

THE GOLDEN CHRONICLE

The mission of the South Hadley Council on Aging, with the support and participation of the community, identifies, advocates, and implements meaningful, educational, cultural, social, volunteer and wellness activities for persons age 60 and over.

THE SOUTH HADLEY COUNCIL ON AGING

May 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)



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Memorial Day Breakfast

Thursday, May 23rd 8:30 a.m. –Please Register

The Memorial Day holiday honors those who died while serving in the U.S. military. Join The South Hadley Council on Aging and The South Hadley Veterans' Service Department as we observe this day of remembrance. The event will include a delicious breakfast prepared by the SHHS Culinary Department, speakers, military remembrances and ceremonies. This event is open to Veterans and one guest. **Sponsored by Veteran Services and The Friends of the South Hadley Seniors.**



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South Hadley COA - South Hadley, MA

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



South of the Border! Acoustic Cafe
Tuesday, May 7th at 5:00p.m.
Tickets \$7.00 Limit 50
 Join us in our cafe for chicken enchiladas, Mexican street corn and churros, while you enjoy music by the Steve and Tom duo!



Monthly Birthday/ Anniversary Celebration
Tuesday, May 14th 5:30 p.m. FREE!
 Join us as we celebrate our Birthdays and Anniversaries for the month with refreshments and



entertainment by "Dear Ella": Fun vocal harmonies with guitar, banjo, ukelele, bass and snare drum. A wonderful mix of Folk, Blues, Gospel, Swing, and Soul with themes of social justice and love. **Sponsored by donations to our Activity Account and The Friends of the South Hadley Seniors**

LGBTQ+ Coffee Hour
Thursday, May 16th 10:30 a.m.
 Facilitator: Neil Broome, LCSW MSW
Refreshments sponsored by The Friends of The South Hadley Seniors.



May Supper club: Food is the Language of Love
Monday, May 20th 2-4 Prep & Lesson Tuesday, May 21st 2-4 Final Fire
 We're bringing sexy back! Make your own foods to light up your love life. Menu includes assorted appetizers, stuffed croissants and French macrons for dessert. Open to those who have completed kitchen safety orientation. **Register with chef Maggie at :maggiev06021@gmail.com**

2024 SPRING SAVINGS

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Joe Vincent Presents: A One Man Show of Shakespeare Pieces.
Wed., May 1st at 2:00 p.m. FREE!
 Joe 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 many of Shakespeare's characters to life.

Monthly Social Dance Club with Richie!
Wednesday, May 15th 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!

Gentlemen's Breakfast
Friday, May 17th at 8:30 a.m.
 Join Dan, Patrick and Chris of SHCTV15 for a wonderful FREE breakfast!

Nutrition Check
Tuesday, May 21st at 9:00 a.m.
 Join Katie Defoe-Raymond from Westmass Eldercare for a nutrition check.

Loving your Aging Body 
Tuesday, May 21st at 5:30 p.m.
 Join Jane Fleishman, PhD, as we talk about loving our bodies as we age. She'll give practical tips, recommendations and resources that can help you start loving our aging body today.

SHPL at the COA
Thursday, May 23rd 12:30 p.m.- 2:30 p.m.
 Staff from the SH Public Library will have information about the latest library news, programs, and services. If you think the library is just about books, stop by to learn more about the digital resources your library card can access such as concert films, language learning programs, and more!

History with Leo
Thursday, May 23rd at 3:30 p.m.
 The Great Falls: A story of the journey past the Falls of South Hadley from 1790-1900. The transformation of a great river. Our first highway in Western Massachusetts.

**"Walking the Beauty Way":
 A Study of the Medicine Wheel with Janet Lucier**
Tuesday, May 28th 3:15 p.m.
 The Sacred Hoops' circular shape represents the interconnectivity of all aspects of one's being, the natural world, and cosmos. The wheel embodies the cardinal directions as well as Father Sky, Mother Earth, and Spirit Tree. All of life can be lived as sacred.

New! Chair Massage
Monday May 6th 9:00-11:00 a.m.
Registration required.
 Barbara Burgos is a Licensed Massage Therapist at Ochoa Spa here in South Hadley who has practiced as a Registered Nurse for 39 years. She will offer Relaxation/Swedish and Deep Tissue/Therapeutic massage. Barbara will be offering 10 or 20 minute appointments for a \$15.00 or \$25.00 fee.

