


SOUTH HADLEY COUNCIL ON AGING


THE GOLDEN CHRONICLE

SEPTEMBER 2024

HAPPY NATIONAL SENIOR CENTER MONTH!

 Monday - Friday
8:00 AM - 4:30 PM
Evening Hours Thursday until 7 PM

 45 Dayton Street
South Hadley, MA 01075

 413-538-5030 (Press 3)

 www.southhadley.org/324/Council-on-Aging

 @southhadleycoa

Say 'Hello!' to the fresh face joining our COA team!

Selena Rodriguez, Human Services Coordinator

A recent graduate of Smith College, Selena brings a passion for supporting others, with a particular focus on education and public health. She is dedicated to ensuring that the processes at the COA are both efficient and impactful, and looks forward to collaborating with the team to enhance our community's well-being and success!



INSIDE THIS ISSUE

3	Community Table & Special Programs
4	Special Programs
5	Transportation & Technology
6	Support Services
7	Health & Wellness
10	Entertainment, Arts & Learning
11	Donations
12	Fitness Programs
13	Support the COA
14	The Friends & The Travel Club
15	Community Partnerships & Upcoming Events



Senior Center Open House

Thursday, September 5th from 4:00 PM-7:00 PM

Evening Hours are back at the Senior Center! We will now be open on Thursday evenings until 7:00 p.m. Join us for a kick-off celebration as we showcase all the wonderful programs that are offered at the Center! Staff, volunteers, group leaders and instructors will be on site with information, as well as an evening of entertainment and presentations by COA groups, and Freddie himself! You don't want to miss this event!

Notice: Cost Increase at COA

In order to continue to provide the same high quality activities to our patrons, we are increasing some class prices in order to help offset the costs. All updated prices are listed with the class description. If you need financial assistance to cover the cost of any exercise classes, activities or programs, please contact Emily Joslin, 413-538-5030 x6206, for information regarding our Wellness Fund.



BEERS & STORY
SOUTH HADLEY
FUNERAL HOME

Preplanning • Burial • Cremation

Serving families since 1919

413-533-4400

646 Newton Street • South Hadley
www.BeersAndStory.com

South Hadley
Dental Associates, Inc.



Marjorie S. Block, D.M.D.

413-536-4455

15 DAYTON STREET, SOUTH HADLEY



O'BRIEN FAMILY

FUNERAL HOME & CREMATION SERVICES

T.J. O'BRIEN • MARTY O'BRIEN
Directors

33 Lamb Street, South Hadley, MA

413-538-4642 • WWW.OBRIENFAMILYFH.COM



WE'RE HIRING!
AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

**HOMECARE
HAIR SERVICES**

Licensed for Men & Women

CALL BARBARA FOR
AN APPOINTMENT

413.538.9516 HOME

413.885.0371 CELL



Estate Planning • Trusts • Elder Law



Your Needs. Your Goals. Our Job.

Karen G. Jackson, Esq.

573 Northampton St. Holyoke • (413) 532-1200 • www.jlawma.com

**SUPPORT OUR
ADVERTISERS!**

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com



**THE ONLY 5-STAR RATED
HOSPICE IN WESTERN MA**

**At-Home
Hospice Care**

Wherever you live

Serving Franklin,
Hampshire,
Hampden counties
or at our 9-bed
residence

413-549-0115



www.fisherhome.org

hospice@fisherhome.org



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

South Hadley COA - South Hadley, MA

06-5294

Community Table & Special Programs 3

Community Table: Mon-Fri Served by 12:15 PM

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 WestMass ElderCare through the Office of Elder Affairs and the Administration for Community Living. For nutrition questions call WMEC 413-538-9020. x313.



American Mah Jong Tournament

Wednesday, September 25th at 12:30 PM

Join us for a Mah Jong tournament featuring prizes and refreshments! The registration fee is \$20 per person (non-refundable), and space is limited to 40 participants. To register, contact Liz Frosch Dratfield at

lizfroschdratfield@gmail.com or call 413-237-2848.



Summer Concert Sponsored by the South Hadley Travel Club

Thursday, September 26th at 5:00 PM

Prepare 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 (including Glenn Miller, Benny Goodman,

Frank Sinatra, Count Basie) as well as contemporary arrangements of jazz, rock, funk, etc. blues.

Accommodations: The South Hadley Council on Aging strives to provide activities and programs accessible to everyone. If you need a reasonable accommodation for any activity or event, please contact our Social Services Coordinator, Emily Joslin, for assistance. 413-538-5030 x6206

Enjoy the Ease of Showering Safely, Living Comfortably

SO YOU CAN STAY IN THE HOME YOU LOVE!



TRANSFORM YOUR BATH TODAY

Transform your bathroom into a haven of safety and style with our expert bath and shower remodeling services. Specializing in safety showers, we prioritize your well-being by installing comfortable seats, sturdy grab bars, and low threshold barriers. Elevate your daily routine with our tailored solutions that seamlessly combine functionality and aesthetics, ensuring a bathroom that not only looks stunning but also prioritizes your safety and accessibility.

