



# SOUTH HADLEY COUNCIL ON AGING THE GOLDEN CHRONICLE

**April 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](http://southhadley.org)
- [@southhadleycoa](https://www.facebook.com/southhadleycoa)



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## Sustainable Fashion Show

Tuesday, April 30 at 5:00 p.m.  
 All are welcome. Refreshments provided.

An intergenerational runway extravaganza of Sustainable Fashion pieces crafted by South Hadley Senior Center makers, PVPA sustainable fashion 7th-8th grade students, and designers, Petula Bloomfield and Aimee Charlesworth. Runway show at 5:00 p.m. Live music by the fabulous Michael Wilbur, saxophonist. Sign up to present your fashion or participate as a model for the show. In addition there will be items for sale at the event!





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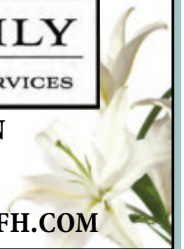
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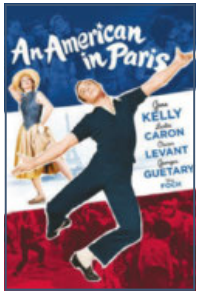
06-5294

# 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 EOEA. For nutrition questions call WMEC 413-538-9020. x313



**Dinner & Movie: An American in Paris**  
**Tuesday April 2nd at 4:00 p.m.**

Purchase your dinner in the cafe and join us for the movie. Free refreshments & Fun trivia!

An American in Paris (1951) Winner of 6 Oscars! Directed by Vincent Minelli, music by George Gershwin Starring Gene Kelly, Leslie Caron, and Oscar

Lavant .Three friends struggle to find work in Paris. Things become more complicated when two of them fall in love with the same woman.

**Luncheon Outing to the Tigers' Den**

**Wednesday, April 10th at 11:00am 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 wonderful culinary students.. Luncheon menu choices will be available when you purchase your tickets.



**April Supper Club- Great American Diner Month To Sign Up: [maggiev06021@gmail.com](mailto:maggiev06021@gmail.com)**

**Chef Demo: Good Gravy!**

**Wednesday, April 3rd, 2:00 p.m.– 4:00 p.m.**

**Free and open to all!** Get into the thick of things with Chef Maggie as she discusses slurries, rouxs and other ways to get the right consistency in your dishes. Demonstration includes samples.

**April Culinary Lessons- For those who have completed kitchen safety orientation**

**Meatloaf (3-ways) Limit 30 cooks. Supply fee \$10**

**Prep & Culinary Lesson: Mon., April 22nd 2:00 p.m.**

**Final Firing & Meal: Tuesday, April 23rd 2:00p.m.**

Traditional meatloaf, South African Boboti, and Cajun Shepherds pie.

**Gentlemen's Breakfast (Free!)**

**Friday, April 19th at 8:30 a.m.**

Hosts - Steven Laplante and Jameson Glanville  
 ERA M. Connie Laplante Real Estate



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### New! Ukelele Group Sessions

**Tuesdays at 4:00 p.m. Beginning April 2nd**  
Intermediate level group playing in a Round Robin setting.

### New! Chair "Line" Dance with Jennifer Jones

**Thursdays at 3:15 Beginning on April 4th**

Join Line dance instructor Jennifer for a fun, energetic exercise workout, choreographed to music for all levels and all abilities!

### Senior Living Options Fair

**Tuesday, April 9th 3:30 p.m.-6:30 p.m.**  
Come meet and ask questions of local Assisted Living and Independent Living programs. All participants will be eligible for a raffle.



### Tech Help series with Sandy Cahillane: Cutting the Cable: Pros and Cons

**Part 1 April 4th and Part 2 April 11th at 1:00 p.m.**  
Join Technology Instructor Sandy Cahillane for this two part event: Part 1 will focus on deciding to remove your television cable subscription by exploring pros and cons of doing so. In Part 2, learn how to access your favorite channels and streaming apps, such as Netflix, once you no longer subscribe to a cable television service.

