Story of my Song". The story behind the creation of works of iconic performers of the 20th century is told with audiovisual aid and a live performance. Please note- this lunch replaces the congregate meal for that day. Performance sponsored by The Massachusetts Cultural Council.



Aging in Place: Health & Awareness Fair 2023

Wednesday, June 28th 10:00am to 1:00pm



This event was so successful last year, we are doing it again!! This event will provide seniors, caregivers and family members with comprehensive information on a variety of aging in place options, equipment, devices, services and resources. Sign up for a home safety check performed by S.H. Fire Department personnel.

Enjoy giveaways and receive a free raffle ticket.
Free grocery bag courtesy of the Friends of the South Hadley Seniors!





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South Hadley COA - South Hadley, MA

06-5294

Community Table

Monday-Friday Served by 12:15 p.m.

Reserve meals by noon the day before.

A suggested, and confidential, donation of \$2.50 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 at Noon

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 \$2.50 per meal.



THE WOODLAWN CAFE

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Tuesday Evenings 3:30pm to 6:30pm

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HAM & CHEESE
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Stop by or call the center for daily selections. Cash Only

BEVERAGES

TEA SODA
COFFEE JUICE
WATER



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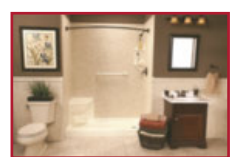
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4 Special Programs

Please Register (413-538-5030 option 3)

A Beeyonder Tour: Virtual Live Presentation.

Enjoy this tour from your seat at the Senior Center. This program series is sponsored by The Friends of South Hadley Seniors.

A Panoramic Tour of Rome

Wednesday, June 7th at 3:00 p.m.

On this virtual tour you will join your guide Olga on a panoramic tour of the Eternal City starting from the northern gate, Piazza del Popolo, continuing to the Spanish Steps, Fashion District, across the Trevi Fountain and beyond.

Loomis Chorus

Friday, June 8th at 2:00 p.m.

The group numbers approximately 35 singers from Loomis Village, South Hadley, and Applewood in Amherst. The group performs two concerts a year. The chorus is directed by Dick Matteson.

Abraham Rodstein Holocaust Presentation

Friday, June 9th at 1:00 p.m.

Local Holocaust survivor, Abraham Rodstein, will share his experiences growing up in Lithuania, being held in a ghetto and Nazi concentration camp as a teenager and ultimately immigrating to the US. His memories of both Russian and German occupation and interment in Dachau are a fascinating view into the life of a young boy surviving the horrors of war. You don't want to miss this presentation.

Cancer Survivors Month:

Holyoke Hospital Oncology Presentation

Friday, June 16th at 2:00 p.m.

HMC Hematology/Oncology Dept. will be here to talk about Breast Cancer updates. Dr. Dulala will be joined by Nancy (RN- Navigator), Lisa Wray-Schechterie, Director of Community Benefits, Lynnn White-Lynch (Dr Dulala's MA) and Iris Romero (CNA)

Men's Breakfast

Friday, June 16th at 8:30 a.m.

Steven Laplante and Bernie Marois of ERA M. Connie Laplante Real Estate, will host this month's breakfast.

Group Drumming with Jeffro & Jan

June 23rd 1:00 p.m. cost \$10

Jeffro & Jan will facilitate a group musical adventure to heighten relaxation, release stress, optimize creative expression, and raise the vibration of your body, mind, spirit, and energy field.

Alzheimer's Association Presentation -

Thursday, June 29th at 1:30 p.m.

Susan Antkowiak, VP of Program and Services, MA/NH will present the tremendous gains that have been made in the understanding of Alzheimer's and other dementias. Participants will learn the landscape of Alzheimer's Science, highlights in early detection, diagnosis, the latest advances in clinical trials, and most importantly the treatments with lifestyle interventions we can begin today.

Tuesday Evening Programs

Please Register (413-538-5030 option 3)

Romance Scam

Tuesday, June 6th at 5:30p.m.

Presented by the Hampden Co. Sheriffs Dept, The Northwestern DA Office, The Elders and Persons with Disabilities Unit, and The Consumer Protection Unit. You do not want to miss this riveting presentation. According to the Federal Trade Commission, a record \$547 million in losses to romance scams in 2021. In this presentation you will learn: What they are and how they work, how to help someone who is experiencing a romance scam, cryptocurrency, where to report, and classic red flags.

