

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

August 2024

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



Please Note Some Upcoming Changes at the COA

Starting in September there will be a small increase for all exercise classes and group personal training. The increase will help defray the class costs and help us to retain our amazing instructors. Starting with the October registrations, we will be updating our process. We will have designated registration dates at the end of September when you can begin to register for all October events. Registration is recommended for all programs. Please keep an eye out for more information in the September newsletter. Thank you! -COA Team

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Second Chance Animal Services
Thursday,
August 22nd

9:30 a.m. to 12:30 p.m.
By Appointment Only.
Appointments are 10 min. each. To sign up for an appointment please contact the COA. Second Chance is a nonprofit animal welfare organization providing access to the highest-quality veterinary care for all.



Pet Health Day at the SHCOA
Thursday,
August 22nd

1:00 p.m. - 4:30 p.m.

Join us for a day devoted to keeping your pet healthy! Presentations to include Holistic Pet Health by Dr. Perdrizet from Sanctuary Animal Clinic, Dealing with the Loss of a Pet by Ken Dolan- del Vecchio, Pet Therapy by Bright Spots, Wildlife Rehabilitation by Suzanne Lijek. There will also be local information about The South Hadley Dog Park, dog licensing, SHPD comfort animal program, and more!



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06-5294

Community Table & Special Programs 3

Community Table: Mon-Fri Served by 12:15 p.m. Breakfast-To-Go: Mon- Fri Pick-up at Noon.

Breakfast Meals are intended to be warmed for the following day. Reserve meals by noon the day before. A suggested confidential donation of \$2.50 for guests 60+. Those under 60 are charged \$6.50 per Federal Regulations. The title III-C Meal Site program is provided by WMEC through funding from EOEA. For nutrition questions call WMEC 413-538-9020. x313

GET MOVING THIS SUMMER!



Outside Fitness Equipment Orientation with Heidi
Thursday, August 1st & Wednesday August 15th 9:00 a.m. Free!
Join our fitness instructor Heidi for a training on the outdoor fitness equipment located on the grounds of the Senior Center-

weather permitting. Wear comfy clothes and sneakers and bring your water bottle.

Free Summer Concert Series: Sponsored by The Travel Club

Concert with Neil Diamond Tribute Artist
Thursday, August 8th at 2:00 p.m.



Join us for a FREE summer concert. Enjoy an unforgettable evening with Neil Diamond tribute artist, Charlie Lask. What sets Charlie's show apart is his high energy and engaging audience interaction, making every performance a memorable experience.

Don't miss out on the fun—come and join us!

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South Hadley's Conservation Areas

Wednesday, August 7th at 2:00 P.M.

Join Rebekah Cornell, Conservation Administrator/Planner, to learn about the town's most popular and accessible conservation areas. We will talk about recent projects as well as some of the flora and fauna you might see on the trails.

Office Hours

Representative Carey and Senator Oliveira

Tuesday, August 13th from 11:00 A.M. - 12:00 P.M.

Stop by to say hello and ask any questions!

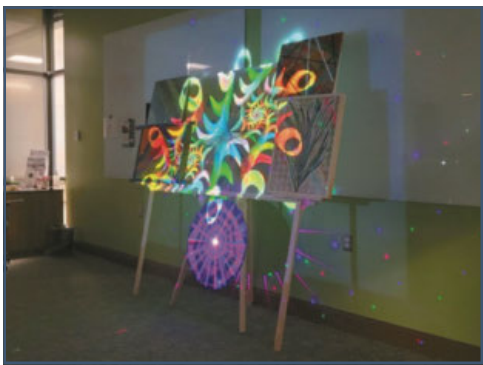


Medicine Drums Making Workshop with Jan Lucier

Wednesday, August 14th at 10:00 a.m.

The experience of making one's own medicine drum is rewarding and magical. Creating your own drum will give you a valuable tool for

health & wellness. Contact Jan Lucier at jlucier50@msn.com to register for this workshop



Multi Media Art Presentation with Diego Salazar

Wednesday, August 14th at 3:00 p.m.