### Socials with MacDuffie Students

**Wed., April 10th and April 17th at 2:00 p.m.**  
The MacDuffie students return for a rematch cornhole competition and join our dance club! Stop by and say hello!

### Veterans 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 depicting their time in service. To participate please contact Gene Maag, [genemaag@yahoo.com](mailto:genemaag@yahoo.com) or Kathy Florence at the Senior Center.

### Celebrate National Library Week with Staff from The South Hadley Public Library

**Thursday, April 11th from 11:00 a.m.-1:00 p.m.**  
Library staff will have information about upcoming library programs, home delivery service, recommended reading lists, library card registration, and more!

### Holistic Health Series:

**Astrology 101 with Ben Kibby**  
**Tuesday, April 16th at 5:00 p.m.**



Learn about the four major components that go into a reading (signs, planets, houses, and aspects), and begin using your chart as a map to an authentic and fulfilling life. Ben will provide you with the tools to interpret the various parts of your birth chart, which provides a symbolic mirror of the contents, purpose, and destiny of your soul.

### National Healthcare Decision Day

**Tuesday, April 16th from 9:00 a.m. - 12:00 p.m.**  
Karen Buscemi, PMH-NP will be here to talk with folks about advanced care planning. National Healthcare Decision Day is a day for patients or healthcare receivers to make known to health professionals the kind of adequate care they wish to receive, and have those wishes respected and met.

### Monthly Social Dance Club with Richie Mitnick!

**Wednesday, April 17th 2:00-4:00 p.m. Cost \$4.00**

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



### Monthly Birthday/Anniversary Party

**Thursday April 18th at 2:00 p.m. FREE!**

Join us as we celebrate our Birthdays and Anniversaries for the month with refreshments and entertainment by Frank Sinatra tribute. **Sponsored by the Friends of the South Hadley Seniors**

### Coffee & Conversation

**Friday, April 19th at 11:00 a.m.**  
Join us as Assistant Town Administrator, Chuck Romboletti, discusses the Senior Tax Work Off Program.

### Spring Fling Bingo

**Tuesday April 23rd at 1:00 p.m.**  
Join us for a free Bingo with special Spring themed prizes and gift cards! **Sponsored by the Friends of the South Hadley Seniors.**

### TRIAD'S Sand for Seniors Container Pick up

**Pick Ups will begin on April 30th at 10:00 a.m.**  
Sand will be picked up by the SHFD 1 & 2 through out the day. Please call Sandy at the Senior Center if your sand was not picked up.



### Mysterious Jurassic Dinosaurs of South Hadley

**Tuesday April 23, 2024 5:00-6:30 pm**

Mark McMenamin, Professor of Geology at Mount Holyoke College, will help you discover the rich history of South Hadley's Jurassic Period.



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



## 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.**

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## 6 Support Services

### 2024 Summer Senior Farm Share

### Application Deadline is June 1st

The South Hadley Senior Center is offering farm shares through Community Involved in Sustaining Agriculture (CISA). The cost is a one-time payment of \$10.00 for the opportunity to have fresh vegetables over a 10-week period. Once again, we are excited to partner with Dave's Natural Garden in Granby! Applications will be collected during the months of April and May. Weekly delivery to the Senior Center from the farm will begin in mid July. Applications are available at the Senior Center or by emailing Ann at [aandras@southhadley.ma.gov](mailto:aandras@southhadley.ma.gov). On June 1, thirty (30) names will be randomly drawn and those applicants will be notified. You must be 60 years or older to qualify. In addition, you must be able to answer yes to one of the four criteria:

- I receive SNAP benefits (Food Stamps), Medicaid, SSI, AFDC, or Veterans Aid benefits.
- I participate in the Food Bank's Brown Bag Program.
- I live alone and my income is below \$29,160; or
- The total income of my household is below \$39,440 (only one share per household please).

