

SOUTH HADLEY COUNCIL ON AGING THE GOLDEN CHRONICLE

November 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



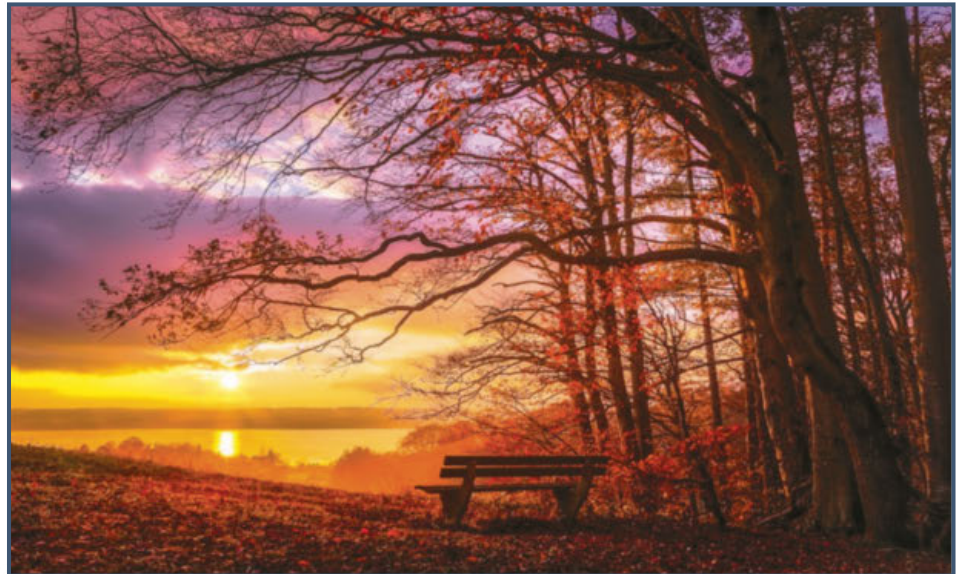
www.southhadley.org/
324/Council-on-Aging



southhadley.org



@southhadleycoa



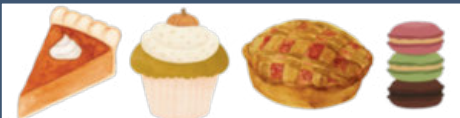
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14. Friends of the SH Seniors & Travel Club
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Veterans Appreciation Breakfast

Thursday, Nov. 9th
8:30 a.m.

Please register for this event. Veterans are invited to a special breakfast in appreciation for their service in honor of Veteran's Day. Breakfast will be prepared by SHHS culinary program, followed by a special ceremony with guest speakers, Veteran of the year award, and music. This event is sponsored by the Friends of the South Hadley Seniors, the VFW and the veterans council.



BFF Thanksgiving Dessert Social and Bake-off w/ Entertainment by Ritchie Mitnik & Friends

Wednesday, Nov. 22nd
1:00 p.m.

Celebrate friendship with desserts, entertainment and free gift basket raffles! Gift baskets and desserts donated by: Barstow's Longview Farm, The Atrium at Cardinal Drive, Loomis Communities, Assisted Living Locators, RSVP, and Daybrook Village. **Have a specialty dessert recipe?** Enter it into our **Bake-off** for a chance to win gift certificates to Big Y! Judged by Chef Maggie, Friends Member, and some of our supper clubbers. Pick up an entry form/info sheet at the front desk!



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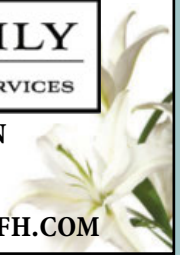
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South Hadley COA - South Hadley, MA

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 EOECA.

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>BAKED GOODS SELECTION OF TOAST, ENGLISH MUFFINS, MUFFINS, SCONES, DANISH AND SWEETS. <i>Changes Daily</i></p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">SANDWICHES</p> <p>EGG & OLIVE HAM & PICKLE HAM & CHEESE TUNA SALAD CHICKEN SALAD</p>
<p>SOUP CHOWDER CHILI <i>Stop by or call the center for daily selections. Cash Only</i></p>	<p style="text-align: center;">BEVERAGES</p> <p>JUICE SODA WATER COFFEE TEA</p>

During your birthday month stop by the center and enter your name in our birthday club jar for a chance to win a gift at our birthday party!

FREE!!
Birthday & Anniversary Social
Wednesday, November 15th
2:00 p.m.

