

# SOUTH HADLEY COUNCIL ON AGING THE GOLDEN CHRONICLE

## DECEMBER 2023



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



45 Dayton Street  
South Hadley MA 01075



413-538-5030 press 3



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



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



@southhadleycoa



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15. Community Partnerships & Save the Dates



Sheryle Faye  
Presents:  
"Her Majesty"

Tuesday, December 12th  
5:00 p.m.

### BRAND NEW SHOW!

Queen Elizabeth II was a true icon, inspiring people around the world with her strength, courage, resilience, and dedication to a life of service. For 70 years, she remained a constant presence as sovereign, shepherding the people of the UK through both joyful times and darker periods of challenge and uncertainty. An enduring admiration for Queen Elizabeth II united people across the Commonwealth.

**Register to Save Your Seat!**



Holiday Lunch by Loomis  
with Entertainment  
by the O-Tones

Wednesday, December 20th  
12:00 p.m. FREE

Join us for some holiday cheer with a wonderful meal prepared by the chefs at Loomis, chicken marsala over noodles with broccoli and a cannoli! Also great entertainment by the O-Tones! Upbeat and uplifting, The O-Tones are among the best New England party bands. With lots of soul, they'll melt your hearts & get your feet dancing.

**Tickets for this event are located at The Welcome Desk!**





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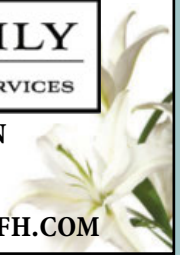
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South Hadley COA - South Hadley, MA

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 EOE.

**Breakfast-To-Go: Monday- Friday Pick-up at Noon**

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

Breakfast meals are delivered cold and are meant to be heated the following morning. A suggested, confidential, voluntary donation of \$2.50 per meal.

For nutrition questions call WMEC at 413-538-9020. x313

**Birthday & Anniversary Holiday Event**

**Tuesday, December 19th at 5:00 p.m.**

Join us as we celebrate with holiday music by The South Hadley Community Band. Free birthday cake and a special birthday gift for one lucky member!

**\*Stop by the center and enter your name in our birthday club jar for a chance to win a gift.\***

**SAVE THE DATE! Acoustic Cafe with Lauran Belizo**

**Tuesday, Jan. 2nd 5:00 p.m. 50 max. Tickets \$7.00**

Join us for an evening of music and dinner in the café. Meal includes ziti, meatballs, garlic bread, dessert and a drink.



**THE WOODLAWN CAFE**

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

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

Cafe will be closed on Tuesday 12/26 & Wednesday 12/27.



**Mention this ad and receive \$499 Discount on your next project!**

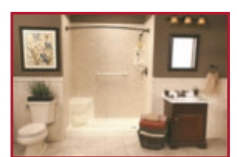
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## 4 Special Programs

Please Register (413-538-5030 option 3)



We are looking for volunteers to work in our cafe and dining room. Contact Kathy Florence if you are interested in joining our team!  
kflorence@southhadleyma.gov  
413-538-5030 x6207



**Representative Dan Carey**  
Tuesday, December 12th  
11:00 a.m.  
**Town Clerk, Sara Gmeiner**  
Friday, December 22nd  
11:00 a.m.

### Supper Club Demo

#### **Get Ready for the Holiday Rush**

Wednesday, December 6th at 2:00 p.m.

Free and open to all!

Using ideas from the NEW Supper Club Cookbook, Chef Maggie will show you speedy, delicious entertaining ideas for your holiday tables. Demo includes recipes and samples. Limited number of cookbooks available \$8.00

#### December Culinary Lessons

Sign up for December culinary lessons at the Demo, or email [maggiiev06021@gmail.com](mailto:maggiiev06021@gmail.com).

Monday, December 18th, 2:00 p.m.

#### **Cheesecake Prep and First Fire**

Tuesday, December 19th, 2:00 p.m.

#### **Cheesecake Decoration**

\$8.00 per cheesecake/person, limit of 24 bakes, you must register by the 6th

#### **This is Your Life: Senior Wisdom Podcast.**

Monday, December 11th 3:15 p.m.

