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06-5294

## Community Table

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

**Reserve meals by noon the day before.**

A suggested 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. For nutrition questions call WMEC at 413-538-9020.

### July Birthday and Anniversary Celebration Wednesday, July 19th 2:00 p.m.

Join us for cake and entertainment by Chet Kurr. Chet is an entertainer and retired music teacher from West Warren, MA. He will play hits from the 60's up through the 90's. This event is sponsored by The Friends of the South Hadley Seniors.



**Happy 4th of July Everyone!!**

It's time for hotdogs on the grill, sand between your toes, and a cold...ice coffee in your hand. I hope your summer plans are in full swing with some fun summer destination in your future.

We've just celebrate our 2nd year in the new building and we are so happy to see the Center as busy as it is. It is truly a vibrant place to be!!

So, as prices are rising all around us: Bread, milk, eggs, gas; oh my!! We will be lowering the costs of our weekly exercise classes and our art classes. This reduction is made possible by the State Formula Grant and the Senior Center's Activity Fund. The \$2.00 weekly exercise classes will be reduced to \$1.00. The \$4.00 Group Personal Training class will be reduced to \$3.00. Our Watercolor, Academic Draw & Paint, and Evening Paint & Draw classes will be reduced to \$3.00pp. Punch cards will be adjusted accordingly.

We are so grateful for the donations made to the Senior Center's Activity fund and we want to share them with you!

-Leslie



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## 4 Special Programs

Please Register (413-538-5030 option 3)

### **New! Sustainable Fashion Upcycling**

**Mondays at 2:30p.m. July only! Cost \$4.00**

This four week course, taught by artist Petula Bloomfield, teaches upcycling of pre-existing garments, by using ancient traditions of patching, sashiko stitching, cutting and reshaping, and combines hand stitching and machine stitching techniques to make one-of-a-kind garments. Bring your own clothes. Sewing materials are provided.

### **New! Singalong with BHMA**

**Thursdays 10:00 a.m.**

Join us for a free fun singalong with Berkshire Hills Academy group The Magnificent 7

### **Farmers' Market Trip to Buttery Brook Park**

**Wednesday, July 5th 2:00 p.m. (Min 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.

### **Travel Presentation: Ukraine with Patricia Pooler**

**Wednesday, July 5th 1:30 p.m.**

Pat went to the Ukraine in 2017 to find the farms of her father's family. This presentation will relate her trip that she traveled from Kyiv west to Tarnopol, then south to Touste and Liczkowce.

### **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 Live Walking Tour Through Šibenik Croatia**

**Wednesday, July 12th at 1:30 p.m.**

Šibenik is the oldest native Croatian city on the Adriatic. Some of the highlights of Šibenik you will see in this tour: Šibenik Cathedral of St Jacob, St John's Church, unique coats of arms on Sibenik palaces, Fat Street, City Hall, the oldest church in town, Music Square, St Francisco Monastery, etc.

### **Social Strollers Destination Walk to Silvio Conte**

**National Fish and Wildlife Refuge**

**Tuesday, July 18th 9:30 a.m. (Min. 5 participants)**

Ride the van with the Strollers and enjoy this beautiful 1 mile walk.

### **Free! Men's Breakfast**

**Friday, July 21st 8:30a.m.**

This months breakfast is hosted by: Joe Rodio, SHPL

### **Group Drumming with Jeffro and Jan**

**Friday, July 21st at 1:00 p.m. cost \$10**

Jeffro & Jan will join forces to 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. Drums and percussion instruments provided.



### **FREE Mobile Veterinary Care: COA Parking Lot**

**July 21st 9:00am to 1:00pm. By Appointment ONLY**

Second Chance Animal Services will be here as part of their "Home Bound to the Rescue Program." The Homebound program offers wellness and preventative care services. This program is not designed or intended to provide the full spectrum of veterinary care. If further care is warranted, a recommendation is made to come to one of Second Chance's full service veterinary hospitals for further care. Dogs must be leashed and Cats must be in carriers. This program offers: Free veterinary exam, free vaccines (if needed) Free Flea Treatment and 4DX testing, microchip, FELV/FIV testing and deworming (if requested) You will need to provide previous records for your pet. There is a questionnaire to fill out before the appointment day. Please call 538-5030 to reserve your appointment time. Space is limited.