Join us for cake and ice cream with the students from MacDuffie School and Entertainment by Harmonix as we celebrate all the birthdays and anniversaries of the month.

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580 Appleton Street, Holyoke, MA 01040 https://jamesmercer.bhhsrealtypros.com		

4 Special Programs Call to register or info (413-538-5030 option 3)

Winter PREPAREDNESS FAIR **Friday, Nov. 3rd 10:00 a.m. - 12:00 p.m.**

Join us as we begin to prepare for the upcoming snowy weather. Speakers will be Todd Zukowski of MEMA and Brian Lapis, Meteorologist from Channel 22. In addition learn about what services are in SH.

Life History & Genealogy Workshop **Fridays 10:00 a.m. through November**

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

Trip to Thunderbirds at the Mass Mutual Center
Nov. 8th leaving COA at 9:45 a.m. (Min 5 people)
Cost: \$16 add a voucher for hot dog/ drink for \$3
Purchase tickets at our welcome desk for this trip to see a hockey game with the Springfield T-Birds.

NEW!! This is your Life Podcast
Monday, Nov. 13th 1:00 p.m. (In Person and Virtual)
Hosted by: Jan Lucier, Like the T.V. show you remember, but with an updated twist!
Jan hosts this inspirational hour of sharing with one of our SHCOA members. Who will it be?

"Picture This: The Perfect Gift!" with SHPL **Children's Services Librarian Jenny Arch** **Thursday, Nov. 16th at 2:00 p.m.**

Everyone knows books make wonderful gifts, but if you haven't been in the children's section of a library or bookstore lately, you might want to brush up on kids' recent favorites! Jenny will bring a selection of picture books that would make wonderful gifts for the little ones in your life.

Men's Breakfast **Friday, Nov. 17th at 8:30am**

This breakfast is free and is open to all Men!

Senior Safety with Ray Gouley of SHEL.D. **Wednesday, November 29th 11:00 a.m.**

Ray will talk about Electric safety. He will be giving away 5 \$50 gift cards from Stop & Shop for SH residents and Table Talk pies.

Supper Club: Chef Maggie's Favorite Cookbook

Demo and Meeting **Wednesday, November 8th, 2:00-4:00 p.m.** **Free and Open to All! Samples & Recipes!**

Got cookbooks you never use? This month, it's all about cookbooks, recipes and how to get the most out of your grocery dollars. Maggie will be whipping up the World's Most Delicious Cupcakes while you join in on a cookbook scavenger hunt.

November Culinary Lessons: Make and Take pie workshop- a Southern Tradition

Monday, November 20th 2-4, crust and filling prep
Tuesday, November 21st 2-7, fire and family dinner
8\$ per person you must register by the 8th with Maggie maggiev06021@gmail.com

Tuesday Evening Programs

Acoustic Cafe **Tuesday, November 7th 5:00 p.m.** **Cost \$7 limit to 50 tickets**

Enjoy dinner and acoustic entertainment in our cafe with guitarist "Mister Gene". Shepherd's Pie dinner with dessert and a drink.

Murder Mystery Dinner Theater **Tuesday, November 14th 3:30 p.m.- 7:00 p.m.** **Tickets required \$75.00 pp**

Presented by The South Hadley Travel Club: Mystery, intrigue and Murder with the Murder Mystery Co. of Boston and grand buffet dinner catered by Hamel's catering. Contact Travel Club for ticket info.

Information Session for Caregivers **November 21st 3:00 p.m. - 6:00 p.m.**

Are you a caregiver for a person who has dementia? The South Hadley COA will offer an info session about the progression of symptoms, caregiving strategies, self-care, advance care planning, and local resources. Sessions will be led by Heidi Haghighi, RN MSN.

Holistic Health Series: **Combatting Stress through the Holidays** **Tuesday, November 21st at 5:00 p.m.**

As The season changes and the holidays approach, some people feel overwhelmed with stress for many different reasons.. In this one hour stress management session, Jeffrey Wyda RN,HN-BC,H.S.M.I., will provide tools for both coping and relaxing to help this holiday season feel less stressful

Lifelong Learning Series **AI and You: Navigating the Presence of Artificial Intelligence in Our Lives.** **Tuesday, November 28th at 5:00p.m.**

Speaker: Lindsey Freer, Head of Educational Technology at Mount Holyoke College
This event will describe some of the different ways artificial intelligence is at work in our daily lives. There will be opportunities for questions, conversation, and hands-on exploration.