In person and virtual. 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? Contact Kathy Florence for zoom link. [kflorence@southhadleyma.gov](mailto:kflorence@southhadleyma.gov)

#### **How to Avoid Scams this Holiday**

Wednesday, Dec. 13th at 2:30 p.m.

Rachel Senecal presents practical tips to be safe this holiday season.



#### **What are Graphic Novels (and why are they so great)?**

Thursday Dec. 14th at 2:00 p.m.

What are graphic novels? In a nutshell, they're books that tell a story using sequential art: a combination of pictures and words. They can be for kids, teens, or adults, and they can be in any genre, from historical fiction to sci-fi to memoir. Come learn more and see lots of examples with Jenny Arch, children's services librarian at the South Hadley Public Library.

#### **Gentlemen's Breakfast**

Friday, December 15th 8:30 am

Enjoy this free breakfast with other gentlemen alike.

#### **Holiday Bingo!**

5th, 12th, & 19th in December 1:00 p.m.

Join us each week where there will be additional special prizes!

#### **Gift Wrapping Help!**

Tuesday, Dec. 19th 4:00 p.m. Cost: Donation

Bring your items to be wrapped by our expert holiday helpers!

#### **Late Lunch with Chef Maggie**

Tuesday, December 26th 1:00 p.m. 15\$ per person

The menu will be winter salad, fresh bread, and cheesecake. Limit 20 people, you must register by December 6th.



## Tuesday Evening Programs



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TO REGISTER: CALL, EMAIL, OR VISIT THE SOUTH HADLEY COUNCIL ON AGING  
413-538-5030 x3 [sfarnsworth@southhadleyma.gov](mailto:sfarnsworth@southhadleyma.gov) 45 Dayton Street, South Hadley

#### **Mount Holyoke College Art Museum**

#### **Gallery Tour: Highlights & Hidden Gems**

Tuesday, December 5th 3:30pm

Emily Wood, Assistant Curator, will give a tour of this 147 year old building - Mt Holyoke College Art Museum. Please sign up at the Welcome Desk for this event and if you need transportation. We can also meet you there. Thank you to the Travel Club for sponsoring this program.



#### **Holiday Open House -All Ages Welcome!**

Tuesday December 5th  
4:00-7:00 p.m.

We will be welcoming the return of the holiday train, photos with Santa, a hot cocoa bar, cupcake decorating, music and lots of fun! Bring the whole family!

# Transportation & Technology 5

Transportation can be used for 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. Wheelchair lift available.

**Social rides requires 24 hours advanced notice.**

**Medical rides requires three days advanced notice.**

Monday - Friday from 8:15 a.m. to 3:30 p.m.

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

**Out of Town Medical Transportation:** Transportation to non-emergent medical appointments to the Holyoke Medical Center Campus or Trinity Health of New England in Chicopee is available. You must be physically able to get into the medical office without the assistance of the driver. Companions are welcome to accompany rider.

## Tech Time With Sandy

Wednesdays 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.

## Shopping Schedule

Tuesdays at 11:30: Big Y



Fridays:

1st	8th	29th
1:30 p.m.	12:30 p.m.	1:30 p.m.

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# 6 Support Services



## FUEL ASSISTANCE



**It's Fuel Assistance Time!** 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 by the charges during the coldest part of winter. You can make an appointment by calling Ann or emailing her at [aandras@southhadleyma.gov](mailto: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, Dec. 19th 10:00 a.m. to 11:00 a.m.

### Ann's Visit to the Food Pantry

Wednesday, Dec. 27th 1:00 to 3:00 p.m.

### SHINE Serving the Health Insurance Needs of Everyone

Sue LaMastro is our Certified SHINE Counselor and available to meet with any Senior who needs information on Medicare. Are you planning to retire soon and need to pick a Medicare plan, please call the Senior Center for an appointment. An appointment is required, please no drop ins!



