

SOUTH HADLEY COUNCIL ON AGING

The Golden Chronicle

August 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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SUMMER CONCERT



**Country Jamboree with
Wild Bill and the Flying Sparks**
Tuesday, August 29th 5:00 p.m.
Tickets \$4.00 Purchase at COA



Get ready to kick up your heels with an evening of country music! Wild Bill and the Flying Sparks is a Roots Rockin Country band based in Northampton, MA. Wild Bill and the Flying Sparks are one of the area's most established and beloved musical groups, appealing to an unusually wide range of listeners.

If you want to practice your moves before the show we will have:
Country 2 step lessons 3:00 p.m.- 4:00 p.m. and
Line dance lessons 4:00 p.m. - 5:00 p.m.
This event is sponsored in part by The Arbors at Chicopee.








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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.

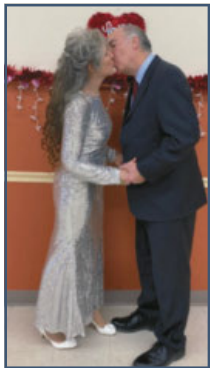
A suggested confidential donation of \$2.50 for guests 60 or older. Those under 60 are charged \$6.50 per Federal Regulations. The title III-C Meal Site program is provided by WMEC through funding from EOE A.

Breakfast-To-Go: 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. x313



Birthday/ Anniversary Celebration
Wed, August 16th at 2:00 p.m.

Join us for cake and entertainment by Peter and Laura Hicks: "Musically Married". They have been singing together for 40 years! Peter and Laura will entertain you with solos and duets from the Great American Songbook along with a gospel number and an original song. This program is sponsored by The Friends of the South Hadley Seniors.

THE WOODLAWN CAFE

Monday-Friday 8:00am to 2:00pm
Tuesday Evenings 3:30pm to 6:30pm

BAKED GOODS
SELECTION OF TOAST,
ENGLISH MUFFINS,
MUFFINS, SCONES,
DANISH AND SWEETS.
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EGG & OLIVE
HAM & PICKLE
HAM & CHEESE
TUNA SALAD
CHICKEN SALAD
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**SOUP
CHOWDER
CHILI**
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BEVERAGES
* TEA * SODA
* COFFEE * JUICE
* WATER

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4 Special Programs

Please Register (413-538-5030 option 3)

Free Diabetes Prevention Program **Friday, Aug. 4th 10:30 a.m. (At the COA)**

This program is presented by Jennifer Jernigan, Assistant Public Health Director. Learn about healthy eating and how environmental factors play a part in developing diabetes. Learn how to change your lifestyle. Free blood sugar testing provided by the Town Public Health Nurse. To register, please contact Jennifer at 538-5030, ext. 6107.

August Supper Club: Get Fresh with Chef Maggie Demo and Meeting: Free and Open to All

Wednesday, August 9th 2:00 p.m. to 4:00 p.m.
Registration for our August culinary lessons will be at this meeting. Demo entails how to use everything in your farm share. Recipes & Samples- Thai fresh rolls.

Culinary Lessons (limit 20 students)

First Prep & Fire: Monday, August 21st 2:00 p.m.

Second Prep & Fire with Shared Meal:

Tuesday, August 22nd 2:00 p.m. to 7:00 p.m.

You must register in person with Chef Maggie on the 9th or via email at: maggiiev06021@gmail.com.

Intro to Pastel Painting with Artist Donna Roy **Thursdays, August 10-31 9:30-11:30 p.m. \$4 per class**

Donna, a juried member of the Pastel Society of America and exhibitor, instructs this series. Series includes education, demo, technique development and project work. Bring your own pastels, paper and a rag. Or contact the COA for supplies list.

Free! Mens Breakfast

Friday, August 18th 8:30 a.m.

The men of the SHCOA Board will be our hosts.

Sign Make and Take Workshop **with South Hadley Board and Brush**

Friday August 18th 1:30 p.m. cost \$20 Limit 20
Must purchase a ticket at the South Hadley COA.

