



# SOUTH HADLEY COUNCIL ON AGING THE GOLDEN CHRONICLE



**October 2023**

**FUN, FITNESS, & FRIENDS!**



Monday-Friday  
8:00 a.m. - 4:30 p.m.  
Tuesday- 7:00 p.m.



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



[southhadley.org](http://southhadley.org)



@southhadleycoa



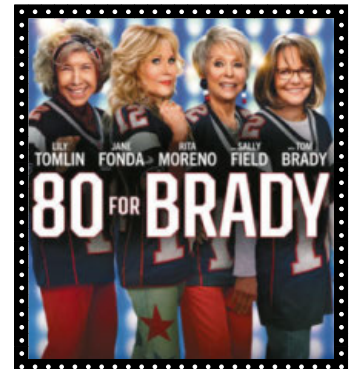
## DINNER AND A MOVIE



**Tuesday, Oct. 10th 4:30 p.m.**

**Wear your favorite team shirt and  
enjoy free popcorn & drink!**

Purchase your dinner in the cafe and  
join us for this fun comedy, 80 For  
Brady, produced by former NFL  
quarterback Tom Brady, and starring  
Lily Tomlin, Jane Fonda, Rita Moreno,  
and Sally Field.



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## BOO BIRTHDAY AND ANNIVERSARY BASH



**Tuesday, October 31st, 5:00 p.m.**

Join us for this **spooky** Halloween party!  
Costumes are optional, but encouraged!  
There will be prizes for the top 3 costumes!  
Free refreshments, and entertainment by the  
Agawam Melody Band!



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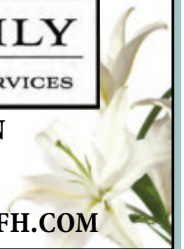
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South Hadley COA - South Hadley, MA

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

<p><b>BAKED GOODS</b></p> <p>SELECTION OF TOAST, ENGLISH MUFFINS, MUFFINS, SCONES, DANISH AND SWEETS. <i>Changes Daily</i></p>	SANDWICHES	<p>EGG &amp; OLIVE HAM &amp; PICKLE HAM &amp; CHEESE TUNA SALAD CHICKEN SALAD</p>
<p><b>SOUP CHOWDER CHILI</b></p> <p><i>Stop by or call the center for daily selections. Cash Only</i></p>		<div style="text-align: center;">  <p><b>BEVERAGES</b></p> <p>JUICE SODA WATER COFFEE TEA</p> </div>

**At the COA Café!**

Office Hours for Representative Carey  
Tuesday, October 10th 11:00am - 1:00p.m.

**Tickets on Sale Now**

Tuesday November 7th, 5:00 p.m.  
**Dinner & Acoustic Cafe with guitarist "Mister Gene" (Becky's & Donna's Brother!) Shepherd's Pie dinner**  
Tickets \$7 Limit 50 people.

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Series on Dementia Presented by the South Hadley Dementia Friendly Committee

**October 16th, 3:00 p.m. - The When, Where, and How of Obtaining a Dementia Diagnosis**

Karen Sander-Buscemi, PMH-NP, GeriatricNP and Maureen Couture, SH Public Health RN

**October 23rd, 3:00 p.m. - Is It Forgetfulness or Alzheimer's?**

Carol Constant, Certified Dementia Practitioner and Karen Sander-Buscemi, PMH-NP, GeriatricNP

**October 30th, 3:00 p.m. - Living with Dementia, Family Dynamics and Care-Partnering**

Rachel Tierney, RN, PhD, and Rose & Dave Helman, mod by Karen Sander-Buscemi, PMH-NP, GeriatricNP

**Life History and Genealogy Workshop**

**Fridays 10:30 a.m.**

Mount Holyoke College students would like to help document your life, or a more extensive family history. Your history can provide these college students with insight from the decisions you have made at key moments in your life.

**Supper Club Celebrating World Food Month**

**Chef Demo & Meeting**

**Wednesday, October 4th at 2:00 p.m.**

**FREE AND OPEN TO ALL**

Join us for a screening of the documentary, "We Feed People", the story of the World Central Kitchen. Enjoy an authentic paella, prepared by Chef Maggie with a recipe from the new WCK cookbook. Sign up for October culinary lessons (or email chef at [maggiev06021@gmail.com](mailto:maggiev06021@gmail.com) Sign up for the trip to Washington, D.C., Feeding Hope Festival!

