

SOUTH HADLEY COUNCIL ON AGING THE GOLDEN CHRONICLE

February 2024



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



@southhadleycoa



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Valentine's Dinner & Entertainment with Bad New Jazz and Blues Orchestra

Tuesday, February 13th 4:00 p.m. at the SHCOA

Tickets: Seniors-\$10.00 Non-Senior: \$12.00 For sale at SHCOA.

The SHHS Culinary Department is back with Chef Popp to serve us a wonderful pasta dinner followed by an evening of music and dancing with Jeff Gavioli's Bad News Jazz and Blues Orchestra featuring vocalist Cindy Reed. This 19 piece big band performs swing music from the 30s and 40s (Glenn Miller, Benny Goodman, Frank Sinatra, Count Basie, etc.) as well as contemporary arrangements of more recent jazz, rock, funk and blues music.

Entertainment sponsored in part by The South Hadley Cultural Council and The Friends of The South Hadley Seniors.





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VISIT **WWW.MYCOMMUNITYONLINE.COM**

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</p> <p>SELECTION OF TOAST, ENGLISH MUFFINS, MUFFINS, SCONES, DANISH AND SWEETS.</p> <p style="text-align: center;"><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</p> <p style="text-align: center;"><i>Stop by or call the center for daily selections. Cash Only</i></p>	<p style="text-align: center;">♥♥♥♥♥</p> <p>BEVERAGES</p> <p>JUICE SODA WATER COFFEE TEA</p>

Office Hours at the COA Representative Carey
Tuesday, Feb. 13th 11:00 a.m.

Gentlemen's Breakfast
Friday, February 16th 8:30am
Enjoy this FREE breakfast with other gentlemen in the community.

Monthly Birthday & Anniversary Celebration
Thursday Feb. 22nd 2:00 p.m.
FREE!



Join us as we celebrate our Birthdays and Anniversaries for the month with refreshments and entertainment. The Berkshire Hills Jazz Band is always a great time!

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4 Special Programs

Please Register (413-538-5030 option 3)



What's the Buzz? Want to know what's happening each month at the COA, and register for upcoming events? Want to share your input for future programs? Come to the Activity Room on **Thursday Feb. 1st 9:00-10:00 a.m. or 12:30-1:30 p.m. Free refreshments!**



African Drumming Series FREE
Fridays in February at 10:30 a.m.
Presented in partnership with Community Music School of Springfield, Jason Arnold offers a series on African Drumming! Jason has been playing since he was 6 years old. Jason performs with rhythm & blues and rock groups throughout the Northeast. In 2010 he was the recipient of a Key Player Ambassador Award.

Hip Hop Line Dancing

Thursday, February 8th at 1:00pm FREE

Rondae Drafts, Ph.D from Music Dance in Randolph, MA will teach a line dance class with smooth R&B and Hip Hop music.

New! Monthly Social Dance Club w/ Ritchie Mitnik!
Wednesday, Feb. 21st 2:00-4:00 p.m. Cost \$4.00

Ritchie plays all the songs you want to hear, and dance to! Two hours of great music to get you moving and feeling great!

This is Your Life Podcast: Senior Wisdom

Monday, Feb. 26th 2:00 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 if you want to be our next guest or for zoom link.



Luncheon at the Tigers' Den

Wednesday Feb. 28th at 11:15 p.m.

Tickets \$12.00 pp MUST be reserved at the welcome desk.

Join our own Chef Maggie for a wonderful lunch at the SHHS and support our wonderful culinary students under the direction of Chef Popp. Luncheon menu choices are Cup of corn chowder or side salad, salmon w dijon cream sauce or chicken penne al vodka, and mini caramel cheesecake for dessert.



Holistic Health and Wellness Series: Chakra Basics: Tools For Optimal Health & Well-Being with Jan Lucier MSN RN HNB-BC FREE

Wednesday Feb. 28th 1:00 p.m.

