

SOUTH HADLEY COUNCIL ON AGING THE GOLDEN CHRONICLE

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



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WELCOME STUDENTS



Western New England Doctoral Occupational Therapy Students

6 week series on Tuesdays at the SHCOA

2/27-4/2 1:00 p.m.-5:00 p.m.

The students will be providing OT consultations and weekly interactive presentations on topics relevant to seniors. Students Emily, Chelsea, and Joe are excited to meet you!



UMASS Nursing Students

Wednesdays in March from
3/13-3/27 10:00 a.m.-12:00 p.m.

We welcome back the wonderful UMASS nursing students who plan to share Health Promotions and Story Sharing.



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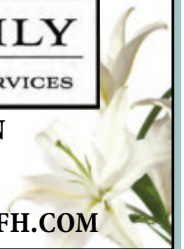
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06-5294

Community Table & Special Programs 3

Community Table: Mon-Fri Served by 12:15 p.m.

Breakfast-To-Go: Mon- Fri Pick-up at Noon.

Breakfast Meals are intended to be warmed for the following day. Reserve meals by noon the day before. A suggested confidential donation of \$2.50 for guests 60+. 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. For nutrition questions call WMEC 413-538-9020. x313

SUPPER CLUB - A Polish Lenten Lunch

Friday, March 1st at 1:30-3:30

Join Chef Maggie as she demonstrates ideas for fasting Fridays during the Lenten season. Presentation will include lunch and pierogi-making demonstration*, as well as our first SupperClub meeting of 2024*From our own cookbook- Golumpki and White borscht, from the WCK cookbook- Pasky, and demonstrating handmade pierogies!



St. Patrick's Day Dinner & Entertainment

Tuesday, March 12th at 4:00 p.m. at the SHCOA

Tickets \$5.00 for Seniors \$8.00 Non-Seniors

The SHHS Culinary is back to serve us a wonderful corned beef and cabbage dinner followed by an evening of music by The Earls and The Pearls. There will also be an opportunity to meet members of the Grand Colleen, her Court, and Miss Congeniality!

Music sponsored by The Friends of the South Hadley Seniors.

Gentlemen's Breakfast

Friday, March 15th 8:30am

Enjoy this FREE breakfast with other gentlemen. Our Hosts: Steven Laplante and Enrique Pacheco of ERA M Connie Laplante Real Estate.

Monthly Birthday/Anniversary Celebration with Freddie Marion

Thursday March 21st at 2:00 p.m. FREE!

Join us as we celebrate this month with refreshments and entertainment with Freddie Marion!

Trivia Contest & Pizza Party



Tues., March 26th 4:30 p.m. Tickets \$8.00—Limit 50

Join us for a night of fun, food, and friendship. Various special guests will be asking some of the questions. The Travel Club will donate Woodlawn Cafe Gift Certificates to the winning teams. For reservations, call Huguette @ 530-6162 .



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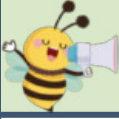
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What's the Buzz? Want to know what's happening each month at the COA, and register for upcoming events? Want to share your input for future programs? Come to the Activity Room on Friday, March. 1st 9:00-10:00 a.m. or 12:30-1:30 p.m. Free refreshments!

Mass EDP Table Talk

Tuesday, March 5th 10:00 a.m. - 1:00 p.m.
Marguerite Szczawinski, Field Service Advisor of the Massachusetts Equipment Distribution Program, will be here to update you and give you the information you need to take advantage of this wonderful program

**Holistic Health and Wellness series:
Sound Bath Meditation**



Tuesday, March 5th at 5:00 p.m.
This program will be a 1 hour sound healing meditation journey with Jeffrey Wyda, who is a Nationally Board Certified Holistic Registered Nurse specializing in the integrative healing arts. Find inner harmony and balance with gongs, singing bowls, vocals and percussion instruments.

**Social & Board games with MacDuffie Students
March 6th at 2:00 p.m.**

The MacDuffie students return for an afternoon of board games & cookies! Come stop by and say hello!

**Tech Help Series with Sandy Cahillane:
Downloaded any good books lately?
Thursday, March 7th 1:00 p.m.**

Learn how to search for electronic audio and print books to download and read on your tablet, laptop, or cell phone using the CWMARS app. Overdrive and Libby will also be discussed. Bring your devices, library card, and passwords.