**October Culinary Lessons:**

**Tuesday, October 17th, 2:00-7:00 p.m.**

Feeding a crowd- South Hadley Paella, hand crafted bread, apple-cranberry crisp. 8\$ per person, limit 30 cooks, you must register with Maggie by the 4th.

**Table Talk - Robin Davis of Valley Speech Services**

**Friday, October 6th from 11:00-12:00pm.**

Robin will have some information on herself, Valley Speech, and what they can do for South Hadley.

**J.R. Green talks about Quabbin.**

**Friday, October 6th at 2:30pm.**

Narrated slide program, "The Creation of Quabbin Reservoir," briefly traces the development of Metro Boston's water supply system through the construction of the Quabbin, then focuses on what the lost towns looked like, and what life was like.

**Massachusetts Equipment Distribution Program**

**Friday October 13th at 10:00 a.m. - 12:30 p.m.**

Marguerite Szczwainsk will have a table at the SHCOA with information about The Massachusetts Equipment Distribution Program (MassEDP) which is a service that provides residents with a permanent disability access to the telephone network.

**Music with Berkshire Hills Music Academy**

**Thursday, October 12th at 10:30 a.m.**

Come listen and sing along with the "Magnificent 7" from Berkshire Hills!

**Socials with MacDuffie Students Returns!**

**Wednesday, October 18th at 2:00 p.m.**

Join us for cupcakes and coffee and get to know some of the students from the MacDuffie school!

**Free! Men's Breakfast**

**Friday, October 20th at 8:30 a.m.**

This months breakfast will be hosted by Chuck J. M. Romboletti, Assistant Town Administrator & Human Resources Director.

## Tuesday Evening Programs

**The Three P's Of Investment Fraud: Profile, Persuasion, Prevention**

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

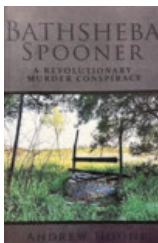
Join Eric Giroux, a senior counsel in the S.E.C.'s Enforcement Division, from the U.S. Securities and Exchange Commission for a seminar on investment fraud and financial scams—and how you can protect yourself from them. **Free handouts.**



**Author Discussion with Andrew Noon**

**Tuesday, October 17th 5:30 p.m.**

Andrew will offer a reading and discussion of his book, *Bathsheba Spooner: A Revolutionary Conspiracy*. This book details the most sensational crime of the Revolution.



**Self-Care Using Aromatherapy with Jan Lucier, MSN RN HNB-BC CCAP & Certified Clinical Aromatherapy Practitioner**

**Tuesday, October 24th at 4:30 p.m.**

**FREE aromatherapy roll on to take home!**

Aromatherapy is one of the safest and oldest holistic methods of healing.

We will be sharing the history of essential oils, methods of delivery, and practical uses for healing and overall increased well being.



**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:

6th	13th	20th	27th
1:30 p.m.	1:30 p.m.	12:30 p.m.	1:30 p.m.



### Tech Time With Sandy

Wednesdays 9:00-11:30 & 1:00-3:30

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.

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## 6 Support Services

### Fuel Assistance Informational and Q & A with Social Service Coordinator Ann Andras

Tuesday, October 24th at 5:00 p.m.

Have you considered applying for Fuel Assistance? Wondering if you qualify? Do you have questions on how to apply, where to go for help? Please attend this information to learn all about the Fuel Assistance process and how this valuable service can help you with your home heating costs.

### Companion Medical Transportation Grant

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

### Brown Bag Pick Up "NEW TIME"

Tuesday, October 17th 10:30 a.m. to 11:30 a.m.

### Ann's Visit to the Food Pantry

Wednesday, October 25th 1:00 to 3:00 p.m.

### Ann's Community Outreach Visits

Hubert Place: Tuesday, October 17th at 2:00 p.m.