Choose from 3 different single board signs, choose your stain, and then using a stencil, paint with instruction from Board and Brush staff.

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.

Tour of Cannes

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

We'll start our tour at the top of a small hill, where you can see the breathtaking panoramic view of Cannes; learn its history, how it started as a small fishermen's village, and how it gradually grew into the city of glamor that we know today.

Farmer's Market to Buttery Brook Park

Wednesday, August 23rd at 2:00 p.m.

(Minimum of 5 people for trip to run.)

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.

Raise Your Vibrations with Jeffro and Jan

Friday, August 25th 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.



Tuesday Evening Programs

Please Register (413-538-5030 option 3)



Dinner & Acoustic Cafe **Tues, August 1st at 5:00 p.m.** **Limit of 50 tickets: \$7.00**

Join us for dinner and a concert in our café featuring music by duo Tony & Amanda. Tickets include your meal and the show, and must be purchased at the COA welcome desk.



Shamanic Journey Circle with Jan **Tuesday, August 8th at 5:00 p.m** **Cost: Donation Only**

If you are new to journeying, come 15 minutes early. Multidimensional Journeys, Come with an open heart, notebook, and percussion and other instruments. All are welcome.



Gary Felder Presents: **"From Particles to Galaxies"** **Tuesday August 8th at 5:30 p.m.**

Join Smith College professor and cosmologist Gary Felder for a follow-up to his presentation on the James Webb Telescope. This presentation will discuss what we know and what we're learning about how the first structures formed in the early universe.



Holistic Wellness Series:

#1: Fundamentals of Integrative Health w/ Janet Lucier MSN, RN, HNB-BC
Tuesday, August 22, 5:30 p.m.

Intro to the fundamental principles of energy medicine, quantum physics, spirituality, stress reduction, music, art, healing, aromatherapy, relationships, storytelling, indigenous cultural systems, herbalism, environmental health, pain reduction, self-care, astrology, and more!

*** Surveys available for future class interests!***

Transportation & Technology 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.



Tech Time With Sandy

Wednesdays 10:00 a.m. to 12:00 p.m.

Sandy our technology wizard can answer your questions. Examples of things she can help with include setting up your iPhone, iPad, tablet, or laptop. She can also help you with accessibility features, Bluetooth connections, or an Alexa! Call the COA to make an appointment with Sandy!



iPad Loan Program

Our Apple iPads 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 Call Emily at 413-538-5030 for information and application.

Tuesday	 1st 11:30 a.m.	 8th 11:30 a.m.	 15th 11:30 a.m.	 22th +29th
Friday	 4th 1:30 p.m.	 11th 12:30 p.m.	 18th 1:30 p.m.	 25th 1:30 p.m.

It's never too early to make the call, we are here for you.



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6 Support Services

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 info.

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.

Ann's Visit to the Food Pantry

Wednesday, August 30th 1:00-3:00 p.m.

Ann's Community Outreach Visits

Newton Manor: Contact The COA for date.

Hubert Place: Tuesday, August 22nd at 2:00 p.m.

Supporting your local Food Pantry "Neighbors Helping Neighbors"

Thank you for your continued support of our local food pantry. So many families and seniors count on these donations to supplement their monthly income. **Just a reminder: No opened or expired food.** The requested item for August is: **COLD CEREAL**

2023 Senior Farm Share
 Farm Share weekly pick ups will begin on Thursday, July 20th and run for 10 weeks ending on Thursday, Sept. 21st. Produce Bags can be picked up after 1:30 p.m. Call Ann Andras for more information.

What's Brown Bag?

Our Brown Bag: Food for Elders program provides a free bag of healthy groceries to eligible seniors once a month at local senior centers and community organizations. The food items are specifically selected to meet seniors' special dietary requirements to help them stay healthy and active.

Eligibility and Age Requirement

The Brown Bag program is for people over the age of 55 who meet certain **Income Eligibility**. If you qualify for SSI (Supplemental Social Security), Medicaid, Fuel Assistance, Veterans Aid or have a documented disability for which you receive SSDI (Social Security Disability Income), you may qualify to receive Brown Bag monthly groceries.

