



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.



Monday - Friday
8:00 AM - 4:30 PM
Open until 7 PM on Thursday



45 Dayton Street
South Hadley, MA 01075



413-538-5030 (press 3)



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



@southhadleycoa

REGISTRATION FOR OCTOBER ACTIVITIES AND PROGRAMS BEGINS ON:

Monday, Sep. 23rd — South Hadley Residents
Wednesday, Sep. 25th — Non-Residents

Did you hear the news?! Tech-Time is Back!

Welcome Maria Heffernan, COA Technology Instructor



Maria, originally from Ireland, now resides in Holyoke with her husband and two children. With over 25 years of experience in technology, she's excited to share practical tips for staying safe and secure online with the COA community. Be sure to check out her programming in the current and upcoming newsletters!

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Vintage Vegas Halloween Party

Thursday, Oct. 31st at 5:30 PM

Celebrate Halloween with us "Vegas" style! Jack Lynn performs music by "Rat Pack" member, Dean Martin, sponsored by the South Hadley Travel Club. All participants are automatically entered to win a prize package worth \$500.00 donated by MGM to the Friends of the South Hadley Seniors. It will be a great evening of games, music and surprises!



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South Hadley COA - South Hadley, MA

06-5294

Community Table: Mon-Fri Served by 12:30 PM

Breakfast-To-Go: Mon-Fri Pick-up at 12:30 PM

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. Breakfast meals are intended to be warmed for the next day. 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.

Senior Tax Credit Work-Off Program

Participants in the Senior Tax Credit Work-Off Program can work in Town Departments to earn a real estate tax abatement. To qualify, please review the program requirements on the HR page at SouthHadley.org. Applications will be available at the COA starting in October.

Go Green Newsletter Option

We now offer a GO GREEN option for newsletter delivery! By choosing to receive our newsletter online, you'll get the latest updates and upcoming events delivered to your inbox faster than ever. To switch to this eco-friendly option, please contact the Reception Desk to confirm your preferred delivery method.

Registration Dates for Activities and Programs

We're excited to introduce a new streamlined registration process to make it easier for you to sign up for our programs. For South Hadley residents, registration for all November activities will open on Monday, October 28th. Non-residents can begin registering two days later, on Wednesday, October 30th. Mark your calendars and get ready to participate in the fantastic programs we have lined up! We look forward to seeing you there.



Reasonable 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 at 413-538-5030 x6206.

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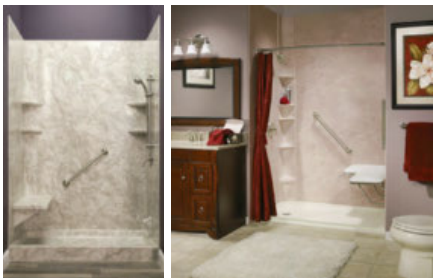
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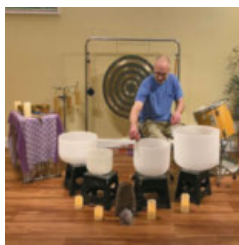
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4 Special Programs - Registration Required



Sound Bath Meditation
Thursday, Oct. 3rd from 5:30-6:30 PM
A sound healing meditation journey with Jeffrey Wyda, who is a Nationally Board Certified Holistic Registered Nurse specializing in the integrative healing arts.

Ethnographic Research Design with Professor Roth & Mount Holyoke College (MHC) Students

Fridays at 10:00 AM Starting Oct. 4th until Nov. 22nd



Get ready to dive into a fun-filled exploration where you'll team up with MHC's anthropology whizzes to craft an exciting research project. Ever wondered how to turn the everyday into the extraordinary? In this course, we'll blend your intimate knowledge of the familiar with a

splash of fresh, anthropological flair to uncover new perspectives. You'll be hands-on in creating a research topic that not only sparks curiosity but also uncovers answers to intriguing questions. What's the story behind it? What kinds of evidence will crack the case? And how do we gather and make sense of it all? Don't worry if you're new to this—no prior experience needed!