This class will teach you about the different chakra centers. The overall health of one's body, mind, and soul is influenced by the overall health and maturity of each chakra. Please join us to learn practical ways to assess, activate, align, open, balance, & reconnect each chakra center for optimal emotional, physical, and spiritual health & wellness.



Tuesday Evening Programs



Dinner and Poetry Reading with Wally Swist

Tuesday Feb. 6th 5:00 p.m. 50 people max. Tickets \$7.00

Join us for a dinner of Billy's famous macaroni and cheese, salad, bread, dessert and a drink. Following dinner we will be treated to poetry reading by Wally Swist. Wally Swist (born 1953) is an American poet and writer who lives in South Hadley. He is best known for his poems about nature and spirituality.

Blue Zones

Tuesday, February 20th 5:00 p.m.

Dr. Jane Kent will present on Blue Zones. Blue zones are regions in the world where people are claimed to live longer than average. An example of a Blue Zone in the United States is Loma Linda in California The name "blue zones" derived simply during the original survey by scientists who "used a blue pen on a map to mark the villages with long-lived populations."



Marijuana - Myths & Medicines

Tuesday, February 27th 5:00 p.m.

Join Mount Holyoke professor Jared Schwartzer to learn about the science of cannabis. Jared is a Neuroimmunologist and Associate Professor of Psychology at Mount Holyoke College where he teaches courses in Psychopharmacology and Clinical Neuroscience. This is a Mt. Holyoke and SHCOA collaborative series. Thank to the Travel Club for their sponsorship of this program.



**LIFELONG
LEARNING
LECTURE SERIES**

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 9:00 a.m. to 3:00 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:



9th	16th	23rd
1:30 p.m.	12:30 p.m.	1:30 p.m.

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: Waitlist Open

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.**

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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

<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, February 20th 10:00 a.m. to 11:00 a.m. * Pick up time subject to change*

Ann's Visit to the Food Pantry

To be determined– Call COA for more info.

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!



Neighbors Helping Neighbors, Inc.

Supporting your local Food Pantry "Neighbors Helping Neighbors"

The Food Pantry item for February is : Pasta, Pasta sauce, and Pasta mixes such as: Hamburger Helper or Tuna Helper. 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 Grant

For information please contact Ann.

CAREGIVER SUPPORT GROUP

On Hiatus in January + February

"NEW" The Belchertown Senior Center is hosting a monthly Caregiver Support Group on the 4th Wednesday of the month at 11:00 a.m. The group will be led by Libby Overly, LISW and Diane Laplante, RN. All are welcome! For more information, call the Belchertown Senior Center at 413.323.0420

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. 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

Excursions to the Senior Center

Our community members are invited to come to the COA for snacks, tours, and programs. Our van will be at the following locations to pick people up and bring them to the Senior Center and return them home.

February 8th: pick up at Hubert Place 12:45 return 3:15

February 15th: pick up at Newton Manor 12:45 return 3:15

February 22nd: Birthday Party (free refreshments and entertainment at 2pm) pick up at Lathrop Village 12:45 & Hubert Place 1:15 & Newton Manor 1:45 return 2:15 Lathrop 2:45 Hubert and 3:15 Newton

February 29th: pick up at Lathrop Village 12:45 return 3:15

"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, Feb. 6th 9:00 a.m. by Appt.
Tuesday March 5th 9:00 a.m.

The Fee for services provided at the Senior Center is \$35.00 cash/check to the provider. Please call for an appointment. To book a house call, fee \$50, with Sharon, call 413-552-9533.

Low Vision Group

Tuesday, Feb. 13th 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, Feb 13th 8:30 a.m. By Appt.
Tuesday, March 12th 8:30 a.m.

Hearing Screenings & Aid Cleanings with Audiologists Allison and Lisa.

Veterans Social Hour

Wednesday, Feb. 14th 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, Feb. 21st 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, On Hiatus- Check back in the Spring!
 Visit with Maureen for blood pressure checks, share a concern, or ask a question. Please made an appt. at The Welcome Desk.