COMMERCIAL GRADE BASE, NON SLIP FLOOR • FOLD DOWN SHOWER SEAT
SAFETY GRAB BARS • FACTORY TRAINED INSTALLERS • 2 YEAR MONEY BACK GUARANTEE
INSTALLED IN AS LITTLE AS 1 DAY



INAUGURAL
HOME IMPROVEMENT
WWW.INAUGURALHOMEIMPROVEMENT.COM

CALL NOW 413-307-0970

TO RECEIVE A FREE GUIDE TO BATHROOM SAFETY FOR SENIORS OR TO SCHEDULE
YOUR NO COST NO OBLIGATION ESTIMATE WITH A 1 YEAR PRICE GUARANTEE

SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicomunities.com

South Hadley COA - South Hadley, MA

06-5294

SAND FOR SENIORS!

Sign up by September 15th

Sign up to receive your container of sand, which will be dropped off starting September 24. Please provide your name, address, and phone number to Sandy Farnsworth, Program Coordinator, at the South Hadley COA.



Ice Cream Social

Tuesday, September 10th at 12:30 PM

Join us for a delightful treat sponsored by Mont Marie Rehabilitation and Healthcare Center.

Apple Pie Social with MacDuffie School

Wednesday, September 11th at 2:00 PM

Back to school means it's time for our socials with MacDuffie School students! Join us to meet this year's students and reconnect.

"Blue Zones" with Dr. Jane Kent, UMASS Professor

Thursday, September 12th at 5:00 PM

Discover the concept of Blue Zones—areas where people live significantly longer than average. Dr. Jane Kent will explore these regions and explain

how they got their name from the blue pen used by scientists to mark long-lived populations on a map.

Lunch by Loomis at The Senior Center

Tuesday, September 17th at 11:30 AM

To celebrate National Senior Center Month, the Senior Center Staff will be serving a delightful lunch prepared by the Chefs at Loomis. Lunch is accompanied by a special encore video performance by Noah Lis, recorded on August 22nd, 2022.

National Voter Registration Day: Voting Information Session

Tuesday, September 17th at 3:30 PM

Join us for an info-session with Town Clerk Sarah Gmeiner, explaining the voting options for the upcoming November 5th State Election in South Hadley. This discussion will focus exclusively on the voting process and will not cover details about the candidates on the ballot.



What's New in Scams and How to Avoid Them

Thursday, September 19th at 5:00 PM

Join us for an informative session on the latest scams and how to avoid them, featuring Stephanie Pratt, Assistant Branch Manager, and Michele Lawrence-Bennett, Security Officer from Florence Bank.

Gentlemen's Breakfast

On Hiatus for September

Birthday/Anniversary Party with Lauran Beluzo

Thursday, September 19th at 5:30 PM

Join us as we celebrate this month's birthdays and anniversaries with cake and great music by Lauran Beluzo, sponsored by the Friends of the South Hadley Seniors. Lauran's emotionally resonant, timeless tone blends an eclectic mix of musical genres across generations. If you're celebrating a birthday or anniversary, don't forget to enter our raffle!



Falls Prevention Presentation Hosted by South Hadley Fire Districts 1 & 2

Monday, September 23rd at 11:00 AM

Learn about falls prevention, which is the leading cause of injury for people aged 65 and older. Discover ways fire departments can help keep our community safe and prevent falls.

NEW! Women's Network

Wednesday, September 25th at 1:30 PM

We are excited to welcome Heidi MacEwen, owner of TBYP Fitness and instructor at the COA, as our guest speaker this month. Enjoy refreshments including fruit bread from Atkin's Farm and smoothie samples! Sponsored by The Friends of The South Hadley Seniors.



Notice: Change in Registration Process

In order to streamline registrations, we are updating our process with designated registration dates. This will begin with the October registrations, allowing members to register at the end of September for October events. Registration is recommended for all events.

COA In-Town Transportation

Who Can Use This Service?

South Hadley residents aged 60 and older.

What Does the Service Cover?

Medical appointments, Grocery shopping, Trips to the COA, Social events

Cost? The service is FREE, but voluntary confidential donations are welcome!

Advance Notice Required?

- Social Rides: 24 hours
- Medical Rides: 3 days

Accessibility?

- Wheelchair lift available.
- Curb to Curb Service. Drivers cannot provide hands on assistance.

Monday-Friday | 9:00 AM-3:00 PM

Thursday Evenings | Call the COA

Shopping Schedule

Tuesdays at 11:30: Big Y



Meet Our New Tech Instructor: Maria Heffernan

We're excited to introduce Maria Heffernan, our new Tech Instructor at the Senior Center. Maria has over 25 years of experience working in technology roles and a passion for helping others. Maria is here to make the digital world more accessible and less intimidating for our senior community. Starting in September, Maria will offer one-on-one sessions Thursdays from 9-11 a.m. as well as group training, and presentations designed



Tech-Time with Maria

Thursdays 9:00-11:00 AM

One-on-one sessions designed to help you navigate your devices with confidence!