### Supporting your local Food Pantry "Neighbors Helping Neighbors"

The food item we are collecting for the month of December is: **Canned Meats (protein sources) such as chicken, turkey, tuna, chili and beef stew.**

Thank you for your continuing 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.

## CAREGIVER SUPPORT GROUP

Wednesday, Dec. 6th & Dec. 20th  
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

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 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.

### In leu 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.

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

Available at the front desk Visual and audio magnifiers and pocket talkers.

**Nutrition Counseling**

Wednesday, Dec. 20th 9:00 a.m.-12:00 p.m.  
**Registration Required & Appointments Only**  
 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.



**Handwashing Event**

Wednesday, Dec. 20th 9:00 a.m.  
 Join Maureen Couture, RN, South Hadley Public Nurse as she presents the Glo Germ Hand Washing technique. The Glo Germ technique will show you all those spots you missed and reinforce how handwashing is the first line of defense when caring for ourselves as we go through the flu and Covid season.



**"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 Beaulieu, RN**

Tuesday, Dec. 5th 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, Dec. 12th 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, Dec 12th 8:30 a.m.-11:30 a.m. By Appt.  
 Hearing Screenings & Aid Cleanings with Audiologists Allison and Lisa. (Dec. is full now booking for Jan + Feb.)

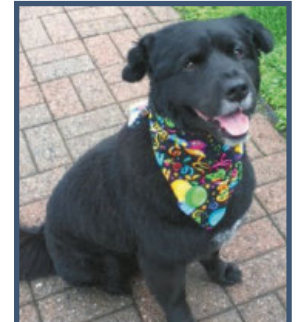
**Veterans Social Hour**

Wednesday, December 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. Please made an appt. at The Welcome Desk.

**Pet Therapy**



Duchess: Monday  
 4th & 18th at 12:30

Riley: Thursdays  
 11:00 a.m.



**Community Companion Volunteer Group**

Thursday, Dec. 7th at 2:00 p.m.

We will be sharing holiday spirit with our community friends at Newton Manor on Dec. 7th at 2:00 p.m. and at Lathrop Village on Dec. 13th at 2:00 p.m. Stop by for refreshments and friendship!

If you are interested in becoming a volunteer contact Kathy Florence at [kflorence@southhadleyma.gov](mailto:kflorence@southhadleyma.gov) or 413-538-5030 x6207.

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# December 2023: 25th Christmas Holiday

**DISCLAIMER:** We would like to thank our advertisers, presenters, and program sponsors for all they do for our members. The South Hadley Senior Center does not endorse any service or product advertised, presented, or sponsored herein.

