

SOUTH HADLEY COUNCIL ON AGING

THE GOLDEN CHRONICLE

September 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



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324/Council-on-Aging



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The South Hadley Council on Aging celebrates National Senior Center Month. The 2023 theme **“discover yours”** encourages you to come to your senior center - whether you are a regular, or if you have never visited. The theme also encourages you to discover your unique interests, talents and aspirations. Check out the programming listed below!



INSIDE THIS ISSUE

3.	Community Table & Woodlawn Cafe
4.	Special Programs
5.	Transportation & Technology
6.	Support Services
7.	Wellness
10.	Arts & Lang & Movies
11.	Donations
12.	Fitness
13.	Support for the COA
14.	Friends of the SH Seniors & Travel Club
15.	Community Partnerships

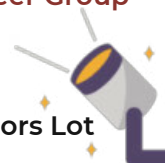
NEW

Beginner Spanish Wednesdays at 1:00 p.m.
Intermediate Spanish Wednesdays at 3:30 p.m.
Sustainable Fashion begins Sept. 12th at 3:30 p.m.
LGBTQ+ Coffee Social Hour Sept. 21st at 10:30 a.m.
Town Clerk Office Hours Sept 22nd at 11:00 a.m.
Uplifting Karaoke Sept 6th + 20th at 1:00 p.m.



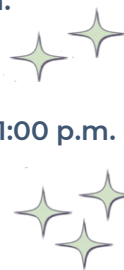
SPOTLIGHT

Art Instructors Spotlight Sept. 5th-8th all day
Top Apps for Seniors Sept. 7th at 1:00 p.m.
Support Services & SHINE Night Sept. 12th at 5:00 p.m.
Exercise Extravaganza! Sept. 19th at 10:00 a.m.
Cornhole Competition w/ COA staff! Sept. 29th at 9:30 a.m.
Trivia Guest Host by COA staff Sept. 26th at 3:00 p.m.
Van visits with Community Companion Volunteer Group
Sept. 6th 1:15 p.m. Newton Manor parking lot
Sept. 11th 1:15 p.m. Lathrop Village parking lot
Sept. 20th 1:15 p.m. Hubert Place
Sept. 20th 2:00 p.m. Neighbors Helping Neighbors Lot



SPECIAL

Medical Cannabis for Seniors Sept. 5th at 5:00 p.m.
Tropical Escape Party Sept. 13th at 12:00-2:00 p.m.
Breakfast by Billy Sept. 15th at 8:30 a.m.
Beeyond: Live Tour Sept. 19th at 5:00 p.m.
Ice Cream Social & Movie w/Boomer Sept. 18th at 1:00 p.m.
Core Estate Planning Sept. 19th at 5:30 pm
Sexuality and Aging Sept. 26th at 5:30 pm
Birthday/ Anniversary Party Sept. 27th at 2:00 pm





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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 EOEAA.

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

THE WOODLAWN CAFE

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

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 HAM & CHEESE
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 CHICKEN SALAD

On your choice of bread with lettuce and tomato.

**SOUP
 CHOWDER
 CHILI**

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

BEVERAGES

*TEA *SODA
 *COFFEE *JUICE
 *WATER

Birthday/ Anniversary Celebration

September Birthday & Anniversary Party with Steve and Tom

September 27, 2:00 p.m.

This event is FREE!

Join us as we celebrate our September birthdays and anniversaries with cake and great entertainment! Sponsored by The Friends of the South Hadley Seniors.



Breakfast by Billy

Friday, Sept. 15th at 8:30 a.m.

This month breakfast is open to **all** our members! Space is limited, register early!



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4 Special Programs

Please Register (413-538-5030 option 3)

Beginner Spanish

Wednesdays 1:00 p.m.

Introduction to speaking, reading, writing, and listening to Spanish for this course. It is open to students who have little or no experience with Spanish. It also includes some history, geography, and culture of the Spanish speaking world.

Intermediate Spanish

Wednesdays 3:30 p.m.

Students should be familiar with the basic vocabulary and grammar. This course is open to students who have some basic experience with Spanish. A placement test will be given to assure the student is ready for the Intermediate course.

New! Uplifting Karaoke with Ronnie

Wednesday, Sept. 6th and 20th 1:00 p.m.