Household	Monthly Income
1	2,430
2	3,287
3	4,143

Brown Bag at the South Hadley Senior Center is held on the 3rd Tuesday of each month with bag pick ups between 10 and 11:00 a.m.

The next Brown Bag pick up is August 15, 2023. For more information, contact Ann

SAVE THE DATE
Fuel Assistance
Informational and Q & A
Tuesday, October 24th 5:00 p.m.

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

The South Hadley Making 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 at noon by registering 24-hours in advance, thanks to The State Formula Grant.**

Thurs, August 3rd 1:00 p.m. -Naturalist Sandy Oldershaw will present Amphibians part II.
Thurs, August 17th 1:00 p.m. -Naturalist Sandy returns to present the life cycle of the Monarch Butterfly.

Caregiver Support Group

Wed, August 2nd and 16th 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 COA Social Service Coordinator, Ann Andras, this group will explore all facets of Caregiving. The group will be encouraged to share experiences with

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.



"Caregiving will never be one-size-fits-all." - Nancy L. Kriseman

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

"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.

Foot Nurse, Sharon Beulieu, RN

Tuesday, August 1st 9:00 a.m. to 12:00 p.m.

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

Low Vision Group

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

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

Visit with Public Health Nurse,

Maureen Couture, RN

Thursday, August 10th 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, August 9th 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.

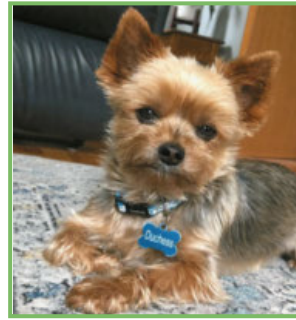
Community Companions Volunteer Group

Wednesday, August 23rd 2:00p.m.

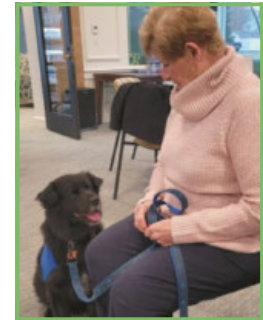
We will be visiting Hubert Place for an Ice cream social. Contact Kathy Florence if you are interested in becoming a Community Companion volunteer.



Pet Therapy



Duchess: Monday
7th & 21st 12:30 p.m.



Riley: Thursdays
11:00 a.m.



Tick Informational
Tuesday, August 15th 5:30 p.m.

Presented by Sharon Hart, Director of the South Hadley Board of Health, Maureen Couture, RN, Board of Health, and Rebekah Cornell, Conservation Administrator/Planner.

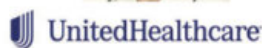
The presentation will discuss how ticks spread diseases, how to prevent tick bites, and learn what symptoms to look for. We will also talk about steps you can take in your yard to help keep ticks away from your most used outdoor spaces and what plants ticks like to avoid. There will also be raffles and plant giveaways!

Local help with your Medicare questions.

Luzelenia Casanova

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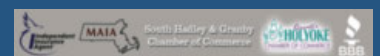
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August 2023:

