

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

June 2024

-  Monday-Friday
8:00 a.m. - 4:30 p.m.
Tuesday- 7:00 p.m.
-  45 Dayton Street
South Hadley MA 01075
-  413-538-5030 press 3
-  [www.southhadley.org/
324/Council-on-Aging](http://www.southhadley.org/324/Council-on-Aging)
-  southhadley.org
-  [@southhadleycoa](https://www.facebook.com/southhadleycoa)



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Senior Center Anniversary Lunch!

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

We're thrilled to mark the special occasions of June, including the grand 3rd Anniversary of our beloved Senior Center building! Join us in commemorating these milestones with a delightful feast at the Senior Center, courtesy of the talented chefs at Loomis. Prepare to be enchanted by the lively tunes of Johnny and the Flashbacks, a renowned band hailing from Northampton, Massachusetts. Sponsored by The Friends of the South Hadley Seniors. With their expertise in retro rock 'n' roll, they'll whisk us away on a nostalgic journey through time. Please note that there will be no congregate lunch served on this exceptional day. Additionally, Healthy Bones and Balance sessions will not be held.

Let's make this celebration an unforgettable one together!





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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



June Supper Club Serious Sides

Wed. June 5th, 2-4 p.m. Free and open to all!

Join Chef Maggie to get a new spin on some old favorites to enhance your summer bbq menus. Potato salad 2.0, juiced up fruit salads and what to do with all that zucchini. Includes samples and recipes.

Supper Club Members End-Of-Year BBQ

Tuesday, June 25th, 2:00 p.m.-7:00 p.m.

For those who completed the 23-24 culinary lessons.



Kick-off to Summer Fun at the COA with The South Hadley Community Band!

Tuesday, June 11th at 5:30 p.m. FREE!
Embrace the arrival of summer with an evening filled with fantastic music courtesy of the Community Band, accompanied by complimentary servings of delicious ice cream! It's the perfect way to kick off the season in style!



Lunch & a Movie: Dirty Dancing

Wednesday, June 5th 1:00

Purchase your lunch in the cafe, then hop on over to join us for a timeless movie screening! Don't forget to grab your dancing shoes because we'll be grooving to some fabulous tunes!

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South Hadley COA - South Hadley, MA

06-5294

Introducing Aqua Fit at the YMCA!

Mondays in June from 9:15 to 10:00 a.m.
Ride the van to the YMCA or meet us there!
Cost: \$4 per session Limited to 18 participants.
Registration & Payment Required

A combination of cardio and strength conditioning with low impact on your joints, in the pool Participation in the class will improve cardiovascular endurance and muscle strength.

Creative Non- Fiction Writing Class

Wednesday 11:00 a.m.-12:00 p.m.
Drop-in group beginning June 5th.

Participants can write a memoir, essay, articles or gratitude journal. Everyone will create for 40 minutes and then share what they wrote . Positive feedback only. Moderated by Linda Rowland Buckley who has been leading groups for nine years.

Barstow's Longview Farm:

"Looking Forward Since 1806"

Monday, June 3rd 1:30 p.m.

Barstow's Farm has embraced technology like robotic milkers, robotic feeders, no-till planting, and automatic temperature monitoring. Learn how technology on this dairy farm is making life fundamentally better and healthier for their herd, their land, and the farmers who work there. Presentation by Denise Barstow Manz.

Author Discussion with Nancy Condon

Tuesday , June 4th 5:00 p.m.

"Paddle for Water: Canoeing across America with a Message and a Man I Never Intended to Marry"



Digital Docent Roundtable

Thursday, June 13th 2:00 p.m.

A panel of Museum docents discuss their favorite artworks in the Museum's special exhibition. The exhibition is a testament to how artists and photographers use their voices to pay tribute to those we have lost, lifting up names such as Eric Garner, George Floyd, and Breonna Taylor.



Motion Planning Algorithms:

Optimizing Movement in Robotics and Biology

Tuesday June 25, 2024 5:00-6:30 pm



In this presentation, we will delve into the world of motion planning algorithms. These are computational techniques that determine the optimal path for a moving object, navigating obstacles and reaching a desired goal. We will explore their applications in robotics, where robots need to move efficiently and safely, and in computational biology, where we can simulate the movement of molecules and study drug design. By understanding the ethical considerations involved in developing these algorithms, we can ensure they operate responsibly and align with our values to shape the future of AI and medicine. Thank you to the Travel Club for sponsoring this program.