**LGBTQ+ Movie Showcase: Carol
Wed., March 13th at 1:00 p.m. Free refreshments!**

The LGBTQ+ group will be meeting to watch this historical drama. An aspiring photographer develops an intimate relationship with an older woman in 1950s New York.

**Hero's Journey presentation with Janet Lucier
Thursday, March 14th at 3:15 p.m.**

Each of us has a story. Our life experiences form the narrative. It is therapeutic to craft your story as a means to find relevance, closure, and meaning. Learn more about Joseph Campbell's Hero's Journey and how to utilize it for growth and inspiration. Including the possibility of sharing your story in our Podcast: This Is Your Life: Senior Wisdom

Welcome Spring Breakfast at the SHCOA prepared by the Chefs of Loomis

Tuesday, March 19th at 8:30 a.m.
Join us as we welcome Spring and share a free continental style breakfast by the Chefs of Loomis.

**Talking History with Leo
Tuesday, March 19th 3:30 p.m.**

Join Leo Lebonite for coffee and a discussion about our local history and some surprising stories.

Cosmic Inflation in the Early Universe with Gary Felder



Tuesday, March 19th at 5:00pm
The theory of inflation says that for a tiny fraction of a second, just after the Big Bang, the universe expanded so quickly that all distances grew by much more than a trillion trillion trillion times! In this talk you'll learn how much we know, and how much we still don't know, about the very early universe.
Sponsored by The Friends of the South Hadley Seniors

**Luncheon Outing to the Tigers' Den
Wednesday, March 20th Tickets \$12.00 pp limit of 24 must be reserved at the welcome desk.**

Join our own Chef Maggie for a wonderful lunch at the SHHS and support our culinary students under the direction of Chef Popp. Luncheon menu choices will be available when you get your tickets.

**Monthly Social Dance Club with Ritchie Mitnik!
Wednesday, March 20th 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!

**Table Talk: SH Commission on Disabilities
Thursday, March 21st 9:00a.m. - 12:00 p.m.**

This committee will bring information and will answer your questions.

**CORNHOLE REMATCH!
Friday, March 22nd beginning at 9:00 AM.**

The Athletes from the SH Cornhole team are taking on both Fire District 1 & 2. The rematch is also to highlight the Fall Safety programs.

**Westmass ElderCare Presentation
Friday, March 22nd 11:00 a.m.**

Katie Defore-Raymond will present on Heart Health.



**Russia's War Against Ukraine: Historical Explanation and Prospects
Thursday, March 28th 3:30-5:00pm Sponsored by The SH Travel Club**

Sergey Glevov, Professor of History, Smith and Amherst College will explore the root of Russian aggression against Ukraine and weigh different interpretations of the cause of the conflict. He will also discuss the current status and prospects for resolution.



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:



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.**

8th	15th	22nd
1:30 p.m.	12:30 p.m.	1:30 p.m.

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6 Support Services



SHINE Serving the Health Insurance Needs of Everyone:

Sue LaMastro is a certified SHINE Counselor and available to meet with any senior who needs information on choosing a Medicare plan. Please note: SHINE appointments do **NOT** assist with signing up for Social Security benefits or Medicare. Please contact Social Security and start your Medicare benefits **prior** to making your SHINE appointment. Please refer all of your SS questions **directly** to the Social Security office. An appointment is required for SHINE counseling, please no drop ins!

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, March 19th 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.

It's not too late to apply for Fuel Assistance! 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@southhadleyma.gov.

Appointments are required.

2023~2024 Heating Season Financial Guidelines	
<u>Number of People in Household</u>	<u>Household Income</u>
1	\$45,392
2	\$59,359
3	\$73,326

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>



Neighbors Helping Neighbors, Inc.

Supporting your local Food Pantry "Neighbors Helping Neighbors"

The Food Pantry item for March is: Health and Beauty Aid Products: soap, shampoo, bodywash, toothpaste, toothbrushes, and deodorant.

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.

The Caregiver Support Group will be discontinued until further notice.

"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 lieu of our Memory Café we 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@southhadleyma.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 return them home afterwards.

Tuesday, March 5th: pick up at Hubert Place 11:30 a.m. — return 3:15 p.m.

Tuesday, March 19th: pick up at Newton Manor 12:45p.m. — return 3:15 p.m.