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Announcements Fitness Room: M-F 8 a.m. – 4:30 p.m. *Wed. 10 -11 closed Tues. 8 a.m. -7 p.m. Billiards: M-F 8 a.m.- 4:30 p.m. Tuesdays 8 a.m.-7p.m. Support Services-Pink Special Events-Blue Com. Table Lunch-Green. On hiatus: Beginner Spanish, Reiki, and Watercolors.</p>	<p>1 8:30 Shine by Appt. 8:50 Stretch and Go 9:00 Foot Nurse by Appt. 9:30 Social Strollers 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Card Making 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 3:00 Mystery Book Club 3:30 Paint and Draw 5:30 Yoga 5:00 Acoustic Cafe Pork Chopette</p>	<p>2 9:00 Dance w/ Loryn 9:30 Healthy Bones 10:00 Tech Time w/ Sandy 10:00 Personal Training 10:00 Travel Club 10:00 Caregiver Support 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Creative Collage 1:00 Mahjong 1:00 Line Dancing 3:30 Artist Reception</p> <p>Cheeseburger</p>	<p>3 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Sit and Sew 1:00 Memory Café 1:30 Chair Volleyball 2:00 Meditation</p> <p>Roast Turkey</p>	<p>4 9:00 Cornhole 9:30 Healthy Bones 10:30 Diabetes Program 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:30 PriceRite Shopping</p> <p>Fish Taco</p>
<p>7 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 a.m. Learn to play Mahjongg 10:00 Tai Chi & Qigong 12:30 Pet Therapy 1:00 Zumba Gold 1:00 Mah-Jongg 1:00 Color Me Calm 1:00 Monday Movies</p> <p>Sweet & Sour Meatballs</p>	<p>8 8:30 Shine by Appt. 8:30 Hamp Hear by Appt. 8:50 Stretch and Go 9:30 Social Strollers 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Low Vision 11:00 Rep Carey Visit 11:15 All Level Yoga 11:30 Big Y Shopping 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 5:00 Shamanic Circle 5:30 Yoga 5:30 Gary Felder Program Tuna Salad</p>	<p>9 9:00 Dance w/ Loryn 9:00 Veterans Social Hour 9:30 Healthy Bones 10:00 Travel Club 10:00 Tech Time w/ Sandy 10:00 Personal Training 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 1:00 Creative Collage 1:00 Mahjong 1:00 Line Dancing 2:00 Supper Club Demo</p> <p>Shepards Pie</p>	<p>10 8:50 Stretch and Go 9:30 Intro to Pastels 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:15 Seated Yoga 12:30 Public Health Nurse 1:00 Healthy Bones 1:00 Sit and Sew 1:30 Chair Volleyball 2:00 Meditation</p> <p>Pot Roast</p>	<p>11 9:00 Cornhole 9:30 Healthy Bones 10:30 Craft Club 10:45 Healthy Bones 12:30 Walmart Shopp. 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p>Lazy Golumpki</p>

<p>14 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 a.m. Learn to play Mahjongg 10:00 Tai Chi & Qigong 1:00 Zumba Gold 1:00 Mah-Jongg 1:00 Color Me Calm 1:00 Monday Movies</p> <p>Tuna Noodle Casserole</p>	<p>15 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 9:30 Social Strollers 10:00 Brown Bag 11:15 All Level Yoga 11:30 Big Y Shopping 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 5:30 Yoga 5:30 Tick Informational Taco Salad</p>	<p>16 9:00 Dance w/Loryn 9:30 Healthy Bones 10:00 Tech Time w/ Sandy 10:00 Personal Training 10:00 Caregiver Support 10:00 Travel Club 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 2:00 Birth.+ Ann. Party Breaded Chicken Bites</p>	<p>17 8:50 Stretch and Go 9:30 Intro to Pastels 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Sit and Sew 1:00 Memory Café 1:30 Chair Volleyball 2:00 Meditation</p> <p>Baked Ham</p>	<p>18 8:30 Men's B-fast 9:00 Cornhole 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:30 Sign Make + Take 1:30 Aldi Shopping</p> <p>Mac & Cheese</p>
<p>21 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 a.m. Learn to play Mahjongg 10:00 Tai Chi & Qigong 12:30 Pet Therapy 1:00 Zumba Gold 1:00 Mah-Jongg 1:00 Color Me Calm 1:00 Monday Movie 2:00 Supper Club Event</p> <p>Crab Cake</p>	<p>22 8:30 Shine by Appt. 8:50 Stretch and Go 9:00 Newsletter Collate 9:30 Social Strollers 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 Learn/ Play Pinochle 1:00 Beeyonder Tour 2:00 Ann's Hubert Visit 2:00 Supper Club Event 3:00 Trivia Club 3:00 Social/ Ballroom 3:30 Paint and Draw 5:30 Holistic Wellness 5:30 Yoga Chicken Cordon Bleu</p>	<p>23 9:00 Dance w/Loryn 9:30 Healthy Bones 10:00 Tech Time w/ Sandy 10:00 Personal Training 10:00 Travel Club 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 1:00 Mah-Jongg 1:00 Line Dancing 1:00 Creative Collage 2:00 Farmers Market Trip 2:00 Community Companions Outing Cobb Salad w/ Egg</p>	<p>24 8:50 Stretch and Go 9:30 Intro to Pastels 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Sit and Sew 1:30 Chair Volleyball 2:00 Meditation</p> <p>BBQ Ribette</p>	<p>25 9:00 Cornhole 9:30 Healthy Bones 10:30 Craft Club 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Raise Your Vibes 1:30 PriceRite Shopping</p> <p>Broccoli Cheese Quiche</p>
<p>28 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 1:30 Flower Arranging</p> <p>Grill. Chicken Marsala</p>	<p>29 8:30 Shine by Appt. 8:50 Stretch and Go 9:30 Social Strollers 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 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 3:30 Paint and Draw 5:00 Summer Concert 5:30 Yoga American Chop Suey</p>	<p>30 9:00 Dance w/Loryn 9:30 Healthy Bones 10:00 Tech Time w/ Sandy 10:00 Personal Training 10:00 Travel Club 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 1:00 Mah-Jongg 1:00 Creative Collage 1:00 Line Dancing 1:00 Ann's Visit to the FP Blueberry French Toast</p>	<p>31 8:50 Stretch and Go 9:30 Intro to Pastels 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Sit and Sew 1:30 Chair Volleyball 2:00 Meditation</p> <p>Meat Loaf w/ Gravy</p>	<p>Office Hours Rep Carey & Senator Olivera Tuesday August 8th 11:00am - 12:00pm Stop by with a question or comment.....or just introduce yourself!</p>
<p>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</p>				