Last Social with MacDuffie Students
Wednesday, May 8th 2:00 p.m.
 This will be our last social with the students until the next school year. Come by and thank them for sharing their time with us!

Historic Walking & Driving Tours
Wednesday, May 8th FREE and Open to All
 Join S.H. Historian, Leo Labonte, for a historic tour of South Hadley. We will be offering either a driving tour or a walking tour. The driving tour will leave the COA at 11:00 a.m. with limit of 11 passengers, registration required. The walking tour will meet at the Library at 1:00 p.m., transportation to the library is available by calling the Senior Center. The tours begins at the SHPL and will pass by multiple historic homes, Taverns, laybe's, locks, and dams will be highlighted on the tour.

Fiberspring Presentation with Kelly Frazier
Thursday May 9th, 1:00 p.m.
 The Fiberspring team is coming to the senior center to present what Fiberspring internet service is and answer any questions people may have.



Water Spider's Wisdom: Cherokee Women's Textile Diplomacy
Tuesday, May 28th 5:00pm - 6:00pm
 Patricia Dawson, Assistant Professor of History at Mt. Holyoke College, will explore the history of Cherokee textiles and celebrate Cherokee women's innovation, power, and creativity. **Thank you to the Travel Club for sponsoring this program.**



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 years and older. Wheelchair lift available. Riders must be able to independently get on and off the bus.

Social Rides:
24 hours advance notice

Medical Rides:
3 days advance notice



Tech Instruction and iPad Loan Program are currently on hiatus until we fill the Technology Instructor position.

Monday - Friday from 9:00 a.m. to 3:00 p.m.
Tuesday Evenings: 4:00 p.m. to 7:00 p.m.

Shopping Schedule
Tuesdays at 11:30: Big Y



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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. 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, May 21st 10:00 a.m. to 11:00 a.m.

Pick up time subject to change



Neighbors Helping Neighbors, Inc.

Supporting your local Food Pantry "Neighbors Helping Neighbors"

The Food Pantry item for May is: Tomato Product: sauce, paste, stewed tomatoes, chopped or diced tomatoes, fire roasted or seasoned. **Thank you for your continuing support!**



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!

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

— 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 May 7th 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, May 14th 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, May 14th 8:30 a.m. By Appt.
Hearing Screenings & Aid Cleanings with Audiologists Allison and Lisa.

Veterans Social Hour

Wednesday, May 8th 9:00 a.m.
Free pastry and coffee provided by VFW Post 3104 and American Legion P. 260.

Nutrition Counseling appointments

Monday May 20th 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**

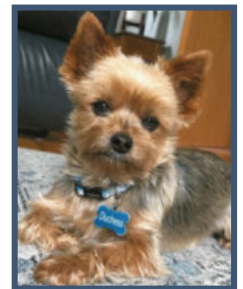
Visit with Public Health Nurse,
Thursdays from 1:00 p.m.– 3:00 p.m.
Appt. Available but not required.

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

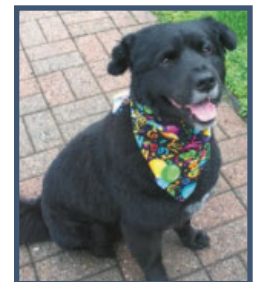
Community Companion Volunteers
Thursday, May 16th at 2:00 p.m.

