

SOUTH HADLEY COUNCIL ON AGING THE GOLDEN CHRONICLE

JANUARY 2024!!



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



45 Dayton Street
South Hadley MA 01075



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



southhadley.org



@southhadleycoa



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Diversity: Embrace It, Share It, Celebrate It!



Northeast Woodland American Indian Culture - Yesterday & Today

Thursday, January 10th at 1:30 p.m.

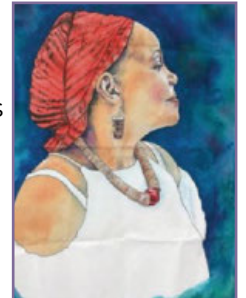
Jennifer Lee is enrolled with the Metis Nation of North America and the Northern Narragansetts. She grew up without knowledge of her Indian Ancestry. She has spent her adult life learning and sharing the true history and culture of the Northeast Woodland Indigenous Peoples.

Celebrate Unity in Diversity at the COA!

Tuesday, January 16th at 4:30 p.m. Space is limited!

Get your FREE ticket at The Welcome Desk.

South Hadley High School Culinary Dept. under the direction of Chef Adam Popp presents a dinner of Puerto Rican cuisine with cooking collaborations from local Chefs. Performance at 5:30 p.m. by Bomba De Aqui, a music company that performs and teaches Afro-Puerto Rican traditions throughout Western Massachusetts and Central Connecticut. Bomba de Aquí is directed by Brendalíz Cepeda, also their lead dancer. Brendalíz is the granddaughter of the great bomba performer Rafael Cepeda, and learned the art and its history in her family, first appearing on stage at the age of 5. Their musical director (and Brendalíz's husband) Saul Peñalosa is a well-known percussionist.



(Diversity programs continue on page 4)



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★ Community Table & Woodlawn Cafe 3

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

Birthday and Anniversary Party with the "Still Can Band"

Wednesday, January 24th at 2:00 p.m. FREE


Refreshments and entertainment by The "Still Can Band".

A 55 + group with student players and instructors. The style is a little bit jazz, a little bit latin, a little bit brass band standards. Remember to enter your name in our Birthday Prize Raffle if you have a birthday this month!



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;"></p> <p style="text-align: center;">BEVERAGES</p> <p>JUICE SODA WATER COFFEE TEA</p>



Acoustic Cafe with Lauran Beluzo

Tuesday, Jan. 2nd 5:00 p.m. 50 people max. Tickets \$7.00 (30 tickets already sold!)

The SHCOA is excited to welcome back the talented Lauran. Join us for a wonderful evening of music and dinner of ziti, meatballs, garlic bread, dessert, and a drink.



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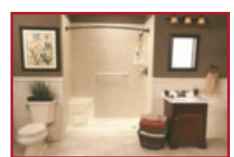
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Diversity: Embrace It, Share It, Celebrate It!

Meet the Artist

Friday, January 5th 1:30 p.m.

Our artist of the month is Diego! Diego F. Salazar was born in rural Colombia in 1980. At the age of eighteen, Diego moved to New Jersey. Not knowing any English, Diego worked many jobs until In 2020, a friend encouraged him to discover painting. Diego found his true passion for abstract-surreal art. He is inspired by many great famous artists, such as Peter Max and Van Gogh. He also credits many local artists for providing him with the support and courage to show his work today.

Socials & Sharing with MacDuffie Students

Jan. 17th 2:00 p.m. Learn Chinese Mahjong with the students and join them for a cookie social.

Jan. 31st 2:00 p.m. Learn conversational language from the international students of MacDuffie, and then socialize with them over ice cream!

Germany in the 21st Century

Friday, Jan. 19th 1:00 p.m.

Donna Van Handle, recently retired professor of German studies at Mount Holyoke College, offers an overview of the political and cultural climate in present-day Germany. Including Germany's challenging past, its effect on life today, and Germany's role within the EU.

Performance by WOFA of PVPA

Friday, January 26th 1:00 p.m.

Join us for an amazing performance by this West African Drum and Dance Group featuring the students of Pioneer Valley Performing Arts School in South Hadley.



Conquering the River: A Discussion

Tuesday, January 9th 3:30 p.m.

Karie Kastango is the first person to complete the swimming of the entire length of the CT River. Her motivation was to raise awareness of the significance of the Connecticut River, all the efforts taken to preserve the ongoing collective action to keep the river clean, healthy, and swimmable for future generations. Karie, along with folks from the CT River Conservancy will lead the discussion.