### **New! Lunch Bunch**

**Wednesday, July 26th at 11:30**

Join your friends and go out to lunch each month. This month we will go to the Yarde Tavern. Lunch is on you- we provide the transportation!

### **Travel Presentation: Kaleidoscope of Italy with Neil**

**Broome Wednesday, July 26th at 1:30 p.m.**

Neil will share an eclectic and entertaining view of Italy through his amazing photographs.

## Tuesday Evening Programs

Please Register (413-538-5030 option 3)



### **Shamanic Journey Circle with Jan Lucier**

**Tuesday July 11th at 5:00 p.m.**

Join our merry group of Multidimensional Journeyers! It's an opportunity to practice your shamanic journey skills, help heal the planet, and connect with a local tribe of shamanic practitioners. Typically, we do 2 journeys: one for personal healing and transformation and one group journey to a "hot spot" on the planet needing healing. Come with an open heart, notebook, and percussion and other instruments. If you are new to journeying, come 15 minutes early and Jan will share the basics. All are welcome.

### **Summer Fun Bingo!**

**Tuesday, July 18th 4:00 p.m.**

Join us for this fun **FREE** Bingo game. We will have cash prizes sponsored by the Friends of the South Hadley Seniors and ice cream sundaes.



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 & Woodlawn Cafe 5

**Transportation:** Give us a call! Transportation can be used for errands, medical appointments, grocery shopping, trips to the Senior Center, and social occasions.

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

**Rides must be scheduled 24 hours in advance.**

Monday - Friday from 9:00 a.m. to 3:30 p.m.

Tuesday Evenings: 4:00 p.m. to 7:00 p.m.

**Out of Town Medical Transportation:** 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.

## 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 TUNA SALAD CHICKEN SALAD <i>On your choice of bread with lettuce and tomato.</i></p>
<p><b>SOUP CHOWDER CHILI</b></p> <p><i>Stop by or call the center for daily selections. Cash Only</i></p>	<p><b>BEVERAGES</b></p> <p>☆ TEA ☆ SODA ☆ COFFEE ☆ JUICE ☆ WATER</p>

The Woodlawn Cafe is now offering iced coffee and tea. Along with cinnamon coffee cake muffins and bran muffins!

<b>Tuesday</b>	4th- COA is closed for the Holiday	 11th 11:30 a.m.	 18th 11:30 a.m.	 25th 11:30 a.m.
<b>Friday</b>	 7th 1:30 p.m.	 14th 1:30 p.m.	 21st 12:30 p.m.	 28th 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.**

### **Thurs, July 6th Ben and Ed - Entertainment Duo**

Ben and Ed are a unique singing duo who provide songs that evoke memories and good times.

### **Thurs, July 20th Naturalist Sandy Oldershaw**

Sandy will talk about Hummingbirds and Butterflies, what attracts them and what simple things we can do to support these creatures.

Both programs begin at 1:00pm. Complimentary lunch is available if ordered before noon, the day before. 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 Support Grant**

This grant is administered by the South Hadley Senior Center. If you need respite services for a loved one who has been diagnosed with memory loss, dementia, or Alzheimer's Disease, please consider applying for this grant. The grant provides financial assistance up to \$500.00 per calendar year for paid, in-home, or in a facility, respite support for families in South Hadley who are caring for an older adult who has been diagnosed with Alzheimer's Disease or Dementia. Please call the Center at (413) 538 - 5030 and ask to speak to Ann Andras. This grant is made possible by donations from South Hadley citizens, local businesses, the Koske Family, and from the Cares Act from the Executive Office of Elder Affairs. This is a partnership between the SH Council on Aging and WestMass ElderCare.

### **Caregiver Support Group**

**Wed, July 5th and 19th 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.

**"You give but little when you give of your possessions. It is when you give of yourself that you truly give." — Khalil Gibran**



### **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: July 18th**

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 Visit to the Food Pantry**

**Wednesday, July 26th 1:00-3:00 p.m. (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! Thank you for your support. Our senior community has been so generous! **The requested item for July is: CANNED FRUIT...**(peaches, pears, pineapple, mixed fruit, applesauce)



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

## Foot Nurse, Sharon Beulieu, RN

Monday, July 10th 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.