Ronnie has been leading Karaoke for 20 years! Singing has been shown to relieve stress, boost your immune system, improve lung function, develop a sense of belonging, enhance memory and help with grief. Come join the fun!

Supper Club Heads South of the Border!

September Demo Free and Open to All

Wednesday, September 6th 2:00 p.m.

Join Chef Maggie for delicious Carnitas with fresh salsa and guacamole. Share information about Feeding Hope Festival in Washington, DC.

We will continue work on our cookbook.

At this event register for September culinary lessons.

September Culinary lessons- chili cook-off! Register with chef at maggiev06021@gmail.com Limit 30 participants, \$8.00 per cook.

Menu: Pork Chili Verdi, Chicken Pozolo, Vegan Chili, Stuffed Poblanos, Tres Leches.

Prep 1st Fire Monday, Sept. 18th, 2:00 p.m.

Final Firing & Meal, Tuesday, Sept. 19th, 2:00 p.m.

Top Apps for Seniors

Thursday, September 7th, 1:00pm to 2:00pm

All levels welcome. Please bring your devices. Join Technology Instructor Sandy Cahillane to discover several helpful apps. Session will cover what apps are and how to download them.

Sustainable Fashion Upcycling with Petula

Tuesdays beginning Sept. 12th at 3:30 p.m.

Some sewing materials provided. Cost \$4

Give your wardrobe a new look through upcycling! Using ancient traditions of patching, sashiko stitching, cutting and reshaping, we will combine hand stitching and machine stitching techniques to make one-of-a-kind garments. Bring your own clothes and have fun thrifting

Tropical Escape Party

Wednesday September 13th 12:00-2:00 p.m.

Celebrate National Senior Center Month with a Tropical Escape Party! Lunch will be provided compliments of the Chefs of Loomis Village.

Following dinner we will have entertainment by Joe Periera funded by The Friends of the South Hadley Seniors. Get out your best tropical shirt and join us for an afternoon of fun!

Ice Cream Social & Movie Spotlight

Monday, Sept. 18th at 1:00 p.m.

Join "Boomer", from The Springfield Thunderbirds for ice cream treats and giveaways before the movie. "Miracle" is the true story of Herb Brooks, who led the 1980 U.S. Olympic hockey team to victory over the seemingly invincible Soviet squad.

Nutrition Myths Debunked.

Friday, September 22nd at 11:00 a.m.

This free class is presented by Katie Defoe-Raymond, Nutritionist from Western Mass Eldercare.

Tuesday Evening Programs

Please Register (413-538-5030 option 3)

Support Service Spotlight & SHINE Presentation

Tuesday, September 12th at 5:00 p.m.

Sue LaMastro, certified SHINE counselor. will answer your questions about Medicare. Ann Andras, Social Service Coordinator, will be available to answer questions at our Spotlight Support Services table that evening.

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.

Treasures of Mapua Wharf

Tuesday, September 19th at 5:00 p.m.

On this tour we will talk about the history and importance of the wharf, how it's changed over the years and do some sightseeing!

Core Estate Planning

Tuesday, September 19 at 5:30 p.m.

Atty Jackson will give useful and pertinent information on Wills, Health Care Proxies, Advance Directives, HIPAA Releases, and Powers of Attorney.

I'll Have What They're Having: An Introduction to Sexuality and Aging

Tuesday, September 26th at 5:30 p.m.

Research informs us that older adults are having sex into their 60s and 70s, they're enjoying sex, and that sex is good for their health. In this fast-paced and exciting program, Dr. Fleishman describes the current research in the field of sexuality and aging, provides tips, and answers questions about sex for older adults. Janet Fleishman, PhD, MEd, MS, is a writer, award-winning educator, sexuality researcher, and AASECT Certified Sexuality Educator.

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.

Shopping Schedule

Tuesdays at 11:30: Big Y 

Fridays:

1st	8th	15th	22nd	29th
				
12:30 p.m.	1:30 p.m.	1:30 p.m.	1:30 p.m.	1:30 p.m.



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.

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



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6 Support Services

SHINE

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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.

Brown Bag Program for Seniors

September 19th 10:00 a.m. to 11:00 a.m.

Ann's Visit to the Food Pantry

Wednesday, Sept. 20th 1:00 to 3:00 p.m.

Ann's Community Outreach Visits

Treats sponsored by The Friends of South Hadley Seniors

Hubert Place: Tuesday, Sept. 12th at 2:00 p.m.