Thursday, March 21st: Birthday Party (Free! 2:00 p.m.) pick up at Lathrop Village 12:45 p.m. Hubert Place 1:15 p.m. Newton Manor 1:45p.m. return 3:00 p.m. Lathrop 3:15 p.m. Hubert and 3:30 p.m. Newton

Tuesday, March 26th: 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 March 5th 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, March 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, March 12th 8:30 a.m. By Appt.
Hearing Screenings & Aid Cleanings with Audiologists Allison and Lisa.

Veterans Social Hour

Wednesday, March 13th 9:00 a.m.
Free pastry and coffee provided by VFW Post 3104 and American Legion P. 260.

Nutrition Counseling appointments

Wed., March 20th 9:00a.m.-12:00 p.m. registration 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.

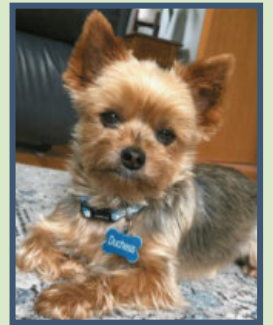
Visit with Public Health Nurse, Thursdays from 1:00 p.m.– 3:00 p.m. Appointments Available

Visit for blood pressure checks, share a concern, or ask a question. Please made an appt. at The Welcome Desk.

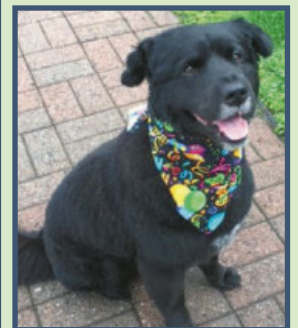
Community Companion Volunteers

Wednesday, March 13th at 2:00 p.m.
We will be visiting our friends at Newton Manor. Stop by for refreshments and friendship! Contact Kathy Florence, kflorence@southhadley.ma.gov if you want to become a volunteer. Refreshments sponsored by The Friends of the South Hadley Seniors.

Pet Therapy



Duchess:
Monday 4th & 18th
12:30 p.m.



Riley: Thursdays
11:00 a.m.