## Low Vision Group

Tuesday, July 11th 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, July 11th 8:30 a.m.-11:30 a.m. By Appt. Currently July is full.

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

## Visit with Public Health Nurse, Maureen Couture, RN

Thursday, July 13th 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, July 12th 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.

## Community Companions Volunteer Group Visit

Wednesday, July 12th departing from the Senior Center at 1:30 p.m. , returning 3:30 p.m.

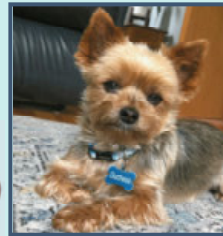
We will be visiting Newton Manor for an Ice cream social and a game of corn hole. Contact Kathy Florence if you are interested in becoming a Community Companion volunteer.



## "Stay Well" Wellness Fund

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.

## Pet Therapy



**Duchess**  
Monday 3rd & 17th  
at 12:30 p.m.



**Riley**  
Thursdays  
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## May Acoustic Café.



## June Pickle Ball Clinic



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# July 2023: 4th Independence Day

On May 26th at the Memorial Day Breakfast at the Senior Center, Paul Grandmont, was awarded the **first** South Hadley Quilt of Honor. He is seen here wrapped in the quilt next to his wife, Also in the photos are Susan Labonte and Sally Gauthier, the talented quilters.



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> 9:00 Cornhole</p> <p>9:00 NIA</p> <p>9:30 Academic Drawing</p> <p>10:00 a.m. Learn to play Mahjongg</p> <p>10:00 Tai Chi &amp; Qigong</p> <p><b>12:30 Pet Therapy</b></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><b>2:00 Artist Reception</b></p> <p><b>2:30 Fashion Upcycling</b></p> <p><b>Grilled Chicken Marsala</b></p>	<p><b>4</b></p> <p><b>COA is Closed</b></p> <p><b>HAPPY 4th of July</b></p>	<p><b>5</b> 9:00 Dance w/ Loryn</p> <p>9:00 Veterans Social Hour</p> <p>9:30 Healthy Bones</p> <p><b>10:00 Caregiver Support</b></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>12:30 Fitness Orientation</p> <p>1:00 Creative Collage</p> <p>1:00 Mahjong</p> <p>1:00 Line Dancing</p> <p><b>1:30 Travel Presentation</b></p> <p><b>2:00 Farmers' Market Trip</b></p> <p><b>Salmon w/ Sauce</b></p>	<p><b>6</b> 8:50 Stretch and Go</p> <p>9:45 Healthy Bones</p> <p>10:00 Fitness Basics</p> <p><b>10:00 Singalong</b></p> <p><b>11:00 Pet Therapy</b></p> <p>11:15 Seated Yoga</p> <p>1:00 Healthy Bones</p> <p>1:00 Sit and Sew</p> <p><b>1:00 Memory Cafe</b></p> <p>1:30 Chair Volleyball</p> <p>2:00 Meditation</p> <p><b>Meatloaf w/ Gravy</b></p>	<p><b>7</b> 9:00 Cornhole</p> <p>9:30 Healthy Bones</p> <p>10:30 Learn Mahjong</p> <p><b>10:30 Craft Club</b></p> <p>10:45 Healthy Bones</p> <p>1:00 Cribbage</p> <p>1:00 Bridge</p> <p>1:00 Fiber Arts Club</p> <p><b>1:30 Aldi Shopping</b></p> <p><b>Blueberry Baked French Toast</b></p>
<p><b>10</b> 9:00 Cornhole</p> <p>9:00 NIA</p> <p><b>9:00 Foot Nurse by Appt.</b></p> <p>9:30 Academic Drawing</p> <p>10:00 a.m. Learn to play Mahjongg</p> <p>10:00 Tai Chi &amp; Qigong</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><b>2:30 Fashion Upcycling</b></p> <p><b>Hot Dog w/ Roll</b></p>	<p><b>11</b> <b>8:30 Shine by Appt.</b></p> <p><b>8:30 Hearing by Appt.</b></p> <p>8:50 Stretch and Go</p> <p>9:30 Social Strollers</p> <p>9:45 Healthy Bones</p> <p>10:00 Fitness Basics</p> <p><b>10:00 Low Vision Group</b></p> <p>11:15 All Level Yoga</p> <p><b>11:30 Big y Shopping</b></p> <p>1:00 Healthy Bones</p> <p>1:00 Bingo</p> <p>1:00 Learn/ Play Pinochle</p> <p>3:00 Trivia Club</p> <p>3:00 Social/ Ballroom</p> <p><b>3:00 Mystery Book Club</b></p> <p>3:30 Paint and Draw</p> <p><b>5:00 Shamanic Journey</b></p> <p>5:30 Yoga</p> <p><b>Lasagna w/ Meat Sauce</b></p>	<p><b>12</b> 9:00 Dance w/ Loryn</p> <p><b>9:00 Veterans Social Hour</b></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><b>1:30 Community Comp.</b></p> <p><b>1:30 Beeyonder Tour</b></p> <p><b>Seafood Newburg</b></p>	<p><b>13</b> 8:50 Stretch and Go</p> <p>9:45 Healthy Bones</p> <p>10:00 Fitness Basics</p> <p><b>10:00 Singalong</b></p> <p><b>11:00 Pet Therapy</b></p> <p>11:15 Seated Yoga</p> <p><b>12:30 Public Health Nurse</b></p> <p>1:00 Healthy Bones</p> <p>1:00 Sit and Sew</p> <p>1:30 Chair Volleyball</p> <p>2:00 Meditation</p> <p><b>BBQ Pork Loin</b></p>	<p><b>14</b> 9:00 Cornhole</p> <p>9:30 Healthy Bones</p> <p>10:30 Learn Mahjong</p> <p>10:45 Healthy Bones</p> <p>1:00 Cribbage</p> <p>1:00 Bridge</p> <p>1:00 Fiber Arts Club</p> <p><b>1:30 PriceRite Shopping</b></p> <p><b>Sandwich Bar: Turkey</b></p>