### 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, April 16th 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.

**The deadline to apply for Fuel Assistance is April 30th!** 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](mailto:aandras@southhadley.ma.gov). **Appointments are required.**

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



### 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!



### Neighbors Helping Neighbors, Inc.

Supporting your local Food Pantry  
"Neighbors Helping Neighbors"

The Food Pantry item for April is: SOUP!  
All flavors and sizes. Soup is a great way for families to build a meal! **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.

**"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

**"NEW" The Chicopee Senior Center is hosting Memory Connections**

**1st Wednesdays, 3:00 p.m.- 5:00 p.m.**

Memory Connections serves caregivers of people with dementia and their loved ones living with dementia. At 3 p.m., caregivers will participate in a program with Laura Lavoie, president and founder of Our Dementia Life. During this time, their loved ones who have dementia will spend time in an activity supervised by trained staff. At 4 p.m., everyone will join together to enjoy an early dinner. Registration is required by stopping by RiverMills Center or calling 534-3698. Sponsored by Health New England, PNCU, and WMEC.

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

— HAPPY —  
Retirement



It is with a mixture of pride, gratitude, and a touch of sadness that we bid farewell to two of our most dedicated and hardworking staff members, **Ann Andras and Lisa Napiorkowski**. After many years of unwavering service to our beloved town, they have decided to embark on the next chapter of their lives - retirement. Their tireless efforts and commitment to excellence have made a lasting impression on our town. Ann and Lisa are pillars of support and sources of inspiration for their colleagues. Their wisdom, kindness, and willingness to lend a helping hand have touched the lives of countless individuals within our community. They have not only been exemplary employees but also cherished friends and mentors, leaving an enduring legacy of camaraderie and goodwill. Ann's last day will be May 15th and Lisa's last day will be May 17th. Please join us on **May 15th 9:00 a.m. and 12:00 p.m.** to wish them both a happy retirement and share some yummy cake courtesy of **The Friends of the South Hadley Seniors**.

Available for use at the COA: Visual and Audio Magnifiers

**"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. Please contact Ann Andras for more info.

**Foot Nurse, Sharon Beaulieu, RN**

**Tuesday April 2nd 9:00 a.m. by Appt.**  
The Fee for services provided at the COA is \$35.00 cash/check to the provider. Call the COA for an appointment. To book a house call, fee \$50, call 413-552-9533.

**Low Vision Group**

**Tuesday, April 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, April 9th 8:30 a.m. By Appt.**  
Hearing Screenings & Aid Cleanings with Audiologists Allison and Lisa.

**Veterans Social Hour**

**Wednesday, April 10th 9:00 a.m.**  
Free pastry and coffee provided by VFW Post 3104 and American Legion P. 260.

**Nutrition Counseling appointments**

**Wed., April 17th 9:00 a.m.-12:00 p.m.**  
Jennifer is an experienced Registered Dietitian(RD). Jennifer will be offering individual nutrition counseling for people 60 and older. **Registration Required**

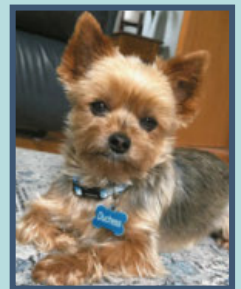
**Visit with Public Health Nurse,**  
**Thursdays from 1:00 p.m.– 3:00 p.m.**  
**Appointments Available**

Visit for blood pressure checks, share a concern, or ask a question.