Dementia Friendly Program:

Healthy Living for Brain and Body

Friday , Jun 14th 10:30 a.m.

Presented by Carol Constant.

Monthly Social Dance Club with Richie Mitnick!

Thursday, June 20th 2:00 p.m.-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!

Lunch and Tour of Bartsow's Longview Farm

Monday, June 24th 11:00 a.m.

Cost \$17.00 max 12 participants

We will be riding the van to Barstow's Longview Farm and Bakery for lunch and a tour of the farm, a sixth and seventh generation dairy farm located in the Hockanum Rural Historic District of Hadley, MA.

Aging in Place Health Fair

Thursday, June 27th 10:00 a.m. - 1:00 p.m.

Join us for yet another enriching Aging in Place Fair. Explore a wealth of valuable resources and exciting raffles await! Please note that Fitness Basics will not be held on this day, and there will be no congregate lunch service available. Don't miss out on this opportunity to gather invaluable insights and connections!

Dementia Friendly Program:

Caregiver Conversations.

Friday, June 28th 10:30 a.m.- 12:00 p.m.

Join us for conversations with Dementia Caregivers.

Puzzle Making Contest

Friday, June 28th 1:00 p.m. to 4:00 p.m.

Tickets \$3.00 & 30 Participants Max.

Calling all puzzle enthusiasts, from novices to experts! Indulge in an afternoon brimming with joy, anticipation, and delightful refreshments. Unleash your puzzle-solving prowess as teams race to complete their 500-piece masterpiece first! The Travel Club graciously offers Woodlawn Cafe Gift Certificates to the triumphant teams. For reservations, please contact Huguette at 530-6162. Let the puzzle frenzy begin!



LIFELONG
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LECTURE SERIES



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

The COA provides **free** in town transportation for residents 60 years and older. Wheelchair lift available. Riders must be able to independently get on and off the bus.

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



Social Rides:
24 hours advance notice

Medical Rides:
3 days advance notice

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

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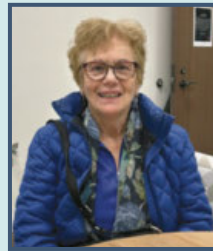
6 Support Services

Are you New to Medicare?



About to RETIRE and not sure what type of medical insurance you need?

Join SHINE Counselor Sue LaMastro on Tuesday, June 4th at 5:00 p.m. to learn the ins and outs of all things Medicare? Bring your questions!



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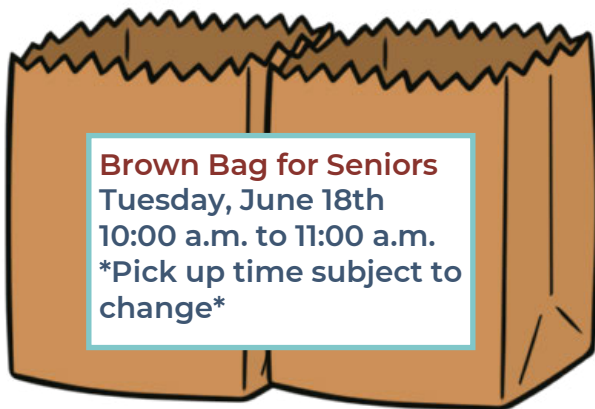
The Food Pantry item for June is: **Healthy Kid Snacks**: peanut butter, jelly, fruit cups, granola bars, protein bars, snack packs (dried fruit and nuts), juice packs/boxes, hydrating drinks.

Thank you for your continuing support!



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!



Brown Bag for Seniors
Tuesday, June 18th
10:00 a.m. to 11:00 a.m.
Pick up time subject to change



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 Emily Joslin for more information.

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.

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

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 Emily Joslin Social Services Coordinator 413-538-5030 x6206 or ejoslin@southhadleyma.gov

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 Emily Joslin for more info.