Gentlemen's Breakfast

Friday, January 19th 8:30 a.m.

Enjoy this free breakfast with other gentlemen alike.

This is Your Life Podcast: Senior Wisdom.

Monday, Jan. 22nd at 3:15 p.m. In-Person & 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.



Tuesday Evening Programs

Connecticut River Valley Dinosaurs

Tuesday, January 9th 5:00 p.m.

Learn about Dinosaurs in the SH area with Fred Venne, of Amherst College. He will discuss the scientist and professor from MHC, Mignon Talbot, who discovered a new species of dinosaur, Podokesaurus Holyokensis, our state dino!



Holistic Health & Wellness Series: Crystals and Stones

Tuesday, January 30th, 5:00 p.m.

Free gift of a stone that "calls" to you. Gemstones and crystals have great healing properties and can help you balance your body, mind, and spirit. Please join us to learn practical ways to use them for healing, protection, and transformation.

This program will be led by Christian Correia-Covert, MEd, RMT, a local science educator, Crystal Reiki Master Teacher, and Shamanic Practitioner. He has a private practice in Hadley, MA where he uses crystals and stones to help his clients in their healing journey.



LIFELONG LEARNING LECTURE SERIES

A Collaboration Between Mount Holyoke College & The South Hadley Council on Aging

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.

Learn about the college's successful endeavors on the path to carbon neutrality, showcasing their strategies and collaborative initiatives. Join **Angelica Patterson** and **Angie Gregory**, of MHC Education, Outreach, and Sustainability, to discover the intersection of global sustainability and local action. They will share how they are striving for a harmonious future in line with aspirations for inner development and ecological harmony. Thank you to the SH Travel Club for sponsoring this program.

★ Transportation & Technology 5

Transportation is available for medical appointments, grocery shopping, trips to the COA, and social occasions.

The COA provides **free** in town transportation for residents 60-yrs and older. Wheelchair lift available.

Social rides require 24 hours advance notice.

Medical rides require 3 days advance 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.

Shopping Schedule

Tuesdays at 11:30: Big Y

Fridays:



NEW HOURS

Tech Time With Sandy
Wednesdays & Thursdays

By Appt.- 9:00 a.m. to 12:00 p.m.

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

iPad Loan Program

Our iPads are available for a 6-week loan period (6-week renewals available if there is not a waiting list). Orientation on how to use the iPad will be given by our technology instructor, Sandy Cahillane, by appointment. Call to schedule an appointment for iPad orientation. **Orientation is required.**

12th	19th	26th
1:30 p.m.	12:30 p.m.	1:30 p.m.

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6 Support Services ★

A word about donations..... Won't you consider making a donation to the Council on Aging "Services Gift Account"? Many of you are aware of the Companion Escort Medical Transportation Program. You might have used this service personally or know someone who has. This much needed service assisted 55 seniors with medical transportation, during the period of October 1, 2022 through September 30, 2023. The COA is extremely grateful for the funding of this grant from the Older Americans Act, through the Executive Office of Elder Affairs and the Administration for Community Living. However, we continue to need support from your generous donations to the Services Gift Account to cover the deficit. As always, we thank you for your generous support of all the activities and services we strive to supply **YOU**, the seniors of South Hadley!

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. 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. Ann is also assisting with recertifications. You can make an appointment by calling Ann or emailing her at aandras@southhadley.ma.gov.

Appointments are required.

Financial Guidelines for the 2023~2024 Heating Season

Number of People in
a Household

Household Income

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, January 16th 10:00 a.m. to 11:00 a.m.

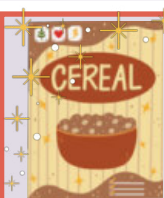
*** Pick up time subject to change***

Ann's Visit to the Food Pantry

Wednesday, January 31st 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 Pantry item for January is : Cold Cereal.

PLEASE... no expired or open food packages.

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

On Hiatus in January + February

"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have."

-Margaret Mead

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. The grant provides financial assistance up to \$500.00 per year for paid, in-home, or in a facility, respite support for families in SH 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 WMEC.

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. The monthly event will conclude with an on-site dinner. Program is held at the Chicopee COA. Call Chicopee and asked to speak with Holly to register. 413-534-3698.

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

Available for use at the COA: Visual and Audio Magnifiers

Winter Farmers Markets: Just because it's winter doesn't mean farmers market season is over!