Funding for the Companion Transportation and Technology Programs are made possible by a grant from WestMass ElderCare and by funding from the Older Americans Act through the Massachusetts Executive Office of Elder Affairs and the Administration for Community Living.

Unlocking the potential of community banking.



bankESB.com | 855.527.4111

Member FDIC | Member DIF



1669 Northampton St.

535-4200

Serving businesses and families since 1957

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Susanne Carpenter

scarpenter@lpicommunities.com

(800) 477-4574 x6348

MEDICAL EMERGENCY?

"HELP IS ONLY A PUSH OF A BUTTON AWAY!"

Quick Response Call Button

\$19.95 PER MONTH
+TAX

No Gimmicks Everyday Low Price

Sales &
24 Hour Service
413-535-3035



539 South Canal Street, Holyoke

www.reidyhomemedicalalarms.com

info@reidyhomemedicalalarms.com



6 Support Services

Emily Joslin, Social Services Coordinator 413-538-5030 x6206 ejoslin@southhadley.ma.gov



Neighbors Helping Neighbors, Inc.

Supporting your local Food Pantry
"Neighbors Helping Neighbors"

The Food Pantry item for **September** is Canned Protein!
Drop-off is located in the vestibule of the COA.

Thank you for your continuing support!



**Tuesday,
September 17th
10:00 a.m.-11:00 a.m.**
Please call or visit the
COA for an application.
*Pick up time subject
to change.



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 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



2024 Senior Farm Share

All spots are filled for 2024 season.
Please look out for the May 2025 newsletter for those interested in applying for the farm share next year.

Reminder: Bags need to be picked up on Thursdays between 1:00-4:00 p.m. through September 26th. Thank You!

988 SUICIDE & CRISIS LIFELINE

A Note from Emily

September is National Suicide Prevention Month, and it's important to recognize that seniors are at higher risk due to factors that range from depression to grief over the passing of loved ones, to chronic illness. If you notice suicidal thoughts or behavior, you can help by contacting the 988 Suicide & Crisis Lifeline. The Lifeline offers 24/7, free, and confidential support for those in distress and provides essential resources for you and your loved ones.

These programs and services support those who are caring for a loved one with memory loss, Dementia, or Alzheimer's Disease.

The Belchertown Senior Center hosts a monthly Caregiver Support Group on the 4th Wednesday of the month at 11:00 a.m.

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, stop by RiverMills Center or call 534-3698. Sponsored by Health New England, PNCU, and WMEC.

Available at the COA: Visual and Audio Magnifiers

Visit with Public Health Nurse

Thursdays from 1:00-3:00 PM

*Registration Recommended

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

Foot Nurse: Sharon Beaulieu, RN

Tuesday, September 3rd from 9:00-

11:00 AM *Registration Required

The fee for services at the COA is \$45.00, payable in cash or by check to the provider. To schedule an appointment, please contact the COA. For house call appointments, which cost \$80.00, call 413-552-9533.

Chair Massage with Barbara Burgos

Monday, September 9th from 9:00-

11:00 AM *Registration Required

Barbara, a Licensed Massage Therapist at Ochoa Spa in South Hadley, will be offering mini massages with 10-minutes for \$15.00 and 20-minutes for \$25.00. Please schedule appointments at the front desk.

Low Vision Group

Tuesday, September 10th at 10:00 AM

Any senior who has received a medical diagnosis of legal blindness, visual impairment, or low vision can join.

Hampshire Hearing & Speech Services

Tuesday, September 10th at 9:00 AM

*Registration Required

Screenings and Hearing Aid Cleanings.

Veterans Social Hour

Wed., September 11th at 9:00 AM

Free pastries & coffee provided by VFW Post 3104 & American Legion Post 260.

Town-Wide Age &

Dementia Friendly Meetings

Thursday, September 12th at 9:00 AM

Location: South Hadley Public Library

This meeting focuses on strategies and initiatives to support older adults and individuals living with dementia, as well as their caregivers.

Community Companion Visits

Thursday, September 12th at 2:00 PM

We will be visiting Newton Manor and introducing our new Tech Instructor, Maria! Refreshments will be provided by the Friends of the South Hadley Seniors. Contact Kathy if you're interested in becoming a volunteer.

Nutrition Counseling Appointments

Tuesday, September 17th

9:00 AM-12:00 PM

*Registration Required

Jennifer is an experienced Registered Dietitian (RD) and will be offering individual nutrition counseling for people ages 60 and older.

LGBTQ+ Coffee Hour

Thursday, September 19th at 10:30 AM

Neil Broom, LCSW MSW to facilitate with refreshments sponsored by The Friends of the South Hadley Seniors.