**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-Orange**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Get Ready for Winter Weather!</b> In case of inclement weather, the Senior Center may close or institute a delayed opening. Watch Channels 40, 22 or 3 for updates and cancellations. You can also check the town website <a href="http://www.southhadley.org/">www.southhadley.org/</a> or the COA Facebook <a href="https://www.facebook.com/southhadleycoa">www.facebook.com/southhadleycoa</a>.</p> 	<p><b>Thank you to The Friends of The South Hadley Seniors for sponsoring the following:</b></p> <ul style="list-style-type: none"> <li>• Giving Tree</li> <li>• Prizes for Holiday Bingo games</li> <li>• Sheryl Faye presents “Her Majesty”</li> <li>• O-Tones performance for Holiday Luncheon</li> <li>• Refreshments for: LGBTQ+ Coffee Hour, Community Companions</li> </ul>	 <p><b>LGBTQ+ Coffee Social Hour</b> Thursday, Dec. 21st 10:30 a.m.</p> <p>This group will meet monthly on the third Thursday of the Month. Neil Broome to facilitate. Free Coffee and Refreshments.</p>	<p><b>1</b> 8:00 Advanced B&amp;B 9:00 Cornhole 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club <b>1:30 PriceRite Shopping</b></p>	<p><b>1</b> 8:00 Advanced B&amp;B 9:30 Cornhole 9:30 Healthy Bones <b>10:30 Craft Club</b> 10:45 Healthy Bones <b>12:30 Walmart Shopping</b> 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p>
<p><b>4</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 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>5</b> 8:50 Stretch and Go <b>9:00 Foot Care by Appt.</b> 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong <b>10:00 Card Making</b> 11:15 All Level Yoga <b>11:30 Big Y Shopping</b> 1:00 Healthy Bones <b>1:00 Holiday Bingo</b> 1:00 Learn/ Play Pinochle <b>3:00 NO Trivia Club</b> <b>3:00 Mystery Book Club</b> 3:00 Social/ Ballroom <b>3:30 LLL Offsite</b> <b>4:00 Holiday Open House</b> 5:30 Evening Yoga</p>	<p><b>6 Tech Time w/ Sandy</b> 8:00 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 <b>12:30 Fitness Orientation</b> 1:00 Creative Collage 1:00 Mahjong 1:00 Line Dancing <b>2:00 Supper Club Demo</b></p>	<p><b>7</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 <b>2:00 CC Newton Manor</b> <b>2:00 Uplifting Karaoke</b> 2:15 Meditation</p>	<p><b>8</b> 8:00 Advanced B&amp;B 9:30 Cornhole 9:30 Healthy Bones <b>10:30 Craft Club</b> 10:45 Healthy Bones <b>12:30 Walmart Shopping</b> 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p>
<p><b>Lazy Golumpki</b></p>	<p><b>Taco Tuesday</b></p>	<p><b>Jerk Grilled Chicken</b></p>	<p><b>Roast Turkey w/ Gravy</b></p>	<p><b>Jumbo Ravioli</b></p>

<p><b>11</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi &amp; Qigong 1:00 Zumba Gold 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies <b>3:15 Podcast</b></p> <p><b>Grillen Chicken w/ Orange Cran Sauce</b></p>	<p><b>12</b> 8:50 Stretch and Go <b>9:00 Hearing by Appt.</b> 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong <b>10:00 Low Vision</b> <b>11:00 Rep. Carey</b> 11:15 All Level Yoga <b>11:30 Big Y Shopping</b> 1:00 Healthy Bones <b>1:00 Holiday Bingo</b> 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom <b>5:00 "Her Majesty"</b> 5:30 Evening Yoga <b>Sloppy Joe</b></p>	<p><b>13 Tech Time w/ Sandy</b> 8:00 Advanced B&amp;B 9:00 Dance w/Loryn <b>9:00 Veterans Social</b> 9:30 Healthy Bones 10:00 Personal Training 10:00 Travel Club 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage <b>2:00 CC visit Lathrop</b> <b>2:30 Holiday Scams</b> <b>Chicken w/ Marsala</b></p>	<p><b>14</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 <b>2:00 Graphic Novels</b> 2:15 Meditation</p> <p><b>Beef Stew</b></p>	<p><b>15</b> 8:00 Advanced B&amp;B <b>8:30 Gentleman's Breakfast</b> 9:30 Cornhole 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p><b>Butternut Mac &amp; Cheese</b></p>
<p><b>18</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 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>2:00 Supper Club Prep</b></p> <p><b>Grilled Chicken w/ Gravy</b></p>	<p><b>19</b> 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong <b>10:00 Brown Bag</b> 11:15 All Level Yoga <b>11:30 Big Y Shopping</b> 1:00 Healthy Bones <b>1:00 Holiday Bingo</b> 1:00 Learn/ Play Pinochle <b>2:00 Supper Club Prep</b> 3:00 Trivia Club 3:00 Social/ Ballroom <b>4:00 Gift Wrapping</b> <b>5:00 Birth/Ann Party</b> 5:30 Evening Yoga <b>Sweet &amp; Sour Meatballs</b></p>	<p><b>20 Tech Time w/ Sandy</b> 8:00 NEW Advanced B&amp;B 9:00 Dance w/Loryn <b>9:00 Nutrition by Appt.</b> <b>9:00 Handwashing</b> 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 <b>12:00 Holiday Lunch</b> 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage <b>Diced Chicken Parm</b></p>	<p><b>21</b> 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club <b>10:30 LGBTQ+ Social</b> <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 <b>2:00 Uplifting Karaoke</b> 2:15 Meditation</p> <p><b>Ham w/ Sweet Glaze</b></p>	<p><b>22</b> 8:00 Advanced B&amp;B 9:30 Cornhole 9:30 Healthy Bones <b>10:00 Town Clerk Office Hours</b> <b>10:30 Craft Club</b> 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p><b>Crab Cake w/ Tartar Sauce</b></p>
<p><b>25</b> COA Is Closed</p> 	<p><b>26</b> Café Closed <b>No evening programs. Center closes at 4:30</b> 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong 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>1:00 Lunch w/ Maggie</b> 3:00 Social/ Ballroom 3:00 Trivia <b>Salisbury Steak w/ Gravy</b></p>	<p><b>27</b> Café Closed <b>Tech Time w/ Sandy</b> 8:00 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 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage <b>1:00 Ann's visit to NHN</b> <b>2:00 Book Club Hybrid</b> <b>Salmon w/ Latino Sauce</b></p>	<p><b>28</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 <b>2:00 Uplifting Karaoke</b> 2:15 Meditation</p> <p><b>Meatloaf w/ Gravy</b></p>	<p><b>29</b> 8:00 Advanced B&amp;B 9:00 Cornhole 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club <b>1:30 Aldi Shopping</b></p> <p><b>Diced Chicken Fricassee</b></p>