Nutrition Counseling appointments
Monday June 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**

Chair massage with Barbara Burgos
Monday June 3rd 9:00-11:00 a.m.
Registration Required

Barbara is a Licensed Massage Therapist at Ochoa Spa who has practiced as a Registered Nurse for 39 years. She will offer relaxation/Swedish and deep tissue/Therapeutic massage. Barbara will be offering min massages 10 or 20 minute appointments for a \$15.00 or \$25.00 fee. Sign up at the welcome desk

Foot Nurse, Sharon Beaulieu, RN
Tuesday June 4th 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, June 11th 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, June 11th 8:30 a.m. By Appt.
 Hearing Screenings & Aid Cleanings with Audiologists Allison and Lisa.

Veterans Social Hour
Wednesday, June 12th 9:00 a.m.
 Free pastry and coffee provided by VFW Post 3104 and American Legion P. 260.

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.

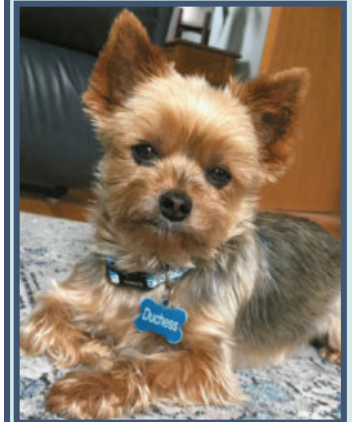
Community Companion Volunteers
Thursday, June 13th at 2:00 p.m.
 We will be visiting with our community friends at Newton Manor on June 13th at 2:00 p.m. Stop by for refreshments and friendship! Contact Kathy Florence if you want to become a volunteer. Contact Kathy if you want to become a volunteer.

kfflorence@southhadley.ma.gov
Refreshments sponsored by The Friends of the South Hadley Seniors.

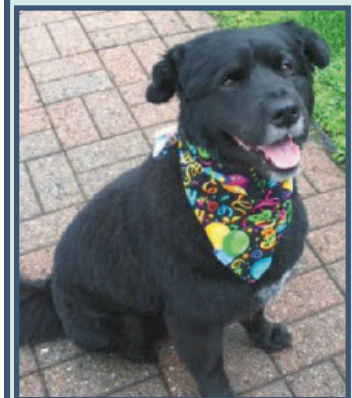
LGBTQ+ Coffee Hour
Thursday, June 20th 10:30 a.m.
 Neil Broome, LCSW MSW to facilitate. **Refreshments sponsored by The Friends of The South Hadley Seniors**



Pet Therapy



Duchess:
Monday 3rd + 17th
12:30 p.m.



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

Calling all Musicians: Do you play an instrument? We are looking for people to join our band under the instruction of retired music teacher Jim Vogel. Contact Kathy Florence if interested. kfflorence@southhadley.ma.gov

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June 2024: 19th Juneteenth

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
3 9:00 Cornhole 9:00 NIA 9:00 Massage by Appt. 9:15 Aqua Fit- Offsite 9:30 Academic Drawing 10:00 Tai Chi & Qigong 12:30 Pet Therapy 1:00 Mahjong 1:00 Color Me Calm 1:00 No Monday Movies 1:00 Zumba Gold 1:00 Bartow's Farm Presentation Grilled Chicken Marsala	4 8:50 Stretch and Go 9:00 Foot Nurse by Appt. 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong 10:00 Card Making 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Mystery Book Club 3:00 Trivia Club 3:00 Social/ Ballroom 5:00 SHINE Presentation 5:00 Author Discussion 5:30 Evening Yoga American Chop Suey	5 8:00 Advanced B&B 9:00 Dance w/ Loryn 9:30 Healthy Bones 9:30 Painting w/ Christiane 10:00 Travel Club 10:00 Personal Training 10:45 Healthy Bones 11:15 Beginner Yoga 1:00 Mahjong 1:00 Line Dancing 1:00 Junk Drawer Craft 1:00 Lunch & A Movie 2:00 Supper Club Demo Omelet with Cheese	6 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:00 Ukelele 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 Meatloaf & Gravy	7 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 Potato Pollock
10 9:00 Cornhole 9:00 NIA 9:15 Aqua Fit- Offsite 9:30 Academic Drawing 9:45 Healthy Bones Registration 10:00 Tai Chi & Qigong 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies 1:00 Zumba Gold Hot Dog	11 8:50 Stretch and Go 9:00 Hamp Hearing Appt. 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Learn Mahjong 10:00 Low Vision Group 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 5:30 Evening Yoga 5:30 Summer Concert Breaded Pollock	12 8:00 Advanced B&B 9:00 Dance w/ Loryn 9:00 Veterans Social 9:30 Healthy Bones 9:30 Painting w/ Christiane 10:00 Travel Club 10:00 Personal Training 10:45 Healthy Bones 11:15 Beginner Yoga 1:00 Mahjong 1:00 Line Dancing 1:00 Holistic Health Series 1:00 Junk Drawer Craft Lasagna w/ Meat Sauce	13 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:00 Ukelele 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 CC Outing 2:00 Digital Docent Roundtable 2:15 Meditation 3:15 Chair Line Dance BBQ Pork Loin	14 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 Flower Arranging Sliced Turkey & Swiss