SAVE THE DATE! Sub-Committee Age & Dementia Friendly Meeting

Thursday, October 3rd at 1:00 PM

This meeting will serve to review and plan initiatives to enhance support for individuals with dementia and their families.

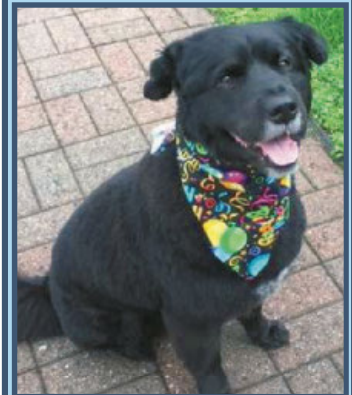


Pet Therapy



Duchess

Monday, Sept. 16th
12:30-1:30 PM



Riley

Thursdays
11:00 AM-12:00 PM

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502



Home, Auto, Business, Life

39 Lamb St., P.O. Box 789, South Hadley - 413-538-8293

www.jubenville.com • info@jubenville.com

Jubenville Insurance Group

Representing Fine Companies Such As

MAPFRE | INSURANCE



SEPTEMBER 2024

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: Mon—Fri 8:00 AM – 4:30 PM | Wed. 10:00 AM—11:00 AM CLOSED **Billiards:** Mon -Fri 8:00 AM – 4:30 PM
KEY: Support Service-Purple, Special Events-Green Community Table Lunch-Red

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>COA CLOSED</p>  <p>No Meal Service</p>	<p>3 9:00 Stretch and Go 9:00 Foot Nurse by Appt. 9:00 Healthy Bones 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 1:00 Healthy Bones 3:00 Trivia Club 3:00 Social/Ballroom 3:00 Mystery Book Club</p> <p>Shepherd's Pie</p>	<p>4 9:00 Dance w/ Loryn 9:30 Paint w/ Christiane 9:30 Healthy Bones 10:00 Travel Club 10:00 Personal Training 10:45 Healthy Bones 11:00 Non-Fiction Writing 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage</p> <p>Tuna Salad</p>	<p>5 9:00 Stretch and Go 9:00 Healthy Bones 9:00 Tech-Time 9:30 Watercolors 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 Healthy Bones 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 4:00 OPEN HOUSE</p> <p>Pot Roast w/ Gravy</p>	<p>6 9:00 Cornhole 9:30 Beginner Watercolor 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Meet the Artist 1:30 Fall Contain. Garden</p> <p>Mac & Cheese</p>
<p>9 9:00 Cornhole 9:00 Massage by Appt. 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies 1:00 Zumba Gold</p> <p>Chicken Bruschetta</p>	<p>10 9:00 Stretch and Go 9:00 Hearing by Appt. 9:00 Healthy Bones 10:00 Fitness Basics 10:00 Beginner Mahjong 10:30 Low Vision Group 11:15 All Level Yoga 11:30 Big Y Shopping 12:30 Ice Cream Social 1:00 Bingo 1:00 Learn/ Play Pinochle 1:00 Healthy Bones 3:00 Trivia Club 3:00 Social/Ballroom</p> <p>Taco Tuesday</p>	<p>11 9:00 Dance w/ Loryn 9:00 Veteran Social Hour 9:30 Paint w/ Christiane 9:30 Healthy Bones 10:00 Travel Club 10:00 Personal Training 10:45 Healthy Bones 11:00 Non-Fiction Writing 11:15 Beginner Yoga 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 2:00 Apple Pie Social</p> <p>Breaded Chicken Breast</p>	<p>12 9:00 Stretch and Go 9:00 Tech-Time 9:00 Healthy Bones 9:30 Watercolors 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 Healthy Bones 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:00 Dance Fitness 2:15 Meditation 5:00 "Blue Zones" Pres.</p> <p>Ham w/ Pineapple Sauce</p>	<p>13 9:00 Cornhole 9:30 Beginner Watercolor 9:30 Healthy Bones 10:45 Healthy Bones 12:30 Resin Art 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p>COA CLOSSES AT 2:00 PM for Professional Development</p> <p>Breaded Pork Chop</p>

Celebrate National Senior Center Month with free coffee and donuts every Friday morning from 8:00 AM-12:00 PM at the Cafe sponsored by The Friends of the South Hadley Seniors.