Lifelong Learning Lecture Series:

Food Sovereignty in Native America

Tuesday June 13, 2023 5:30-7:00 pm

Join Rachel Sayet or Akitusut (She Who Reads) a member of the Mohegan nation, as she shares traditional knowledge about seasonal planting, harvesting, hunting, and fishing practices as well as food preparation and preservation in New England. Rachel draws from her unique experiences as a professionally trained chef and community-based researcher focused on recording and revitalizing. This program is sponsored by the SHCOA Travel Club.

Summer Concert Series with Banish Misfortune

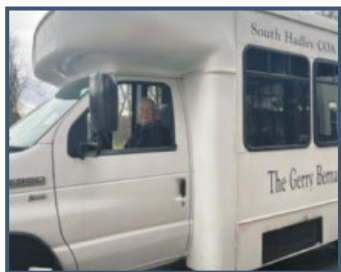
Tuesday, June 20th 5:30 p.m.

Tickets are \$4.00 and can be purchased at the welcome desk.

Beat the Heat and join us on the evening before the official start of summer with wonderful music and refreshments rain or shine! Banish Misfortune is a six-member Irish band. There will be traditional tunes and songs, and endless craic. Hope to see you there! Slainte!



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 minibuss is equipped with a wheelchair lift.

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

Need to run an errand in South Hadley? Give us a call!

Transportation can be used for errands, medical appointments, grocery shopping, trips to the senior center, and social occasions.

Transportation is Available on Tuesday Evenings: Free of Charge!!

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

NEW! Out of Town Medical Transportation 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 is available. You must be physically able to get into the medical office without the assistance of the driver. Companions are welcome to accompany rider.

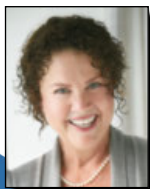
This service is free of charge.

Shopping Schedule:

Round Trip from home to the store. Please call the COA 24 hours in advance to join!
3 bag maximum

Tuesday	Friday
6th 11:30 a.m. 	2nd + 23rd 12:30 p.m. 
13th 11:30 a.m. 	9th 1:30 p.m. 
20th 11:30 a.m. 	16th 1:30 p.m. 
27th 11:30 a.m. 	30th 1:30 p.m. 

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6 Support Services

These programs and services support caregivers, family members and friends who are caring for a loved one with memory loss, dementia or Alzheimer's Disease.

Making Memories Café

Based on the Memory Café Model, the South Hadley Memories Café is a comfortable, social gathering that allows people experiencing memory loss and a loved one to connect, socialize, and build new support networks. Cafés are free to attend. Please join us for a complimentary lunch by registering 24-hours in advance.

Thursday, June 1st: The topic is moths and butterflies with Sandy Oldershaw.

Thursday, June 15th: The topic is Water Life with Sandy Oldershaw.

Lunch is served at 12:00 and the program begins at 1:00 p.m. Attend Lunch at no cost thanks to the State Formula Grant.

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.

Caregiver Support Group

June 7th and 21st 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 group will explore all facets of Caregiving. The group will be encouraged to share experiences with their peers as well as lend support during difficult times.

“ Some days there won't be a song in your heart. Sing anyway.” -Emory Austin

Vaccines for Homebound Residents

Free COVID and Flu vaccines are available to homebound residents in Hampshire County & Chester, MA. Register by visiting this website <https://northamptonma.gov/2487/Homebound-Vaccination-Visits> – or call 413-587-4919

Companion Medical Transportation Grant.

This transportation service is a need-based program offered to South Hadley seniors who have medical appointments outside of South Hadley. Please call Ann Andras for more information.

Brown Bag Program for Seniors

3rd Tuesday of the Month: June 20th

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

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!

Ann's Community Outreach Visit

Newton Manor: Thursday, June 15th 2:00 p.m.

Ann's Visit to the Food Pantry

Wednesday June 28th 1:00-3:00 (New Time)

Supporting your local Food Pantry

“Neighbors Helping Neighbors”

Join us as we offer ongoing support to Neighbors Helping Neighbors Food Pantry. Donations can be left in the marked box in the Senior Center

Please do not donate any expired or opened food. Thank you for being a good neighbor!