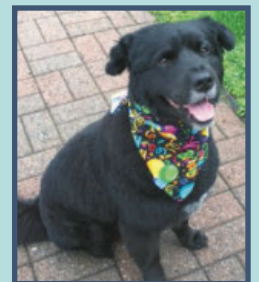
**Community Companion Volunteers**

**Thursday, April 11th at 2:00 p.m.**  
We will be visiting with our community friends at Hubert Place on. Stop by for refreshments & friendship! Contact Kathy if you want to become a volunteer. [kflorence@southhadley.ma.gov](mailto:kflorence@southhadley.ma.gov)  
**Refreshments sponsored by The Friends of the South Hadley Seniors.**

**Pet Therapy**



**Duchess:**  
**Monday 1st**  
**12:30 p.m.**



**Riley:** **Thursdays**  
**11:00 a.m.**

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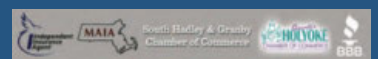
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# April 2024: 15th Patriots Day

**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-Blue Community Table Lunch-Orange**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi &amp; Qigong <b>12:30 Pet Therapy</b> 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies with Donna VanHandle 1:00 Zumba Gold</p> <p><b>Crab Cake</b></p>	<p><b>2 Foot Nurse by Appt.</b> 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong <b>10:00 Craft: Card Making</b> 11:15 All Level Yoga <b>11:30 Big Y Shopping</b> <b>12:30 Craft: Diamon Art</b> 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom <b>3:00 Mystery Book Club</b> <b>4:00 Ukelele Group</b> <b>4:00 Dinner &amp; Movie</b> 5:30 Evening Yoga</p> <p><b>Chicken w/ Parm</b></p>	<p><b>3 Tech Time w/ Sandy</b> 8:00 Advanced B&amp;B 9:00 Dance w/ Loryn 9:30 Healthy Bones 9:30 Oil &amp; Acrylic Paint 10:00 Travel Club 10:00 Personal Training 10:45 Healthy Bones 11:15 Beginner Yoga <b>12:30 Fitness Orientation</b> 1:00 Creative Collage 1:00 Mahjong 1:00 Line Dancing <b>2:00 Supper Club Demo</b></p> <p><b>Cobb Salad</b></p>	<p><b>4 Tech Time w/ Sandy</b> 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club <b>11:00 Pet Therapy</b> 11:15 Seated Yoga <b>1:00 Tech Series: Cable</b> 1:00 Healthy Bones 1:00 Sit and Sew 1:00 Chair Volleyball <b>1:00 Public Health Nurse</b> 2:00 Uplifting Karaoke 2:15 Meditation <b>3:15 Chair Line Dance</b> <b>BBQ Ribette</b></p>	<p><b>5</b> 8:00 Advanced B&amp;B 9:00 Cornhole 9:30 Healthy Bones 9:30 Watercolor Bootcamp 10:45 Healthy Bones <b>1:00 Meet the Artist</b> 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p><b>Sausage &amp; Cheese Quiche</b></p>
<p><b>8</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing <b>10:00 NO Tai Chi &amp; Qigong</b> <b>10:00 HBB Registration</b> 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies 1:00 Zumba Gold</p> <p><b>Grilled Chicken Marsala</b></p>	<p><b>9 Hamp Hear by Appt.</b> 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong <b>10:00 Low Vision Group</b> <b>11:00 Office Hour Oliveira</b> 11:15 All Level Yoga <b>11:30 Big Y Shopping</b> 12:30 Bingo*Time Change* <b>12:30 Craft: Diamon Art</b> 1:00 Healthy Bones 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom <b>3:30 Living Options Fair</b> <b>4:00 Ukelele Group</b> 5:30 Evening Yoga</p> <p><b>American Chop Suey</b></p>	<p><b>10 Tech Time w/ Sandy</b> 8:00 Advanced B&amp;B 9:00 Dance w/ Loryn <b>9:00 Veteran Social Hour</b> 9:30 Healthy Bones 9:30 Oil &amp; Acrylic Paint 10:00 Travel Club 10:00 Personal Training 10:45 Healthy Bones 11:15 Beginner Yoga 1:00 Creative Collage 1:00 Mahjong 1:00 Line Dancing <b>2:00 MacDuffie Social</b></p> <p><b>Blueberry French Toast</b></p>	<p><b>11 Tech Time w/ Sandy</b> <b>No Healthy Bones Today</b> 8:50 Stretch and Go 9:30 Watercolors 10:00 Fitness Basics 10:00 Travel Club <b>11:00 Pet Therapy</b> <b>11:00 SH Library</b> 11:15 Seated Yoga 1:00 Sit and Sew 1:00 Chair Volleyball <b>1:00 Tech Help Series</b> <b>1:00 Public Health Nurse</b> 2:00 Uplifting Karaoke <b>2:00 CC Outing</b> 2:15 Meditation <b>3:15 Chair Line Dance</b> <b>Meatloaf &amp; Gravy</b></p>	<p><b>12</b> 8:00 Advanced B&amp;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 <b>1:00 Craft: Board &amp; Brush</b></p> <p><b>Salmon w/ Latino Sauce</b></p>

