

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

July 2024

-  Monday-Friday
8:00 a.m. - 4:30 p.m.
No Evenings July + August
-  45 Dayton Street
South Hadley MA 01075
-  413-538-5030 press 3
-  [www.southhadley.org/
324/Council-on-Aging](http://www.southhadley.org/324/Council-on-Aging)
-  southhadley.org
-  @southhadleycoa



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Coffee & Conversation Meet Julie Pearce THE NEW SENIOR SERVICES DIRECTOR!



Friday, July 12th at 11:15 a.m.

Get to know Julie, one of our Senior Center community's newest and most dynamic members. Julie has a wealth of experience and a genuine passion for community service. She will share her rich professional background and innovative ideas for enhancing our Senior Center. Plus, enjoy delightful free refreshments provided by the Friends of the South Hadley Seniors, making this event not just informative but also a treat for your taste buds! Please let us know you're coming by registering at the Welcome Desk. We look forward to seeing you there and sharing this special time with Julie and our wonderful community.



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06-5294

Community Table & Special Programs 3

Community Table: Mon-Fri Served by 12:15 p.m. **Breakfast-To-Go: Mon- Fri Pick-up at Noon.**
Breakfast Meals are intended to be warmed for the following day. Reserve meals by noon the day before. A suggested confidential donation of \$2.50 for guests 60+. Those under 60 are charged \$6.50 per Federal Regulations. The title III-C Meal Site program is provided by WMEC through funding from EOE. For nutrition questions call WMEC 413-538-9020. x313

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Free Summer Concert Series: Sponsored by The Travel Club



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. There will be a Hawaiian shirt contest with prizes! Hot dogs and "mocktails" available for purchase in the café.

NEW! Women's Network



Wed. July 24th at 1:30 p.m.
Introducing a new monthly social program for women, featuring guest speakers and delicious refreshments sponsored by The Friends of the South Hadley Seniors. This month, indulge in Italian cookies and Italian sodas while enjoying an insightful talk by Officer Cindy Boyle, Law Enforcement Coordinator for Western Mass CIT TTAC of the South Hadley Police Department. Don't miss this opportunity to connect, learn, and enjoy some delightful treats!

2024 SPRING SAVINGS

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New! Aqua Fit at the YMCA
Mondays in July 9:00-9:45a.m.
Cost \$4 limit 18 participants
Must register and pay at the
welcome desk.

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.

Ireland in Photos with Neil Broome

Wednesday, July 3rd 1:30 p.m.

Neil's eye for composition makes this trip to Ireland a beautiful photographic journey. Join us for this unique presentation.



Office Hours with
Police Chief Jennifer Gundersen
Wednesday, July 10th
10:00 a.m.-12:00 p.m.

The Chief of Police in South Hadley will be holding office hours. This is your opportunity to ask questions and engage directly with the Chief. Don't miss this chance to connect and share your concerns.

Conversation with Ann Capra

Wednesday, July 10th 2:00pm

Ann Capra is the Director of Planning and Conservation in South Hadley. Learn about conservation and development plans for the town. Opportunity for Q&A as well as updates on MVP 2.0 initiatives.



Introduction to Medicine
Drums for Health, Wellness
& Joy with Jan Lucier
Thurs., July 11th at 10:30 a.m.

Join us to lift your vibration and experience the meditative and playful aspects of group drumming. Medicine/buffalo drums will

be provided. She will also be sharing, answering questions and taking orders for the upcoming Medicine Drum making workshop.



Westmass Eldercare Day
Thurs., July 11th at 12:30 p.m.

Get to know us before you need us. WestMass ElderCare, your local Area

Agency on Aging, will be on site to

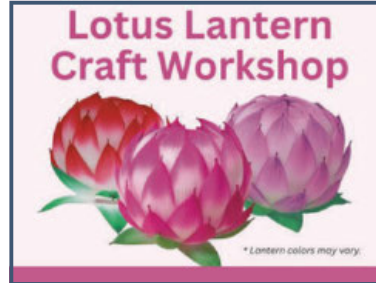
share program and support options. Join us for a sweet treat; stay for the information!

Social Dance Club with Richie Mitnick!

Wednesday, July 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!



Lotus Lantern Making with Korean Spirit and Culture Promotion Project

Thursday, July 18th 2:00 p.m.

Registration and payment required, kit cost \$9.00. This program is open to all ages! Discover the art of lantern-making as you dive into the history of the Lotus Lantern Festival with a virtual workshop, presented by the Korean Spirit and Culture Promotion Project.