We will be visiting with our community friends at Lathrop Village. Stop by for refreshments & friendship! Contact Kathy if you want to become a volunteer. 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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May 2024: 27th Memorial 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>Monday-Friday 8:00am to 2:00pm Tuesday Evenings 3:30pm to 6:30pm</p> <p>BAKED GOODS SOUP BEVERAGES SANDWICHES</p> <p><i>Changes Daily & Cash Only</i></p> | | | | |
| <p>6 9:00 Cornhole 9:00 NIA 9:00 Massage by Appt. 9:30 Academic Drawing 10:00 Tai Chi & Qigong 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies 1:00 NO Zumba Gold</p> <p>Pork Chopette w/ Gravy</p> | <p>7 8:50 Stretch and Go 9:00 Foot Nurse 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong 10:00 Card Making 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 3:00 Mystery Book Club 4:00 Ukulele Group 5:00 Acoustic Cafe 5:30 Evening Yoga</p> <p>Meatballs</p> | <p>1 8:00 Advanced B&B 9:00 Dance w/ Loryn 9:30 Healthy Bones 9:30 Painting w/ Christine 10:00 Travel Club 10:00 Personal Training 10:45 Healthy Bones 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Creative Collage 1:00 Mahjong 1:00 Line Dancing 2:00 Shakespeare Presentation</p> <p>Grilled Chicken Breast</p> | <p>2 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 Chair Line Dance</p> <p>Pork w/ Creamy Sauce</p> | <p>3 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>Egg Salad</p> |
| <p>6 9:00 Cornhole 9:00 NIA 9:00 Massage by Appt. 9:30 Academic Drawing 10:00 Tai Chi & Qigong 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies 1:00 NO Zumba Gold</p> <p>Pork Chopette w/ Gravy</p> | <p>7 8:50 Stretch and Go 9:00 Foot Nurse 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong 10:00 Card Making 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 3:00 Mystery Book Club 4:00 Ukulele Group 5:00 Acoustic Cafe 5:30 Evening Yoga</p> <p>Meatballs</p> | <p>8 8:00 Advanced B&B 9:00 Dance w/ Loryn 9:00 Veteran Social Hour 9:30 Healthy Bones 9:30 Painting w/ Christine 10:00 Travel Club 10:00 Personal Training 10:45 Healthy Bones 11:00 Tour with Leo- Van 11:15 Beginner Yoga 1:00 Creative Collage 1:00 Mahjong 1:00 Tour with Leo- Walk 1:00 Line Dancing 2:00 Social w/ Macduffie</p> <p>Cheeseburger</p> | <p>9 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 Fibers Spring Presentation 2:00 Uplifting Karaoke 2:15 Meditation 3:15 Chair Line Dance</p> <p>Roast Turkey w/ Gravy</p> | <p>10 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>Stuffed Chicken</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>13 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</p> <p>Chicken & Cran Salad</p> | <p>14 8:50 Stretch and Go 9:00 Hearing by Appt. 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong 10:00 Low Vision 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 4:00 Ukulele Group 5:30 Evening Yoga 5:30 Birth/Anniv Party Shepherd's Pie</p> | <p>15 8:00 Advanced B&B 9:00 Dance w/Loryn 9:30 Healthy Bones 9:30 Painting w/ Christine 10:00 Personal Training 10:00 Travel Club 10:45 Healthy Bones 11:15 Beginner Yoga 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 2:00 Social Dance Club</p> <p>Tuna Salad</p> | <p>16 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 10:30 LBGTQ+ Group 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 CC Outing 2:15 Meditation 3:15 Chair Line Dance</p> <p>Pot Roast w/ Gravy</p> | <p>17 8:00 Advanced B&B 8:30 Men's Breakfast 9:30 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>Mac & Cheese</p> |
| <p>20 9:00 Cornhole 9:00 NIA 9:00 Nutrition by Appt. 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</p> <p>Chicken Bruschetta</p> | <p>21 8:50 Stretch and Go 9:00 Nutrition Check 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong 10:00 Brown Bag 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 2:00 Supper Club Firing 3:00 Trivia Club 3:00 Social/ Ballroom 4:00 Ukulele Group 5:30 Evening Yoga 5:30 Loving Your Body Taco Tuesday</p> | <p>22 8:00 Advanced B&B 9:00 Dance w/Loryn 9:30 Healthy Bones 9:30 Painting w/ Christine 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</p> <p>Hot Dog</p> | <p>23 8:30 Memorial Day Breakfast 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 NO Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:15 Seated Yoga 12:30 SHPL at the COA 1:00 Healthy Bones 1:00 Sit and Sew 1:00 Chair Volleyball 2:00 Uplifting Karaoke 2:15 Meditation 3:15 Chair Line Dance 3:30 History with Leo</p> <p>Pork Loin w/ Apple Gravy</p> | <p>24 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 Flower Arranging</p> <p>Tandori Chicken</p> |
| <p>27 COA is closed in observance of the Memorial Day Holiday.</p>  | <p>28 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Social/ Ballroom 3:00 Trivia 3:15 Holistic Health Series 4:00 Ukulele Group 5:00 Lifelong Learning 5:30 Evening Yoga</p> <p>Chicken w/ Parm</p> | <p>29 8:00 Advanced B&B 9:00 Dance w/Loryn 9:30 Healthy Bones 9:30 Painting w/ Christine 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</p> <p>Salad Bar</p> | <p>30 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 Chair Line Dance</p> <p>BBQ Ribette</p> | <p>31 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>Sausage & Cheese Quiche</p> |