Join us for a unique immersion into art and the artwork of Diego

Salazar. This presentation will include a video component on top of original artworks similar to his presentation in January, but on a larger scale in our multipurpose room. Diego, who is inspired by artists, such as Peter Max and Van Gogh, has worked in many mediums including up-cycled furniture, canvas, mixed media, and sculpture.



Birthday/ Anniversary Party with Musically Married

Thursday, August 15th at 2:00 p.m.

Join us as we celebrate the birthdays and anniversaries for the month with cake and great music by the Musically Married duo

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.

Gentlemen's Breakfast On Hiatus for August

Summer Fun Bingo!

Tuesday, August 20th at 1:00 p.m.

Join us for free Bingo with prizes and ice cream sponsored by the Friends of the South Hadley Seniors

Monthly Social Dance Club with Richie Mitnick! Wednesday, August 21st

From 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!

Wistariahurst Museum Presentation Friday, August 23rd at 11:00 A.M.

Penni Martorell, Curator, Holyoke City Historia will present- Wistariahurst: Unveiling the Skinner Family Legacy. Martorell's expert narration will illuminate not just the architectural history, but also the vibrant lives and legacies of its former inhabitants.



New! Women's Network

Wednesday, August 28th at 1:30 p.m.

A monthly social program for women featuring guest speakers and refreshments sponsored by The Friends of the South Hadley Seniors. This month our guest speaker will be meteorologist Janna Brown.

Refreshments will be cookies from the wonderful Barstow's Bakery.

Age & Dementia Friendly Meeting Dementia Friendly Caregiver Talk

Thursday, August 29th 9:00 A.M.-11:00 A.M.

Discussion to focus on common challenges that caregivers face while providing support to those living their lives with various Dementias. (Alzheimer's, Vascular, Lewy Body, etc...)



Blue Cross Blue Shield Table Talk

Thursday, August 15th from 11:00 A.M. - 1:00 P.M.

Brian Guagnini, Field Outreach Consultant, will have handouts and will be available to answer your questions. Stop by and introduce yourselves.

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.
Evenings: On Hiatus until September

Shopping Schedule
Tuesdays at 11:30: Big Y



REMINDER

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



Neighbors Helping Neighbors, Inc.

Supporting your local Food Pantry "Neighbors Helping Neighbors"

The Food Pantry item for August is:

Popcorn & Pasta!

Drop off located in the vestibule of the COA.



Thank you for your continuing support!



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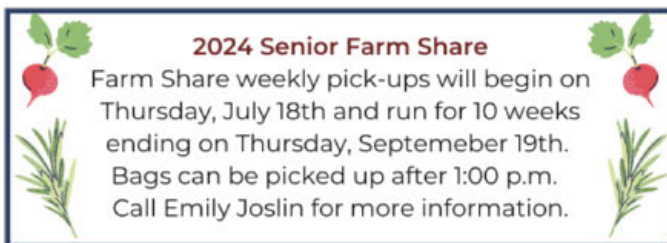
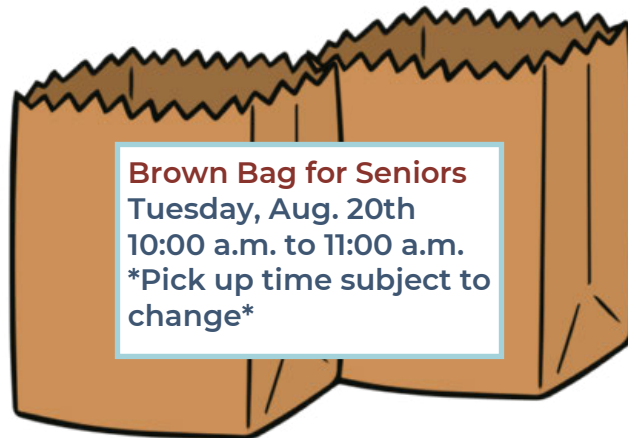
Sue LaMastro is a certified SHINE Counselor and available to meet with any senior who needs information on choosing a Medicare plan. Please note: SHINE appointments do **NOT** assist with signing up for Social Security benefits or Medicare. Please contact Social Security

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 provide at least a five business day notice. Please call Emily Joslin for more information.