10 Arts & Language & Movies- Please Register

Craft Club

Card Making with Joanne
Tues., June 4th 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

Tues., June 11th 12:30 p.m.
Laura Dubreuil leads this group. Choose from many different projects to make art with bling!

Flower Arranging

Fri., June 14th at 1:30 p.m.
Cost \$10 Limit 10
Brighten your day with a fresh flower arrangement. All supplies included.



Junk Drawer Art Project
Wednesdays at 1:00 p.m.
Free! 3 Week Series Max 12
Do you have a messy junk drawer? Do you have broken costume jewelry? Well I have an art project for you. Bring all of your extra junk, and anything else you can think of to repurpose into a fun piece of art) to our creative collage class with a twist.

Monday Movie Matinee 1:00 p.m.

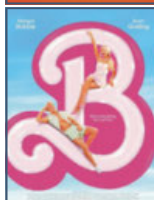


6/10 The Light Between Oceans
A lighthouse keeper and his wife living off the coast of Western Australia raise a baby they rescue from a drifting rowing boat.



6/17 The Miracle Club

There's just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes.



6/24 Barbie

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.

June Art Exhibit: Quabbin Art Association

QAA's group exhibits feature a variety of artworks, including watercolor, oil, acrylic, dry media and photography by local member artists throughout the Pioneer Valley of western Massachusetts.

Quabbin Art Association is based in Belchertown, MA and was founded in 2016, with a goal of providing education, support, and opportunity for local artists, and to promote community interest and appreciation in the visual arts. For more information, visit www.quabbinartassociation.com.

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.

Tuesday Trivia Club

Tuesdays at 3:00 p.m.

Test your knowledge weekly.

Mystery Book Club

Tuesday, June 4th at 3:00 p.m.

The group will meet to discuss *The Widows of Malabar Hill* by S Massey. The selection for July will *None of This Is True*, by Lisa Jewell for a meeting on July 2nd.

Book Club (hybrid)

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

To discuss *Clock Dance* by Anne Tyler.

Painting with Christiane

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

Thursday at 11:00a.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.



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:

Bruce Rondeau, Rosemary Chicorka, Joan Casavant,
Sharyn Kovalesky, Catherine Devins, Eileen Sullivan, Bruce

In Appreciation of Ann Andras-Happy Retirement & Thanks for all you have done for South Hadley
Barb Callan-Bogia

In Appreciation of Becki & Donna (Café Assistants)
Uncle Jack

Frank DeToma
Patricia Kraske

Genevieve "Jean" Lambert
Dorothy St. Pierre

Jean Lambert
Clair Laporte

Renee Orzechowski
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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!

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**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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| <input type="checkbox"/> Wherever Needed Most | <input type="checkbox"/> Activities Account | <input type="checkbox"/> Caregivers Gift Account |
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Reader RAVES 2024

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, June 5th

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, June 10th, 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

14 The Friends of The South Hadley Seniors

THANK YOU to the following individuals for their generous donations to support the Friends of the South Hadley Seniors:
(This represents donations through early March – additional donors will be listed next month). **Thank You! Thank You!**