# 10 Arts & Language & Movies– Please Register

## Craft Club

**Card Making with Joanne**  
 Tuesday, Dec. 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.



**Gingerbread House Making**  
 Friday, Dec. 8th 10:30 a.m.  
 Cost \$10.00 limit 8 crafters  
 Get into the holiday spirit making a fun gingerbread house! All supplies included.

**Holiday Flower Arranging**  
 Friday, Dec. 22nd at 10:30 a.m.  
 Cost \$10.00 limit 10 participants  
 Join us to make a flower arrangement for your holiday table! All supplies are included.



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



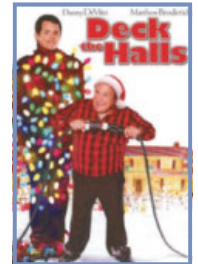
12/4  
**The Secret: Dare to Dream**

Based on Rhonda Byrne's best-seller, this uplifting story follows a young widow and a mysterious man who helps her and family transform their lives.



12/11  
**Indiana Jones and the Dial of Destiny**

Archaeologist Indiana Jones races against time to retrieve a legendary artifact that can change the course of history.



12/18  
**Deck the Halls**

Two neighbors have it out after one of them decorates his house for the holidays so brightly that it can be seen from space.

## Table Games

**Learn to Play Mahjong**  
 Tuesdays 10:00 a.m.

**Mahjong**  
 Mon + Wed 1:00 p.m.  
 A Chinese game of skill & strategy.

**Pinochle**  
 Tues 1:00 p.m.  
 Melding and trick taking game.

**Bingo**  
 Tues. 1:00 p.m.  
 25 cents a card.  
 \*Doors open 12:45

**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 & Language Activities-Contact Kathy for links or questions [kflorence@southhadley.ma.gov](mailto:kflorence@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, December 5th 3:00 p.m.  
 Meeting on Dec. 5th to discuss The Ruin by Dervla McTiernan. The group meets on Jan. 2nd to discuss The Coroner's Lunch by Colon Cotterill.

**Book club (hybrid)**  
 Wednesday, Dec. 27th 2:00 p.m.  
 To discuss "Hang the Moon" by Jeanette Walls. If interested in hybrid, please contact Kathy.

**Creative Collage with Linda**  
 Wednesdays at 1:00 p.m. (Free)  
 Linda leads this free fun class.

**Uplifting Karaoke with Ronnie**  
 Thurs. 2:00 p.m. (no 12/14)  
 Ronnie has been leading Karaoke for 20 years! Come join the fun!