CISA



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. 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, Aug. 5th 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 Aug. 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**

Foot Nurse, Sharon Beaulieu, RN
Tuesday August 6th 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.


Low Vision Group
Tuesday, August 13th 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, Aug. 13th 8:30 a.m. By Appt.
 Hearing Screenings & Aid Cleanings with Audiologists Allison and Lisa.

Veterans Social Hour
Wednesday, Aug. 14th 9:00 a.m.
 Free pastry and coffee provided by VFW Post 3104 & American Legion Post 260.

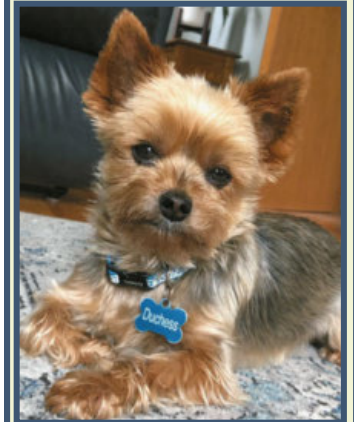
Visit with Public Health Nurse,
Thursdays from 1:00 p.m.– 3:00 p.m.
Appt. Available but not required.
 Visit for blood pressure checks, share a concern, or ask a question.

Community Companion Volunteers
Thursday, Aug. 29th at 2:00 p.m.
 We will be visiting with our community friends at Lathrop for an ice cream social. Stop by for friendship and refreshments provided by The Friends of the South Hadley Seniors! Contact Kathy Florence if you want to become a volunteer.

 **LGBTQ+ Coffee Hour**
Thursday, Aug. 15th 10:30 a.m.
 Neil Broome, LCSW MSW to facilitate. Refreshments sponsored by The Friends of The South Hadley Seniors.



Pet Therapy



Duchess:
Monday 5th+ 19th
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. kflorence@southhadleyma.gov

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AUGUST 2024

ANNOUNCEMENT! In 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 a.m. *Wed. 10 -11 closed. . **Billiards:** M-F 8 a.m.– 4:30