**15 Council on Aging**  
is closed in observance of  
**Patriots' Day.**



**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 Zumba Gold  
**2:00 Supper Club Prep**

**Meatball Sub**

**29** 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 Zumba Gold

**Chicken Tetrazzini**

**16** 8:50 Stretch and Go  
**9:00 Healthcare Decision**  
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**  
**12:30 Craft: Diamon Art**  
1:00 Healthy Bones  
1:00 Bingo  
1:00 Learn/ Play Pinochle  
3:00 Trivia Club  
3:00 Social/ Ballroom  
**4:00 Ukelele Group**  
5:30 Evening Yoga  
**5:00 Holistic: Astrology**  
**5:30 Craft: Bottle Art**  
**Breaded Pollock**

**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**  
**12:30 Craft: Diamon Art**  
1:00 Healthy Bones  
**1:00 Spring Fling Bingo**  
1:00 Learn/ Play Pinochle  
**2:00 Supper Club Meal**  
3:00 Trivia Club  
3:00 Social/ Ballroom  
**4:00 Ukelele Group**  
5:30 Evening Yoga  
**5:00 Lifelong Learning**  
**Taco Tuesday**

**30 Sand Bucket Pick-Up**  
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 Craft: Diamon Art**  
1:00 Healthy Bones  
1:00 Bingo  
1:00 Learn/ Play Pinochle  
3:00 Social/ Ballroom  
3:00 Trivia  
**4:00 Ukelele Group**  
**5:00 Fashion Show**  
5:30 Evening Yoga  
**Pollock Sandwich**

**17 Tech Time w/ Sandy**  
8:00 Advanced B&B  
9:00 Dance w/Loryn  
**9:00 Nutrition by Appt.**  
**9:00 Veterans Workshop**  
9:30 Healthy Bones  
9:30 Oil & Acrylic Paint  
10:00 Personal Training  
10:00 Travel Club  
10:45 Healthy Bones  
11:15 Beginner Yoga  
**12:30 Fitness Orientation**  
1:00 Mahjong  
1:00 Line Dancing  
1:00 Creative Collage  
**2:00 Social Dance Club**  
**Lasagna with Meat Sauce**

**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  
11:15 Beginner Yoga  
1:00 Mahjong  
1:00 Creative Collage  
1:00 Line Dancing  
**2:00 Book Club Hybrid**

**Chicken w/ Teriyaki**

**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 Chair Volleyball  
**1:00 Public Health Nurse**  
2:00 Uplifting Karaoke  
**2:00 Birth+Anniv Party**  
**3:15 Chair Line Dance**

**BBQ Pork Loin**

**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  
**12:45 Holistic Health Series**  
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 Chair Line Dance**  
**Sliced Turkey w/ Gravy**

**19** 8:00 Advanced B&B  
**8:30 Gentlemen's Breakfast**  
9:30 Cornhole  
9:30 Healthy Bones  
9:30 Watercolor  
Bootcamp  
10:45 Healthy Bones  
**11:00 Coffee & Conversation**  
1:00 Cribbage  
1:00 Bridge  
1:00 Fiber Arts Club

**Soup & Sandwich**

**26** 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  
**1:00 Craft: Spring Flower Arranging**

**Chicken Souvlaki**



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**LGBTQ+ Coffee Social Hour**

**Thursday, April 18th**  
**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.

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

# 10 Arts & Language & Movies- Please Register

## Craft Club

### Card Making with Joanne

Tuesday, April 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.