<p><b>17</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 a.m. Learn to play Mahjongg 10:00 Tai Chi &amp; Qigong <b>12:30 Pet Therapy</b> 1:00 Zumba Gold 1:00 Mah-Jongg 1:00 Color Me Calm 1:00 Monday Movies <b>2:30 Fashion Upcycling</b>  <b>Meatball Sub</b></p>	<p><b>18 8:30 Shine by Appt.</b> 8:50 Stretch and Go <b>9:30 Social Stroll Dest.</b> 9:45 Healthy Bones 10:00 Fitness Basics <b>10:00 Brown Bag</b> 11:15 All Level Yoga <b>11:30 Big Y Shopping</b> 1:00 Healthy Bones 1:00 Learn/Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 3:30 Paint and Draw <b>4:00 Summer Bingo</b> 5:30 Yoga  <b>Taco Mix</b></p>	<p><b>19</b> 9:00 Dance w/ Loryn 9:30 Healthy Bones <b>10:00 Caregiver Support</b> 10:00 Tech Time w/ Sandy 10:00 Personal Training 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Mah-Jongg 1:00 Line Dancing 1:00 Creative Collage <b>2:00 Birth/Anniv Party</b>  <b>Grilled Chicken w/ Teriyaki</b></p>	<p><b>20</b> 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics <b>10:00 Singalong</b> <b>11:00 Pet Therapy</b> 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Sit and Sew <b>1:00 Memory Cafe</b> 1:30 Chair Volleyball 2:00 Meditation  <b>Sliced Turkey w/ Gravy</b></p>	<p><b>21 8:30 Mens Breakfast</b> <b>9:00 Vet. Mobile Care</b> 9:00 Cornhole 9:30 Healthy Bones <b>10:30 Flower Arranging</b> 10:45 Healthy Bones <b>12:30 Walmart Shopping</b> 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club <b>1:00 Group Drumming</b>  <b>Cold Plate: Seafood Sal.</b></p>
<p><b>24</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 a.m. Learn to play Mahjongg 10:00 Tai Chi &amp; Qigong 1:00 Zumba Gold 1:00 Mah-Jongg 1:00 Color Me Calm 1:00 Monday Movie <b>2:30 Fashion Upcycling</b>  <b>Chicken Tetrazzini</b></p>	<p><b>25 8:30 Shine by Appt.</b> 8:50 Stretch and Go 9:30 Social Strollers 9:45 Healthy Bones 10:00 Fitness Basics 11:15 All Level Yoga <b>11:30 Big Y Shopping</b> 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 3:30 Paint and Draw <b>4:00 Summer Concert</b> 5:30 Yoga  <b>Breaded Pollock</b></p>	<p><b>26</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 11:15 Beginner Yoga <b>11:00 Lunch Bunch</b> 1:00 Mah-Jongg 1:00 Line Dancing 1:00 Creative Collage <b>1:00 Ann's Visit to FP</b> <b>1:30 Travel Presentation</b> <b>2:00 Hybrid Book Club</b>  <b>Chicken Parmesan</b></p>	<p><b>27</b> 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics <b>10:00 Singalong</b> <b>11:00 Pet Therapy</b> 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Sit and Sew 1:30 Chair Volleyball 2:00 Meditation  <b>Pork w/ Garlic Sauce</b></p>	<p><b>28</b> 9:00 Cornhole 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club <b>1:30 Aldi Shopping</b>  <b>Cold Plate: Egg Salad</b></p>
<p><b>31</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 a.m. Learn to play Mahjongg 10:00 Tai Chi &amp; 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 <b>2:30 Fashion Upcycling</b>  <b>Cold Plate: Chicken Salad</b></p>	<p>On a beautiful night in May, members of the South Hadley Senior Center took part in a special event at the Skinner Museum in town. Dr. Aaron Miller, Mount Holyoke College's Curator of Visual and Material Culture and NAGPRA Coordinator, gave the group a special tour of the museum and a look at some behind-the-scenes historical items.</p>  		<p><b>Announcements</b> <b>Fitness Room:</b> M-F 8 a.m. – 4:30 p.m. *Wed. 10 -11 closed Tues. 8 a.m. -7 p.m. <b>Billiards:</b> M-F 8 a.m.– 4:30 p.m. Tuesdays 8 a.m.–7p.m.</p>	<p><b>Support Serv. in Purple</b> <b>Special Events in red.</b> <b>Com. Table Lunch in blue.</b> <b>On hiatus: Beginner Spanish, Supper Club,</b></p> <p><b>DISCLAIMER:</b> We would like to thank our advertisers, presenters, and program sponsors for all they do to educate, inform, and inspire our members. The South Hadley Senior Center does not specifically endorse any service or product advertised, presented, or sponsored herein.</p>