### Spotlight on **SHINE**

**SHINE** stands for **S**erving the **H**ealth Insurance **N**eeds of **E**veryone. The annual Medicare Open Enrollment period begins October 17th and ends December 7th. This is the time of the year set aside for all of you who have Medicare to look at your additional coverage and decide if it is adequate for your individual needs. Your mailboxes will be filled with various ads from all of the health insurance companies trying to sell you their plan. **The most important thing to remember is if you are satisfied with your current plan, you don't need to do anything!** The Senior Center offers SHINE counseling for those Medicare members who are seeking information on other plans to choose from. Appointments are required to speak to a SHINE Counselor. Additional appointment days and times are available during the open enrollment period. Any plan changes made during this period will not be in effect until January 1, 2024. Appointments fill up quickly. Don't wait until the last minute! Call today!

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.

### In lieu of our Memory Café we are proud to offer:

**A Tri-COA Initiative (Offsite): Oct. 4th 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 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.**

### Caregiver Support Group

Wednesday, Oct. 4th and Oct. 18th at 10:00 a.m.

Are you a Caregiver of a spouse, parent or sibling living with a Dementia related disease? Please join us and we support each other along this journey.

**We will have a guest speaker at the Oct. 4th meeting: Elba Pieres-Morgado, Ombudsman Program Director at WestMass ElderCare.**

### 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. 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.

"A smile is the light in your window that tells others there is a **caring, sharing person** inside" -Denis Waitley

Contact Ann Andras, Social Services Coordinator 413-538-5030 x6206 or [aandras@southhadleyma.gov](mailto:aandras@southhadleyma.gov)

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



**New! Individual Nutrition Counseling:**  
**Meet the Registered Dietitian Jennifer Nill**  
 Wednesday, October 11th from 9:00-12:00 p.m.

Jennifer is an experienced Registered Dietitian (RD) that has worked in inpatient and outpatient. Jennifer will be offering individual nutrition counseling for people 60 and older starting on Wednesday, November 15th. Appointments are tailored just for you, and customized to fit your specific needs, goals, and lifestyle.

**"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, October 3rd 9:00 a.m. to 12:00 p.m. by Appt.

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, October 10th 10:00 a.m.

Any senior who has received a medical diagnosis of legal blindness, visual impairment, or low vision can join.

**Hampshire Hearing & Speech Services**

Tuesday, October 10th 8:30 a.m.-11:30 a.m. By Appt.

Hearing Screenings & Aid Cleanings with Audiologists Allison and Lisa. (Oct + Nov full now booking for Dec.)

**Veterans Social Hour**

Wednesday, October 11th 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.

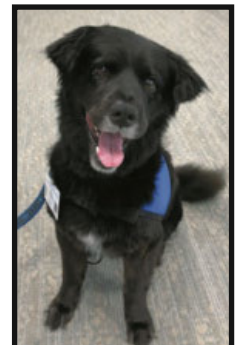
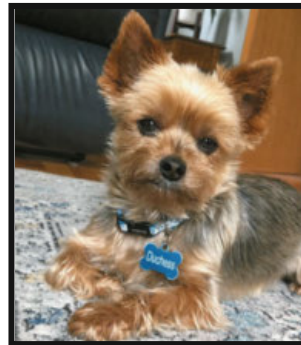
**Visit with Public Health Nurse,**

**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. Please made an appt. at The Welcome Desk.

**Pet Therapy**



**Duchess:** Monday  
 2nd & 16th at 12:30

**Riley:** Thursdays  
 11:00 a.m.



**Community Companion  
 Volunteer Group Visit to**

**Wednesday, Oct. 25th at 2:00 p.m.**

We will be leaving the Senior Center at 1:45 for a Halloween social at Newton Manor. If you are interested in becoming a volunteer contact Kathy Florence at [kfflorence@southhadley.ma.gov](mailto:kfflorence@southhadley.ma.gov) or 413-538-5030 x6207

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# October 2023: 9th Indigenous Peoples' Day