Newton Manor: Tuesday, Sept. 19th 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 people count on these donations. Reminder: No opened or expired food.

"Let's Talk Turkey....." This month we would like to get a head start on items needed for a wonderful Thanksgiving meal. The requested items are: bread stuffing mix, turkey gravy, cranberry sauce, canned sweet potatoes, canned peas, green beans or corn. Canned mushrooms, dried cranberries (Craisins), walnuts, pecans, canned pumpkin.



Companion Medical Transportation Grant.

The South Hadley Council on Aging is pleased to announce that once again we have received funding for this valuable service. This much-needed program provides South Hadley seniors, who have no means of transportation, a ride to a medical appointment in surrounding towns. The elder is taken to his or her appointment by a paid driver. Those drivers, who are employed by the town, use their own personal vehicle, and are paid an hourly wage and a mileage stipend. The Companion Driver remains with the elder until the appointment is completed and the senior is ready to return home. There is NO CHARGE to the senior for this service. Drivers often go to Springfield, Chicopee, Holyoke, Northampton and Belchertown. This "new" grant cycle will begin on October 1st. We are grateful and appreciative to WestMass ElderCare, Inc. in partnership with the Executive Office of Elder Affairs and the Administration for Community Living for funding the Companion Medical Transportation. **If you would like to apply for this service, please call Ann Andras 413-538-5030 x6206**

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.

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

Thursday, Sept 7th: Ben and Ed - Entertainment

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

Thursday Sept. 21st: Naturalist Sandy Oldershaw

Sandy will present The Power of Plants, their medicinal value and the ones that are poisonous.

Both programs begin at 1:00pm. You are invited to have a complimentary lunch, by calling the Sandy Farnsworth, Program Coordinator, at 413-538-5030.

Caregiver Support Group

Wed, Sept. 6th and 20th 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 their peers as well as lend support.

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.

"One person caring about another represents life's greatest VALUE". -Jim Rohan

Contact Ann Andras, Social Services Coordinator 413-538-5030 x6206 or aandras@southhadleyma.gov

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

Understanding the Health Benefits and Risks of Medical Cannabis for Seniors
Tuesday, September 5th at 5:00 p.m.

Facilitated by Jeffrey Wyda RN,HN-BC,H.S.M.I, a Board Certified Holistic Registered Nurse who worked extensively on legislation in Massachusetts as a Nurse Activist for the Massachusetts Patients Advocacy Alliance (MPAA). We will discuss the current laws, the different variations of cannabis and methods to administer, and storage and safety regarding transporting medicine and equipment.



"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, September 5th 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, September 12th 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, Sept. 12th 8:30 a.m.-11:30 a.m. By Appt.
 Hearing Screenings & Aid Cleanings with Audiologists Allison Holmberg and Lisa Howard.

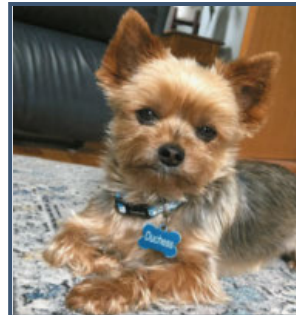
Veterans Social Hour

Wednesday, Sept. 13th 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.

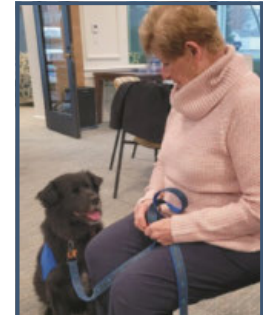
Visit with Public Health Nurse, Maureen Couture, RN

Thursdays 1:00 p.m. to 3:00 p.m.
 Visit with Maureen for blood pressure checks, share a concern, or ask a question.

Pet Therapy



Duchess: Monday
 18th at 12:30 p.m.



Riley: Thursdays
 11:00 a.m.



Community Companion Volunteer Group

In honor of National Senior Center Month we are spotlighting our transportation program! The Community Companion volunteers will be visiting four locations. They will bring free coffee and munchkins sponsored by The Friends of The South Hadley Seniors. They will also have gift certificates for a free coffee when you book a ride!
 Check out these locations.

9/6 1:15 p.m.
Newton Manor
Parking Lot

9/11 1:15 p.m.
Lathrop Village
Parking Lot

9/20 1:15 p.m.
Hubert Place
9/20 2:00 PM
Neighbors Helping Neighbors Parking Lot

Local help with your Medicare questions.