The requested item for June is: Healthy Snacks for Children: i.e Peanut butter & Jelly, fruit cups

2023 Summer Senior Farm Share

Application Deadline is June 1

The South Hadley Senior Center is offering farm shares through Community Involved in Sustaining Agriculture (CISA). The cost is a one-time payment of \$10.00 for the opportunity to have fresh vegetables over a 10-week period. Once again, we are excited to partner with Dave's Natural Garden in Granby! Applications will be collected April and May. Weekly delivery to the Senior Center from the farm will begin in mid July. Applications are available at the Senior Center or by emailing Ann at aandras@southhadleyma.gov. On June 1st, 30 names will be randomly drawn and those applicants will be notified. You must be 60 years or older to qualify. In addition, you must be able to answer yes to one of these criteria:

- I receive SNAP benefits (Food Stamps), Medicaid, SSI, AFDC, or Veterans Aid benefits.
- I participate in the Food Bank's Brown Bag Program.
- I live alone and my income is below \$29,160; or the total income of my household is below \$39,440 (only one share per household please).



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.

Sound Bath Meditation Presentation

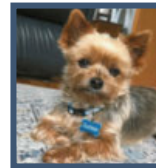
Wednesday, June 14th 2:30 p.m.

This program will be a 1 hour sound healing meditation journey with Jeffrey Wyda, who is a Nationally Board Certified Holistic Registered Nurse specializing in the integrative healing arts beginning with a short introduction to the evidence based health benefits of sound healing as a form of self care. Jeffrey integrates healing tools, such as gongs, singing bowls, vocals and percussion instruments to help people find inner harmony and balance. It is recommended that participants wear comfortable clothes. Prepare to pause and reset from the busyness and stress of everyday life.

Pet Therapy



Riley
Thursdays
at 11:00 a.m.



Duchess
Monday, 5th
at 12:30 p.m.

Community Companions Volunteer Group visit to Hubert Place

Wednesday, June 21st at 2:00 p.m.

We will meet at the Senior Center to go to Hubert Place for a game of Bingo at 2:30 p.m. For more information, or to become a volunteer for this group contact Kathy Florence at kflorence@southhadleyma.gov or call 413-538-5030 option 3.



Foot Nurse, Sharon Beulieu, RN

Tuesday, June 6th 9:00 a.m. to 12:30 p.m.

The Fee for services provided at the Senior Center is \$35.00 cash/check to the provider. To schedule an appointment at the Senior Center. To book a house call, fee \$50, with Sharon, call 413-552-9533.

Hampshire Hearing & Speech Services

Tuesday, June 13th 8:30 a.m.-11:30 a.m. By Appt.

Currently June and July are full.

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

Visit with Public Health Nurse,

Maureen Couture, RN

Thursday, June 8th 12:30 p.m. to 2:00 p.m.

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

Veterans Social Hour

Wednesday, June 14th 9:00 a.m. to 11:00 a.m.

Free pastry and coffee provided by VFW Post 3104 and American Legion P. 260. Visit with Mike Slater, Veteran Service Provider, and your fellow veterans.

Reiki with Sara Lee

Monday, June 12th 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.