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**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.  
**KEY: Support Service-Green, Special Events-Purple Community Table Lunch-Teal**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 a.m. Learn to play Mahjong 10:00 Tai Chi &amp; Qigong <b>12:30 Pet Therapy</b> 1:00 Zumba Gold 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies</p> <p><b>Meatball w/ Sweet &amp; Sour Sauce</b></p>	<p><b>3</b> 8:50 Stretch and Go <b>9:00 Foot Nurse</b> 9:45 Healthy Bones 10:00 Fitness Basics <b>10:00 Card Making</b> 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 3:00 Mystery Book Club 5:30 Evening Yoga <b>5:30 The Three P's Of Investment Fraud</b> <b>Chicken &amp; Dumplings</b></p>	<p><b>4</b> <b>Tech Time w/ Sandy</b> 8:00 NEW Advanced B&amp;B 9:00 Dance w/ Loryn 9:30 Healthy Bones 10:00 Travel Club 10:00 Personal Training <b>10:00 Caregiver Support</b> 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 <b>2:00 Supper Club Demo</b> 3:30 Intermediate Spanish</p> <p><b>French Meat Pie</b></p>	<p><b>5</b> 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club <b>11:00 Pet Therapy</b> 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Sit and Sew <b>1:00 Public Health Nurse</b> 1:00 Chair Volleyball 2:15 Meditation</p> <p><b>Pot Roast w/ Gravy</b></p>	<p><b>6</b> 8:00 NEW Advanced B&amp;B 9:00 Cornhole 9:30 Healthy Bones <b>10:30 Genealogy Workshop</b> 10:45 Healthy Bones <b>11:00 Table Talk</b> 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club <b>1:30 PriceRite Shopping about Quabbin</b></p> <p><b>Lazy Golumpki</b></p>
<p><b>9</b></p> <p><b>The Senior Center is closed.</b></p> 	<p><b>10</b> <b>8:30 Hamp Hearing</b> 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics <b>10:00 Low Vision</b> 11:15 All Level Yoga 11:00 Rep. Carey Visit <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 <b>4:30 Dinner &amp; a Movie</b> 5:30 Evening Yoga</p> <p><b>Taco Mix w/ Yellow Rice</b></p>	<p><b>11</b> <b>Tech Time w/ Sandy</b> 8:00 NEW Advanced B&amp;B 9:00 Dance w/ Loryn <b>9:00 Veterans Social</b> <b>9:00 Nutrition Counseling</b> 9:30 Healthy Bones 10:00 Travel Club 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 1:00 Beginner Spanish 3:30 Intermediate Spanish</p> <p><b>Breaded Chicken Bites</b></p>	<p><b>12</b> 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 10:30 Berkshire Hills Music Academy <b>11:00 Pet Therapy</b> 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Sit and Sew <b>1:00 Public Health Nurse</b> 1:00 Chair Volleyball 2:15 Meditation</p> <p><b>Baked Ham w/ Pineapple Sauce</b></p>	<p><b>13</b> 8:00 NEW Advanced B&amp;B 9:00 Cornhole 9:30 Healthy Bones <b>10:00 Mass. Equipment Distribution Program</b> <b>10:30 Genealogy Workshop</b> <b>10:30 Craft Club</b> 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club <b>1:30 Aldi Shopping</b></p> <p><b>Butternut Mac &amp; Cheese</b></p>