Visit a Massachusetts winter farmers market this season to enjoy fresh produce, meat and seafood, baked goods, honey, eggs and more. Winter farmers markets take place indoors, providing a warm and festive atmosphere to shop for fresh food, delicious treats, and locally-made crafts. Most winter markets take SNAP and HIP, ensuring that healthy local food is available to everyone year-round.

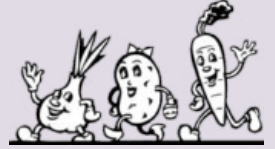
Check out all the winter farmers markets in our area!

Amherst Winter Market: 166 Russell Street, Hadley Saturday, 10-2

Easthampton Farmers Market: 116 Pleasant Street, Easthampton Sunday 10-2

Northampton Winter Market: 67 Conz Street, Northampton Every other Saturday 10-2

Visit this website for more information <https://www.massfarmersmarkets.org/2023-2024-winter-markets>



"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, Jan. 2nd 9:00 a.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, Jan. 9th 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, Jan 9th 8:30 a.m. By Appt.
 Hearing Screenings & Aid Cleanings with Audiologists Allison and Lisa.



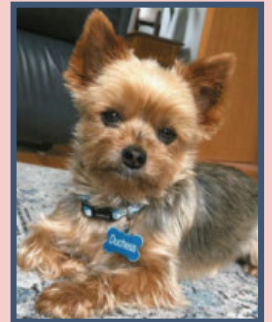
Veterans Social Hour
Wednesday, Jan. 10th 9:00 a.m.
 Free pastry and coffee provided by VFW Post 3104 and American Legion P. 260. Visit with Mike Slater, Veteran Service Provider, and your fellow veterans.

Nutrition Counseling ★
Wednesday, Jan. 17th 9:00 a.m.
Registration & Appointment Required
 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.

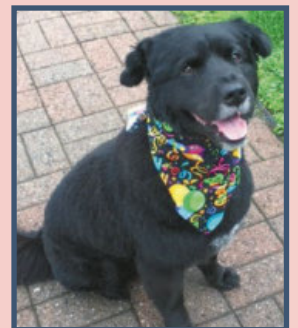
Visit with Public Health Nurse,
Thursdays by Appointment
 Visit with Maureen for blood pressure checks, share a concern, or ask a question. Please made an appt. at The Welcome Desk.

Community Companion Volunteers
Thursday, Jan. 25th at 2:00 p.m.
 We will be visiting with our community friends at Hubert Place Stop by for refreshments and friendship! **Contact Kathy Florence if you want to become a volunteer.**

Pet Therapy



Duchess:
Back in February!



Riley: Thursdays
11:00 a.m.

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January 2024: 1st New Years Day Holiday, 15th Martin Luther King Jr. Day




All programs and activities are subject to change. 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-Blue, Special Events-Purple Community Table Lunch-Orange**

Get Ready for Winter Weather! In case of inclement weather, the Senior Center may close or institute a delayed opening. Watch Channels 40, 22 or 3 for updates & cancellations. You can also check the town website www.southhadley.org/ or the COA Facebook www.facebook.com/southhadleycoa.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 COA is Closed</p> 	<p>2 8:50 Stretch and Go 9:00 Foot Nurse by Appt. 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Card Marking 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 5:00 Acoustic Café with Lauran Beluzo 5:30 Evening Yoga Swedish Meatballs</p>	<p>3 Tech Time w/ Sandy 8:00 Advanced B&B 9:00 Dance w/ Loryn 9:30 Healthy Bones 9:30 Oil & Acrylic Paint 10:00 Travel Club 10:00 Personal Training 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 12:30 Fitness Room Orient. 1:00 Creative Collage 1:00 Mahjong 1:00 Line Dancing Chicken & Dumplings</p>	<p>4 Tech Time w/ Sandy 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Sit and Sew 1:00 Public Health Nurse 1:00 Chair Volleyball 2:00 Uplifting Karaoke 2:15 Meditation Roast Pork w/ Gravy</p>	<p>5 8:00 Advanced B&B 9:00 Cornhole 9:30 Healthy Bones 9:30 Watercolor Bootcamp 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:30 Meet Diego Salazar, Artist of the Month! Potato Pollock</p>
<p>8 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies 1:00 Beginning German with Donna VanHandle 3:15 Open Dance Party Breaded Chicken w/ Dijon Sauce</p>	<p>9 Hamp Hear by Appt. 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 CT River Discussion 5:00 Sustain. Fashion 5:00 River Valley Dinos 5:30 Evening Yoga Taco Tuesday</p>	<p>10 Tech Time w/ Sandy 8:00 Advanced B&B 9:00 Dance w/ Loryn 9:00 Veterans Social Hour 9:30 Healthy Bones 9:30 Oil & Acrylic Paint 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 1:30 American Indian Culture Beef Burgundy</p>	<p>11 Tech Time w/ Sandy 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Sit and Sew 1:00 Public Health Nurse 1:00 Chair Volleyball 2:00 Uplifting Karaoke 2:15 Meditation Roasted Turkey on Roll</p>	<p>12 8:00 Advanced B&B 9:00 Cornhole 9:30 Healthy Bones 9:30 Watercolor Bootcamp 10:30 Genealogy Research 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Craft Club 1:30 PriceRite Shopping Veggie Chili</p>