10 Arts & Language & Movies- Please Register

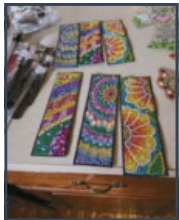
Craft Club

Card Making with Joanne

Tuesday, May 7th 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!

Flower Arranging

Friday, May 24th 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.



5/6 Mr.Mom

After he's suddenly laid off, a husband switches roles with his wife. She returns to the workforce, and he becomes a stay-at-home dad, and he has to take care of three young children, a job he has no clue how to do.



5/13 Cheaper by the Dozen

With his wife on a book tour, Tom Baker finds his life turned upside down when he agrees to care for his twelve children while simultaneously also coaching his new football team.



5/20 Mamma Mia!

The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA.

Artist of the month: Memorial Day Veterans Memorabilia

In May the South Hadley Senior Center will be displaying Posters and Memorabilia of Veterans of all Military Branches depicting their time in service.

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

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, May 7th at 3:00 p.m.

The group will meet to discuss *The Widows of Malabar Hill* by S Massey. The selection for June will be *The Hanging Judge* by Michael Ponsor for a meeting on June 4th.

Gratitude Journal Writing

On Hiatus

Book Club (hybrid)

Wed., May 22nd at 2:00 p.m.

To discuss *The Night Watchman* by Louise Erdrich.

Painting with Christine

Wednesdays 9:30 a.m. Fee \$3.00

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!

Ukulele Group Sessions

Tuesdays at 4:00 p.m.

Intermediate level group playing in a Round Robin setting.

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 , Constance Grise

John Q. Adams
Heidemarie Adams

Renee Orzechowski
Laura Widelo, Jonathan & Stacy

Bruce E. Docherty & Karen A. Kroll Memorial Fund

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In Appreciation of Volunteers
Barbara Corrigan

🌈🌈🌈🌈🌈 Celebrating Our Volunteers: You are the heart and soul of our Senior Center! 🌈🌈🌈🌈🌈

To each and every one of our volunteers: your compassion, generosity, and dedication do not go unnoticed. We are endlessly grateful for all that you do. Over the past year, our remarkable volunteers have collectively contributed an astounding 7,616 hours of their time.

Thank you for your unwavering commitment to making a difference in the lives of others. Together, we are truly making our community a brighter and more compassionate place for all.

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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.

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, May 1st + 15mth

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.

Chair "Line" Dance

Thursdays at 3:15

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

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 AND BALANCE

IN PERSON REGISTRATION DAY on Monday, May 13th, 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

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14 The Friends of The South Hadley Seniors



FREE STAMPS FOR SENIORS

In honor of Older Americans Month in May

Are you a senior who would like some stamps and notecards? Do you have a senior neighbor, friend or family member who could use some stamps and notecards? If so, please fill out the form below. The Friends are sponsoring this free program in honor of Older Americans Month. Any South Hadley senior is eligible. Out of town seniors can participate if they are 2024 members of the Friends. The stamps can be picked up at the Friends' table at the Senior Center on May 30 or May 31 from 11am-1pm or can be delivered, if needed. If you have any questions, please call Janet at 534-5886. Requests must be received by May 20.

Yes! I am a South Hadley senior (or an out of town Friends' member) who would like stamps and notecards.

Name: _____ Phone #: _____

Address: _____ Delivery Needed: Yes or No (circle one)

Yes! I would like to nominate my friend, neighbor or family member to receive some stamps and notecards. (Please provide the senior's name & address above and your name & address below.)