**Sit and Sew** Thurs. 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** Thurs. at 9:30 a.m.  
 Fee \$3.00 Tina provides the know-how and guidance. You bring the supplies



### December Art Exhibit Anna Burns

My paintings are influenced by such places as the farms of Hadley, The Rockport Harbor, Quabbin Reservoir, my own flower gardens, my travels, and my family. I have exhibited my artwork at several locations locally, thanks to generous support of local artists. I hope you enjoy my paintings as much as I have enjoyed painting them.



*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:

*Judith Bruneau , Dottie Kelly , Janet & Howard Walsh*

South Hadley Board of Health

**Matthew Taylor**

Samuel &  
Michelle Mazza

**Big Y Staff**

Joanna Brown

**Don & Barb Leonard**

Jack

**Bones & Balance Instructors**

Barbara Corrigan

**Clinton M. Rhoades**

Barbara Vanderpoel

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MS, Audiologist/SLP

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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.



The COA staff would like to emphasize that **kindness matters**. As a reminder, The Code of Conduct must be followed by all participants. Please review and help the COA staff encourage kindness every day!

**Avoid causing disturbances or disruptions. Show respect for others, building facilities, and personal property of others. Use common courtesy when interacting with others. Do not engage in any lewd or offensive behavior. Any form of violence is prohibited.**

## 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, Dec. 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.

## 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+ Friday 8:00 a.m.**  
**Participants need to attend both days.** Focus on strengthening bones, balance and muscle through free standing, weight bearing exercise. This class includes mat work. Move to the music and have some fun!

Registration for Healthy Bones & Balance Classes open Thursday, Dec. 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

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**Andy Ladas from JGA Farms** delivering pumpkins for the November flower arranging craft. Thank you Andy for your kind donation! Andy's wonderful acreage row crop farm is based in South Hadley on East Street!



Thank you to **The South Hadley Travel Club** for their generous donation to our Activity Fund!

*Thank You*



Thank you to **Mister Gene** who not only dazzled us with his acoustic performance but also donated his earnings to our Activity Fund!

## Upcoming Meeting - Hazard Mitigation Plan Update Public Meeting Thurs. Dec. 14th 6:00 p.m.-7:00 p.m.

The meeting will take place at The South Hadley Public Library. Light refreshments will be served.

### 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**

#### **1st Wednesday of the Month 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 December 1st for all January events, excluding Healthy Bones.**

**Discovering Dinosaurs**  
with Fred Venne, Amherst College  
Tuesday, January 9th 5:00 p.m.

**Lifelong Learning Lecture Series:**  
**Navigating the Climate Crisis: Global Carbon Story,**  
**Mitigation Efforts, and Mount Holyoke College's**  
**Path to Carbon Neutrality**  
Tuesday January 23rd 5:00 p.m.



**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.)**

*The Friends welcome all 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 wish you all a joyous  
holiday season and  
a happy New Year!*

**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.



**December 13, 2023: Aqua Turf Club, Plantsville, 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

**March 1, 2024: Nelson Hall Performing Arts at Elim Park, Cheshire, CT – Frankie Valli and the Four Seasons** featuring **Big Girls Don’t Cry, Sherry, Candy Girl and Walk Like A Man.** Package includes: Transportation, Luncheon and Show. Cost: \$135. Call Huguette

**May 14, 2024: Aqua Turf Club, Plantsville, CT – Neil Diamond – SWEET CAROLINE.** Join us for a fun afternoon with great music and friends. Package includes: Transportation, Buffet and Entertainment. Cost \$130 – Call Susan

**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

**July 26 – August 4, 2024: Norwegian Cruise Line – Bermuda Cruise from NY Pier.** 8 days / 7 nights aboard **Norwegian Joy.** Costs starting at \$1,499pp twin / plus taxes, gratuities and travel insurance. Be sure to ask about the Free Amenities. Call Donna Milliken at The Ship Shop @ 1-800-243-1630 or 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  
Carol Reznik & Vacant, Receptionist

### 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