Funding from the Older Americans Act, through EOE, and The ACL, provide grant funding for the following: Technology Instructor, The Companion/ Transportation Program, and The Caregiver Respite Grant.

<p>15 COA is Closed</p>  <p>MARTIN LUTHER KING JR. *** DAY ***</p>	<p>16 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong 10:00 Brown Bag 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 3:30 Sustain. Fashion 4:30 Diversity Dinner 5:30 Evening Yoga Chicken w/ Divan Sauce</p>	<p>17 Tech Time w/ Sandy 8:00 Advanced B&B 9:00 Dance w/Loryn 9:00 Nutrition Appt. 9:30 Healthy Bones 9:30 Oil & Acrylic Paint 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 Mahjong 1:00 Line Dancing 1:00 Creative Collage 2:00 Social w/ MacDuffie Pork Loan w/ Apricot</p>	<p>18 Tech Time w/ Sandy 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Sit and Sew 1:00 Public Health Nurse 1:00 Chair Volleyball 2:00 Uplifting Karaoke 2:15 Meditation Curry Chicken</p>	<p>19 8:00 Advanced B&B 8:30 Gentleman's Breakfast 9:30 Cornhole 9:30 Healthy Bones 9:30 Watercolor Bootcamp 10:30 Genealogy 10:45 Healthy Bones 12:30 Walmart Shop 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 21st-Cent. German Crab Cake w/ Tartar</p>
<p>22 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies 1:00 Beginning German 3:15 Podcast 3:15 Open Dance Party Shepard's Pie</p>	<p>23 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 Trivia Club 3:00 Social/ Ballroom 3:30 Sustain. Fashion 5:00 LLL: Climate Crisis with MHC 5:30 Evening Yoga Mongolian Pork Chopette</p>	<p>24 Tech Time w/ Sandy 8:00 Advanced B&B 9:00 Dance w/Loryn 9:30 Healthy Bones 9:30 Oil & Acrylic Paint 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 2:00 Birth. + Anniv. Party 2:00 Book Club Hybrid Diced Chicken Stew</p>	<p>25 Tech Time w/ Sandy 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Sit and Sew 1:00 Public Health Nurse 1:00 Chair Volleyball 2:00 Uplifting Karaoke 2:00 CC Visit to Hubert 2:15 Meditation Pot Roast w/ Gravy</p>	<p>26 8:00 Advanced B&B 9:00 Cornhole 9:30 Healthy Bones 9:30 Watercolor Bootcamp 10:30 Genealogy Research 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 WOFA Performance 1:00 Flower Arranging 1:30 Aldi Shopping Salmon w/ Stuffing</p>
<p>29 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies 1:00 Beginning German 3:15 Open Dance Party Lazy Golumpki</p>	<p>30 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 Sustain. Fashion 5:00 Crystals and Stones 5:30 Evening Yoga Taco Tuesday</p>	<p>31 Tech Time w/ Sandy 8:00 Advanced B&B 9:00 Dance w/Loryn 9:30 Healthy Bones 9:30 Oil & Acrylic Paint 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 1:00 Ann's Visit to FP 2:00 Social w/ MacDuffie Grilled Jerk Chicken</p>	 <p>LGBTQ+ Coffee Social Hour Thursday, Jan. 18th 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>Thank you to The Friends of the South Hadley Seniors for sponsoring the following:</p> <ul style="list-style-type: none"> • Co-Sponsored Northeast Woodland American Indian Culture Program. • Co-Sponsored Entertainment by Bomba De Aquí. • Refreshments for LGBTQ+ Social Hour & Community Companion Visit.