Office Hours

Senator Oliveira: Tues, Oct. 8th at 11:00 AM
Police Chief Gundersen: Thurs, Oct. 24th at 10:00 AM



Birthday/Anniversary Celebration with Matt York & MacDuffie School Students
Wednesday, Oct. 9th at 2:00 PM

Join us for a festive celebration of our birthdays and anniversaries this month! Enjoy entertainment by Matt York, a Boston-based country artist renowned for his award nominations and media features. If you're celebrating a birthday or anniversary this month, be sure to enter our raffle for a chance to win exciting prizes! Plus, take the opportunity to meet and greet some of the students from MacDuffie School. We look forward to celebrating with you!



Ice Cream Social with Monte Marie
Tuesday, Oct. 15th at 12:30 PM
The wonderful team at Mont Marie offers another free ice cream social. Come join us!

NEW! Senior Center Music Group
Starting Oct. 16th, Wednesdays at 10:00 AM
Calling all musicians! Join our band under the instruction of retired music teacher Jim Vogel.



SHCOA Art Gala
Thursday, Oct. 10th from 4:00-6:30 PM

The Senior Center comes alive with a major exhibition of works by the artists involved in all our art, quilting and fiber arts classes! This exhibit will showcase art throughout our beautiful center. Works of art submitted by our celebrated art instructors and their talented students as well as works from our quilting and fiber arts instructors and students. This event is free and open to the public and all are welcome!

Monthly Social Dance Club

Wednesday, Oct. 16th from 2:00-4:00 PM
Richie Mitnick plays all the songs you want to hear and dance to! Get moving and feel great!

Medicare Made Easy: SHINE Office Hours with Sue **Thursday, Oct. 17th at 5:30 PM**

Got Medicare questions? Sue, our certified SHINE (Serving Health Insurance Needs of Everyone) counselor, is here to help! Whether you're navigating coverage options, looking for advice on plans, or have general Medicare concerns, Sue will guide you through it all. Don't miss this chance to get personalized assistance and clarity on your Medicare needs!

South Hadley's Conservation Area **Thursday, Oct. 17th at 5:30 PM**

Continue the conversation from Rebekah Cornell's August talk! Learn about the town's conservation areas and the flora and fauna you see on trails.



Women's Network!
Wednesday, Oct. 23rd at 1:30 PM

This month we will be hosting Joan Grenier, owner of the Odyssey Bookshop as our special guest! Our delicious refreshments will be from Nic-Nats, a bakery local to South Hadley. Refreshments sponsored by the Friends of the South Hadley Seniors.

Staying Safe Online

Thursday, Oct. 24th at 5:30 PM



Join us for an online safety presentation from Maria! Learn how to recognize scams, create strong passwords, shop safely online, and protect your personal information.

Halloween Bingo

Tuesday, Oct. 29th from 1:00 PM-3:00 PM

Join us for Bingo with prizes and refreshments, sponsored by the Friends of the South Hadley Seniors. Costumes are optional but encouraged!

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



Monday-Friday | 9:00 AM-3:00 PM
Thursday Evenings | Call the COA

Shopping Schedule

Tuesdays at 11:30 AM: Big Y



Cost?

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

Advance Notice Required?

Social Rides: 24 hours

Medical Rides: 3 days

Accessibility?

This is a curb-to-curb service with a wheelchair lift available. Please note that drivers are unable to provide hands-on assistance.



Tech-Time with Maria Thursdays 9:00-11:00 AM

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

Sessions are available by appointment only. Please contact the reception desk.

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.

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6 Support Services

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



Neighbors Helping Neighbors, Inc.

Supporting your local Food Pantry "Neighbors Helping Neighbors"

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

Thank you for your continuing support!



Tuesday, October 15th
10:00 AM-11:00AM
Please call or visit the COA for an application.
*Pick up time subject to change.



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 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!



A Note from Emily

Fuel Assistance Season is Almost Here!

The Fuel Assistance season starts November 1st. If you've received a recertification packet from Community Action of Greenfield and need help completing it, contact Emily for an appointment.

For South Hadley seniors applying for the first time, a face-to-face meeting with Emily is required. To schedule an appointment, call or email her at 413-538-5030 x6206 ejoslin@southhadleyma.gov.