Tina & Andy Addison	Bonnie Quenneville	Mary Losty	Marion Pascone
Joan Allard	Steve & Carlene Hamlin	Robert & Suzanne Lynes	Janine Patrick
Richard & Joan Aras	Janice Hawley	Joyce Mahoney	Nel Sachsenmaier
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Kathleen Black	Maureen Kennedy	Gordon & Phyllis McClafflin	Linda Scott Southard
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Patricia Clayton	Jean Kurdziel	Donna Muise	Richard Towne
Mary (Bunny) Curylo	Susan LaBonte	Tom & Bonnie Mullahy	Donna VanHandle
Doreen & John Curry	Cheryl Pelland-Lak & Robert Lak	Maureen Murray	Renee & Norman Venne
Judith DeCosmo	Betty Lam	Janice Nichols & James Everett	Sandra Waller
Jean Deschaine	Jack Leonard	James O'Connell	George & Judy Wilson
Cathy Devins			Linda Wisniewski

The Friends are grateful for the following gifts given in memory and honor:

Frank DeToma	Jean Lambert	Ray McIsaac	Paul Popielarz
Pauline Casey	Raymond & Ellen Depelteau	Dick & Janet Stawasz	Nancy Bowser
Carol Desrosiers	Kathy Gallivan	Robert "Bob" Methot	Kathy Gallivan
Nancy Bowser	Ola Herbert	Pauline Casey	Kenneth Williams
Eileen Halkyard	The Kerber Family	Jean O'Brien	Frances Bach
Pauline Casey	Suzanne Keller	Renee Orzechowski	Carol Beaudry
Barbara Hatch	Eleanor Maloney	Ola Herbert	Kathy Gallivan
Pauline Casey	Robert & Josephine Rehm	Billy Poe	Ola Herbert
	Donna Robideau	Pauline Casey	Fran O'Connell
	Patricia Shewchuk		

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.

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 10, 2024: Isles of Shoals Cruise from Portsmouth, NH and Foster's Clambake in York, ME. Join us for a fun filled day of delicious food, spectacular ocean views and fascinating stories. Package includes: Transportation, Narrated Cruise and Foster's Clambake. Cost \$145. – Call Susan (New Trip)

July 16, 2024: Friesians of Majesty-Townshend, VT & Cathedral of the Pines. Call Susan (Cancelled)

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 (Sold Out / Wait List)

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

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

Save the Dates: Registration opens June 3rd for all July events, excluding Healthy Bones.



Lotus Lantern Making with Korean Spirit and Culture Promotion Project **Thursday, July 18th 2:00 p.m.**

Discover the art of lantern-making as you dive into the history of the Lotus Lantern Festival with a virtual workshop, presented by the KSCPP.

Thank you to The South Hadley Travel Club for Sponsoring our Summer Concert Series!!!



The Elderly Brothers!

Friday, July 5th 2:00 p.m.

Enjoy the solid groove and the upbeat, move-it-or-lose-it, '50s and '60s bandstand repertoire that has made each of them such talented, innovative and celebrated performers. SH BOOM!

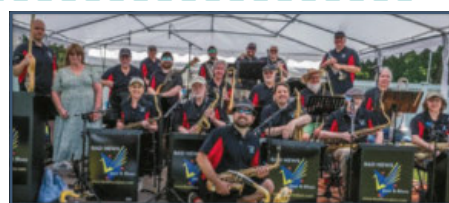


Neil Diamond **Tribute Artist:** **Charlie Lask**

Thursday, **August 8th at** **2:00 p.m.**

Charlie Lask, from Ware, MA, discovered his

uncanny vocal resemblance to Neil Diamond in 2004. Lask's admiration for Diamond deepened, evolving from a listener to considering him one of the greatest performers and songwriters. He prefers to be seen not as an impersonator but as a tribute artist, infusing each song with his own twist.



Bad News Jazz and Blues Band **Thursday, Sept. 26th at 5:00 p.m.**

Get ready for an evening of music and dancing with Jeff Gavioli's Bad News Jazz and Blues Orchestra featuring vocalist Cindy Reed This 19 piece big band performs swing music from the 30s and 40s (Glenn Miller, Benny Goodman, Frank Sinatra, Count Basie, etc.) as well as contemporary arrangements of more recent jazz, rock, funk and blues music his shows.

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

Coming Soon!, Senior Services Director
Emily Joslin, Soc. Serv. Coord. Ext. 6206
Kathy Florence, Activity & Vol. Coord. Ext. 6207
Sandy Farnsworth, Program Coord. Ext. 6205
Vacant, Food Serv. Coord.
Donna Gonet & Coming Soon!, 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 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