### Diamond Art- Drop in Project Work

Tuesdays at 12:30 p.m.

Laura Dubreuil leads this group. Choose from many different projects to make art with bling!

### SH Board & Brush Spring Sign Workshop

Fri., April 12th at 1:00 p.m. Tickets are \$25 and must purchase a ticket at the COA. Limit 20

Choose from 4 different Spring themed single board signs, your stain, and then put the stencils on and paint them with help from B&B staff.

### Upcycled bottle art with Tina

Tues., April 16th at 5:30 p.m. cost \$3.00

Sip your wine at home, then bring it in to make a beautiful piece of recycled Art! Tina will guide you in this project using acrylic paints.

### Spring Flower Arranging

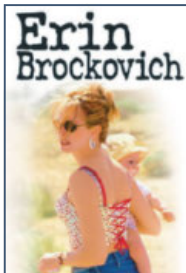
Friday, April 26th at 1:00 p.m.

Cost \$10 limit 10 participants

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

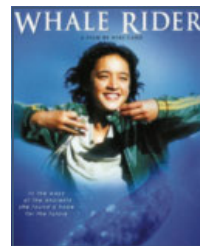


## Monday Movie Matinee 1:00 p.m. April is Earth Month!



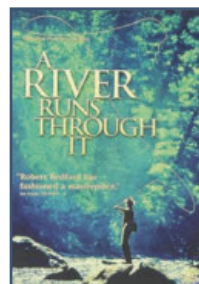
### 4/1 Erin Brockovich

An unemployed single mother becomes a legal assistant and almost single-handedly brings down a California power company accused of polluting a city's water.



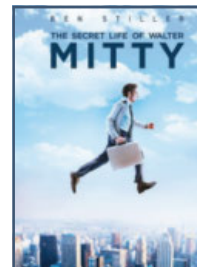
### 4/8 Whale Rider

A contemporary story of love, rejection and triumph as a young Maori girl fights to fulfill a destiny her grandfather refuses to see.



### 4/22 A River Runs Through It

Two sons of a stern minister - one reserved, one rebellious - grow up in rural 1920s Montana while devoted to fly fishing.



### 4/29 The Secret Life of Walter Mitty

When both he and a colleague are about to lose their job, Walter takes action by going on an adventure more exciting than anything he ever imagined.

### Artist of the Month: Diane Allen

Diane is a BFA graduate and lifetime resident of South Hadley. She has been creating watercolors that have been shown in numerous juried shows and exhibits including as the official artist for the U.S. Women's Open, 2004. She has also been part of a national touring exhibition in the American Watercolor Society.

Meet the Artist on Friday, April 5th at 1:00 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@southhadleyma.gov](mailto:kflorence@southhadleyma.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.

### Tuesday Trivia Club

Tuesdays at 3:00 p.m.

Test your knowledge weekly.

### Mystery Book Club

Tuesday, April 2nd at 3:00 p.m.

To discuss *The Word is Murder* by A Horowitz.. On May 7th to discuss *The Widows of Malabar Hill* by S Massey.

### Gratitude Journal Writing

On Hiatus

### Book Club (hybrid)

Wed., April 24th at 2:00 p.m.

To discuss *The Wife Upstairs* by Rachael Hawkins.