Sue LaMastro, a certified SHINE Counselor, is available to help seniors choose the right Medicare plan. SHINE (Serving the Health Insurance Needs of Everyone) provides free, unbiased advice on Medicare options. **Medicare Open Enrollment runs from October 15th to December 7th**—this is your chance to review your coverage. If you're happy with your current plan, no action is needed. If you're exploring new options, the Senior Center offers SHINE counseling by appointment. **Additional times are available during open enrollment, but spots fill fast, so don't wait—call today!**

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

The Belchertown Senior Center hosts a Caregiver Support Group on the 4th Wednesday of the month Led by Libby Overly, LISW, and Diane Laplante, RN. For more info, call Belchertown Senior Center 413-323-0420.

The Chicopee Senior Center is hosting Memory Connections Monthly on the 1st Wednesday Memory Connections serves caregivers of people with dementia. Registration is required, stop by RiverMills Center or call 534-3698.



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, October 1st from 9:00 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.

Table Talk for Senior Mentor Program

Wednesday, October 2nd at 11:30 AM

Senior Mentors Wanted! Age Friendly South Hadley and South Hadley Public Schools are seeking Seniors to connect with students during the school day. Visit an informational table at the Senior Center, or contact Carol Constant at cpconstant@gmail.com.

Age & Dementia Friendly Sub-Committee 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.

Chair Massage with Barbara Burgos

Monday, October 7th at 9:00 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 reception desk.

Low Vision Support Group

Tuesday, October 8th 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, October 8th at 9:00 AM

***Registration Required**

Screenings and Hearing Aid cleanings by Allison.

Veterans' Social Hour

Wednesday, October 9th at 9:00 AM

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

Nutrition Counseling Appointments

Tuesday, October 15th at 9:00 AM

***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, October 17th at 10:30 AM

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

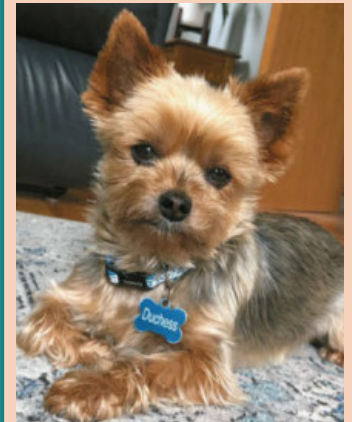
Community Companion Outreach

Thursday, October 17th at 2:00 PM

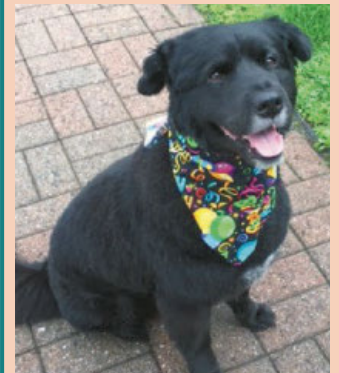
We will be visiting with our community friends at Hubert Place. We will be introducing our new Tech Instructor Maria! Refreshments provided by the Friends of the South Hadley Seniors. Contact Kathy Florence if you want to become a volunteer.