Gentlemen's Breakfast

July 19th at 8:30am

HOSTS: Joe Rodio & SHPL Board Members



Table Talk: Blue Cross Blue Shield

Tuesday, July 23rd 11:00 a.m. -1:00 p.m.

Brian Guagnini, Field Outreach Consultant, will have handouts and be available to talk with folks.



Birthday & Anniversary Party with The Agawam Melody Band

Wednesday, July 31st, 2:00 p.m.

Join us as we celebrate the birthdays and anniversaries for the month with cake and great music by the Agawam Melody Band sponsored by the Friends of the South Hadley Seniors. Don't forget to enter your name into our raffle if you are celebrating a birthday or anniversary.

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

REMINDER

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

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6 Support Services



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The Food Pantry item for JULY is: **Canned Fruit:** ... (peaches, pears, pineapple, mixed fruit, applesauce)
Drop off located in the vestibule of the COA.



Thank you for your continuing support!



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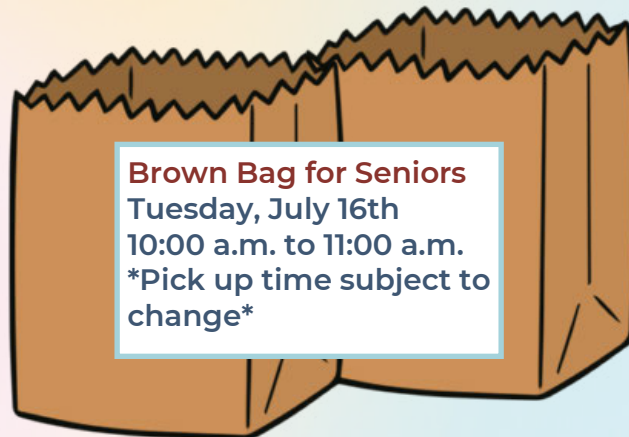
Sue LaMastro is a certified SHINE Counselor and available to meet with any senior who needs information on choosing a Medicare plan. Please note: SHINE appointments do **NOT** assist with signing up for Social Security benefits or Medicare. Please contact Social Security and start your Medicare

benefits **prior** to making your SHINE appointment. Please refer all of your SS questions **directly** to the Social Security office. An appointment is required for SHINE counseling, please no drop ins!



Companion Medical Transportation Grant

This FREE transportation service is a needs-based program offered to South Hadley seniors who have medical appointments outside of South Hadley. Please call Emily Joslin for more information.



Brown Bag for Seniors
Tuesday, July 16th
10:00 a.m. to 11:00 a.m.
Pick up time subject to change

2024 Senior Farm Share

Farm Share weekly pick-ups will begin on Thursday, July 18th and run for 10 weeks ending on Thursday, September 19th. Bags can be picked up after 1:00 p.m. 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 Monthly on the 1st Wednesday, 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@southhadley.ma.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.

Chair massage with Barbara Burgos
Monday July 1st 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 mini massages 10 or 20 minute appointments for a \$15.00 or \$25.00 fee. Sign up at the welcome desk

Nutrition Counseling Appointments
Tuesday July 16th 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**

Foot Nurse, Sharon Beaulieu, RN
Tuesday July 2nd 9:00 a.m. by Appt.
 The Fee for services provided at the COA is \$45.00 cash/check to the provider. Call the COA for an appointment. To book a house call, fee \$80, call 413-552-9533.

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. kflorence@southhadley.ma.gov

Low Vision Group
No Meeting in July
 Any senior who has received a medical diagnosis of legal blindness, visual impairment, or low vision can join.

Hampshire Hearing & Speech Services
Tuesday, July 9th 8:30 a.m. By Appt.
 Hearing Screenings & Aid Cleanings with Audiologists Allison and Lisa.

Veterans Social Hour
Wednesday, July 10th 9:00 a.m.
 Free pastry and coffee provided by VFW Post 3104 and American Legion P. 260.

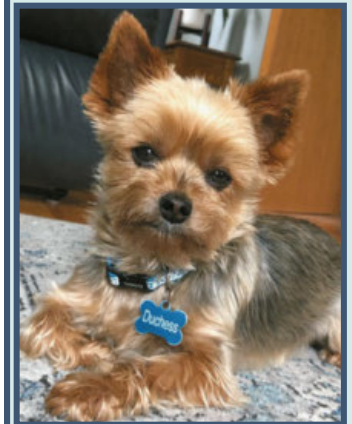
Visit with Public Health Nurse,
Thursdays from 1:00 p.m.– 3:00 p.m.
Appt. Available but not required.
 Visit for blood pressure checks, share a concern, or ask a question.