### 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

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 , Jackie Newberry, Donald & Shirley Isabelle , Florence Fernandes

**Frank DeToma**  
Dr. Steven Markow

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Susan Canedy  
Phyllis Ichtou  
Melanie McCarthy  
South Hadley Collage Class  
Judy & Alan Izatt

**Roger A. Coulombe**  
Kathryn M. Coulombe

A special thank you to Chris Woloszynk of the Big Y for the donation of store bags. The bags were donated at the February Brown Bag event and will be available at the Aging in Place Health Fair in June!

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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, April 3rd + 17th**

**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, April 8th, 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: \_\_\_\_\_*

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# 14 The Friends of The South Hadley Seniors

## FRIENDS OF THE SOUTH HADLEY SENIORS ANNUAL MEETING & LUNCH



**Date: Monday, April 22**  
**Time: 11:30-1:00**  
**Place: Iona's Kitchen (20 Main St)**

Join us for a free lunch (soup, sandwich & dessert) to learn more about the work of the Friends and to find out what we have planned for the year. Seats are limited. To reserve a seat, email southhadleyseniors@gmail.com or call Janet at 534-5886.



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.

*The Friends are a 501(c)(3) non-profit corporation*

### FRIENDS' UPCOMING EVENTS - MARK YOUR CALENDAR

- May 3 – Intergenerational Pickleball Tournament / 3-5pm / Buttery Brook Park
- May 3 – A-Ray of Elvis / 5:30-7:30pm / Buttery Brook Park (front pavilion) / Sponsored by the Friends of Buttery Brook Park
- May 10 – Mother's Day Hanging Basket Sale / 10am-4pm / front lawn of the Senior Center (while supplies last)
- June 23 – TJ & the Peepers / 3:30-5pm / Buttery Brook Park (front pavilion) / Rain date June 24
- July 22 – Ice Cream Sundae Social with Sarah the Fiddler / 4:30-6pm / McCray's Farm / Rain date July 23

*All are welcome, no RSVP needed*

## 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 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: (SOLD OUT / WAIT LIST). 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.pp (triple). Call Susan

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

**October 9, 2024: Boston Duck Boat Tour/Waterfront dining at Venezia's & Winery.** Cost \$150. 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.gov](mailto:kflorence@southhadleyma.gov) 413-538-5030 x6207

## **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**

It is the law 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 a WestMass ElderCare EMHOT partner and supporter of making access to behavioral health services available to older adults who are 60+ years at no cost. For referrals and more information: 413-538-9020 TTY: 800-875-0287. Email: [info@wmeldercare.org](mailto:info@wmeldercare.org).

### **South Hadley Falls Prevention Program**

S. Hadley Fire Districts 1 and 2, in cooperation with the SH COA and the Age and Dementia Friendly Community invite you to take advantage of the Falls Prevention Program. Schedule a visit with firefighters to identify safety issues in your home.

### **Rainbow Social Club Monthly Events**

**1st Wednesday of the Month at 5:00 p.m.**

Holyoke COA Monthly Coffee Hour: Belchertown COA on 60 State Street, Belchertown.

### **Virtual Gathering—Monthly guided discussion**

For more information, call WestMass ElderCare 538-9020, or [RainbowSocialClub@wmeldercare.org](mailto:RainbowSocialClub@wmeldercare.org)

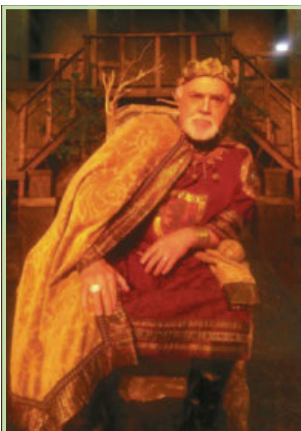
### **South Hadley Drug Take Back Day**

**Saturday, April 27th**

**10:00 a.m. - 2:00 p.m.**

**South Hadley Police Department**

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



### **Joe Vincent presents:**

**A One Man Show of Shakespeare Pieces.**

**Wednesday, May 1st at 2:00 p.m. FREE!**

Joe Vincent has acted in more than 70 Shakespeare plays, and 51 Musicals. He will share the history of theatre, and the poetry used onstage in the Renaissance theatre, while bringing Shakespeare's characters to life.