<p><b>16</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 a.m. Learn to play Mahjong 10:00 Tai Chi &amp; Qigong <b>12:30 Pet Therapy</b> 1:00 Zumba Gold 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies <b>3:00 Dementia Series</b> <b>Crab Cake w/ Tartar</b></p>	<p><b>17</b> 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics <b>10:30 Brown Bag</b> 11:15 All Level Yoga <b>11:30 Big Y Shopping</b> 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle <b>2:00 Supper Club</b> <b>Culinary Lesson</b> <b>2:00 Ann's Community Outreach - Hubert Place</b> 3:00 Trivia Club 3:00 Social/ Ballroom 5:30 Evening Yoga <b>5:30 Author Discussion</b> <b>Chicken Parm</b></p>	<p><b>18 Tech Time w/ Sandy</b> 8:00 NEW Advanced B&amp;B 9:00 Dance w/Loryn 9:30 Healthy Bones 10:00 Personal Training 10:00 Travel Club <b>10:00 Caregiver Support</b> 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Beginner Spanish 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage <b>2:00 Social w/ MacDuffie</b> 3:30 Intermed. Spanish <b>Sloppy Joe</b></p>	<p><b>19</b> 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club <b>11:00 Pet Therapy</b> 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Sit and Sew <b>1:00 Public Health Nurse</b> 1:00 Chair Volleyball 2:15 Meditation <b>BBQ Ribette</b></p>	<p><b>20</b> 8:00 NEW Advanced B&amp;B <b>8:30 Mens Breakfast</b> 9:30 Cornhole 9:30 Healthy Bones <b>10:30 Genealogy</b> <b>Workshop</b> 10:45 Healthy Bones <b>12:30 Walmart Shop</b> 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club <b>Broccoli Cheese Quiche</b></p>
<p><b>23</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 a.m. Learn to play Mahjong 10:00 Tai Chi &amp; Qigong 1:00 Zumba Gold 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies <b>3:00 Dementia Series</b> <b>Grilled Chicken Marsala</b></p>	<p><b>24</b> 8:50 Stretch and Go 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 <b>4:30 Self-Care Using Aromatherapy</b> <b>5:00 Fuel Assistance Informational</b> 5:30 Evening Yoga <b>American Chop Suey</b></p>	<p><b>25 Tech Time w/ Sandy</b> 8:00 NEW Advanced B&amp;B 9:00 Dance w/Loryn 9:30 Healthy Bones 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 Mahjong 1:00 Line Dancing 1:00 Creative Collage <b>1:00 Ann's visit to FP</b> <b>2:00 CC Outing</b> 2:00 Book Club Hybrid 3:30 Intermed. Spanish <b>Blueberry French Toast</b></p>	<p><b>26</b> 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club <b>11:00 Pet Therapy</b> 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Sit and Sew <b>1:00 Public Health Nurse</b> 1:00 Chair Volleyball 2:15 Meditation <b>Meatloaf w/ Gravy</b></p>	<p><b>27</b> 8:00 NEW Advanced B&amp;B 9:00 Cornhole 9:30 Healthy Bones <b>10:30 Genealogy</b> <b>Workshop</b> <b>10:30 Flower Arranging</b> 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club <b>1:30 PriceRite Shopping</b> <b>Salmon w/ Sauce</b></p>
<p><b>30</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi &amp; 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 <b>3:00 Dementia Series</b> <b>Beef Stew</b></p>	<p><b>31</b> 8:50 Stretch and Go 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 Social/ Ballroom 3:00 Trivia <b>5:00 Boo Bash</b> 5:30 Evening Yoga <b>Lasagna w/ Meat Sauce</b></p>	<p><b>Thank you to The Friends of The South Hadley Seniors for sponsoring the following programs:</b></p> <ul style="list-style-type: none"> <li>J.R. Green talks about Quabbin.</li> <li>Boo Birthday and Anniversary Bash</li> <li>Refreshments for Ann's Community Outreach</li> <li>Refreshments for Community Comp.</li> <li>Volunteer Group</li> </ul>	<p> <b>LGBTQ+ Coffee Social Hour</b> Thursday, October 19th 10:30 a.m. This group will meet monthly on the third Thursday of the Month. Neil Broome to facilitate. Free Coffee and Refreshments.</p>	<p><b>Town Clerk Office Hours</b> Join Sarah Gmeiner, Town Clerk, Oct. 27th at 10:00am to find out what's new in town. Sarah will have office hours monthly.</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, Oct.3rd 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.

### Mini Wooden Scarecrows

Friday, October 13th  
10:30 a.m.

Cost \$6.00 limit 10

Make these adorable mini wooden scarecrows to add some fun to your fall decor!



### Flower Arrangement in a Pumpkin!!!

Friday, October 27th  
10:30 a.m.

Cost \$10.00 limit 10

Join Denise from the Springfield Garden Club to make this great arrangement in a real pumpkin!



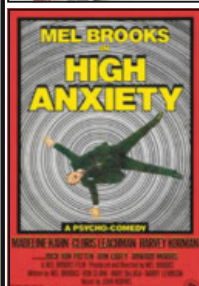
## Monday Movie Matinee at 1:00 p.m.



10/2  
Clue(1985)



10/16  
The Sixth Sense(1999)



10/23  
High Anxiety (1977)



10/30  
The Birds (1963)

## Table Games

### Learn to Play

**Mahjong**

Monday

10:00 a.m.