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March 2024: 17th Happy St. Patrick's 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-Pink, Special Events-Teal 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>THE WOODLAWN CAFE Monday-Friday 8:00am to 2:00pm Tuesday Evenings 3:30pm to 6:30pm</p> <p>BAKED GOODS SOUP BEVERAGES SANDWICHES Changes Daily & Cash Only</p>	<p>5 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 10:00 Table: Mass EDP 11:15 All Level Yoga 11:30 Big Y Shopping 12:30 Diamond Art 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 5:00 Sound Bath Meditation 5:30 Evening Yoga Taco Tuesday</p>	 <p>LGBTQ+ Coffee Social Hour Thursday, March 21st 10:30 a.m. This group will meet monthly on the third Thursday. Neil Broome to facilitate. Free Coffee and Refreshments. Refreshments sponsored by The Friends of the South Hadley Seniors.</p>	<p>ATTENTION VETERANS... SHOW SOUTH HADLEY YOUR TIME IN SERVICE. Memorabilia Poster Workshops April 10th & 17th 9:00 a.m.-12:00 p.m. In May the South Hadley Senior Center will be displaying Posters and Memorabilia of Veterans of all Military Branches To participate please contact Gene Maag, genemaag@yahoo.com or Kathy Florence at the Senior Center.</p>	<p>1 8:00 Advanced B&B 9:00 Cornhole 9:00 The Buzz 9:30 Healthy Bones 9:30 Watercolor Bootcamp 10:45 Healthy Bones 12:30 The Buzz 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:30 Supper Club Potato Pollock</p>
<p>4 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 2:30 Meet the Artist Reception Breaded Chicken w/ Sweet & Sour Sauce</p>	<p>6 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 2:00 Social w/ MacDuffie Beef Burgundy</p>	<p>7 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 Chair Volleyball 1:00 Public Health Nurse 1:00 Tech Help Series 2:00 Uplifting Karaoke 2:15 Meditation Turkey on Roll</p>	<p>8 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 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>11 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:00 HBB Registration in Person 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies 1:00 Beginning German with Donna VanHandle 1:00 Zumba Gold</p> <p>Penne & Meatballs</p>	<p>12 Hamp Hear by Appt. 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Low Vision 10:00 Fitness Basics 10:00 Learn Mahjong 11:15 All Level Yoga 11:30 Big Y Shopping 12:30 Diamond Art 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 4:00 St. Patrick's Dinner 5:30 Evening Yoga</p> <p>Chicken Divan</p>	<p>13 Tech Time w/ Sandy 8:00 Advanced B&B 9:00 Dance w/Loryn 9:00 Veterans Social 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 Creative Collage 1:00 LGBTQ+ Movie 2:00 CC Outing</p> <p>Cheeseburger</p>	<p>14 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 Chair Volleyball 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 3:15 Hero's Journey</p> <p>Corned Beef & Cabbage</p>	<p>15 8:00 Advanced B&B 8:30 Gentleman's Breakfast 9:30 Cornhole 9:30 Healthy Bones 9:30 Watercolor Bootcamp 10:45 Healthy Bones 12:30 Walmart Shop 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p>Crab Cake</p>
<p>18 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</p> <p>Shepard's Pie</p>	<p>19 8:30 Spring Breakfast 8:50 Stretch and Go 9:45 Healthy Bones 10:00 No Fitness Basics 10:00 Learn Mahjong 10:30 Brown Bag 11:15 All Level Yoga 11:30 Big Y Shopping 12:30 Diamond Art 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 3:30 Talking History 5:00 Cosmic Inflation 5:30 Evening Yoga</p> <p>Mongolian Pork Chopette</p>	<p>20 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 11:15 Lunch at SHHS 12:30 Fitness Orientation 1:00 Mahjong 1:00 Creative Collage 2:00 Social Dance Club</p> <p>Southern Chicken Stew</p>	<p>21 Tech Time w/ Sandy 8:50 Stretch and Go 9:00 Table: SHDC 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 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:00 Birth/Ann Party 2:15 Meditation</p> <p>Pot Roast w/ Gravy</p>	<p>22 8:00 Advanced B&B 9:00 Cornhole Rematch! 9:30 Healthy Bones 9:30 Watercolor Bootcamp 10:45 Healthy Bones 11:00 WMEC Presentation 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:30 Aldi Shopping 1:30 Flower Arranging</p> <p>Stuffed Salmon</p>
<p>25 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 1:00 Monday Movie 1:00 Mahjong 1:00 Color Me Calm 1:00 Beginning German 1:00 Zumba Gold</p> <p>Lazy Golumpki</p>	<p>26 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 12:30 Diamond Art 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Social/ Ballroom 4:30 Trivia & Pizza 5:30 Evening Yoga</p> <p>Taco Tuesday</p>	<p>27 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 Book Club Hybrid</p> <p>Jerk Grilled Chicken</p>	<p>28 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 Chair Volleyball 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 3:30 Lifelong Learning Roast Turkey w/ Gravy</p>	<p>29 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</p> <p>Jumbo Ravioli</p>

10 Arts & Language & Movies- Please Register

Craft Club

Card Making with Joanne

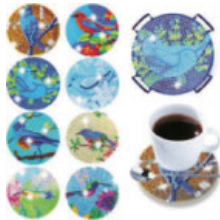
Tuesday, March 5th at 10:00 a.m.
\$5.00 for 4 cards

Joanne teaches this class where you will make 4 different card designs. All supplies are included.

New! Diamond Art Spring Bird Coasters

Tuesdays March 5th - 26th 12:30 p.m.
Cost \$10.00 for 4 week series

Learn a new way to create! This 4 week series will introduce you to Diamond Art with instructor Laura Debreil. Bring in a touch of spring with these birds!



Spring Flower Arranging

Friday, March 22nd at 1:30 p.m.
Cost \$10 limit 10 participants

Brighten your day with the beauty of a fresh flower arrangement. All supplies included.

Monday Movie Matinee 1:00 p.m. Celebrating Women's History Month!



3/4 Suffragette
British historical drama film about women's suffrage in the UK.



3/11 Norma Rae
(1979) American drama film based on the true story of Crystal Lee Sutton.



3/18 Little Women
Jo March reflects back and forth on her life, telling the beloved story of the March sisters.



3/26 Nine to Five
Three female employees of a sexist, egotistical, lying, hypocritical bigot find a way to turn the tables.

Art Exhibit for March: A Photographic Medley By Norm Halpern:

Norman Halpern is a retired physician and a member of the Photographic society of America. He has had numerous photographs exhibited in international competitions, many of which were medal winners.

Meet the Artist Reception Monday, March 4th at 2:30 p.m.

Table Games

Learn to Play Mahjong
Tues. 10:00 a.m.

Mahjong Mon + Wed
1:00 p.m.