# 10 Arts & Language & Movies– Please Register

## Craft Club



### Crushed Tin Can Dried Flower Holder

Friday, July 7th at 10:30 a.m. Cost \$5.00 limit 10 crafters

Transform tin cans into a beautiful and whimsical pocket planter. All supplies provided including pre cut and crushed tin cans.

### Fresh Flower Summer Arrangement

Friday, July 21st at 10:30 a.m. Cost \$10.00 Limit 10 participants

Join Denise from the Springfield Garden Club to make a beautiful summer arrangement to adorn your table. All supplies are included!

## Artist of the Month

### July: Donna M Roy

Donna will be sharing her pastel paintings throughout the month of July. Join us for an **Artist Reception** with Donna on **Monday, July 3rd at 3:00 p.m.**

## 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, July 11th at 3:00 p.m.

To discuss *The Maid* by Nina Prose. Next month's meeting will be on **August 1st at 3 p.m.** to discuss *My Sister the Serial Killer* by Oyinkan Braithwaite

### 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, July 26th at 2:00 p.m.

We will meet to discuss *American Dirt* by Jeanine Cummins.

### Contact:

[kflorence@southhadleyma.gov](mailto:kflorence@southhadleyma.gov)

### Creative Collage

Wednesday 1:00 p.m.

Linda returns for this group which will meet weekly.

### 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.



**7/3 The American President (1995)** Director: Rob Reiner Stars: Michael Douglas, Annette Bening, Martin Sheen Genre: Comedy, Drama, Romance. A widowed U.S. President running for reelection and an environmental lobbyist fall in love. It's all above-board, but "politics is perception," and sparks fly anyway.