<p>16 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>9:00 Stretch and Go 9:00 Nutrition by Appt. 9:00 Healthy Bones 10:00 Fitness Basics 10:00 Beginner Mahjong 11:15 All Level Yoga 11:30 Lunch from Loomis 11:30 Big Y Shopping 1:00 Bingo 1:00 Learn/ Play Pinochle 1:00 Healthy Bones 3:00 Trivia Club 3:00 Social/Ballroom 3:30 Voter Registration</p>	<p>9:00 Dance w/ Loryn 9:00 Veterans Social 9:30 Paint w/ Christiane 9:30 Healthy Bones 10:00 Travel Club 10:00 Personal Training 10:45 Healthy Bones 11:00 Non-Fiction Writing 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage</p>	<p>9:00 Stretch and Go 9:00 Tech-Time 9:00 Healthy Bones 9:30 Watercolors 10:00 Fitness Basics 10:00 Travel Club 10:30 LGBTQ+ Group 11:00 Ukelele 11:00 Pet Therapy 11:15 Sit/Stand Yoga 1:00 Sit and Sew 1:00 Healthy Bones 1:00 Chair Volleyball 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:00 Dance Fitness 2:15 Meditation 5:00 Avoid Scams 5:30 Birth/Anniv Party</p>	<p>9:00 Cornhole 9:30 Beginner Watercolor 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Flower Arranging</p> <p>Sausage & Cheese Quiche</p>
<p>17 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>9:00 Stretch and Go 9:00 Nutrition by Appt. 9:00 Healthy Bones 10:00 Fitness Basics 10:00 Beginner Mahjong 11:15 All Level Yoga 11:30 Lunch from Loomis 11:30 Big Y Shopping 1:00 Bingo 1:00 Learn/ Play Pinochle 1:00 Healthy Bones 3:00 Trivia Club 3:00 Social/Ballroom 3:30 Voter Registration</p>	<p>9:00 Dance w/ Loryn 9:00 Veterans Social 9:30 Paint w/ Christiane 9:30 Healthy Bones 10:00 Travel Club 10:00 Personal Training 10:45 Healthy Bones 11:00 Non-Fiction Writing 11:15 Beginner Yoga 12:30 Mahjong Tournament. 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 1:30 Women's Network 2:00 Books & Banter Club</p>	<p>9:00 Stretch and Go 9:00 Tech-Time 9:00 Healthy Bones 9:30 Watercolors 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 2:15 Meditation 5:00 Summer Concert</p>	<p>9:00 Cornhole 9:30 Beginner Watercolor 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Flower Arranging</p> <p>Potato Pollock</p>
<p>23 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 11:00 Falls Prevention 12:30 Pet Therapy 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies 1:00 Zumba Gold</p>	<p>9:00 Stretch and Go 9:00 Nutrition by Appt. 9:00 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 Learn/ Play Pinochle 1:00 Bingo 1:00 Healthy Bones 3:00 Trivia Club 3:00 Social/Ballroom</p>	<p>9:00 Dance w/ Loryn 9:30 Paint w/ Christiane 9:30 Healthy Bones 10:00 Personal Training 10:00 Travel Club 10:45 Healthy Bones 11:00 Non-Fiction Writing 11:15 Beginner Yoga 12:30 Mahjong Tournament. 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 1:30 Women's Network 2:00 Books & Banter Club</p>	<p>9:00 Stretch and Go 9:00 Tech-Time 9:00 Healthy Bones 9:30 Watercolors 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 2:15 Meditation 5:00 Summer Concert</p>	<p>9:00 Cornhole 9:30 Beginner Watercolor 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Flower Arranging</p> <p>Potato Pollock</p>
<p>26 9:00 Cornhole 9:30 Beginner Watercolor 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Flower Arranging</p>	<p>9:00 Stretch and Go 9:00 Tech-Time 9:00 Healthy Bones 9:30 Watercolors 10:00 Fitness Basics 10:00 Travel Club 10:30 LGBTQ+ Group 11:00 Ukelele 11:00 Pet Therapy 11:15 Sit/Stand Yoga 1:00 Sit and Sew 1:00 Healthy Bones 1:00 Chair Volleyball 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:00 Dance Fitness 2:15 Meditation 5:00 Summer Concert</p>	<p>9:00 Dance w/ Loryn 9:30 Paint w/ Christiane 9:30 Healthy Bones 10:00 Personal Training 10:00 Travel Club 10:45 Healthy Bones 11:00 Non-Fiction Writing 11:15 Beginner Yoga 12:30 Mahjong Tournament. 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 1:30 Women's Network 2:00 Books & Banter Club</p>	<p>9:00 Stretch and Go 9:00 Tech-Time 9:00 Healthy Bones 9:30 Watercolors 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 2:15 Meditation 5:00 Summer Concert</p>	<p>9:00 Cornhole 9:30 Beginner Watercolor 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Flower Arranging</p> <p>Potato Pollock</p>
<p>30 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>Hot Dog w/ Baked Beans</p>	<p>9:00 Stretch and Go 9:00 Nutrition by Appt. 9:00 Healthy Bones 10:00 Fitness Basics 10:00 Beginner Mahjong 11:15 All Level Yoga 11:30 Lunch from Loomis 11:30 Big Y Shopping 1:00 Bingo 1:00 Learn/ Play Pinochle 1:00 Healthy Bones 3:00 Trivia Club 3:00 Social/Ballroom</p>	<p>9:00 Dance w/ Loryn 9:00 Veterans Social 9:30 Paint w/ Christiane 9:30 Healthy Bones 10:00 Travel Club 10:00 Personal Training 10:45 Healthy Bones 11:00 Non-Fiction Writing 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage</p>	<p>9:00 Stretch and Go 9:00 Tech-Time 9:00 Healthy Bones 9:30 Watercolors 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 2:15 Meditation 5:00 Summer Concert</p>	<p>9:00 Cornhole 9:30 Beginner Watercolor 9:30 Healthy Bones 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Flower Arranging</p> <p>Potato Pollock</p>
<p>In Memoriam of Rachel E. Tierney 1941 - 2024 Rachel, a beloved board member of the South Hadley Council on Aging, was not only a distinguished nurse and educator but also a cherished friend and mentor to many. Her career, spanning over 40 years, was marked by her unwavering dedication to advancing the Nursing profession and nurturing future generations of nurses. Beyond her professional achievements, Rachel was deeply committed to her community and treasured the time she spent with family and friends. Her kindness, wisdom, and generosity left a lasting impression on all who knew her, and her legacy will continue to inspire those who were fortunate enough to cross her path.</p> 				