Community Companion Volunteers
Thursday, July 25th at 2:00 p.m.
 We will be visiting with our community friends at Hubert Place for an ice cream social. Stop by for friendship and refreshments provided by the Friends of the South Hadley Seniors! Contact Kathy if you want to volunteer. kflorence@southhadley.ma.gov

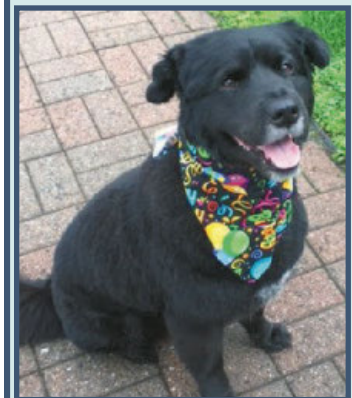
LGBTQ+ Coffee Hour
Thursday, July 18th 10:30 a.m.
 Neil Broome, LCSW MSW to facilitate. Refreshments sponsored by The Friends of The South Hadley Seniors.



Pet Therapy



Duchess:
Monday 1st+ 15th
12:30 p.m.



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

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July 2024: July 4th Independence Day

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
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. **Billiards:** M-F 8 a.m.– 4:30

KEY: Support Service-Purple, Special Events-Blue Community Table Lunch-Red

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:00 Cornhole 9:00 NIA 9:00 Aquafit 9:00 Massage by Appt. 9:30 Academic Drawing 10:00 Tai Chi & Qigong 12:30 Pet Therapy 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movie 1:00 Zumba Gold</p> <p>Pork Chopette</p>	<p>2 8:50 Stretch and Go 9:00 Foot Nurse by Appt. 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Beginner 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 Mystery Book Club 3:00 Trivia Club 3:00 Social/ Ballroom</p> <p>Sweet & Sour Meatballs</p>	<p>3 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 Creative Collage 1:30 Ireland in Photos</p> <p>Cheeseburger</p>	<p>4 COA IS CLOSED</p> 	<p>5 8:00 Advanced B&B 9:00 Cornhole 9:30 Healthy Bones 10:45 Healthy Bones 1:00 No Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Meet the Artist 2:00 Summer Concert</p> <p>Fish Taco</p>
<p>8 9:00 Cornhole 9:00 NIA 9:00 Aquafit 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</p> <p>Cold Plate: Chicken Salad</p>	<p>9 8:30 Hearing by Appt. 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Beginner 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 Trivia Club 3:00 Social/ Ballroom</p> <p>Shepard's Pie</p>	<p>10 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 10:00 Police Office Hours 10:45 Healthy Bones 11:15 Beginner Yoga 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 2:00 Anne Capra Present.</p> <p>Tuna Salad</p>	<p>11 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 10:30 Medicine Drums 11:00 Ukelele 11:00 Pet Therapy 11:15 Sit/ Stand Yoga 1:00 Healthy Bones 1:00 Sit and Sew 1:00 Chair Volleyball 12:30 WMEC Day 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:00 Dance Fitness 2:15 Meditation</p> <p>Pot Roast</p>	<p>12 8:00 Advanced B&B 9:00 Cornhole 9:30 Healthy Bones 10:45 Healthy Bones 11:15 Coffee & Conversation 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:30 Craft Club</p> <p>Mac & Cheese</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>15 9:00 Aqua Fit 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 12:30 Pet Therapy 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies 1:00 Zumba Gold</p> <p>Chicken Bruschetta</p>	<p>16 8:50 Stretch and Go 9:00 Nutrition by Appt. 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Beginner 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 3:00 Trivia Club 3:00 Social/ Ballroom</p> <p>Taco Tuesday</p>	<p>17 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 Creative Collage 2:00 Social Dance Club</p> <p>Breaded Chicken</p>	<p>18 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 10:30 LGBTQ+ Group 11:00 Pet Therapy 11:00 Ukelele 11:15 Sit/Stand 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 Lotus Lantern Craft 2:00 Dance Fitness 2:15 Meditation Ham w/ Pineapple Sauce</p>	<p>19 8:00 Advanced B&B 8:30 Gentlemen's B-Fast 9:30 Cornhole 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p>Chicken Sausage</p>
<p>22 9:00 Aqua Fit 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>Crab Cake</p>	<p>23 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Beginner Mahjong 11:00 Table Talk BCBS 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</p> <p>Chicken w/ Parm</p>	<p>24 8:00 Advanced B&B 9:00 Dance w/Loryn 9:30 Healthy Bones 9:30 Paint w/ Christiane 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 1:30 Women's Network 2:00 Book Club Hybrid</p> <p>Salad Bar</p>	<p>25 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:00 Ukelele 11:15 Sit/Stand 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 Dance Fitness 2:15 Meditation BBQ Ribette</p>	<p>26 8:00 Advanced B&B 9:00 Cornhole 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:30 Craft Club</p> <p>Sausage & Cheese Quiche</p>
<p>29 9:00 Aqua Fit 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>Grilled Chicken Marsala</p>	<p>30 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Beginner 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 Trivia Club 3:00 Social/ Ballroom</p> <p>American Chop Suey</p>	<p>31 8:00 Advanced B&B 9:00 Dance w/Loryn 9:30 Healthy Bones 9:30 Paint w/ Christiane 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 Birth/Anniv Party</p> <p>Omelet with Cheese</p>	 <p>THE WOODLAWN CAFE BAKED GOODS BEVERAGES SALADS WRAPS SOUP YOGURT PARFAIT Changes Daily & Cash Only</p>	