**7/10 Big Fish (2003)** American fantasy comedy-drama film directed by Tim Burton, starring Ewan McGregor, Albert Finney, Billy Crudup, Jessica Lange, Helena Bonham Carter,. The film tells the story of a frustrated son who tries to distinguish fact from fiction in the life of his father, a teller of tall tales.



**7/17 The Seagull (2018)** American historical drama film directed by Michael Mayer with a screenplay by Stephen Karam, based on the 1896 play of the same name by Anton Chekhov. The film stars Annette Bening, and Brian Dennehy.



**7/24 Yellow Rose (2019)** American-Filipino musical drama film starring Eva Noblezada, Dale Watson, Princess Punzalan, and Lea Salonga. The plot follows Rose, a Filipina undocumented immigrant, who dreams of leaving her small town in Texas to pursue her country music dreams. Her plan is put on hold when her mother is taken by Immigration.



**7/31 A Man Called Otto (2022)** American comedy-drama film about a bitter old man reluctantly getting involved in the lives of his neighbors. It stars Tom Hanks in the title role, with Mariana Treviño, Rachel Keller, and Manuel Garcia-Rulfo in supporting roles.

*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:

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# 12 Fitness Programs– Please Register

Fitness and Exercise Classes are \$1.00

Group Personal Training in the Fitness Center is \$3.00

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**

**Tuesdays at 9:30 a.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 \$3.00 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, July 5th & 19th 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, July 20th.**



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!**

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*\*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

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## CONSIDER BECOMING A VOLUNTEER OMBUDSMAN



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

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## FRIENDS' ANNUAL ICE CREAM SUNDAE SOCIAL

with entertainment by Johnny & the Flashbacks

JULY 11, 4:30-6:30PM



Free Ice Cream Sundaes \* Free Entertainment

**Date:** Tuesday, July 11  
(rain date July 12)

**Time:** 4:30-6:30pm

**Location:** McCray's Farm

**Details:** Free ice cream sundaes for seniors. Check in at the Friends' tent near the mini golf building to receive a coupon for a free sundae. All seniors are welcome to attend. Volunteers will be on hand to help serve the sundaes to anyone who may need assistance.

**RSVP:** No RSVP needed.

## THANK YOU!

*The Friends are grateful for the support of our senior community and for all the volunteers who share their time with us.*

*We heard from several people that you enjoyed the free stamps & notecards. We had fun putting them together for you.*

*Come to the Senior Center Health Fair on June 28 where we'll be handing out free reusable bags to help you collect all the goodies at the Fair.*

## 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.

**July 18, 2023: Maine Lobster / Kennebunkport, ME.** (SOLD OUT / WAIT LIST ONLY) 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. For any inquiries, **call Donna Milliken at The Ship Shop @ 1-800-243-1630.**

**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. Limited tickets available. Cost \$90. **Call Susan**

**December 5, 2023: Griswold Inn – Essex, Ct;** Florence Griswold Museum – Old Lyme, CT & Bright Nights – Springfield. Let's get together and celebrate the Christmas Holidays in Southern Connecticut with great food, friends and fun-filled activities. Package includes: Transportation, lunch and entertainment. Cost: \$130. **Call Huguette**

**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.**

## 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](mailto:info@wmeldercare.org). To submit an online referral: [www.wmeldercare.org](http://www.wmeldercare.org)



## WALK MASSACHUSETTS: Walk for your Council on Aging

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



## 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.

## Rainbow Social Club Monthly Events

**Wednesday, July 5th 5:00 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](mailto: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.

### File of Life

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

## SAVE THE DATES!!

**Registration opens July 3rd for all August events, excluding Healthy Bones & Balance.**

### Dinner & Acoustic Cafe

**Tuesday, August 1st at 5:00 p.m.**

**Gary Felder presentation "From Particles to Galaxies: What We Know and What We're Learning about How the First Structures Formed in the Early Universe."**

**Tuesday, August 8th at 5:30 p.m.**

**Birthday and Anniversary Celebration with entertainment by "Musically Married"**

**Wednesday, August 16th at 2:00 p.m.**

**Beeyonder Tour Cannes: Glamour and Beyond**

**Tuesday, August 22nd at 1:00 p.m.**

**Summer Concert Series: Country Dance Jamboree with Wild Bill and the Flying Sparks**

**Tuesday, August 29th at 5:00 p.m.**



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

**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

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

**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