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.

Shopping Schedule

Tuesdays at 11:30: Big Y



Fridays:

3rd	17th
1:30 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

Spotlight on Fuel Assistance

It's Fuel Assistance time!

The Fuel Assistance season officially opens November 1st. By now, some of you may have received your recertification packet from Community Action of Greenfield. If you need help in completing your application packet, call Ann Andras. Please **DO NOT** just sign your application and return it to Greenfield. You must supply additional documentation. Doing this will result in an unnecessary delay in processing your application.

For those South Hadley seniors who would like to apply for Fuel Assistance for the first time, a face to face meeting with Ann is required. Remember Fuel Assistance is **Assistance** with your heating costs, you should not expect Community Action to cover the entire cost of the 2023/2024 season. You need to plan ahead! If necessary, contact your fuel provider and make a payment plan, so you are not overwhelmed during the coldest part of winter. You can make an appointment by calling Ann or emailing her at aandras@southhadleyma.gov. Appointments are required.

Financial Guidelines for the 2023~2024 Heating Season

<u>Number of People in a Household</u>	<u>Household Income</u>
1	\$45,392
2	\$59,359
3	\$73,326

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 for Seniors

Tuesday, Nov. 21st 10:00 a.m. to 11:00 a.m.

Ann's Visit to the Food Pantry

Wednesday, November 29th 1:00 to 3:00 p.m.

Ann's Community Outreach Visits

Newton Manor: Wed., Nov. 15th at 2:00 p.m.

SHINE is Serving the Health Insurance Needs of Everyone.

It's the Medicare Annual Open Enrollment Period: **October 15th to December 7th**. This is the period set aside to examine your health insurance coverage. If you are satisfied with your current plan, do not change it. If you need to make a change, additional dates to meet with a SHINE certified Counselor are available by calling 538.5030. **Appointments**

Supporting your local Food Pantry

"Neighbors Helping Neighbors"

For the month of November the item being collected at the Senior Center is: **Soup**
Thank you for your continued support!

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): Memory Connections serves caregivers and people living with dementia. Caregivers will receive support and instruction from Laura Lavoie and the person living with dementia will attend a social program. The monthly event will conclude with an on-site dinner. Program is held at the Chicopee COA. Call Chicopee to register. 413-534-6698.

Caregiver Support Group

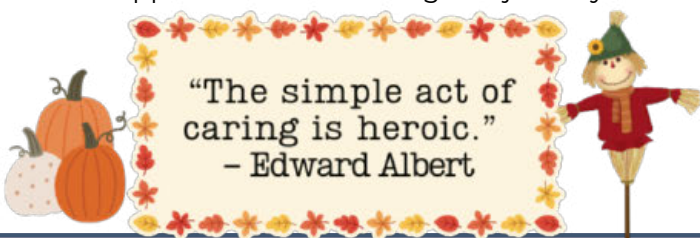
Wednesday, Nov. 1st and Oct. 15th at 10:00 a.m.

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.



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.



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

Available at the Front Desk: Visual and Audio Magnifiers

Nutrition Help for the Holidays
Individual Nutrition Counseling
Wednesday, Nov. 15th
9:00-12:00 p.m.

Jennifer is a Registered Dietitian (RD) She will be offering individual nutrition counseling for people 60 and older. **You must complete an application, located at the front desk.** Appointments are tailored just for you, and customized to fit your specific needs, goals, and

Diabetes Prevention Program
Monday, Nov. 13th 10:30 a.m.

Presented by Jennifer Jernigan, Assistant Public Health Director of the SH Health Department. Learn about healthy eating, environmental factors, and changing your lifestyle. Free blood sugar testing by the Town Public Health Nurse, Maureen Couture. Diabetic Foot Care Segment provided by Dr. Wolf, Podiatrist.



"Back to Basics" Series:
Handwashing 101
Thursday, Nov. 2nd 1:30 p.m.
 Presented by Public Health Nurse, Maureen Couture, RN.

"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, Nov. 7th 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, Nov. 14th 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, Nov. 14th 8:30 a.m.-11:30 a.m. By Appt.

Hearing Screenings & Aid Cleanings with Audiologists Allison and Lisa. (November + December currently full.)

Veterans Social Hour

Wednesday, Nov. 8th 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.