### **Jane Fleishman: "Loving Your Aging Body"**

**Tuesday, May 21st 5:30 p.m.**

### **Lifelong Learning: Water Spider's Wisdom: Cherokee Women's Textile Diplomacy**

**Tuesday, May 28th 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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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](mailto:info@nhnfoodpantry.org) Curbside pickup & delivery: Pantry hours are: Wednesdays: 12:30 p.m. to 5:30 p.m. and Saturdays: 10:00 a.m. to 12:00 p.m.

#### WEEKEND MEALS: TAKE & EAT INC., PEOPLE FEEDING PEOPLE PROGRAM.

The meals are prepared and delivered by the faith-based communities in South Hadley and Granby.

The meals are free of charge to those 60+ years, home-bound, unable to shop, drive, prepare meals, or have low mobility. Contact: Kathleen

Ryan 413-664-1041, or [takeandeat@verizon.net](mailto:takeandeat@verizon.net)

#### FOOD SOURCE HOTLINE: 1-800-645-8333

Food Source Hours: Monday –Friday: 8:00 a.m. to 7:00 p.m. and Saturday: 10:00 a.m. to 2:00 p.m. The Food Source hotline connects people struggling to put food on the table with SNAP benefits and other food resources.

#### MEDICAL EQUIPMENT

Used Pick-up and Delivery: Hampshire County Sheriff's Dept. Dave Fenton 413-582-7787

**THE ALZHEIMER'S ASSOCIATION 24/7 HELPLINE (800-272-3900)** Available around the clock, 365 days/ year.

#### WESTERN MA ELDER ABUSE HOTLINE:

1-800-922-2275

#### VETERAN'S CRISIS LINE: 1-800-273-8255

#### NATIONAL ELDER FRAUD HOTLINE:

1-833-372-8311

#### MASS SOCIAL SECURITY: 1-800-772-1213

(TTY 1-800-325-0778).

#### NATIONAL SUICIDE PREVENTION AND CRISIS LIFELINE 988 ( NEW 3-DIGIT DIALING CODE)

**THE MASSACHUSETTS SENIOR LEGAL HOTLINE 1-800-342-5297** Assistance is provided in Spanish,

Portuguese and Haitian Creole.

#### THE COMMISSION ON DISABILITIES (COD).

The purpose of the COD is to improve and maintain unobstructed access for every resident of South Hadley to all aspects of our town. Feel free to contact us.

#### HAMPSHIRE ELDER LAW PROGRAM

Legal Assistance for low income elders in Hampshire County. Call 413-586-8729

**SAGE LGBTQ+ Elder HOTLINE: 1-877-360-LGBT ( 5428)** or [www.sageusa.org](http://www.sageusa.org)

#### PVTA TRANSPORTATION OPTIONS FOR SENIORS 413-781-7882

#### Senior Fare Free Tuesdays

Seniors ride PVTA's fixed routes buses for free every Tuesday. Must show valid PVTA Senior ID

#### WESTMASS ELDERCARE

(WMEC) is South Hadley's Area Agency on Aging (AAA). WMEC provides information and services on a range of assistance for older adults and those who care for them. Services include: home care & benefits counseling, mobility assistance, programs, housing and referrals, individual benefits counseling, support groups, caregiver training, respite care and Home Meals on Wheels Program. Call 413-538-9020. Ask for Information & Referral.

**THE STATE-FUNDED HOME MODIFICATION LOAN PROGRAM (HMLP)** Call the Pioneer Valley Planning Commission at 413-781-6045, or [www.pvpc.org](http://www.pvpc.org) TTY/TDD: 413-781-7168

**Mount Tom Center for Mental Health and Recovery** is a community-based outpatient mental health and substance abuse program providing on-site and outreach services. (413) 536-5473