Low Vision Group

Tuesday, June 13th 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

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Visiting the COA this Month!</p> <p>Office Hours with Representative Dan Carey and Senator Jacob Oliveira</p> <p>Tuesday, June 13th</p> <p>12:00 p.m. to 1:00 p.m.</p>	<p><u>Fitness Room:</u></p> <p>Open M-F 8:00 a.m. – 4:30 p.m.</p> <p>*Wed. 10:00-11:00 closed for a class.</p> <p>Tuesdays 8:00 a.m.-7:00 p.m.</p> <p>Billiards M-F 8:00 a.m.. –5:00 p.m.</p> <p>Tuesdays 8:00 a.m.-7:00 p.m.</p> <p>Support Services in bold.</p> <p>Special Events in pink.</p> <p>Community Table Lunch in orange.</p>	<p><u>Announcements</u></p>	<p>1 8:50 Stretch and Go</p> <p>9:30 Watercolors</p> <p>9:45 Healthy Bones</p> <p>10:00 Fitness Basics</p> <p>11:00 Pet Therapy</p> <p>11:15 Seated Yoga</p> <p>1:00 Memory Café</p> <p>1:00 Healthy Bones</p> <p>1:00 Sit and Sew</p> <p>1:00 Tech Time</p> <p>1:30 Chair Volleyball</p> <p>2:00 Meditation</p> <p>Pork w/ Crmy Garlic</p>	<p>2 9:00 Cornhole</p> <p>9:30 Healthy Bones</p> <p>10:30 Learn Mahjong</p> <p>10:45 Healthy Bones</p> <p>12:30 Fun Fridays</p> <p>12:30 Walmart Shopping</p> <p>1:00 Cribbage</p> <p>1:00 Bridge</p> <p>1:00 Fiber Arts Club</p> <p>Egg Salad</p>
<p>5 9:00 Cornhole</p> <p>9:00 NIA</p> <p>9:30 Academic Drawing</p> <p>10:00 Tai Chi & Qigong</p> <p>12:30 Pet Therapy</p> <p>1:00 Zumba Gold</p> <p>10:00 a.m. Learn to play Mahjongg</p> <p>1:00 Mah-Jongg</p> <p>1:00 Color Me Calm</p> <p>1:00 Monday Movies</p> <p>Chicken & Cran Salad</p>	<p>6 8:30 SHINE By Appt.</p> <p>8:30 Hamp, Hearing</p> <p>8:50 Stretch and Go</p> <p>9:00 Foot Nurse by Appt.</p> <p>9:45 Healthy Bones</p> <p>10:00 Card Making Class</p> <p>10:00 Fitness Basics</p> <p>10:00 Low Vision Group</p> <p>11:15 All Level Yoga</p> <p>11:30 Big Y Shopping</p> <p>1:00 Healthy Bones</p> <p>1:00 Bingo</p> <p>1:00 Learn/ Play Pinochle</p> <p>1:00 Social Strollers</p> <p>3:00 Trivia Club</p> <p>3:00 Social/ Ballroom</p> <p>3:30 Paint and Draw</p> <p>5:30 Yoga</p> <p>5:30 Romance Scams</p> <p>Veal Chopette</p>	<p>7 9:00 Dance w/ Loryn</p> <p>9:00 Veterans Social Hour</p> <p>9:30 Healthy Bones</p> <p>10:00 Tech Time w/ Sandy</p> <p>10:00 Personal Training</p> <p>10:45 Healthy Bones</p> <p>11:00 Gratitude Journal</p> <p>11:15 Beginner Yoga</p> <p>1:00 Creative Collage</p> <p>1:00 Mahjong</p> <p>1:00 Spanish</p> <p>1:00 Line Dancing</p> <p>2:00 Supper Club Demo</p> <p>3:00 Beeyonder Tour</p> <p>Cheeseburger</p>	<p>8 8:50 Stretch and Go</p> <p>9:30 Watercolors</p> <p>9:45 Healthy Bones</p> <p>10:00 Fitness Basics</p> <p>11:00 Pet Therapy</p> <p>11:15 Seated Yoga</p> <p>12:30 Public Health Nurse</p> <p>1:00 Healthy Bones</p> <p>1:00 Sit and Sew</p> <p>1:00 Tech Time</p> <p>1:30 Chair Volleyball</p> <p>2:00 Meditation</p> <p>2:00 Loomis Chorus</p> <p>Roast Turkey w/ Gravy</p>	<p>9 9:00 Cornhole</p> <p>9:30 Healthy Bones</p> <p>10:30 Learn Mahjong</p> <p>10:30 Clay Ornaments</p> <p>10:45 Healthy Bones</p> <p>12:30 Fun Fridays</p> <p>1:00 Cribbage</p> <p>1:00 Bridge</p> <p>1:00 Fiber Arts Club</p> <p>1:00 Abraham Rodstein</p> <p>Holocaust Presentation</p> <p>1:30 Priceright Shopping</p> <p>Fish Taco</p>
<p>12 9:00 Cornhole</p> <p>9:00 NIA</p> <p>9:30 Academic Drawing</p> <p>10:00 Tai Chi & Qigong</p> <p>10:00 Reiki- By Appt.</p> <p>1:00 Zumba Gold</p> <p>1:00 Mah-Jongg</p> <p>1:00 Color Me Calm</p> <p>1:00 Monday Movies</p> <p>3:00 Decoupage Switch</p> <p>Paite</p> <p>Meatballs w/ Sweet & Sour Sauce</p>	<p>13 8:30 SHINE By Appt.</p> <p>8:30 Hamp, Hearing</p> <p>8:50 Stretch and Go</p> <p>9:45 Healthy Bones</p> <p>10:00 Fitness Basics</p> <p>10:00 Low Vision Group</p> <p>11:15 All Level Yoga</p> <p>11:30 Big Y Shopping</p> <p>1:00 Healthy Bones</p> <p>1:00 Bingo</p> <p>1:00 Learn/ Play Pinochle</p> <p>1:00 Social Strollers</p> <p>3:00 Trivia Club</p> <p>3:00 Social/ Ballroom</p> <p>3:30 Paint and Draw</p> <p>5:30 Yoga</p> <p>5:30 Lifelong Learning</p> <p>Tuna Salad</p>	<p>14 9:00 Dance w/ Loryn</p> <p>9:00 Veterans Social Hour</p> <p>9:30 Healthy Bones</p> <p>10:00 Tech Time w/ Sandy</p> <p>10:00 Personal Training</p> <p>10:45 Healthy Bones</p> <p>11:00 Gratitude Journal</p> <p>11:15 Beginner Yoga</p> <p>1:00 Creative Collage</p> <p>1:00 Mahjong</p> <p>1:00 Line Dancing</p> <p>2:00 Farmers Market Trip</p> <p>2:30 Sound Meditation</p> <p>Shepards Pie</p>	<p>15 8:50 Stretch and Go</p> <p>9:30 Watercolors</p> <p>9:45 Healthy Bones</p> <p>10:00 Fitness Basics</p> <p>11:00 Pet Therapy</p> <p>11:15 Seated Yoga</p> <p>1:00 Memory Café</p> <p>1:00 Healthy Bones</p> <p>1:00 Sit and Sew</p> <p>1:00 Tech Time</p> <p>1:30 Chair Volleyball</p> <p>2:00 Meditation</p> <p>Pot Roast w/ Gravy</p>	<p>16 8:30 Mens Breakfast</p> <p>9:00 Cornhole</p> <p>9:30 Healthy Bones</p> <p>10:30 Learn Mahjong</p> <p>10:45 Healthy Bones</p> <p>12:30 Fun Fridays</p> <p>1:00 Cribbage</p> <p>1:00 Bridge</p> <p>1:00 Fiber Arts Club</p> <p>1:30 Aldi Shopping</p> <p>2:00 Holyoke Hospital</p> <p>Oncology Presentation</p> <p>Salmon w/ Creamy Dill</p>