10 Arts & Language & Movies– Please Register

Craft Club

Card Making

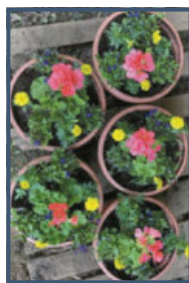
On Hiatus for July

Container Gardening

Friday July 12th
1:30 p.m.

Limit 8 & Cost \$35

Make a beautiful container garden for your deck or patio. All supplies included



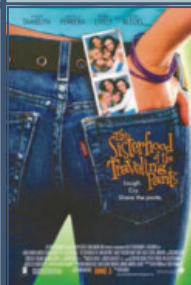
Summer Flower Arranging

Friday, July 26th at 1:30 p.m.

Cost \$10 limit 10 participants

Brighten your day with a flower arrangement with a fun summer theme! All supplies included.

Monday Movie Matinee 1:00 p.m.



7/1 Sisterhood of the Traveling Pants: Four girlfriends hatch a plan to stay connected as their lives start off in different directions.



7/8 Barb and Star Go To Vista Del Mar : Lifelong friends decide to leave their Midwest town for the first time - ever.



7/15 Grease
Sandy and Danny fell in love. They discover they're now in the same high school, will they rekindle their romance?



7/22 Mystic Pizza : Three teenage girls come of age while working at a pizza parlor in the Connecticut town of Mystic.



7/29 The Parent Trap: Twins Annie and Hallie, separated at birth and discover each other for the first time at summer camp.

July Art Exhibit: Neil Broome

Fascination with photography, impressionism and avant garde art at an early age, Neil brings his eclectic art to the Senior Center's exhibit spaces. For this exhibit Neil shares a range of abstract, landscapes, and a book of photographs. **Meet the Artist! Friday, July 5th 1:00 p.m.**

Learn more about our artist of the month, Neil Broome, his early influences and his artistic expressions.

Table Games

Learn to Play Mahjong
On Hiatus for July+ August

Beginner Mahjong
Tuesday
10:00 a.m.

Mahjong
Mon + Wed
1:00 p.m.

Learn to Play & Play Pinochle
Tuesday
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.
No games 7/5

Arts & Language Activities-Contact Kathy for links/questions kflorenc@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, July 2nd at 3:00 p.m.

The group will meet to discuss *None of This Is True* by Lisa Jewell. The group's selection for August is *Squeeze Me*, by Carl Hiassen with a meeting scheduled for Aug. 6th.

Book Club (hybrid)

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

To discuss *What Alice Forgot* by Lianne Moriarty.

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

On Hiatus July + August

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

On Hiatus July + August

Fiber Arts Fridays at 1:00 p.m.

Open to all who like to knit, crochet, cross stitch, and embroider.