10 Entertainment, Arts & Learning

Games

Learn to Play Mahjong RETURNS Sept. 12th!
Thursday from 12:00-2:00 PM

Beginner Mahjong
Thursday from 9:00-11:00 AM

Mahjong
Monday & Wednesday at 1:00 PM

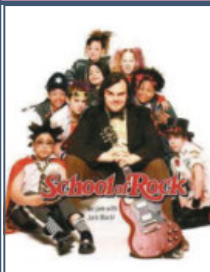
Learn to Play Pinochle
Tuesday at 1:00 PM

Bingo
Tuesday at 1:00 PM

Cribbage
Friday at 1:00 PM



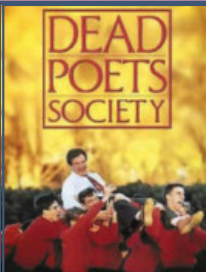
Monday Movie Matinee at 1:00 PM *Back to School Movies!*



Sept. 9th
**School
of Rock**
(2003)
Comedy



Sept. 16th
Clueless
(1995)
*Romantic
Comedy*



Sept. 23rd
**Dead Poets
Society**
(1989)
Drama



Sept. 30th
**Lean
on Me**
(1989)
Drama

Arts & Learning Activities

Questions? Contact Kathy at kflorencia@southhadleyma.gov

Card Making with Joanne

Tuesday, Sept. 3rd at 11:00 AM

*Fee \$5.00 for 4 Cards

Joanne teaches this class where you will make four different card designs. All supplies included.

Mystery Book Club *FREE

Tuesday, Sept. 3 at 3:00 PM

Discuss *Case Histories* by Kate Atkinson. October's read is *We Begin at the End* by Chris Whitaker.

Fall Container Garden

Friday, Sept. 6th at 1:30 PM

*Fee \$35.00 (Limit: 8 participants)

A delightful workshop to create beautiful outdoor container gardens. All supplies included.

Resin Art with Carla

Tuesday, Sept. 13th at 12:30 PM

*Fee \$5.00

Carla teaches how to use uv resin and other materials artfully to make jewelry, key chains, and other small items.

Fall Flower Arranging

Friday, Sept. 20 & 27th at 1:00 PM

*Fee \$10.00 (Limit: 10 participants)

Brighten your day with a fall-themed flower arrangement! Choose one date to join the fun. All supplies are included.

Books & Banter Club (Hybrid)

Wednesday, Sept. 25th at 2:00 PM

Discuss *House Rules* by Jodi Picoult. Contact Kathy for Zoom link.

Academic Drawing & Painting

Mondays at 9:30 AM *Fee \$3.00

Learn from Anne Mueller, a trained artist! Bring your own supplies.

Color Me Calm

Mondays at 1:00 PM

Enjoy the company of friends while you create. Supplies provided.

Tuesday Trivia Club

Tuesdays at 3:00 PM

Test your knowledge weekly.

Painting with Christiane

Wednesdays 9:30 AM *Fee \$3.00

Bring your supplies and projects to this class. Christiane will offer assistance and guidance.

Creative Collage with Linda

Wednesdays at 1:00 PM *FREE

Linda leads this free fun class.

Watercolors

Thursdays at 9:30 AM *Fee \$5.00

Bring your own supplies.

Ukulele RETURNS!