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 9:00 Cornhole 9:00 Massage by Appt. 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 1:00 Meet the Artist</p> <p style="text-align: right;">Hot Dog</p>	<p>6 8:50 Stretch and Go 9:00 Foot Nurse by Appt. 10:00 Fitness Basics 10:00 Card Making 10:00 Beginner Mahjong 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 3:00 Mystery Book Club</p> <p style="text-align: right;">Breaded Pollock</p>	<p>7 9:00 Dance w/ Loryn 9:30 Painting w/ Christiane 10:00 Travel Club 10:00 Personal Training 11:00 Non-Fiction Writing 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 2:00 SH Conservation</p> <p style="text-align: right;">Lasagna w/ Meat Sauce</p>	<p>1 8:50 Stretch and Go 9:00 Outside Fitness 10:00 Fitness Basics 10:00 Travel Club 11:00 Ukelele 11:00 Pet Therapy 11:15 Sit/ Stand Yoga 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</p> <p style="text-align: right;">Meat Loaf w/ Gravy</p>	<p>2 9:00 Cornhole 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p style="text-align: right;">Potato Pollock</p>
<p>5 9:00 Cornhole 9:00 Massage by Appt. 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 1:00 Meet the Artist</p> <p style="text-align: right;">Hot Dog</p>	<p>6 8:50 Stretch and Go 9:00 Foot Nurse by Appt. 10:00 Fitness Basics 10:00 Card Making 10:00 Beginner Mahjong 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 3:00 Mystery Book Club</p> <p style="text-align: right;">Breaded Pollock</p>	<p>7 9:00 Dance w/ Loryn 9:30 Painting w/ Christiane 10:00 Travel Club 10:00 Personal Training 11:00 Non-Fiction Writing 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 2:00 SH Conservation</p> <p style="text-align: right;">Lasagna w/ Meat Sauce</p>	<p>8 8:50 Stretch and Go 10:00 Fitness Basics 10:00 Travel Club 11:00 Ukelele 11:00 Pet Therapy 11:15 Sit/ Stand Yoga 1:00 Sit and Sew 1:00 Chair Volleyball 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:00 Dance Fitness 2:00 Summer Concert 2:15 Meditation</p> <p style="text-align: right;">BBQ Pork Loin</p>	<p>9 9:00 Cornhole 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Craft Club: Resin Flower Pendants</p> <p style="text-align: right;">Cold Plate: Turkey</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>12 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>13 8:50 Stretch and Go 8:30 Hearing by Appt. 10:00 Fitness Basics 10:00 Beginner Mahjong 10:00 Low Vision Group 11:15 All Level Yoga 11:00 Office Hours 11:30 Big Y Shopping 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom</p>	<p>14 9:00 Dance w/ Loryn 9:00 Veterans Social 9:30 Painting w/ Christiane 10:00 Travel Club 10:00 Personal Training 10:00 Medicine Drum 11:00 Non-Fiction Writing 11:15 Beginner Yoga 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 3:00 Multi Media Art</p>	<p>15 8:50 Stretch and Go 9:00 Outside Fitness 10:00 Fitness Basics 10:00 Travel Club 10:30 LGBTQ+ Group 11:00 Table Talk BCBS 11:00 Ukelele 11:00 Pet Therapy 11:15 Sit/Stand Yoga 1:00 Sit and Sew 1:00 Chair Volleyball 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:00 Dance Fitness 2:00 Birth/Anniv Party 2:15 Meditation</p>	<p>16 9:00 Cornhole 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p>
<p>Spaghetti w/ Meat Sauce</p> <p>19 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>20 8:50 Stretch and Go 9:00 Nutrition by appt. 10:00 Fitness Basics 10:00 Beginner Mahjong 10:00 Brown Bag 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Learn/ Play Pinochle 1:00 Summer Bingo 3:00 Trivia Club 3:00 Social/ Ballroom</p>	<p>21 9:00 Dance w/Loryn 9:30 Paint w/ Christiane 10:00 Personal Training 10:00 Travel Club 11:00 Non-Fiction Writing 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 2:00 Social Dance Club</p>	<p>22 8:50 Stretch and Go 9:30 Vet by Appt. 10:00 Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:00 Ukelele 11:15 Sit/Stand Yoga 1:00 Sit and Sew 1:00 Chair Volleyball 1:00 Pet Health Day 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:00 Dance Fitness 2:15 Meditation</p>	<p>23 9:00 Cornhole 11:00 Wistariahurt Museum Presentation 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Craft Club: Sunflower Flower Arranging</p>
<p>Tetrazzini w/ Diced</p> <p>26 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>27 8:50 Stretch and Go 10:00 Fitness Basics 10:00 Beginner Mahjong 11:15 All Level Yoga 11:30 Big Y Shopping 1:00 Bingo 1:00 Learn/ Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom</p>	<p>28 9:00 Dance w/Loryn 9:30 Paint w/ Christiane 10:00 Personal Training 10:00 Travel Club 11:00 Non-Fiction Writing 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>29 8:50 Stretch and Go 9:00 Caregiver Talk 10:00 Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:00 Ukelele 11:15 Sit/Stand Yoga 1:00 Sit and Sew 1:00 Chair Volleyball 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:00 Dance Fitness 2:00 CC Outing 2:15 Meditation</p>	<p>30 9:00 Cornhole 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p>

10 Arts & Language & Movies– Please Register

Craft Club

Card Making with Joanne

Tuesday, Aug. 6th 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.



Resin Flower Pendants

Friday, Aug. 9th at 1:00 p.m.
Cost \$ 10 Limit 10

Join our craft group to make this beautiful necklace out of dried flowers and resin. All supplies are included.

Sunflower Flower Arranging

Friday, Aug 23rd at 1:00 p.m.
Cost \$10 limit 10 participants

Brighten your day with the beauty of a fresh flower arrangement with a sunflower theme! All supplies included

Monday Movie Matinee 1:00 p.m. Celebrating the “Dog” Days of Summer



8/5 A Dog's Journey: A dog finds the meaning of his own existence through the lives of the humans he meets.

8/12 Because of Winn-Dixie: A mischievous dog befriends a lonely young girl in a new town and helps her make new friends.

8/19 Eight Below: Brutal cold forces two Antarctic explorers to leave their team of sled dogs behind as they fend for their survival.