10 Arts & Language & Movies– Please Register

Craft Club

Card Making with Joanne

Tuesday August 1st at 10:00 a.m. \$5.00 for 4 cards
Joanne teaches this class where you will make 4 different card designs. All supplies are included.

Resin Flower Pendants

Friday, August 11th at 10:30 a.m.
Cost \$ 10 limited to 10 crafters

Join our craft group to make this beautiful necklace out of dried flowers and resin.
All supplies are included



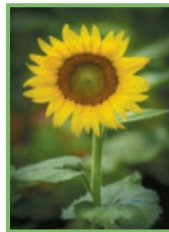
Wooden Watermelon

Friday, August 25th at 10:30 a.m.
Cost \$5 limited to 10 crafters
Paint these wooden blocks into a juicy watermelon! Great for a little reminder of the sweetness of summer! All supplies are included.



Sunflower Flower Arranging

Monday, August 28th at 1:30 p.m.
Cost \$10 limited to 10 participants
Join Denise from the Springfield Garden Club to make a beautiful arrangement with sunflowers!



Monday Movie Matinee at 1:00

8/7 The Whale (2022)	8/14 The Sandlot (1993)	8/21 The Blind Side (2009)	8/28 Georgia Rule (2007)
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Table Games

Learn to Play Mahjong
Monday at 10:00 a.m.

Mahjong
Mon + Wed 1:00 p.m.
A Chinese game of skill, strategy, and calculation.

Pinochle
Tuesday 1:00 p.m.
Pinochle is a melding and trick taking game. New commers welcome!

Bingo
Tuesday 1:00 p.m.
25 cents a card. Limit four

Bridge
Friday 1:00
Bridge is a four-player trick-taking game with thirteen tricks per deal.

Cribbage
Friday 1:00
Cribbage involves playing and grouping cards in combinations.

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 \$3.00
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

Wednesdays at 11:00 a.m.
Open to all abilities.

Mystery Book Club

Tuesday, August 1st, at 3:00 p.m.
To discuss *My Sister the Serial Killer* by Nigerian writer Oyinkan Braithwaite. Next month we will meet on Sept. 5th to discuss *The Lighthouse* by PDJames.