Pet Therapy



Duchess
Oct. 7th & 21st
12:30-1:30 PM



Riley
Thursdays
11:00 AM-12:00 PM

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OCTOBER 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>1 9:00 Stretch and Go 9:00 Foot Nurse by Appt. 9:45 Healthy Bones 10:00 Fitness Basics 10:30 Card Making 11:15 All Levels 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</p> <p>Meatloaf w/ Sauce</p>	<p>2 9:00 Dance w/ Loryn 9:30 Painting 9:30 Healthy Bones 10:00 Travel Club 10:00 Personal Training 10:45 Healthy Bones 11:15 Beginner Yoga 11:30 Table Talk 12:30 Fitness Orientation 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage</p> <p>Chicken Marsala</p>	<p>3 9:00 Stretch and Go 9:00 Tech-Time 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 11:00 Ukelele 11:00 Pet Therapy 11:15 Sit/Stand Yoga 12:00 Learn Mahjong 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 5:30 Sound Bath Medit. 5:30 Evening Yoga</p> <p>BBQ Pulled Pork</p>	<p>4 9:00 Cornhole 9:30 Beginner Watercolor 9:30 Healthy Bones 10:00 Research w/ Prof Roth 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Resin Art</p> <p>Seafood Stuffed White Fish</p>	
<p>7 9:00 Aquafit - YMCA 9:00 Cornhole 9:00 Massage by Appt. 9:00 N/A 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>Shepherd's Pie</p>	<p>8 9:00 Stretch and Go 9:00 Hearing by Appt. 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Low Vision Group 11:15 All Levels Yoga 11:30 Senator Oliveira 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>Taco Tuesday</p>	<p>9 9:00 Dance w/ Loryn 9:00 Veteran Social Hour 9:30 Painting 9:30 Healthy Bones 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 Bday/Ann w/ Matt & MacDuffie Students</p> <p>Braised Pork Stew on Veg</p>	<p>10 9:00 Stretch and Go 9:00 Tech-Time 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 11:00 Ukelele 11:00 Pet Therapy 11:15 Sit/Stand Yoga 12:00 Learn Mahjong 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 4:00 SHCOA Art Gala 5:30 Evening Yoga</p> <p>Stuffed Chicken</p>	
<p>DELANEY'S M A R K E T</p> <p>NOTICE: Beginning Oct. 1st there will be a new caterer for our community table meals. The meals are still provided through WMEC, but the new caterer will be Delaney Market. All else remains the same.</p>	<p>11 9:00 Cornhole 9:30 Beginner Watercolor 9:30 Healthy Bones 10:00 Research w/ Prof Roth 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Pumpkin Planter</p> <p>Baked Sole</p>			

<p>14</p> <p>COA CLOSED</p> <p>INDIGENOUS PEOPLES DAY</p> <p>No Meal Service</p>	<p>15 9:00 Stretch and Go 9:00 Nutrition by Appt. 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Brown Bag 11:15 All Levels 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>Rosemary Pork Loin</p>	<p>16 9:00 Dance w/ Loryn 9:30 Painting 9:30 Healthy Bones 10:00 Music Group 10:00 Travel Club 10:00 Personal Training 10:45 Healthy Bones 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>Chicken Enchilada Casserole</p>	<p>17 9:00 Stretch and Go 9:00 Tech-Time 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 10:30 LGBTQ+ Coffee Hr 11:00 Ukelele 11:00 Pet Therapy 11:15 Sit/Stand Yoga 12:00 Learn Mahjong 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 5:30 Evening Yoga 5:30 SHINE Office Hours 5:30 Conservation Areas Turkey Loaf w/ Sage Gravy</p>	<p>18 9:00 Cornhole 9:30 Beginner Watercolor 9:30 Healthy Bones 10:00 Research w/ Prof Roth 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p>Shrimp Scampi w/ Linguini</p>
<p>21 9:00 Aquafit - YMCA 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>Cheesy Chicken Casserole</p>	<p>22 9:00 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 11:15 All Levels 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>Buttered Pasta & Turkey</p>	<p>23 9:00 Dance w/ Loryn 9:30 Painting 9:30 Healthy Bones 10:00 Personal Training 10:00 Travel Club 10:00 Music Group 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 Books & Banter Club</p> <p>Peanut Noodles & Pork</p>	<p>24 9:00 Stretch and Go 9:00 Tech-Time 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 10:00 Chief Gundersen 11:00 Pet Therapy 11:00 Ukelele 11:15 Sit/Stand Yoga 12:00 Learn Mahjong 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 5:30 Evening Yoga 5:30 Staying Safe Online</p> <p>New England Pot Roast</p>	<p>25 9:00 Cornhole 9:30 Beginner Watercolor 9:30 Healthy Bones 10:00 Research w/ Prof Roth 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Flower Arranging</p> <p>Seafood Newburg</p>
<p>28 9:00 Aquafit - YMCA 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>Fiesta Chicken</p>	<p>29 9:00 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 11:15 All Levels Yoga 11:30 Big Y Shopping 1:00 Halloween Bingo 1:00 Bingo 1:00 Learn/ Play Pinochle 1:00 Healthy Bones 3:00 Trivia Club 3:00 Social/Ballroom</p> <p>BBQ Pulled Pork</p>	<p>30 9:00 Dance w/ Loryn 9:00 Painting 9:30 Healthy Bones 10:00 Personal Training 10:00 Travel Club 10:00 Music Group 10:45 Healthy Bones 11:15 Beginner Yoga 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage</p> <p>Turkey Dinner w/ Stuffing</p>	<p>31 9:00 Stretch and Go 9:00 Tech-Time 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Travel Club 11:00 Pet Therapy 11:00 Ukelele 11:15 Sit/Stand Yoga 12:00 Learn Mahjong 1:00 Sit and Sew</p> <p>1:00 Chair Volleyball 1:00 Healthy Bones 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:00 Dance Fitness 2:15 Meditation 5:30 Evening Yoga 5:30 Vintage Vegas Party</p> <p>Pulled Beef Brisket</p>	