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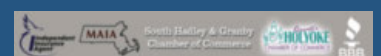
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September 2023: Labor Day - 4th & National Senior Center Month!

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Announcements: The Senior Center is a designated Cooling and Warming Center for the Town of South Hadley.
Suggestion Box: We have added gluten free products to the café! We are unable to move buses and electric vehicle parking due to past issues with catalytic converter theft. Thank you for all your suggestions. Please continue to give us feedback!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monday</p> <p>Key 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 Service-Purple Special Events-Blue Com. Table Lunch-Yellow</p>	<p>Tuesday</p>  <p>NEW LGBTQ+ Coffee Social Hour (1st meeting) Thursday, September 21st at 10:30 a.m. This new group will meet monthly on the third Thursday of the Month. Neil Broome to facilitate. Free Coffee and Refreshments.</p>	<p>Wednesday</p> <p>Town Clerk Office Hours Join Sarah Gmeiner, Town Clerk, Sept 22nd at 11:00 a.m. to find out what's new in town. Sarah will have office hours monthly.</p>	<p>Thursday</p>	<p>Friday</p>
<p>4</p> <p>The Senior Center is closed for Holiday.</p> 	<p>5 Art Instructors Spotlight 8:30 Shine by Appt. 8:50 Stretch and Go 9:00 Foot Nurse by Appointment 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 Artist Reception 5:00 Medical Cannabis for Seniors 5:30 Evening Yoga</p> <p>Lasagna w/ Meat Sauce</p>	<p>6 Art Instructors Spotlight 9:00 Dance w/ Loryn 9:30 Healthy Bones 10:00 Travel Club 10:00 Caregiver Support 10:00 Tech Time by Appt. 10:00 Personal Training 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 1:00 Beginner Spanish 1:00 Uplifting Karaoke 1:15 Community Companion Outing 2:00 Supper Club Demo 3:30 Intermediate Spanish</p> <p>Seafood Newburg</p>	<p>7 Art Instructors Spotlight 8:50 Stretch and Go 9:30 Watercolors 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 Memory Café 1:00 Sit and Sew 1:00 Public Health Nurse 1:00 Top Apps for Seniors with Tech Instructor Sandy 1:00 Chair Volleyball 1:30 Farm Share Pick Up 2:15 Meditation</p> <p>BBQ Pork Loin</p>	<p>1</p> <p>9:00 Cornhole 9:30 Healthy Bones 10:45 Healthy Bones 12:30 Walmart Shopping 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p>Salmon w/ Sauce</p>
<p>8 Art Instructors Spotlight 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 1:30 Aldi Shopping</p> <p>Turkey Sandwich Bar</p>				