**Mahjong**

Mon + Wed

1:00 p.m.

A Chinese game of skill & strategy.

### Bingo

Tues. 1:00 p.m.

25 cents a card.

### Pinochle

Tuesday 1:00

p.m.

Melding and trick taking game.

### Bridge

Friday 1:00 p.m.

A 4 player trick taking game.

### Cribbage

Friday 1:00 p.m.

Playing and grouping cards in combinations.

**Arts and Language Activities-Contact Kathy for links or questions [kflorencia@southhadley.ma.gov](mailto:kflorencia@southhadley.ma.gov)**

### 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 October 3rd at 3:00 p.m.

To discuss *Tin Roof Blowdown* by James Lee Burke. On November 7th to discuss *Bye Bye Baby* by Robert Parker/Ace Atkins.

### Book Club Hybrid

Wed. October 25th at 2:00 p.m.

To discuss "*The House is on Fire*" by Rachael Beanland.

### Creative Collage with Linda

Wednesdays at 1:00 p.m. (Free)

Linda leads this free fun class.

### 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 those who like to knit, crochet, cross stitch, and embroider.

### Watercolors

Thursdays at 9:30 a.m. Fee \$3.00

Tina provides the know-how and guidance. You bring the supplies.

## October Art Exhibit

# Joe Wallace

## THE DAY AFTER YESTERDAY: PORTRAITS OF DEMENTIA

This exhibit hopes to foster community conversation and support around dementia and this burgeoning health crisis.

The exhibit delves into the multifaceted issues of dementia : physical, emotional, community and health care.

*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:

**Anonymous, Donna Spirito, Deb Bombard,**  
**Vanessa Valery, Joanne Holly, & Carol Bobbin**

**Barbara Sullivan**  
 Anne & Roger Ouimet

**Barney & Julia Ratkiewicz**  
 Ben Ratkiewicz

**Paul Catalano**  
 Andy & Karen Buscemi  
 Donna Robideau & David Bain

**Jospeh (Ernie) & Lorraine Gaudet**  
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 MS, Audiologist/SLP

**Amy Catanzaro,**  
 AuD., Doctor of Audiology

**Joni Skinner,**  
 AuD., Doctor of Audiology



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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.

### 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.

### 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, October. 4th & 18th 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. Orientation will be scheduled after form is completed.

### 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 activity!

### Meditation w/ Richard & Lewis

**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

**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.

### New! Advanced Bones & Balance

**Wednesday and Friday**

**8:00 a.m. (starting October 4th)**

Focus on strengthening bones and muscles and increasing balance through free standing, weight bearing exercise. Move to the music and have some fun!



**Registration for Healthy Bones & Balance Classes open Thursday, October 19th.**

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

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\_\_\_\_ Caregivers Gift Account

\_\_\_\_ Newsletter Account

\_\_\_\_ Services Gift Fund

\_\_\_\_ Holiday Gift Card/Lights On

## CONSIDER BECOMING A VOLUNTEER OMBUDSMAN



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

**413-781-8800**

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- Offer support & encouragement
- Receive ongoing training
- Create their own schedules

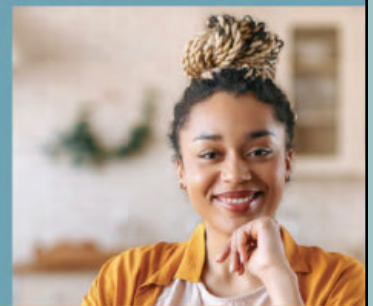
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**DATE:** Thursday, November 11, 2023  
**TIME:** 6:30PM (doors & bar open at 5:30)  
**COST:** \$35 per person (Includes 10 Bingo Cards, dauber & door prize entry)  
**PLACE:** St Theresa Church (9 E. Parkview Dr)  
**FOOD:** Turkey or Ham stuffed croissants (with chips & a pickle) will be offered for \$7ea.

Please make checks payable to the Friends. Drop off at the Senior Center or mail to PO Box 55. This event is expected to sell out fast so don't wait to purchase your tickets. Additional information available at [southhadleyseniors.org](http://southhadleyseniors.org). Questions? Call Kim at 781-864-0468.