Thursdays from 11:00 AM-12:00 PM

Sit and Sew

Thursdays at 1:00 PM

Uplifting Karaoke with Ronnie

Thursdays at 2:00 PM

Beginner Watercolor Bootcamp

Fridays at 9:30 AM *Fee \$5.00

Fiber Arts

Fridays at 1:00 PM

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

September Art Exhibit: Jamie Lee Photography

Jamie Lee is a self-taught local artist whose photography reflects her unique perspective and experiences. Despite living with juvenile rheumatoid arthritis since the age of 2, Jamie's condition has not impeded her artistic talents. Photography remains a vital outlet for her creativity and keeps her actively engaged.

Meet Jamie on Friday, September 6th at 1:00 PM

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:

Sharyn Kovalesky, Carol & David White, Lillian & William Dunn

John E. Balboni
Carol Koske

Alma Tetrault
Florence Fernandes



NOTRE DAME MONUMENTS, INC.

MONUMENTS, MARKERS & CEMETERY LETTERING

65 LYMAN ST., SOUTH HADLEY, MA 01075
 DAVE MONTOVANI
 KATHERINE MONTOVANI
 TEL: 413-532-7513
 FAX: 413-532-2223
 CONTACT@NOTREDAMEMONUMENTS.COM
 NOTREDAMEMONUMENTS.COM



Village Eye Care

Dr. Melissa Morin

Local and Independent
 village-eye-care.com | 413-536-6100
 7 Hadley Street, South Hadley MA 01075

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicomunities.com

Get In On The Conversation



Allison Holmberg,
MS, Audiologist/SLP

Amy Catanzaro,
AuD., Doctor of Audiology

Joni Skinner,
AuD., Doctor of Audiology

HAMPSHIRE HEARING & SPEECH SERVICES

243 King St., Ste. 105 (Potpourri Plaza), Northampton
 413-586-9572 • www.hamphearing.com



Wayne Petri

Call Wayne Today, Start Packing Tomorrow!

413-575-9313

waynepetri@comcast.net



12 Fitness Programs – Please Register!

Fitness and Exercise Classes are \$3.00
Group Personal Training in the Fitness Center is \$5.00

Funding from the Executive Office of Elder Affairs' Formula Grant and our Activity Gift Fund supplements the cost of our fee-based programs.

Cornhole *FREE

Mondays & Fridays at 9:00 AM

Join the group for a game of cornhole!

“Nia” with Instructor Beth Foster

Mondays from 9:00-9:45 AM

Nia is a cardio-dance workout energizing and conditioning the whole body.

Tai Chi & Qigong for Health & Relaxation with Denise

Mondays at 10:00 AM (Hybrid)

Beginners build stamina, strength, and learn sequencing. For advanced practice add 30 minutes to learn part two.

Zumba Gold

Mondays at 1:00 PM

This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination.

Stretch & Go with Lindsey

Tuesdays & Thursdays at 9:00 AM

This class will get you up and ready for the day.

Fitness Basics with Lindsey

Tuesdays & Thursdays at 10:00 AM (Hybrid)

Get moving with cardio, weight training, and stretching. All welcome.

Gentle Yoga (All Levels)

Tuesdays at 11:15 AM

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

Intro Social/Ballroom Dance Lessons

Tuesdays at 3:00 PM

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 AM

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 AM

***FEE \$5.00 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 AM

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.

Mandatory Fitness Room Orientation

Wednesday, Sept. 4 & 18th

12:30 PM *FREE

You must complete your application and your fitness room orientation. Applications are at the front desk.

Beginner Line Dance

Wednesdays at 1:00 PM

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 AM (Hybrid)

Grab a chair, wear comfy clothes, and connect breath with movement.

Chair Volleyball

Thursdays at 1:00 PM *FREE

Build core muscle strength and flexibility in this fun activity!

Meditation with Richard & Lewis

Thursdays 2:15 PM *FREE

Class includes different meditation techniques. This class is not affiliated with a religious or spiritual tradition.

Seated & Standing Dance Fitness

Thursdays at 2:00 PM

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

RSVP Healthy Bones & Balance

Tuesdays / Thursdays

9:00 AM & 1:00 PM

Wednesdays / Fridays

9:30 AM & 10:45 AM

These free classes are made possible by RSVP. They are designed to increase strength, mobility, flexibility and balance while having fun! Best benefits achieved taking 2 days per week.

Evening Yoga

Thursdays at 5:30 PM

Michaela leads this Hatha Yoga Class with extended guided meditation and relaxation.



Sneakers/Comfy Shoes Required.

IMPORTANT: HEALTHY BONES AND BALANCE

Starting with September classes, Healthy Bones and Balances will have a simplified sign-up process. For each class you wish to attend, please arrive no more than 30 minutes in advance to pick up a ticket at the front desk. Participants must then sign into the class on the MySeniorCenter kiosk. **Limit: one ticket per person for each class.** For any questions, please contact Senior Services Director, Julie Pearce.