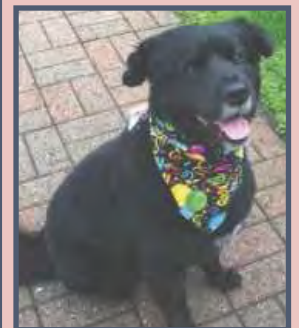
Community Companion Volunteers
Wednesday, Feb. 14th at 2:00 p.m.

We will be visiting our friends at Lathrop Village for a Valentine's Day Social. Stop by for refreshments and friendship! Contact Kathy Florence, kflorence@southhadleyma.gov if you want to become a volunteer. Refreshments sponsored by The Friends of the South Hadley Seniors.

Pet Therapy



Duchess:
Monday 5th & 19th
12:30 p.m.



Riley: Thursdays
11:00 a.m.

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February 2024: Black History Month! Holiday: 19th Presidents' 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.-7 p.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>As we enter the month of February, we are proud to recognize and celebrate Black History Month here at the COA. This month is a time for us to honor the rich heritage, achievements, and contributions of African Americans throughout history. Let us come together to learn, share, and reflect on the profound impact that Black individuals have had on shaping our nation's history and culture.</p> <p>Check out these links for more ways to celebrate https://www.blackhistorymonth.gov/ https://www.si.edu/events/black-history-month</p>				
<p>5</p> <p>9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 12:30 Pet Therapy 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies 1:00 Beginning German with Donna VanHandle 1:00 Zumba Gold 3:15 Open Dance Party</p> <p style="text-align: right;">Grilled Chicken</p>	<p>6 Foot Nurse by Appt. 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong 10:00 Card Making 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Mystery Book Club 3:00 Trivia Club 3:00 Social/ Ballroom 3:30 Sustainable Fashion 5:00 Dinner & Poetry 5:30 Evening Yoga</p> <p style="text-align: right;">Sloppy Joe</p>	<p>7 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 Orientation 1:00 Creative Collage 1:00 Mahjong 1:00 Line Dancing 1:30 Flower Arranging</p> <p style="text-align: right;">Chicken Strip w/ Marsala</p>	<p>1 Tech Time w/ Sandy 8:50 Stretch and Go 9:00 The Buzz 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 Chair Volleyball 2:00 Uplifting Karaoke 2:15 Meditation</p> <p style="text-align: right;">Roast Turkey w/ Gravy</p>	<p>2</p> <p>8:00 Advanced B&B 9:00 Cornhole 9:30 Healthy Bones 9:30 Watercolor Bootcamp 10:30 African Drumming 10:30 Genealogy 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p style="text-align: right;">Jumbo Ravioli</p>
	<p>6</p> <p>8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong 10:00 Card Making 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Mystery Book Club 3:00 Trivia Club 3:00 Social/ Ballroom 3:30 Sustainable Fashion 5:00 Dinner & Poetry 5:30 Evening Yoga</p> <p style="text-align: right;">Sloppy Joe</p>	<p>7 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 Orientation 1:00 Creative Collage 1:00 Mahjong 1:00 Line Dancing 1:30 Flower Arranging</p> <p style="text-align: right;">Chicken Strip w/ Marsala</p>	<p>8 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 No Chair Volleyball 1:00 Hip Hop Dancing 2:00 Art Reception 2:00 Uplifting Karaoke 2:15 Meditation</p> <p style="text-align: right;">Beef Stew</p>	<p>9</p> <p>8:00 Advanced B&B 9:00 Cornhole 9:30 Healthy Bones 9:30 Watercolor Bootcamp 10:30 Genealogy 10:30 African Drumming 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p style="text-align: right;">Butternut Mac & Cheese</p>

10 Arts & Language & Movies- Please Register

Craft Club

Card Making with Joanne
Tues, Feb. 6th 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.

SH Board & Brush: Sign Make & Take Workshop Friday, Feb. 23rd at 1:00 p.m. cost \$25 must purchase a ticket at SHCOA Limit 20



Choose from 4 different single board signs and create with instruction from Board and Brush staff.

Valentine Flower Arranging
Wed. Feb. 7th at 1:30 p.m.