November Sneak Peek!

A-Ray of Elvis at the COA! Birthday/Anniversary Celebration

Thurs, Nov. 21st at 5:00 PM
Ray Guillemette Jr., also known as A-Ray of Elvis, returns to help us celebrate our birthdays and anniversaries for the month! Free refreshments will be provided as we groove to the King's tunes.

Friendsgiving Dessert Social & Baking Contest with D.J. Luis

Mon, Nov. 25th at 1:00 PM
Celebrate friendships with delicious desserts, lively music from D.J. Luis, and free raffles! Have a specialty dessert recipe? Enter our Bake-Off for a chance to win a Big Y gift certificate.

Monday Movie Matinee at 1:00PM



Oct. 7th
October Sky
(1999)
Family/
Drama

Oct. 21st
You've Got to Mail (1998)
Comedy/
Romance

Oct. 28th
Beetlejuice
(1988)
Comedy/
Horror



Arts & Learning Activities

Questions? Contact Kathy at kflorencia@southhadley.ma.gov



Craft Club: Card Making

Tuesday, Oct. 1st at 10:30 AM
***Fee \$5.00 (Space is limited)**
Joanne teaches this class where you will make four different card designs. All supplies included.

Craft Club: Resin Art

Friday, Oct. 4th at 1:00 PM
***Fee \$5.00**
Carla teaches how to use UV resin and other materials artfully to make jewelry, key chains, and other small items.

Craft Club: Pumpkin Succulent Planter

Friday, Oct. 11th at 1:00 PM
***Fee \$35.00 (Space is limited)**
Megan from Dave's Natural Garden leads this workshop with succulent plants from their farm, planted inside artificial pumpkins.

Craft Club: Flower Arranging

Friday, Oct. 25th at 1:00 PM
***Fee \$10.00 (Space is limited)**
Brighten your day with the beauty of a fresh flower arrangement with a fall theme! All supplies included.

"Get a Clue" Mystery Book Club

Tuesday, Oct. 8th at 3:00 PM
Discuss *We Begin at the End* by Chris Whitaker. Next month's read is *Vera Wong's Unsolicited Advice for Murderers* by Jesse Sutano.

Books & Banter Club (Hybrid)

Wednesday, Oct. 23rd at 2:00 PM
Discuss *Homestead* by Melinda Moustakis. Contact Kathy for the Zoom link.

Academic Drawing & Painting

Mondays at 9:30 AM *Fee \$5.00
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

Wednesdays at 9:30 AM
***Fee \$5.00**
Bring your supplies and projects to this class led by Christiane.

Creative Collaging

Wednesdays at 1:00 PM

Watercolors

Thursdays at 9:30 AM *Fee \$5.00
Bring your own supplies.

Ukulele

Thursdays from 11:00 AM-12:00 PM
Intermediate level group playing in a Round Robin setting.

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.

SHCOA Art Gala

Thursday, Oct. 10th from 4:00-6:30 PM

Discover the COA brought to life through a major exhibition featuring works by artists from all of our arts and craft classes! This event is free and open to all ages.

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 COA Team

In Honor or Appreciation of: _____

In Memory of: _____

Donated by: _____

Home 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

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Amy Catanzaro,
 AuD., Doctor of Audiology

Joni Skinner,
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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.

Aqua Fit at the YMCA RETURNS Oct. 7th!

Mondays at 9:00 AM *Fee \$4.00
(Space is limited)

A combination of cardio and strength training with low impact on your joints, in the pool! Ride the van to the YMCA or meet there.