We are sincerely grateful for all the donations to the South Hadley COA, which support the many activities, programs, and services we provide. Your generous contributions enable us to continue serving our community effectively. Donations made in memory of or in appreciation of someone special are indicated in bold letters. We deeply appreciate every donation and the heartfelt intentions behind them. We are especially grateful for the following donations:

Anonymous, Theresa Dandeneau, Barbara Fresia

Robert A. Methot
Patricia Michalski

Andrea, Drake, Lindsay
J.A.D

Richard Carrigan
Ki Eno

Michelle Holden
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**Kathryne Van Handle &
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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
Affair's Formula Grant and our Activity Gift Fund

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)

Instructor Denise Barry will be on vacation from 7/15-8/5. There will be a peer led class with no instruction and no fee.

Denise returns Aug. 12th.

Zumba Gold

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.

Classes will include floorwork, standing, and balance postures using a variety of props.

Intro Social/ Ballroom Lessons

Tuesdays at 3:00 p.m.

Your instructor JLo will teach Swing, Rumba, Waltz, Country 2-step, Foxtrot, Cha-cha, Samba, and Mambo. No partner needed

Evening Yoga

On Hiatus

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 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 July 3rd & 17th

12:30 p.m. Mandatory - No Cost

You must complete your application and your fitness room orientation. 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.

Seated & Standing Dance

Thursdays at 2:00

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, July 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 contribution helps us sustain and enhance our fitness programs, arts and language activities, and special events. Your generosity also funds our exciting trips and essential supplies for various activities. We hope you're enjoying all the amenities the Senior Center has to offer. Please consider making a donation today to support these valuable programs. 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



The Friends' Annual Free Ice Cream Sundae Social (featuring Sarah the Fiddler)

McCray's Farm
Monday, July 15, 2024
 (Rain date July 16)
4:30-6:00PM

Check in at the Friends' table (next to mini golf) for a ticket for a free sundae. Bring a lawn chair. Volunteers will be on hand to help serve sundaes for anyone needing assistance. No RSVP needed.

THANK YOU to the following individuals for their generous donations to support the Friends of the South Hadley Seniors:

Anna Adamczyk	Ron & Gail Jackson	Douglas Rainaud
Nancy Archambault	Coleen Johnston	Steve & Debbie Rainaud
Lorraine Bail	Gary & Elaine Jordan	Howard & Barbara Redfern
Barbara Bausano	Bill Judd	Mitch & Jan Resnick
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Jacqueline Bourque	Noreen & David Klekotka	Bill & Dorothy Schenker
Lynn Camerlin	Gerard & Lorraine Lacasse	Mary Ellen Scott
Sal & Ann Canata	Assunta LaMastro	Douglas & Sarah Smith
Carol & Rick Constant	Sue LaMastro & Art James	Walter & Connie Southard
Neil & Penny Cronin	David LaRoche	Eileen Sullivan
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Marcia Durell	William & Jan Oehler	Vanessa Valery
Janice Faginski	John & Marsha Olson	Linda Wallace
Frank Falcetti	Marion Pascone	Barbara Vanderpoel
Donald Gagne		
Carolyn Gammons		

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

Jean Lambert	Paul Popielarz, Ray O'Connor,
Mike Marcotte	Carol Desrosiers
	Chriss Walton

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.

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

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. Call Susan (Cancelled)

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 (Sold Out / Wait List)

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 (Sold Out / Wait List)

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)

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.

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 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 (RSC) Monthly Events

To support, uplift, and empower older adults in the LGBTQ+ community — the RSC offers the lesbian, gay, bisexual, transgender, questioning, intersex, and asexual (LGBTQ+) community opportunities to meet one another and grow in their identities.

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

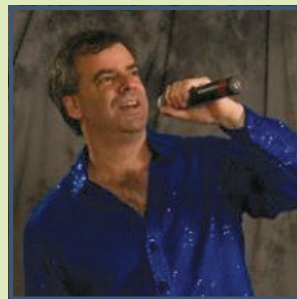
Save the Dates: Registration opens July 1st for all August events, excluding Healthy Bones.



Pet Health and Wellness Day

Thurs., August 22nd at 1:00 p.m.

Join us for an enlightening afternoon dedicated to pet health, featuring a range of topics to keep your furry friends in tip-top shape. Special guest speakers from Sanctuary Animal Clinic of Holyoke will be joining us. Veterinarian Dr. Perdrizet will discuss holistic health for your pets, and Ken Dolan-del Vecchio will present on coping with pet loss. Don't miss this opportunity to learn about various pet-related topics and gather valuable information!



Neil Diamond Tribute Artist: Charlie Lask

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

Registration opens July 1st
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.

Registration opens August 1st

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.

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

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

Julie Pearce, 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.
Vacant, 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 I&R

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**