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 deceased _____

Senior Center Gift Funds

Make Check Payable To: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075

- | | | |
|---|---|--|
| <input type="checkbox"/> Wherever Needed Most | <input type="checkbox"/> Activities Account | <input type="checkbox"/> Caregivers Gift Account |
| <input type="checkbox"/> Newsletter Account | <input type="checkbox"/> Services Gift Fund | <input type="checkbox"/> Holiday Gift Card/Lights On |

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



Judith Bruneau

Handy Household Help
Odd Jobs, Maintenance, Small Repairs
603-470-8266



**RAPID PAIN RELIEF
 NO CHEMICALS OR
 MEDICATION**

Call Hal Lacey for Specials
 Call/Text - 413-561-5231



Robin Davis, MA, CCC-SLP
 Speech Language Pathologist

413-575-8682
 29 College St. Ste. 9
 South Hadley, MA

robin@valleyspeechservices.com
www.valleyspeechservices.com

ADVERTISE HERE
 to reach your community



Call 800-477-4574

The time of your life.

The Western Massachusetts Pioneer in Senior Living

LOOMISCOMMUNITIES.ORG | 413-588-5102



Friends of the South Hadley Seniors
FREE ICE CREAM SUNDAE SOCIAL at McCRAY'S FARM
WEDNESDAY, SEPTEMBER 11
2:30PM-4:00PM



This free event will feature the music of the Earls & the Pearls, singers from the original Dan Kane chorale. The group features unique harmonies of beautifully arranged popular songs.

The Friends invite all seniors to come to McCray's for ice cream and music. Check in at the Friends' table by the mini golf course upon arrival to receive a voucher for a free sundae. Bring a lawn chair, sit back, relax and enjoy the music.

This program has received support from the South Hadley Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



Happy National Senior Center Month

To celebrate our wonderful Senior Center, the Friends of the South Hadley Seniors will provide free cider donuts and coffee every Friday morning in September.

COA Club Hours: Wed. & Thurs. 10:00-11:30 AM

For more information, Contact:

Susan: 413-536-2106 | Huguette: 413-530-6162

TRAVEL CLUB

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.

Travel Club Gift Certificates: Give the perfect gift! Purchase certificates in any denomination—there's no expiration, and they can be used for any trip. Call Susan or visit us at the COA during 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.

Rainbow Social Club (RSC) Monthly Events

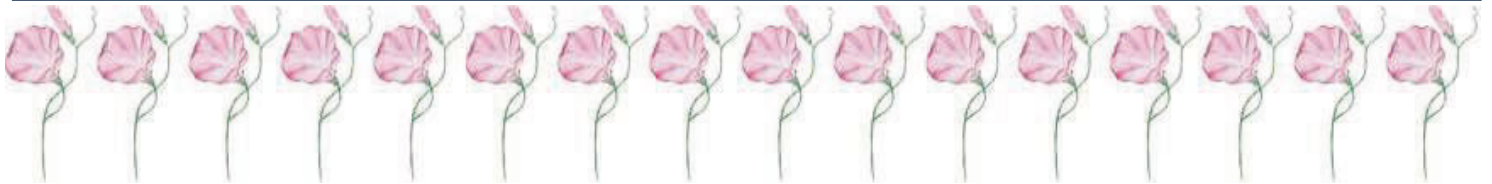
To support, uplift, and empower older adults in the LGBTQ+ community — the RSC offers the lesbian, gay, bisexual, transgender, questioning, intersex, and asexual (LGBTQ+) community opportunities to meet one another and grow in their identities.

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.



Upcoming Events!

Sound Bath Meditation

Thursday, October 3rd at 5:30 PM

Experience the calming effects of sound baths, a meditative practice using resonant music to create an immersive, soothing atmosphere.



COA Art Gala with Senior Center Artists

Thursday, October 10th from 4:00-7:00 PM

Join us for an evening celebrating the creativity of our Senior Center artists. Explore a vibrant collection of artwork and engage with the talented artists who make up our community.



“Vintage Vegas” Halloween Party with Dean Martin

Thursday, October 3rd at 5:30 PM

Join us for a fun-filled evening with a Dean Martin tribute performance by Jack Lynn. Sponsored by the South Hadley Travel Club.

AVAILABLE NOW! PRINT & DIGITAL AD SPACES

Build your business and help us grow a vibrant community!

Susanne Carpenter from LPI, our newsletter printer, will be securing new ads for our center in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommunityOnline.com.



Susanne Carpenter
508-736-3000
SCarpenter@4lpi.com



South Hadley Council on Aging
 45 Dayton Street
 South Hadley, MA 01075

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 COA in writing.

NONPROFIT ORG
 U.S. POSTAGE
PAID
 SPRINGFIELD MA
 PERMIT NO. 3085

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**
- Selena Rodriguez, Human Serv. Coord.**
- Rick Dufault, & Eric Gallagher, Minibus Drivers**
- Carol Reznik & Wendy Farley, Receptionist**
- Vacant, Food Serv. Coord.**
- Vacant, Kitchen Assistants**

Mission Statement

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.

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**