10 Arts & Language & Movies– Please Register

★ Craft Club

Card Making with Joanne

Tuesday, Jan. 2nd 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.

Illuminated Canvas

Friday Jan.12th 1:00 p.m.
Cost \$7 limit 10

Warm up winter nights with this beautiful handmade canvas that lights up! All supplies included!



Winter Flower Arranging

Friday, Jan. 26th 1:00 p.m.
Cost \$10 Limit 10 Participants

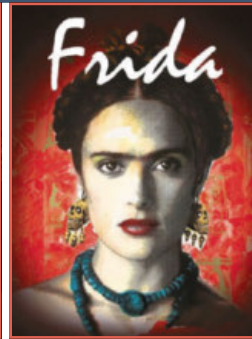
Brighten your day with fresh flowers in antique milk glass. All supplies included.

Monday Movie Matinee at 1:00 p.m. Check out our diversity themed movies this month !



1/8 Victoria and Abdul

The true story of an unexpected friendship in the later years of Queen Victoria's remarkable rule.



1/22 Frida

A biography of artist Frida Kahlo, who channeled the pain of an injury and her marriage into her work.



1/29 My Big Fat Greek Wedding

A Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her culture.

★ Table Games ★

Learn to Play

Mahjong

Tues. 10:00 a.m.

Mahjong Mon +

Wed 1:00 p.m.

A Chinese game of skill & strategy.

Pinocle

Tues 1:00 p.m.

Melding and Trick Taking

Bingo

Tues. 1:00 p.m.

25 cents a card.

Bridge

Friday 1:00 p.m.

A 4 player trick taking game.

Cribbage

Friday 1:00 p.m.

Playing and Grouping Cards

Arts & Language Activities-Contact Kathy for links or questions kflorence@southhadley.ma.gov

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.

Color Me Calm

Mondays at 1:00 p.m.

Enjoy the company of friends while you create. Supplies provided.

Beginning German Language

Mondays at 1:00 p.m. Limited 14

FREE-Handouts & Links
An introduction to the basics of the German language with emphasis on pronunciation, grammatical structures, and vocabulary related to specific topics. This class is offered by Prof. Donna Van Handle.

Sustainable Fashion Upcycling

Tuesdays at 3:30 p.m.

All levels welcome!

Get ready for our Fashion Show in spring, or give your wardrobe a new look. Petula will teach the ancient traditions of patching, sashiko stitching, cutting, reshaping, and hand stitching techniques. Some sewing materials are provided.

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, January 2nd at 3:00 p.m.

To discuss *The Coroner's Lunch* by Colon Cotterill. The group meets on Feb. 6th to discuss *Killers of a Certain Age* by Deanna Raybourn

Book Club (hybrid)

Wednesday, Jan. 24th at 2:00 p.m.

To discuss *The Doctor's Blackwell* by Janice Nimura. If interested in hybrid, please contact Kathy.

Oil and Acrylic Painting

Wednesdays 9:30 a.m. (Free) NEW

Bring your supplies and projects to this free class. Christiane will offer assistance and guidance.

Creative Collage with Linda

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

Linda leads this free fun class.

Watercolors Thurs. at 9:30 a.m. Fee

\$3.00 Tina provides the guidance and you bring the supplies.

Uplifting Karaoke with Ronnie

Thurs. 2:00 p.m.

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!

Genealogy Research & Discovery FREE, Must Register, Limit 12

Fridays 10:30 a.m. (Start 1/12) NEW
Pat has over 10 years experience and will be available to assist you in your own Genealogy journey. Bring your research materials, including a laptop or tablet.

Beginner Watercolor Bootcamp! Fridays 9:30 a.m. \$3.00 NEW

Tina, our watercolor instructor of 6 years, is offering a "Boot Camp" for beginners which will focus on techniques unique to watercolor. A supply list will be available, or bring your own supplies.

Fiber Arts Fridays at 1:00 p.m.

Those who like to knit, crochet, cross stitch, and embroider.





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:

South Hadley-Granby Chamber of Commerce

Kathy Florence , Anonymous , South Hadley Senior Travel Club, Erline Plichta
The Aimee Kelly Crew, Albert Hayes, George & Mary Hojnoski, Catherine & Eric Tipton

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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

On Hiatus for January

This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination.