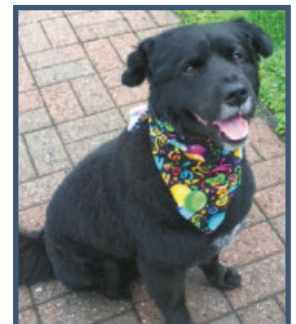
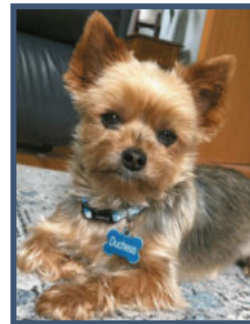
Visit with Public Health Nurse, Maureen Couture, RN

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 **Riley: Thursdays**
6th & 20th at 12:30 p.m. **11:00 a.m.**



Community Companion Volunteer Group Visit

Monday, November 27th
Leaving COA at 1:45 p.m.

We will be having an early holiday social at Hubert Place!
 If you are interested in becoming a volunteer contact Kathy Florence at kfflorence@southhadley.ma.gov or 413-538-5030 x6207

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November 2023: 10th Veterans Day, 23rd Thanksgiving, 24th Administrative 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-Orange, Special Events-Purple Community Table Lunch-Teal

Monday	Tuesday	Wednesday	Thursday	Friday
<p></p> <p>Thank you to The Friends of the South Hadley Seniors for sponsoring the following programs:</p> <ul style="list-style-type: none"> • The Birthday /Anniv. Party Entertainment. • Entertainment & Prizes for Thanksgiving Social. • Veterans Breakfast • Refreshments for Community Companion Visit, Ann's Outreach Visit, and LGBTQ+ Social 	<p></p> <p>LGBTQ+ Coffee Social Hour Thursday, Nov. 16th 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>1 Tech Time w/ Sandy 8:00 Advanced B&B 9:00 Dance w/ Loryn 9:30 Healthy Bones 10:00 Personal Training 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 Uplifting Karaoke 1:00 Mahjong 1:00 Line Dancing 1:00 Beginner Spanish 3:00 Intermediate Spanish</p> <p>Salmon w/ Sauce</p>	<p>2 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 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 Handwashing 101 2:15 Meditation</p> <p>Meatloaf w/ Gravy</p>	<p>3 8:00 Advanced B&B 9:00 NO Cornhole 9:30 Healthy Bones 10:00 Winter Preparedness Fair 10:00 Genealogy 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:30 PriceRite Shopping</p> <p>Chicken Fricassee</p>
<p>6 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 1:00 Zumba Gold 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies</p> <p>Lasagna Roll</p>	<p>7 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Card Making 10:00 Learn Mahjong 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 Sustainable Fashion 5:00 Acoustic Cafe 5:30 Evening Yoga</p> <p>Swedish Meatballs</p>	<p>8 Tech Time w/ Sandy 8:00 Advanced B&B 9:00 Dance w/ Loryn 9:00 Veteran Social Hour 9:30 Healthy Bones 9:45 T-Birds Trip 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 2:00 Supper Club Demo 3:00 Intermediate Spanish</p> <p>Chicken & Dumppling</p>	<p>9 8:30 Veterans Appreciation Breakfast 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 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 2:00 Meet the Artist- Joe Wallace 2:15 Meditation</p> <p>Roast Pork w/ Gravy</p>	<p>10 COA Closed</p> <p></p>