<p>19 The Senior Center is closed for Juneteenth Holiday</p> 	<p>20 8:30 SHINE By Appt. 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo 1:00 Social Strollers 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 3:30 Paint and Draw 5:30 Yoga 5:30 Summer Concert with Banish Misfortune</p> <p>Taco Tuesday</p>	<p>21 9:00 Dance w/ Loryn 9:30 Healthy Bones 10:00 Tech Time w/ Sandy 10:00 NO Personal Training 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 NO Beginner Yoga 12:30 NO Orientation 1:00 Mah-Jongg 1:00 Line Dancing 1:00 Spanish 1:00 Creative Collage 2:00 Community Companions Outreach</p> <p>Breaded Chicken Bites</p>	<p>22 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 NO Fitness Basics 11:00 Pet Therapy 11:15 NO Seated Yoga 12:00 Anniversary Luncheon 12:30 Healthy Bones 1:00 Sit and Sew 1:00 Tech Time 1:30 NO Chair Volleyball 2:00 Meditation</p> <p>Baked Ham</p>	<p>23 9:30 Cornhole 9:30 Healthy Bones 10:45 Healthy Bones 12:30 Walmart Shopping 12:30 Fun Fridays 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p>Mac & Cheese</p>
<p>26 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 1:00 Zumba Gold 10:00 a.m. Learn to play Mahjongg 1:00 Mah-Jongg 1:00 Color Me Calm 1:00 Monday Movie 2:30 Summer Flower Arranging</p> <p>Crab Cake w/ Tartar</p>	<p>27 8:30 SHINE By Appt. 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo 1:00 Social Strollers 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 3:30 Paint and Draw 4:00 Dinner & Movie</p>  <p>JAWS YOU'RE GONNA NEED A BIGGER BOAT</p> <p>5:30 Yoga Grilled Chicken Parm</p>	<p>28 9:00 Dance w/ Loryn 9:30 Healthy Bones 10:00 Tech Time w/ Sandy 10:00 Personal Training 10:00 Aging in Place Fair 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 1:00 Mah-Jongg 1:00 Line Dancing 1:00 Creative Collage 1:00 Spanish 2:00 Book Club Hybrid</p> <p>Cobb Salad w/ Chicken</p>	<p>29 8:50 Stretch and Go 9:45 Healthy Bones 9:30 Watercolors 10:00 Fitness Basics 11:00 Pet Therapy 11:15 Seated Yoga 100 Healthy Bones 1:00 Sit and Sew 1:00 Tech Time 1:30 Chair Volleyball 2:00 Meditation 1:30 Alzheimer's Assoc. Presentation</p> <p>BBQ Ribette</p>	<p>30 9:30 Cornhole 8:30 Memorial Day Breakfast 9:00 Cornhole 9:30 Healthy Bones 10:45 Healthy Bones 12:30 Fun Fridays 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:30 Priceright Shopping</p> <p>Broccoli Cheese Quiche</p>
<p>Farmers' Market Trip to Buttery Brook Park Wed, June 14th 2:00 p.m. (Minimum of 5 people) Enjoy the park while you shop, along with fare from a local food truck. A SNAP match program will be available. Trip leaves from the COA. If transportation is required to get to the COA please call Emily 413-538-5030 option 3</p>  <p>Farmers' Market</p>				