Cornhole

Mondays & Fridays at 9:00 AM
*FREE

"NIA" with Beth

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 gets 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.

Healthy Bones & Balance

Tuesdays & Thursdays

9:00 AM and 1:00 PM *FREE

Wednesdays & Fridays

9:30 AM and 10:45 AM *FREE

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

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 with JLo

Tuesdays at 3:00 PM

Learn Swing, Rumba, Waltz, Country, 2-step, Foxtrot, Cha-cha, Samba, and Mambo. No partner needed.

Dance with Loryn

Wednesdays at 9:00 AM

A joyful, all-abilities dance class. Learn a variety of dance moves set to fun music.

Group Personal Training with Heidi

Wednesdays at 10:00 AM

*Fee is charged per class

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, Oct. 2nd & 16th at 12:30 PM *FREE

A completed application from the front desk and a fitness room orientation are required.

Beginner Line Dance with Jennifer

Wednesdays at 1:00 PM

This is a beginner class where you will learn 6-8 dances from an experienced line dance teacher.

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!

Seated & Standing Dance Fitness with Jennifer

Thursdays at 2:00 PM

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

Meditation with Richard & Lewis

Thursdays at 2:15 PM *FREE

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

Evening Yoga with Michaela

Thursdays at 5:30 PM

Hatha Yoga with extended guided meditation and relaxation.



REMINDER: HEALTHY BONES AND BALANCE

Since September, Healthy Bones and Balances classes has 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 PER CLASS.** For any questions, please contact Senior Services Director, Julie Pearce.

Thank You!

We are sincerely grateful for all 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:

Wayne Petri
Nancy Dickenson
& Ann Provost

Patricia C. Kraske
Dr. George Smith

June & Lindy Bagg
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Diane Blais
Barbara Callan-Bogia
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Thank you to all our members for supporting us in 2024!



We have over 500 members of the Friends of the South Hadley Seniors and we appreciate your support. Your membership dollars have helped us to fund many programs offered this year at the Senior Center:

- + Monthly Birthday/Anniversary Entertainment
- + Specialty Bingos
- + COA Housing Community Outreach
- + Veteran's Breakfast
- + Staff Celebrations
- + Women's Network
- + Health Fair & Event Gift Cards
- + LGBTQ Monthly Coffee Hour
- + COA Anniversary Entertainment
- + Free coffee & cider donuts

...and still more to come

Would you like to learn more about how to get involved with the Friends and/or would you be interested in joining the Friends' Board of Directors? If so, please contact Janet at 534-5886.



Bingo-Ween on October 29th

The Friends are sponsoring another specialty Bingo on Tuesday, October 29 with some fun treats and prizes. Reserve your seat by calling the COA.

TRAVEL CLUB

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

For more information, please contact:

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

We are actively working on the 2025 trip schedule to fun and exciting destinations. We value input from all our loyal travelers. If you have any suggestions that you would like the Travel Club to consider, please let us know.

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 at 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.

South Hadley Falls Prevention Program: Fire Departments 1 & 2, in partnership with the COA and Age & Dementia Friendly Community, offer home safety visits to identify fall hazards. To schedule a visit or receive a Home Safety Checklist, contact Sandy Farnsworth at (413) 538-5030 ext. 6205.

Person at Risk Registry - TRIAD: Available for South Hadley residents who may be at risk of becoming lost or disoriented, or who might need medical assistance. For more information or to register, contact the South Hadley Police Department at (413) 538-8231 or Emily Joslin at (413) 538-5030 ext. 6206.

Lock Box - TRIAD: This program provides seniors with a secure box outside their home that holds a key. Installed by the South Hadley Fire Department, it allows first responders to access your home during emergencies. Call the COA at (413) 538-5030 ext. 6200.

Reflective House Numbers - TRIAD: The South Hadley TRIAD offers reflective house numbers for a small donation to ensure your address is visible day and night. Contact Fire District 1 or 2 and ask for the Fire Prevention Officer to get yours.

File of Life - TRIAD: This card provides first responders with essential medical information when patients cannot. Available at the COA.