Name of person nominating senior: _____ Phone #: _____

Please return this form to the Senior Center or mail to the Friends at PO Box 55, South Hadley by May 20.



MAY 3 * MAY 3 * MAY 3

at Buttery Brook Park

3:30pm – Super senior (age 70+)
intergenerational pickleball tournament

5:30pm – A-Ray of Elvis (front pavilion)

\$5 margaritas and free chips & salsa

Free events – all are welcome



**MOTHER'S DAY
HANGING FLOWER BASKET
SALE**

Friday, May 10

10am-4pm

Senior Center Front Lawn

\$25ea (cash, check, Venmo)

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.

May 14, 2024: Aqua Turf Club, Plantsville, CT – Neil Diamond. Join us for a fun afternoon with great music and friends. Cost \$130 – Call Susan (*Sold Out / Wait List*)

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 (*Sold Out / Wait List*)

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 28 – 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 (*Closed to new reservations*)

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 Cruise – River Quest Cruise, Griswold Inn & Florence Griswold

Museum. Let's get together for a late summer outing with great friends, food and fun-filled activities. Package includes: Transportation, lunch, museum and cruise. Cost: \$153. Call Huguette

October 9, 2024: Boston Duck Boats, Venezia Restaurant & Boston Winery: Package

Includes: Transportation, Lunch, Duck Boat Tour & Winery Tour. Cost: \$150. Call Susan

November 7, 2024: Salem Cross Inn, Quabbin Reservoir Tour & Neil Diamond Tribute. Let's get together for a fun-filled day. Cost \$125. Call Huguette

December 11, 2024: Aqua Turf Club, Plantsville, CT – "Deck the Halls" Christmas w/Buddy Holly & Elvis. Join us for a fun afternoon with great music. 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.

ANNOUNCEMENT! During the months of July and August the Senior center will not be open for Tuesday evening programming. In addition, starting in September the Senior Center will be open late on Thursdays instead of Tuesdays. Thank you ! -COA Team

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.

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

MVP 2.0

**Wednesday, May 15th
6:00p.m.—8:00 p.m.**

Come join us to talk about how extreme weather events are impacting you and your community. Dinner and \$10.00 gift card for all attendees! Any questions please reach out to Ann Capra acapra@southhadleyma.gov

Spring Bird Talk & Walk at River to Range Trail. The Talk is a 1-hr virtual talk on Thursday 5/16 at 7pm.

It will be an introduction to native birds and bird watching. The casual Walk will be held Saturday May 18th at 9am at 240 Ferry St with coffee & pastries. Walk leader is local ornithologist Bill DeLuca, Conservation Commission member.



Paper Shredding Sponsored by TRIAD

Saturday, May 18th 9am - 11am
Location: South Hadley High School

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



Senior Center Anniversary Lunch

Wed., June 26th at 12:00 p.m.

Celebrating Birthdays and Anniversaries for the month of June including the third anniversary of the Senior Center Building! Join us for a free lunch at the Senior Center provided by The Chefs a Loomis and featuring entertainment by Johnny & the Flashbacks



Lifelong Learning Lecture Series

Final Lecture of the Year!

Tuesday, June 25th 5:00 p.m.

Aging in Place: Health & Awareness Fair 2023

Thursday, June 27th

10:00am to 1:00pm

This event will provide seniors, caregivers, and family members with comprehensive information on a variety of aging in place options, equipment, devices, services and resources. Enjoy giveaways and receive a raffle ticket!

The South Hadley Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the senior center in writing.

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Lisa Napiorkowski, Asst. Dir. Ext. 6203
Ann Andras, Soc. Serv. Coord. Ext. 6206
Kathy Florence, Activity & Vol. Coord. Ext. 6207
Sandy Farnsworth, Program Coord. Ext. 6205
Emily Joslin, Senior Ctr. Coord. Ext. 6211
Billy Poe, Food Serv. Coord.
Donna Gonet & Becki Guerin, Kitchen Assistants
Rick Dufault, & Eric Gallagher, Minibus Drivers
Carol Reznik & Wendy Farley, Receptionist

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
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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