Pinochle
Tues 1:00 p.m.

Bingo
Tues. 1:00 p.m.
25 cents a card.

Bridge
Friday 1:00 p.m.

Cribbage
Friday 1:00 p.m.

Arts & Language Activities-Contact Kathy for links/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.

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, March 5th at 3:00 p.m.
To discuss *The Number 1 Ladies Detective Agency* by Alexander McCall Smith. April's book selection is *The Word is Murder* by A Horowitz. The group will meet to discuss this book on Tuesday April 2nd.

Book Club (hybrid)

Wed., March 27th at 2:00 p.m.
To discuss *The Only Woman in the Room* by Marie Benedict.

Oil and Acrylic Painting

Wednesdays 9:30 a.m.
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!

Beginner Watercolor Bootcamp

Fridays 9:30 a.m. \$3.00
Tina Addison, 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, David Desmarais, Barbara Ayers, Cecilia Mercier,
Joyce & Bernie Gay, Dorothy St.Pierre

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Dottie McKenna

Joy, Timothy, & John
Jack

Daniel A. Larson
Nancy Chretien Larson

In Appreciation of Tai Chi Instructor Denise Barry & Line Dance Instructor Jen Jones
Donna Van Handle

Kenneth "Kenny" Williams
Bob & Sue Lynes
Bob & Marge Valenti
Joan Daly

Albert DeRosier
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Nancy Chretien Larson

Robert "Bob" Methot

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GALLAGHER
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12 Fitness Programs– Please Register

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

Funding from the Executive Office of Elder Affairs' Formula Grant and our Activity Gift Fund 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.

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, March 6th & 20th

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.

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

IN PERSON REGISTRATION DAY on Monday, March 11th, at 10:00 a.m.

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

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



Members
keep us growing.
JOIN TODAY!

**FRIENDS OF THE SOUTH HADLEY SENIORS
MEMBERSHIP DRIVE
MARCH 11-13
9am-1pm**

All paid memberships (new and renewing) will be entered into a free daily raffle for a \$10 gift certificate to the Woodlawn Café. Stop in to see us on Mar 11-13 at the Senior Center. We'll have a table in the lobby. In addition to entering your name into one of 3 daily raffles we'll have lots of giveaways. Membership forms will be available at the table.

Did you know over the past 2 years the Friends of the South Hadley Seniors have funded over \$59,000 in programming and support for South Hadley's seniors? Just last year alone we help to fund the following:

- Programming, supplies, raffles, meals, gift cards, outreach and more for the Senior Center
- Age & Dementia Friendly Initiatives
- South Hadley Chorale concert
- Farmer's Market / Market Bucks for Seniors
- Free movies at Tower Theaters
- TRIAD holiday stockings
- A Place at the Table meals
- Ice Cream Sundae Social with entertainment
- Dan Kane & Friends holiday concert
- Free stamps and notecards
- Village to Village Model, and more....

We are truly grateful for your membership support. These dollars help us to provide ongoing support for all of these initiatives and more. We hope you will consider joining us as a member or renewing your membership today.



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: 413-536-2106 & Huguette: 413-530-6162.

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. 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. Cost \$145. Call Huguette

July 16, 2024: Friesians of Majesty - Townshend, VT & Cathedral of the Pines – Rindge, NH. Equestrian performance & guided tour. Includes: transportation, show, tour and luncheon. Cost \$145. – Call Susan

July 26 – August 4, 2024: NCL – Bermuda Cruise from NY Pier. For all inquiries on this cruise call 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

September 6, 2024: CT River Quest Cruise, Griswold Inn & Florence Griswold Museum. Cost: \$153. Call Huguette

October 15, 2024: Boston Duck Boat Tour / Waterfront dining at Venezia's. Call Susan

November 7, 2024: Salem Cross Inn, Quabbin Tour & Entertainment. Cost \$125. Call Huguette

December 11, 2024: Aqua Turf, Plantsville, CT – With Buddy Holly & Elvis. Cost \$135. – 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.

The South Hadley Council on Aging is seeking enthusiastic volunteers to assist in folding our monthly newsletters. It's a small task with a huge ripple effect in our community. Those interested, reach out to Kathy Florence. kflorence@southhadleyma.g 413-538-5030 x6207

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.

Senior Living Options Fair

April 9th 3:30- 6:30 p.m.

Lifelong Learning Lecture Series

April 23rd at 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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Staff Directory

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