10 Arts & Language & Movies– Please Register

Craft Club

Card Making Class with Joanne Milloy

Tuesday, June 6th at 10:00 a.m. \$5.00 for 4 cards

Joanne Milloy will be teaching this card making class where you will learn how to create 4 different card designs. All supplies are included!

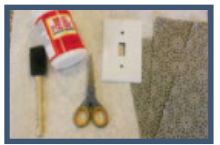


Dried Flower Clay Ornaments

Friday, June 9th 10:30 a.m.

Cost \$4.00 Limit to 10 crafters

These beautiful clay ornaments will add a touch of summer wildflowers! Make them as a special gift, or add it to a gift bag or package for an extra touch! You create your one of a kind ornament with our supplies.



Decoupage Switch Plates

June 12th 3:00 p.m. cost free limited to 10 crafters

Join craft instructor Catherine Brady to make decorative switch plates for your home. **Bring in your plain switch plates** and we will have a great variety of paper to decorate a one of a kind statement.

Summer Flower Arranging

Monday, June 26th at 1:30 p.m.

Join Denise from the Springfield Garden Club to make a beautiful summer arrangement !



Supper Club

Demo and Meeting:

Free and open to all!

Wed, June 7th at 2:00 p.m.

Recipes and samples: a super -simple, multi-use, 2 ingredient dough, sauces for BBQ, and a loaded baked potato salad. Serve Safe tips: keeping foods at safe temperatures at picnics and cookouts.

Arts and Language Activities:

Color Me Calm

Mondays at 1:00 p.m.

Enjoy the company of friends while you create. Supplies provided.

Academic Drawing & Painting

Mondays 9:30 a.m. Fee \$4.00

Learn from classically trained artist Anne Mueller. Bring your own supplies and subject matter.

Tuesday Trivia Club

Tuesdays at 3:00 p.m.

Test your knowledge weekly.

Gratitude Journal Writing

Wednesday at 11:00 a.m.

Open to all abilities.

Mystery Book Club

Tuesday, June 6th at 3:00 p.m.

To discuss *Bluebird, Bluebird* by Attica Locke. The next meeting will be on Tuesday July 11th at 3:00 p.m. to discuss *The Maid* by Nina Prose.

Evening Paint and Draw

Tuesdays 3:30 p.m. cost \$4.00

Explore art with professional working artist and teacher Petula. All are welcome, some supplies available.

Book Club Hybrid

Wed, June 28th at 2:00 p.m.

To discuss *The Giver of Stars* by JoJo Moyes. **Contact:** kflorence@southhadley.ma.gov

Beginner Spanish with Paul

Wed. 6/7, 6/21 and 6/28 at 1:00 p.m.

These classes will be a review of the materials covered so far.

Creative Collage (RETURNS!)

Wednesday 1:00 p.m.

Linda returns for this group which will meet weekly.

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.

Open to quilters, sewers, and mending. From big projects to small. Come sew with friends!

Monday Movie Matinee at 1:00 p.m.

6/5 Here Today When veteran comedy writer Charlie Burnz (Billy Crystal) meets New York singer Emma Payge (Tiffany Haddish), they form an unlikely yet hilarious friendship.

6/12 Fatherhood Kevin Hart stars in a heartwarming true story about a widowed dad who copes with doubts, fears, heartache and dirty diapers as he sets out to raise his daughter on his own.