Cost \$10 limit 10 participants
Brighten your day with the beauty of a flower arrangement for Valentine's Day.

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



2/5 Belle

The biracial daughter, Dido Elizabeth Belle of Royal Navy Captain Sir John Lindsay is raised by Great-uncle Lord William Murray.



2/12 Southside with You

Chronicles the 1989 summer when the future President of the US, Barack Obama, wooed his future First Lady, Michelle Obama.



Reception: Thursday, Feb. 8th 2:00 p.m.

The goal of the Project was to give the subjects an opportunity to look back on their lives, to have a reunion with their teenage selves, while giving them a voice to share decades of acquired wisdom with younger generations.

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

An introduction 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

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, Feb. 6th at 3:00 p.m.

To discuss *Killers of a Certain Age* by Deanna Raybourn. They will meet on March 5th to discuss *The Number 1 Ladies Detective Agency* by Alexander McCall Smith.

Book Club (hybrid)
Wednesday, Feb. 28th at 2:00 p.m.

To discuss "The Four Winds" by Kristen Hannah

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.

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

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:

Anonymous, Cynthia Benoit, Don Boissonnault, Robert Schwartz
Edward Reed, Estate of Arthur J. Dwyer Jr, Mark Rivers

Bryan Goodwin
Patricia Albright

Denise Barry's Tai Chi class
Susan Dayall

Mary Clement-Allen
Brad Allen

In Appreciation of Tai Chi & Line Dance Instructors
Donna Van Handle

Todd A. Rosa
Kay Rosa

Harry & Anna Fearn
Kay Rosa

Michelle Holden
Michael & Arline Laporte

Barbara Duguay
Lillian Mika

Karen Witkos, Michael McClaflin, Alden McClaflin & Charles Allard
Phyllis & Gordon McClaflin

Edward & Eileen June
Michael & James June

Irene & Thomas Tetlow
Lyndsay Tetlow

Robert "Bob" Methot

Ann Andras
Lisa Napiorkowski
Marilyn Ishler
Al & Becky Szymonik & Family
Bob & Nancy Blodgett
Dan & Mary Morin
Lucille Barthelette
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Allison Holmberg,
MS, Audiologist/SLP

Amy Catanzaro,
AuD., Doctor of Audiology

Joni Skinner,
AuD., Doctor of Audiology



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12 Fitness Programs– Please Register

Fitness and Exercise Classes are \$1.00
Group Personal Training in the Fitness Center is \$3.00

Funding from the Executive Office of Elder Affairs' Formula Grant and our Activity Gift Fund supplements the cost of our fee-based programs.

Cornhole

Mondays & Fridays 9:00 a.m.

Join the group for a game of cornhole!

“Nia” with Instructor Beth Foster

Mondays 9:00 a.m.- 9:45 a.m.

Nia is a cardio-dance workout energizing and conditioning the whole body.

Tai Chi & Qigong for Health & Relaxation with Denise

Mondays at 10:00 a.m. (Hybrid)

All levels 10:00 a.m. - 10:45 a.m.

Advanced until 11:15 a.m.

Beginners: build strength, stamina, and learn sequencing.

For Advanced add additional 30 minutes to learn Part 2.

Zumba Gold

Returns! Mondays 1:00

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

Open Dance Party

Mondays, 3:15 p.m. FREE

Come rock out with Liz and Lucia to playlists hits from Buddy Holly to Beyonce! No partner or choreography needed. Bring a water bottle and energy snack. All abilities welcome.

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, Feb. 7th & 21st

12:30 p.m. Mandatory - No Cost

You must complete your application and your fitness room orientation before using the Fitness Center. Applications are at the front desk.

Beginner Line Dance

Wednesday at 1:00 p.m.

No Class 2/14 + 2/21

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 chair, wear 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

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.

Advanced Bones and Balance

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!