8/26 Call of the Wild: A sled dog struggles for survival in the wilds of the Yukon.

August Art Exhibit: Christiane Eckhart

Christiane comes from a family of artists and has been painting for over 30 years. She works in oil and acrylics. She has studied with Evelyn King and Anne Mueller. Come and see her amazing talent!

Meet the Artist Reception Monday August 5th at 1:00 p.m.

Meet Christiane and learn more about her background and her artwork!

Table Games

Learn to Play Mahjong
On Hiatus for 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.

Arts & Language Activities-Contact Kathy for links/questions kflorencia@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, August 6th at 3:00 p.m.

To discuss *Squeeze Me*, by Carl Hiasen. The group's selection for Sept 3rd is *Case Histories*, by Kate Atkinson.

Book Club (hybrid)

Wed., August 28th at 2:00 p.m.

To discuss *The Forest of Vanishing Stars* by Kristen Harmel.

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 Non- Fiction Writing

Wed. 11:00 a.m.-12:00 p.m.

Drop-in's Welcome!

Write a memoir, essay, articles or gratitude journal. Everyone will create for 40 min and share what they wrote. Positive feedback only. Led by Linda Rowland Buckley.

Creative Collage with Linda

Wednesdays at 1:00 p.m. (Free)

Linda leads this free fun class.

Watercolors

On Hiatus in 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 in August

Fiber Arts Fridays at 1:00 p.m.

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



Thank you

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:

Bruce Rondeau, Dr. Dorothy Kelly, Chuck & Cheryl Remillard

Norman J. Sullivan
Joan Sullivan

Richard Carrigan
The Cribbage Club
Barbara & Douglas Vanderpoel
Lisa & Tom Napiorkowski

Dianne Robitaille
Edna Robitaille



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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

*Sneakers or
Comfy Shoes
Required.*



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 out until 8/5. There will be a peer led class with no fee or instruction 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.

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 Aug. 7th & 21st
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 Fitness

Thursdays at 2:00

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

Evening Yoga

On Hiatus

RSVP Healthy Bones & Balance

On Hiatus

Advanced Bones and Balance

On Hiatus



HEALTHY BONES AND BALANCE

Healthy Bones and Balance is on a summer break for the month of August.
We will be examining the registration process and we will update everyone with details soon!

When you donate directly to the Senior Center Gift Funds, you help sustain and enhance our fitness programs, arts and language activities, and special events. Your generosity also supports our exciting trips and provides essential supplies for various activities. We hope you're enjoying all the amenities the Senior Center offers. Please consider making a donation today to keep these valuable programs thriving.

Thank you 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 _____

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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14 The Friends of The South Hadley Seniors

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

Mary Boulais
Bill & Sharon Chaffee
Bob Hann
Barbara Kapinos
Jean Kurdziel



**Tuesday, August 20th
1PM @ the Senior Center**

The Friends will host this special free Bingo event. We'll have prizes and ice cream sundaes for all Bingo participants. Sign up is through the COA.



Thank you to Dottie Kelly for your service to the board of directors of the Friends of the South Hadley Seniors. We will miss you and wish you the very best in your new home town.

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.

September 6th, 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 9th, 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 7th, 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 11th, 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)

September 8th - 19th, 2025: Norwegian Cruise Line – Caribbean Cruise from NY Pier. 12 days / 11 nights aboard Norwegian Escape. Cost: \$1,899. pp Inside Cabin; \$2,299. pp Balcony Cabin plus taxes, gratuities and travel insurance. Be sure to ask about the Free Amenities. Call Donna Milliken at The Ship Shop @ 1-800-243-1630 or Huguette



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 month of 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 August 1st for all September events, excluding Healthy Bones.



American Mah Jong Tournament Wednesday Sept 25th at 12:30 p.m.

Tournament with prizes and refreshments! \$20.00 non refundable registration fee per person with a 40 person max. Register with Liz Frosch Dratfield at lizfroschdratfield@gmail.com or call 413-237-2848

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



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.

Staff Directory

Julie Pearce, Senior Services Director Ext. 6204
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
Vacant, Human Services Coordinator
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**