<p>11 8:30 Shine by Appt. 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 a.m. Learn to play Mahjong 10:00 Tai Chi & Qigong 1:00 Zumba Gold 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies 1:15 Community Companion Outing</p> <p>Meatball Sub</p>	<p>12 8:30 Hampshire Hearing by Appt. 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Low Vision Group 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 2:00 Ann's Hubert Visit 3:00 Trivia Club 3:00 Social/ Ballroom 3:30 Sustainable Fash. 5:30 Evening Yoga 5:30 Support & Shine</p> <p>Taco Mix</p>	<p>13 9:00 Dance w/Loryn 9:00 Veterans Social 9:30 Healthy Bones 10:00 Tech Time by Appt. 10:00 Personal Training 10:00 Travel Club 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 12:00 Tropical Party 12:30 Fitness Orientation 1:00 Beginner Spanish 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage. 3:30 Intermed. Spanish</p> <p>Chicken w/ Teriyaki</p>	<p>14 8:50 Stretch and Go 9:30 Watercolors 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 Public Health Nurse 1:00 Chair Volleyball 1:30 Farm Share Pick Up 2:15 Meditation</p> <p>Sliced Turkey w/ Gravy</p>	<p>15 8:30 Breakfast 9:30 Cornhole 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:30 PriceRite Shopping</p> <p>Seafood Salad</p>
<p>18 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 a.m. Learn to play Mahjong 10:00 Tai Chi & Qigong 12:30 Pet Therapy 1:00 Zumba Gold 1:00 Mahjong 1:00 Color Me Calm 1:00 Ice Cream Social and Movie w/ Boomer 2:00 Supper Club Prep Diced Chicken Tetrazzini</p>	<p>19 8:30 Shine by Appt. 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Exercise Extravaganza with COA Fitness Instructors! 10:00 Brown Bag 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 2:00 Supper Club Event 2:00 Ann's Newton Visit 3:00 Trivia Club 3:00 Social/ Ballroom 3:30 Sustainable Fash. 5:00 Beeyond Tour 5:30 Estate Planning 5:30 Evening Yoga Breaded Pollock</p>	<p>20 9:00 Dance w/Loryn 9:30 Healthy Bones 10:00 Caregiver Support 10:00 Tech Time by Appt. 10:00 Personal Training 10:00 Travel Club 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Beginner Spanish 1:00 Ann's Visit to FP 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 1:00 Uplifting Karaoke 1:15 Community Companion Outing 3:30 Intermed. Spanish Chicken Parmesan</p>	<p>21 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 10:30 LGBTQ+ Coffee 11:00 Pet Therapy 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Memory Café 1:00 Sit and Sew 1:00 Public Health Nurse 1:00 Chair Volleyball 1:30 Farm Share Pick Up 2:15 Meditation</p> <p>Pork w/ Garlic Sauce</p>	<p>22 9:00 Cornhole 9:30 Healthy Bones 10:30 Craft Club 10:45 Healthy Bones 11:00 Nutrition Myths 11:00 Town Clerk Office Hours 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:30 Big Y Shopping</p> <p>Egg Salad</p>
<p>25 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:00 a.m. Learn to play Mahjong 1:00 Zumba Gold 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movie</p> <p>Chicken & Cran. Salad</p>	<p>26 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 Learn/ Play Pinochle 3:00 Trivia Club - Guest 3:00 Social/ Ballroom 3:30 Sustainable Fash. 5:30 Evening Yoga 5:30 Sexuality & Aging</p> <p>Pork Chopette</p>	<p>27 9:00 Dance w/Loryn 9:30 Healthy Bones 10:00 Tech Time by Appt. 10:00 Personal Training 10:00 Travel Club 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 1:00 Beginner Spanish 1:00 Mahjong 1:00 Creative Collage 1:00 Line Dancing 2:00 Birthday/Ann. Party 2:00 Hybrid Book Club 3:30 Intermed. Spanish Cheeseburger</p>	<p>28 8:50 Stretch and Go 9:30 Watercolors 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 Public Health Nurse 1:00 Chair Volleyball 2:15 Meditation</p> <p>Roast Turkey w/Gravy</p>	<p>29 9:00 Cornhole 9:30 Cornhole Competition with COA Staff 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:30 Aldi Shopping</p> <p>Fish Taco</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

10 Arts & Language & Movies– Please Register

Craft Club

Card Making with Joanne

Tuesday Sept. 5th 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.

Creative Collage with Linda: Curiosity Book

FREE four week series
Wednesdays at 1:00 p.m.

Learn to make a Curiosity book with gelli printed pages and a book cover from cereal boxes, a canvas and small trinkets sew together. Bring in an old cereal box, trinkets, and your imagination!



Indian Corn Decor

Friday Sept. 8th at 10:30 a.m.
cost \$5.00

Make this pretty fall decor out of beads, paint and glue!



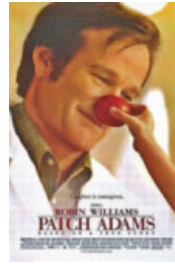
Fall Flower Arranging

Friday Sept. 22nd at 10:30 a.m.

Cost \$10 Limited to 10 crafters.
Join Denise from the Springfield Garden Club to make a beautiful arrangement for fall!

Monday Movie Matinee at 1:00 p.m.

Inspirational movies based on true stories. Come early to hear fun facts/ trivia for each movie



Patch Adams
Sept. 11th



Freedom Writers
Sept. 25th

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.

Bridge

Friday 1:00 p.m.

Bridge is a four-player trick-taking game

Cribbage

Friday 1:00 p.m.

Cribbage involves playing and grouping cards in combinations.

Arts and Language Activities:

Art Instructors Spotlight September 5th-8th

Always wanted to try an art class? Learn about our art instructors and the classes they teach. Stop by the center Sept. 4th-8th for more information and to view the 2022 Art Show

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.