♥♥♥♥♥ HEALTHY BONES & BALANCE ♥♥♥♥♥

We appreciate your patience as we simplify the sign-up process for Healthy Bones & Balance Classes. This month, we're introducing an **IN PERSON REGISTRATION DAY on Monday, February 12th, at 10:00 a.m.** for all Healthy Bones & Balance classes.

To maximize the benefits, attending two classes a week is recommended according to the RSVP. During this event, you can reserve two Healthy Bones passes valid for the entire month. **Please ensure you register for yourself in person.** For each HBB class, participants are required to check in at the front desk with their pass. **There won't be a waiting list,** and any no-call, no-show instances will be recorded. After three occurrences, the passes for the class will be revoked for the remainder of the month. Thank you! - SHCOA

Transportation will be available starting at 9:00 a.m. and must be reserved by Thursday, February 8th.

When you donate directly to the Senior Center Gift Funds, your donation helps us fully, or partially fund all of our fitness programs and our arts and language activities. Your donation also finances our special programs, trips, and the supplies we need for activities. We hope you are enjoying all of the amenities the Senior Center has to offer. Please consider making a donation today.

We thank you in advance for your support!!! ~ The Senior Center Team!

In Honor or Appreciation of: _____

In Memory of: _____

Donated by: _____

Address: _____

**If you would like an acknowledgment sent to the family, you must provide the following: Name, address & relationship to the deceased. Name: _____*

Address: _____ Relationship to deceased _____

Relationship to the deceased: _____

Senior Center Gift Funds

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

___ Wherever Needed Most ___ Activities Account ___ Caregivers Gift Account

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

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14 The Friends of The South Hadley Seniors

THE FRIENDS WOULD LIKE TO THANK YOU!

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

Jim Bosman	Laura Gauthier	Susan Newton & Nate Therien
Connie Canata	Donald McCullough	Patricia O'Connor
Nancy Dinn	Carolyn Mongeau	Eileen Sullivan
Sheryl Eaton	Andrew Moskowitz	Margaret Sullivan

Thank you for the gifts made in memory and in honor:

Marie Eleanor Bara	Barbara Burns	Rob & Susan Dyar
Beverly Beaulieu	Richard & Helen Gibbs	Richard & Helen Gibbs
Manuel Fernandes	Fran O'Connell	
Kathleen Black	Lesli O'Connell & David Swierzewski	



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.

MOVIE TICKET



Join us at South Hadley's Tower Theaters
for a Free Movie
"Something's Gotta Give"
Monday, February 26

The Friends are sponsoring this free movie.
Must reserve a seat by calling the Senior Center
as seats are limited.

Along with a free movie, you'll receive a free
small popcorn & drink. Doors open at 12:15. Call
or stop by the Senior Center to reserve a seat.

Travel Club Susan Canedy: 413-536-2106 & Huguette Supinski: 413-530-6162. At the COA Wed. 10:00 a.m. to 11:30 a.m. & Thurs. 10:00 a.m. to 11:30 a.m.

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 5, 2024: Culinary Institute of America, Hyde Park, NY. Luncheon at the **Caterina de' Medici Restaurant** and an Interactive Culinary Experience. Package includes: Transportation, luncheon and the CIA Experience. Cost \$130. Call Susan

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

August 18 to 21, 2024: The Fabulous Finger Lakes & 1000 Islands, NY. This 4 day / 3 night / 9 meal getaway is packed with lots of fun and adventure. We'll be staying one night in **Geneva, NY** and two nights in **Alexandria Bay, NY**. Cost \$1,275. pp (double occupancy); \$1,599. (single); \$1,175. (triple). Call Susan

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

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 winter months it is important that house numbers are clearly visible from the street during the day AND night as well. 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 the Council on Aging

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

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

Corned Beef Dinner with Entertainment!
Tuesday, March 12th 4:00pm.
Tickets available on Feb 22nd.
 Dinner prepared by the SHHS Culinary Dept
 Entertainment by the Earls and the Pearls.

Cosmic Inflation in the Early Universe with Gary Felder
Tuesday, March 19th at 5:00pm
 In this talk you'll learn how much we know, and how much we still don't know, about the very early universe.

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 & 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