<p>13 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:30 Diabetes Talk 1:00 Life Podcast 1:00 Zumba Gold 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movie at The Tower Theater. See page 14 for info.</p> <p>Veggie Chili</p>	<p>14 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong 10:00 Low Vision 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 Sustainable Fashion 3:30 Travel Club Event 5:30 Evening Yoga</p> <p>Taco Mix</p>	<p>15 Tech Time w/ Sandy 8:00 Advanced B&B 9:00 Dance w/Loryn 9:00 Nutrition by Appt. 9:30 Healthy Bones 10:00 Personal Training 10:00 Caregiver Support 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Beginner Spanish 1:00 Mahjong / Collage 1:00 Line Dancing 2:00 Birth/Anniv Party 2:00 Ann's Outreach 3:00 Intermed. Spanish</p> <p>Chicken w/ Dijon Sauce</p>	<p>16 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 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 2:00 Picture This- SHPL 2:15 Meditation</p> <p>Roast Turkey w/ Gravy</p>	<p>17 8:00 Advanced B&B 8:30 Mens Breakfast 9:30 Cornhole 9:30 Healthy Bones 10:00 Genealogy 10:00 Town Clerk 10:45 Healthy Bones 1:30 Aldi Shopping 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p>Beef Burgundy</p>
<p>20 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 1:00 Zumba Gold 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies 2:00 Supper Club Prep 2:30 Flower Arranging</p> <p>Penne & Meatballs</p>	<p>21 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Brown Bag 10:00 Learn Mahjong 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo / Pinochle 2:00 Supper Club Fire 3:00 Trivia Club 3:00 Caregiver Info 3:00 Social/ Ballroom 3:30 Sustainable Fashion 5:00 Holistic Health 5:00 Board & Brush 5:30 Evening Yoga</p> <p>Chicken w/ Divan Sauce</p>	<p>22 Tech Time w/ Sandy 8:00 Advanced B&B 9:00 Dance w/Loryn 9:30 Healthy Bones 10:00 Personal Training 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 1:00 Beginner Spanish 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 1:00 BFF Bake Off 2:00 Book Club Hybrid 3:00 Intermed. Spanish</p> <p>Chicken Kielbasa</p>	<p>23 COA CLOSED</p>  <p>24 COA CLOSED</p> 	<p>24 COA CLOSED</p>
<p>27 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 1:00 Zumba Gold 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movie 2:00 CC Visit to Hubert</p> <p>Shepards Pie</p>	<p>28 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Social/ Ballroom 3:00 Trivia 3:30 Sustainable Fashion 5:00 Lifelong Learning 5:30 Evening Yoga</p> <p>Mongolian Pork</p>	<p>29 Tech Time w/ Sandy 8:00 Advanced B&B 9:00 Dance w/Loryn 9:30 Healthy Bones 10:00 Personal Training 10:45 Healthy Bones 11:00 Senior Safety 11:15 Beginner Yoga 1:00 Uplifting Karaoke 1:00 Ann's Visit to FP 1:00 Beginner Spanish 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 2:00 Book Club Hybrid 3:00 Intermed. Spanish</p> <p>Chicken Stew</p>	<p>30 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:30 Volunteers at SHPL 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>Salmon w/ Dill Sauce</p>	 <p>Town Clerk Office Hours Friday, Nov. 17th 10:00 a.m.</p>

10 Arts & Language & Movies– Please Register

Craft Club

Card Making with Joanne

Tuesday, November 7th 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.

Thanksgiving Flower Arranging

Monday, Nov. 20th at 2:30 p.m.

Cost \$10.00 limit 10 participants

Join us to make a flower arrangement for your holiday table! All supplies are included!



Sign Make and Take Workshop with South Hadley Board and Brush

Tuesday, November 21st at 5:00 p.m.
cost \$25 must purchase a ticket at the South Hadley COA. Limit 20

Choose from 4 different single board signs, choose your stain, and then put the stencils on and paint them with instruction from Board and Brush staff.

Monday Movie Matinee at 1:00 p.m.



11/6

Indiana Jones and the Dial of Destiny



11/20

Agatha Christie: The Crooked House



11/27

The Bishop's Wife (classic movie)

Table Games

Learn to Play Mahjong
Tuesdays
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@southhadleyma.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.

Sustainable Fashion Upcycling with Petula Bloomfield

Tuesdays at 3:30 p.m. Cost \$4

Bring your own clothes and have fun thrifting. **Some sewing materials provided.**

Gratitude Journal Writing

Wednesdays at 11:00 a.m.

Open to all abilities.

Mystery Book Club

Tuesday, November 7th 3:00 p.m.

To discuss *Bye Bye Baby* by Robert Parker/ *Ace Atkins*. December's meeting will be Dec. 5th to discuss *The Ruin* by Dervla McTiernan.

Beginner Spanish

Wednesdays 1:00 p.m.

Introduction to speaking, reading, writing, and listening to Spanish for this course.

Intermediate Spanish

Wednesdays 3:00 p.m.

Students should be familiar with the basic vocab and grammar. A placement test will be given to assure the student is ready.

Uplifting Karaoke with Ronnie

Wednesday, November 1st and 29th at 1:00 p.m.

Ronnie has been leading Karaoke for 20 years! Come join the fun!

Book Club (Hybrid)

Wed., Nov. 22nd at 2:00 p.m.