## 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.



**October 11, 2023: Cape Cod Extravaganza (SOLD OUT / WAIT LIST ONLY).** 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 all inquiries on this cruise, call The Ship Shop @ 1-800-243-1630.

**November 14, 2023: SURPRISE!!! TICKETS DISCOUNTED.** 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 number of tickets available. **Cost \$75.** Call Susan

**December 5, 2023: CANCELLED:** Griswold Inn – Essex, Ct; Florence Griswold Museum – Old Lyme, CT & Bright Nights. Call Huguette

**December 13, 2023: NEW TRIP:** Aqua Turf Club, Southington, CT – “A CARPENTERS’ CHRISTMAS ”. Let's get together and celebrate the Holidays with great food, music, friends and fun-filled activities. Package includes: Transportation, Show & Luncheon. 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.

## A PLACE AT THE TABLE - A COMMUNITY MEAL FOR SENIORS AND VETERANS

**South Hadley's seniors and veterans are invited to come together to share a meal. This is South Hadley's first pay-what-you-can meal.**

**Date: Sunday, November 5**  
**Location: Iona's Kitchen banquet room (20 Main St)**  
**Meal Seatings: 1pm & 4pm**  
**Cost: Pay-what-you-can**

**RSVP:** Complete the meal reservation form to guarantee your place at the table. (Reservation form included as insert within the newsletter.)

**Delivery:** If you're physically unable to make it to the meal, we will gladly deliver to you.

A Place at the Table is sponsored by the Friends of the South Hadley Seniors, South Hadley's Veteran Services, South Hadley's Council on Aging, Iona's Kitchen, Neighbors Helping Neighbors and the South Hadley Cultural Council.

### **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. Contact South Hadley Police Department at (413) 538-8231 for more information.

#### **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 your Fire District and ask for the Fire Prevention Officer.

#### **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.

#### **EMHOT: Elder Mental Health Outreach Teams**

The SH COA is an WestMass ElderCare EMHOT partner and supporter of making access to behavioral health services available to older adults who are 60+ years at no cost. For referrals and more information: 413-538-9020 TTY: 800-875-0287. Email: [info@wmeldercare.org](mailto:info@wmeldercare.org).

### **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.

### **Rainbow Social Club Monthly Events**

#### **Wednesday, Oct. 4th at 5:00 p.m.**

Holyoke COA Monthly Coffee Hour: Belchertown COA 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)

### **AARP Tax-Aide Program Volunteer Opportunity**

Volunteer as a Tax Counselor and work with 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 with experienced counselors is provided. Questions Contact: [D5Taxaide@comcast.net](mailto:D5Taxaide@comcast.net) Application: [www.mataxaide.org/Interest](http://www.mataxaide.org/Interest).

**Save the Dates: Registration opens October 2nd for all November events, excluding Healthy Bones.**

### **Winter Preparedness Mini Fair**

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

SHFD, SHPD, Neighbors Helping Neighbors, SH Board of Health, Meteorologist Brian Lapis and Todd Zaparowski of MEMA join us with information about town shelters. Also included is how to sign up with Civic Ready, winter car care, falls prevention & more!

### **Info for Caregivers of People with Dementia**

**Tuesday, November 21st 3:00 p.m.**

Session will include the progression of symptoms, caregiving strategies, self-care, advance care planning, local resources, and will be led by Heidi Haghighi, RN MSN

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

Vacant, Exec. Dir. Ext. 6204  
Lisa Napiorkowski, Asst. Dir. Ext. 6203  
Ann Andras, Soc. Serv. Coord. Ext. 6206  
Kathy Florence, Activity & Vol. 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 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](mailto: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 free of charge to those 60+ years, home-bound, unable to shop, drive, prepare meals, or have low mobility. Contact: Kathleen

Ryan 413-664-1041, or [takeandeat@verizon.net](mailto: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.

#### **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.

#### **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](http://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](http://www.pvpc.org) TTY/TDD: 413-781-7168

**Mount Tom Center for Mental Health and Recovery** is a community-based outpatient mental health and substance abuse program providing on-site and outreach services. (413) 536-5473