Evening Paint and Draw

Tuesdays 3:30 p.m. cost \$3.00
Explore art with professional working artist and teacher Petula. All are welcome, some supplies available.

Book Club Hybrid

Wed., August 23rd at 2:00 p.m.
We will meet to discuss *Water for Elephants* by Sara Gruen **Contact:** kflorence@southhadley.ma.gov

Creative Collage

Wednesdays 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!

Fiber Arts

Fridays at 1:00 p.m.
Open to quilters, sewers, and mending. From big projects to small. Come sew with friends!

AUGUST ART EXHIBIT

Cathy Rook

Cathy will be sharing works of a variety of mediums, including pastel, pencil, and oils.

Join us for an **Art Reception** with Cathy on **Wednesday, August 2nd at 3:30 pm**



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 following donations

Dr. Dorothy Kelly, Michael Kemp, Barbara Fresia, and Gen Mroczek

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Anne & Bruce Lukasik

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MS, Audiologist/SLP

Amy Catanzaro,
AuD., Doctor of Audiology

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GALLAGHER
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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.

Cornhole

Mondays & Fridays 9:00 a.m.
Join the group for a game of cornhole!

“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.

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



Stretch and Go with Lindsey

Tuesday & Thursday at 8:50 a.m.
This class will get you up and ready for the day.

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 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, August 2nd & 16th 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, August 17th.

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

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413-781-8800

anna.randall@gsssi.org

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- Offer support & encouragement
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THANK YOU to the following individuals for their generous donation to support the Friends of the South Hadley Seniors:

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Barbara Bausano	Petri-Fleming	Donald McCullough	Nel Sachsenmaier
Linda Delone Best	Donald Gagne	Wayne Monat & Jo-Ann Sibley	Gary & Pamela Schuster
Walter & Cindy Bishop	Wayne & Marilyn Gass	Carolyn Mongeau	Madeline Slade
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Sharon Cohen & Bill Gorczyca	Yoko Kato	Marion Pascone	C. Barry & Nancy Waite
Katherine Coscia & Melanie Dembek	Dr. Dorothy Kelly	Rita Petitory	Wayne & Elaine Wetzel
Mary Curylo	Gertrude Kennedy	Alice M Pont	George & Judy Wilson
Stanley Czerwiec	Noreen & David Klekotka	The Friends are grateful for the following gifts given in memory:	
Judith DeCosmo	Barbara Kapinos	Donald Gauthier	Marie Millette
Sandra DeLonga	Mary Ann Kingsley	Laura Gauthier	Margaret Scecina
Albert & Sheila DeRosier	David & Maureen Kocot	Marlene Gagne	Judie Strzempko
Jean Deschaine	Edward Kopec	Donald Gagne	Pauline Casey
Claudette Deshaies	Sharyn Kovalesky		Ola Herbert
	Betty Lam		Susan Perkins
			Theresa & Timothy Stutz

THANK YOU ALL!

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.

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. To submit an online referral: 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, August 2nd at 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

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!!

Atty Karen Jackson - Core Estate Planning
Tuesday, September 19th 5:30p.m.

**Jane Fleishman, PhD "I'll Have What They're Having"
Intro to Sexuality and Aging**
Tuesday, September 26th 5:30 p.m.

Medicare Program
Tuesday, September 12th 5:00 p.m.

Registration opens August 1st for all September events, excluding Healthy Bones & Balance.

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.

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Staff Directory

Leslie Hennessey, Exec. Dir. Ext. 6204
Lisa Napiokowski, Asst. Dir. Ext. 6203
Ann Andras, Soc. Serv. Coord. Ext. 6206
Kathy Florence, Activity & Volunteer. Coord. Ext. 6207
Sandy Farnsworth, Program Coord. Ext. 6205
Emily Joslin, Senior Ctr. Coord. Ext. 6211
Billy Poe, Food Serv. Coord.
Donna Gonet & Becki Guerin, Kitchen & Café Assistants
Rick Dufault, & Eric Gallagher: Minibus Drivers
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