To discuss *Killing Commendatore* by Haruki Murakami. For hybrid please contact Kathy for link.

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. Come sew with friends!

Fiber Arts

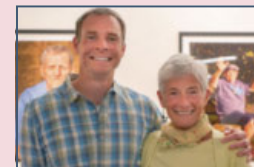
Fridays at 1:00 p.m.

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.




November Art Exhibit Portraits of Dementia

Meet the Artist: Joe Wallace

Thursday, Nov. 9th, at 2:00 p.m.


Trained as a journalist, Joe Wallace has been a portrait photographer and storyteller for twenty years. Like many, Joe has a deeply personal connection with dementia. His exhibit is a deft combination of narrative and portraiture that breaks the taboo around dementia, replacing the fear and futility with empathy and nuance. Come meet him!



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, Constance Grise , Maggie Vescio
Nancy Driscoll, Daniels/Weinblatt




Anthony Rovelli & Mom Mary Lou
 Venita Redding



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Get In On The Conversation



Allison Holmberg,
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Amy Catanzaro,
 AuD., Doctor of Audiology

Joni Skinner,
 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 supple-
ments 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, Nov. 1st & 15th 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.

Advanced Bones & Balance

Wednesday and Friday 8:00 a.m.

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, November 23rd.

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 _____

Senior Center Gift Funds

Make Check Payable To: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075

- | | | |
|---|---|--|
| <input type="checkbox"/> Wherever Needed Most | <input type="checkbox"/> Activities Account | <input type="checkbox"/> Caregivers Gift Account |
| <input type="checkbox"/> Newsletter Account | <input type="checkbox"/> Services Gift Fund | <input type="checkbox"/> Holiday Gift Card/Lights On |

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

413-781-8800

anna.randall@gsssi.org

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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.

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

Visit: <https://wmeldercare.org/home/services-programs/lgbtq-support/>

Dinner, Social Hours, and Virtual Gatherings

For more information, call WestMass ElderCare 538-9020, or 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 Application: www.mataxaide.orgInterest.

Volunteer Reader at SHPL

Thursday, Nov. 30th 10:30 am

Are you a retired elementary school teacher with a desire to read to little ones? Contact Kathy Florence to become a volunteer reader for storytime at SHPL.



We finished National Senior Center on a noisy, high-flying, encouraging and supportive note. If you want excellent exercise and you want to take on an awesome Cornhole Team - come join us Monday and Friday mornings. Thank you to all who helped us celebrate National Senior Center Month!



Cornhole Competition w/ the COA Staff



Exercise Extravaganza!

Save the Dates: Registration opens November 1st for all December events, excluding Healthy Bones.

Tuesday, Dec. 5th 4:00 p.m. Holiday event with Santa, singalong, cocoa and cookies and the return of the Christmas Train! Free and open to all ages!!

Tuesday, Dec. 12th 5:00 p.m. Sheryl Faye's One Woman Show: "The Queen"

Tuesday, Dec. 19th 5:00 p.m. Christmas Concert with the SH Community Band

Wednesday, Dec 20th 12:00 p.m. Holiday lunch by Loomis Chefs with entertainment by the O-Tones



**HOLIDAY INSPIRATIONAL CONCERT
DAN KANE & FRIENDS
feat. Freddie Marion**

DATE: Sunday, December 3, 2023

TIME: 2-3:30PM

PLACE: St Theresa Church (9 E. Parkview Dr.)

All are welcome to this free concert. No RSVP needed. Hot chocolate and cookies will be served following the show.

This program is supported in part by a grant from the South Hadley Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



The Friends invite you to join us at South Hadley's Tower Theaters for a free movie



The delectable film being shown is
"CHOCOLAT"

Monday, November 13 @ 1pm
Call the Senior Center to reserve a seat

Limited seats available. All attendees will receive a free small popcorn and drink. Call today to reserve your seat.



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.



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. Wearing a Venetian Masquerade Mask is encouraged but not required. **Package includes:** Performance, Buffet and Raffle Prizes Limited number of tickets available. **Cost \$75.** Call Susan

December 13, 2023: 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

June 13, 2024: Newport Playhouse and Cabaret, Newport, RI. "Cemetery Club".

A comedy where three Jewish widows meet once a month for tea before going to visit their husbands' graves. Enjoy this unique Dinner Theater experience. Package includes: Transportation, Luncheon, Play and Cabaret Show. Cost \$145. 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.

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 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

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

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

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