*Sept. 26th Special Staff Hosted

Test your knowledge weekly.

Gratitude Journal Writing

Wednesdays at 11:00 a.m.

Open to all abilities.

Mystery Book Club

Tuesday Sept. 5th at 3:00 p.m.

To discuss *The Lighthouse* by PD James. Next month we will meet on Oct. 3rd to discuss *Tin Roof Blowdown* by James Lee Burke.

Book Club Hybrid

Wed., Sept. 27th at 2:00 p.m.

To discuss *The Chaperone* by Laura Moriarty **Contact:** kflorence@southhadley.ma.gov

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.

This club is open to those who like to knit, crochet, cross stitch, and embroider. Spend time with others and share patterns and tips,

Watercolors

Thursdays at 9:30 a.m.

Tina provides the know-how and guidance. You bring the supplies. Fee: \$4.00

September Art Exhibit



Petula

BLOOMFIELD

Meet the Artist Reception

Tuesday Sept. 5th at 3:30 p.m.

Petula is a professional working artist with a 30 year career in visual arts. She has her own studio and practice in the Arts & Industry building in Florence, MA, and is an Instructor of 20 years at PVPA.

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

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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.

Exercise Extravaganza! Instructor appreciation Party

Tuesday Sept. 19th at 10:00 a.m.

Join us for a fun workout with all of our fitness instructors. Each instructor will lead a 5 minute segment. Following the class we will have an instructor appreciation celebration!

Cornhole with COA Staff! Friday, Sept. 29th at 9:30 a.m.

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.

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 cardio, weight training, and stretching. All welcome.

Stretch and Go with Lindsey

Tuesday & Thursday at 8:50 a.m.

This class will get you up and ready for the day.

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.

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

On Hiatus

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 orientation.**

Beginner Yoga with Heidi

Wednesdays at 11:15 a.m.

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

Fitness Room Orientation

Wednesday, Sept. 6th & 20th at 12:30 p.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 1:00 p.m. -No Cost

Build core muscle strength and flexibility in this fun and social activity!

Meditation with Richard Baer

Thursdays 2:15 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, September 21st.

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

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The Friends of the South Hadley Seniors wish the South Hadley Council on Aging a Happy National Senior Center Month

As we reflect on the many ways the South Hadley Senior Center helps older adults stay connected and healthy, the Friends of the South Hadley Seniors are glad to be in partnership with the Council on Aging to support these efforts by providing funding for a wide variety of activities, programming and events. We are happy to provide support to promote connection with one another and with your Senior Center.



This year's theme is "Discover Yours". Come out and "Discover Your" South Hadley Senior Center and all it has to offer.

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.



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 COA 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. 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 COA

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, Sept. 6th 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.

A Tri-COA Initiative: September 6th 3:00 p.m.

We've partnered with our neighboring communities of Chicopee and Holyoke to bring a new **Memory Connections program** that serves caregivers and their loved ones living with dementia. Caregivers will participate in a program led by Laura Lavoie, President and founder of Our Dementia Life while their loved ones who have dementia will spend time in an activity supervised by trained facilitators. Then dinner at 4:00 p.m. **Registration is required by stopping by RiverMills Center or calling 534-3698.**

AARP Tax-Aide Program Volunteer Opportunity

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. And we want you to join us. Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns on the computer. Basic computer skills and some experience in filing your own tax returns are helpful, along with a willingness to make a one day per week time commitment during our 10-week tax season. Hands-on training is provided in the classroom, and we have experienced Counselors to assist at all sites. Please fill out an application to become a part of this invaluable team at: www.mataxaide.org/Interest. Training done this Fall. Questions contact: D5Taxaide@comcast.net.

Save the Dates: Registration opens September 1st for all October events, excluding Healthy Bones

The Three P's Of Investment Fraud:

Profile, Persuasion, Prevention

Tuesday, October 3rd at 5:30 p.m.

Join staff from the U.S. Securities and Exchange Commission for a seminar on investment fraud and financial scams—and how you can protect yourself from them.

Winter Preparedness Mini Fair

Friday, November 3rd 10:00 a.m.- 12:00 p.m.

We'll include the SHFD, SHPD, Neighbors Helping Neighbors, South Hadley Board of Health, MEMA and more with information about town shelters. Also included is how to sign up with Civic Ready, winter car care, falls prevention & more!

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

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