NEW! Open Dance Party

Mondays, 3:15 p.m. FREE

Jan 8, 22, 29 & Feb 5, 12, 26,

Come and rock with Liz and Lucia out to hits from Buddy Holly to Beyonce! No partner needed, no choreography, no cost. Bring a water bottle and energy snack. All abilities welcomed.

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 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, Jan 3rd & 17th 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

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 and Balance 4-week series

Wed. and Fri. at 8:00 a.m.

Focus on strengthening bones, balance, and muscles through free standing, weight bearing exercises. Class includes mat work. Move to the music and have some fun! Sign up on date listed below.

Registration for Healthy Bones & Balance Classes open Thursday, Jan. 18th.

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: _____

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

___ Wherever Needed Most ___ Activities Account ___ Caregivers Gift Account

___ Newsletter Account ___ Services Gift Fund ___ Holiday Gift Card/Lights On

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14 The Friends of The South Hadley Seniors

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Your support of the Friends of the South Hadley Seniors is much appreciated. We are grateful for the support and donations from:

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Masse's American Bistro	Wine Haus and Vineyard
	Yarde Tavern

Thank you for the gifts made in memory:

Wayne Walton, Jerry Jubinville & Popielarz Family
Chriss Walton



Each year the Friends of the South Hadley Seniors provide funding for programming, events, supplies and outreach for the Senior Center. We are grateful for the membership support which helps us to fund these needs.

YES! I would like to support the Friends in 2024

- Individual Membership (\$10)
 Joint Membership (\$20)

I would like to make an additional donation \$ _____

Name/s: _____

Address: _____

Email: _____

Phone: _____

Make check payable to the Friends of the South Hadley Seniors and drop off at the Senior Center or mail to PO Box 55.

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.



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

April 17, 2024: American Country Classics with Dee Riley & her Band / Log Cabin, Holyoke, MA. / Self-Drive Package Includes: Luncheon and Entertainment. Cost \$90. 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.

AARP TaxAide: Once again the IRS-certified AARP TaxAide Counselors will be preparing tax returns at our Senior Center beginning in February, **free of charge**. Because of Covid, return preparation will only be done on a same-day Drop-off basis, like last year, to protect both the preparers and the taxpayer. We plan to start on Thursday, February 8, and continue through the week of April 11, with **appointment scheduling beginning on January 29, 2024. Please do not call before the 29th.**

Clients will be required to drop off their documents in a big sealed envelope in our secure Drop Box by the front entrance between 7:30 a.m. - 8:30 a.m. the day of their appointment, then go home. All communication between the taxpayer and Counselors will be done by phone, so this means you must commit to be available by phone all day if there are questions. When your return is ready, you will then be called to come and pick up your papers and a copy of your tax returns on the same day.

A Packet containing a detailed instruction sheet and intake forms will be available for pick up to all **scheduled participants** in advance of their appointment. Like last year, these documents must be completed and signed at home before paperwork is dropped off. Significantly, if you are eligible and are filing for the MASS Circuit Breaker Credit (which has gone up this year), you must have ALL Real Estate and Water/Sewer bills. If you cannot find them, get a printout in January from the Town Hall to put in with your tax papers! Water/ Sewer bills can be picked up at The Water Department. If your return involves virtual currencies, rental housing, or master limited partnerships, you will need to seek advice elsewhere.

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 Numbers

In the upcoming winter months it is important that house numbers are clearly visible from the street not only during the day, but at night as well so that First Responders are able to quickly find your home. Be sure that house numbers are at least 4 inches in height, and can be seen from both directions on your mailbox. If you need a house number flag for the end of your driveway, please contact the Fire Department or

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 SHCOA 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

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

Offsite Program at The South Hadley Library: Connecting Your Backyard to the Rest of the Western Hemisphere Through Migratory Birds January 31, 2024. 6:00 p.m.

Bill is a Senior Migration Ecologist with the National Audubon Society where he provides a migratory bird perspective to Audubon's conservation Science. In this talk he will use examples of hundreds of tracked migratory birds to tell the story of how birds travel across hemispheres and what you can do in your own yard to help them.

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

Dinner and Poetry Reading with Wally Swist

Tuesday Feb. 6th 5:00 p.m.
Tickets \$7 limited to 50.
ON SALE NOW!



Bad News Jazz and Blues Valentine Show

Tuesday Feb. 13th tickets
available after Jan. 26th



Dr. Jane Kent speaks about Blue Zones

Tuesday Feb. 20th 5:00 p.m.



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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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 & Wendy Farley, 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 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