Elder Mental Health Outreach Teams: The SHCOA partners with WestMass ElderCare to provide free behavioral health services to older adults. Support is available in homes or at community sites. For referrals and more information, call (413) 538-9020, TTY: 800-875-0287, or email info@wmeldercare.org.

Rainbow Social Club (RSC) Monthly Events: To support and empower older adults in the LGBTQ+ community, the RSC offers opportunities for LGBTQ+ individuals to connect and grow in their identities.
 > 1st Wednesday Every Month: Monthly Coffee Hour—5 PM at Holyoke COA & Belchertown COA
 > Virtual Gathering—Monthly Guided Discussion
 For more information, call WestMass ElderCare, or email RainbowSocialClub@wmeldercare.org.

Commission on Disabilities (COD): The COD advises on accessibility and compliance with disability laws. Participate in their survey to help identify community needs and support their mission for greater inclusion and equal access. Call Larry Dubois at (413) 531-9561 to request a survey.

Thank you to the Friends of the South Hadley Seniors for sponsoring coffee & donuts from Atkins for National Senior Center Month!

THANKS TO EVERYONE WHO MADE THE OPEN HOUSE A HUGE SUCCESS!





South Hadley Council on Aging
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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.
Maria Heffernan, Tech. Instructor
Rick Dufault, & Eric Gallagher, Minibus Drivers
Carol Reznik & Wendy Farley, Receptionists

Council On Aging Board

Marilyn Ishler, Chairperson
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Sheila Pennell, Secretary
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Richard Matteson, Member
Liane Pueschel, Member
Robert Pueschel, Member

Resource Directory

NEIGHBORS HELPING NEIGHBORS

(413) 437-7593 | info@nhnfoodpantry.org
A client choice food pantry in South Hadley.
Pantry hours are Wednesday 12:30PM-6PM and Saturday 10AM-12PM.

TAKE & EAT PROGRAM: WEEKEND MEALS

Kathleen Ryan, (413) 672-1404 | (413) 664-1041
Program for those 60 years of age and older who are homebound, unable to prepare meals, shop, or get out. Meals are delivered on Sundays.

PROJECT BREAD'S FOODSOURCE HOTLINE

1-800-645-8333 | projectbread.org/gethelp
Connects you to programs that help afford groceries and put food on the table. Free and confidential assistance available for all MA residents in 180 languages. Hotline hours: Monday-Friday 8AM-7PM and Saturday 10AM-2PM.

MEDICAL EQUIPMENT Dave Fenton, (413) 582-7787
Used Pick-up and delivery at the Hampshire County Sheriff's Department.

MASSACHUSETTS SENIOR LEGAL HELPLINE

(800) 342-5297
Free legal information and referral services to MA residents ages 60 and older. Helpline is open Monday-Friday 9AM-12PM.

HAMPSHIRE ELDER LAW PROGRAM (HELP)

(413) 586-8729 | www.hampshirebar.org
For low-income elders in Hampshire County in need of legal assistance and cannot afford to hire an attorney.

PVTA SENIOR TRANSPORTATION RESOURCES
Customer Service: (413) 781-7882

WESTMASS ELDERCARE (WMEC)

(413) 538-9020 | info@wmeldercare.org
WMEC, South Hadley's Area Agency on Aging (AAA), supports older adults, people with disabilities, and their caregivers. Their Meals on Wheels Program delivers nutritious meals to seniors in need.

HOME MODIFICATION LOAN PROGRAM (HMLP)

Susan Gillam, 1-800-500-5599 or 857-939-7227
No interest loans to modify the homes of adults and children with disabilities.

MT. TOM CENTER FOR MENTAL HEALTH & RECOVERY | (413) 536-5473

A community-based outpatient mental health and substance abuse program providing on-site and outreach services.

MASS 211 from United Way: 211
Resource search network.

Alzheimer's Association Helpline: 1-800-272-3900

MASS Social Security: 1-800-772-1213

National Elder Fraud Hotline: 1-833-372-8311

National Suicide Prevention & Crisis Lifeline: 988

SAGE LGBTQ+ Elder Hotline: 1-877-360-5428 or www.sageusa.org

Veterans' Crisis Line: 1-833-372-8311

WMASS Elder Abuse Hotline: 1-800-922-2275