6/26 The Fabelmans The film is a semi-autobiographical story loosely based on Spielberg's adolescence and first years as a filmmaker.

Dinner and a Movie

June 27th 4:00 p.m.

JAWS Purchase your dinner in the cafe and join us for this classic summer movie by Steven Spielberg, starring Richard Dreyfuss and Roy Scheider. Free refreshments & fun!



Thank you

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 bolded letters.

We are grateful for the donations from:

June & Lindy Bagg & Anonymous

Deb, Drake & Gene
Joan

Judie Strzempko
Marion Callahan

Richard McKenna
Dottie McKenna

Adele Moskal
Ron & Nancy Moskal

In appreciation of the
Technology Program
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In appreciation of
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GALLAGHER
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12 Fitness Programs– Please Register

Fitness and Exercise Classes are \$2.00
Group Personal Training in the Fitness Center is \$4.00

Funding from the Executive Office of Elder Affairs' Formula Grant and our Activity Gift Fund supplements the cost of our fee-based programs.

"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 8:50 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.

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 3:00 p.m.

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.

Social Strollers Returns!

Tuesdays at 1:00 p.m.
Starting May 2nd– No Charge
Walk with friends in this wonderful group! Meet at the Senior Center

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

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, June 7th at 12:30 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 Wednesday at 1:00 p.m.

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

Seated & Standing Yoga Thursdays at 11:15 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 (New Classes!)
Tuesday & Thursdays 9:45 a.m. and 1:00 p.m.– No Cost
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, June 22nd.

When you donate directly to the Senior Center Gift Funds, your donation helps us fully, or partially fund all of our fitness programs and our arts and language activities. Your donation also finances our special programs, trips, and the supplies we need for activities. We hope you are enjoying all of the amenities the Senior Center has to offer.

Please consider making a donation today.

We thank you in advance for your support!!! ~ The Senior Center Team!

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

___ Services Gift Fund

___ Holiday Gift Card/Lights On

CONSIDER BECOMING A VOLUNTEER OMBUDSMAN



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

413-781-8800

anna.randall@gsssi.org

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

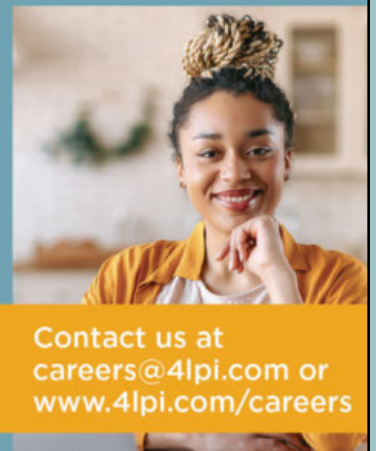
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PICNIC IN THE PARK with the Friends of the South Hadley Seniors and TJ & The Peepers

Date/Time: Monday, June 19 from 5:30-7:30pm
(Rain Date: Tuesday, June 20, from 5:30-7:30)

Location: Front Pavilion at Buttery Brook Park

Entertainment: TJ & The Peepers

Boxed Supper: Catered by Smithsonian (choice of ham & cheese wrap or chicken salad wrap)

Meal Cost: \$10 **RSVP:** By June 13 (for meal)



All seniors are welcome to attend this free concert. If you don't want a boxed supper, feel free to bring your own meal and enjoy the music. There are picnic tables in the park or you can bring your own folding chair. No RSVP needed to come and listen to the music. Any questions, please call Janet at 534-5886.

Yes, please reserve a meal for me Yes, my \$10 (per person) is included

Name/s: _____

Email: _____ **Ph #** _____

I would like ____ Ham & Cheese Wrap ____ Chicken Salad Wrap

Drop off at the Senior Center or mail to PO Box 55, South Hadley.
RSVP by June 13. Make checks payable to the Friends.

YES! I would like to support the Friends



Individual Membership (\$10)

Joint Membership (\$20)

I would like to make an additional donation \$ _____

NAME/S: _____

ADDRESS: _____

EMAIL: _____

PHONE: _____

Make check payable to the Friends of the SH Seniors and drop off at the Senior Center or mail to PO Box 55.

Travel Club At the COA Wed. 10:00 a.m. to 11:30 a.m. & Thurs. 10:00 a.m. to 11:30 a.m.



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

June 15, 2023: Indian Princess Cruise, Webster, MA. (SOLD OUT / WAIT LIST ONLY).

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. Cost \$115. - Call Huguette

July 18, 2023: Maine Lobster / Kennebunkport, ME.

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. Cost \$130. - Call Huguette

August 8, 2023: Country Icons / Log Cabin, Holyoke, MA.

Tribute to Hank Williams, Johnny Cash, Merle Haggard and many more. Package Includes: Luncheon and show (self-drive). Cost: \$90. Call Susan

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

Cost: \$1,040 pp (double); \$1,443 pp (single); \$940 pp (triple). Call Huguette

September 7, 2023: Amarante's Sea Cliff - New Haven, CT

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. Cost \$115. - Call Susan

October 11, 2023: Cape Cod Extravaganza

Visit Makepeace Farms Cranberry Bog in Wareham, MA, Buffet Lunch at Dan'l Webster Inn in Sandwich then board the LOBSTER TALES in Plymouth. Package includes: Transportation, Bog Tour, Lunch and Cruise. Cost \$147. Call Susan

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.

November 14, 2023: Masquerade Murder Mystery Dinner Party at the South Hadley Senior Center.

Attend the Billionaires' Club Annual Masquerade Ball and get ready for a glamorous evening of mystery, intrigue, murder, and food. Package includes: Performance and buffet.

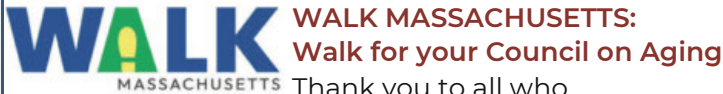
Cost \$90 - Call Susan. Limited number of tickets available!

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.

Community Partnerships & Save the Dates 15

EMHOT: Elder Mental Health Outreach Teams

Do you have access to needed mental health supports? The South Hadley Senior Center is an WestMass ElderCare EMHOT partner and supporter of making access to behavioral health services available to older adults who are 60 years and older. EMHOT assists older adults with unmet behavioral health needs with counseling and intensive case management support. These may include: depression, anxiety, challenging behaviors associated with dementia, and substance abuse disorders. The goals are to reduce social isolation, improve medical care coordination, and increase access to needed mental health wellness and supports. There is no cost associated with EMHOT. For referrals and more information: 413-538-9020 TTY: 800-875-0287. Email: info@wmeldercare.org. To submit an online referral: www.wmeldercare.org



Thank you to all who participated last year! The South Hadley Senior Center was awarded \$250.00 from all your hard work to be used for fitness programming.

The challenge runs May 1 to October 31, 2023

During this time, you will have chances to be entered into a drawing to win a \$50 Visa, \$25 Amazon or \$10 Dunkin' gift card. The more you walk, the more chances you have to win. By completing the challenge, The SH Senior Center gets a raffle entry to win up to \$1,000 for fitness programming.

Register on this site: <https://walkmachallenge.com/> and choose one of the challenges based on a Commonwealth of Massachusetts fun fact. You can walk inside, outside, at home or in the neighborhood, on a track, on a treadmill, at a park, at a mall, with family, with friends, with your dog or alone.

Track your walking on the website with your Council on Aging between May 1 and October 31, 2023.

The more you walk, the more entries you get – it's that easy!



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

Rainbow Social Club Monthly Events



June 7th 5:00 p.m. to 7:00 p.m.

Holyoke Council on Aging Monthly Coffee Hour:
Belchertown Council on Aging on 60 State Street, Belchertown.

Virtual Gathering—Monthly guided discussion

For more information, call WestMass ElderCare 538-9020, or RainbowSocialClub@wmeldercare.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 at (413) 538-8231

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. FD#1at (413) 532-5343 and FD#2 at (413) 534-5803.



SAVE THE DATES!!

Registration opens June 1st for all July events, excluding Healthy Bones & Balance.

BEEYONDER - A Walk Thru Sibenik, Croatia
Wednesday, July 12 1:30 p.m.

July Birthday/ Anniversary Party with "Class Act"
Chet Kurr Wednesday, July 19 2:00 p.m.

Free Men's Breakfast July 21st 8:30 a.m.

Summer Concert Series Double header w/ Madison Curbelo at 4 p.m. & Noah Lis at 5:30 p.m.
Tuesday, July 25 4:00 p.m.

The South Hadley Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the senior center in writing.

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
Rick Dufault, & Eric Gallagher: Minibus Drivers
Sandy Cahillane, Technology Instructor

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