



NOVEMBER 2024

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 BEGINS
MONDAY, OCT. 28 » RESIDENTS
WEDNESDAY, OCT. 30 » NON-RESIDENTS

★ ★ ★ HONORING ALL WHO SERVED ★ ★ ★

INSIDE THIS ISSUE

3	Community Table & Announcements
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VETERANS RECORDING SESSION AT THE SHCTV STUDIO
 Friday, November 1st » 1:30 PM
 This is a special opportunity for Veterans to be interviewed for a 2-5 minute session and aired at a later date! Interested? Contact Kathy Florence or Director of Veterans Services, Chris Plotniak at 413-538-5030 ext. 6137.

VETERANS DAY BREAKFAST
 Friday, November 8th » 8:30 AM
 Veterans and one guest are invited to a special breakfast prepared by the SHHS Culinary Program, followed by a special ceremony with guest speakers and music by the SHHS Vocal Roar. Event sponsored by the Friends of the South Hadley Seniors, the VFW, and the Veterans Council.

VETERANS COFFEE HOUR
 Wednesday, November 13th » 9:00 AM
 Join us for our monthly Veterans Coffee Hour! Free pastries and coffee provided by VFW Post 3104 and American Legion Post 260.



WE TRULY APPRECIATE ALL THAT OUR HONORED VETERANS HAVE DONE FOR OUR COUNTRY AND TO DEFEND THE FREEDOMS WE HAVE TODAY. THANK YOU!

JOIN US AS A VOLUNTEER!
 Are you looking to make a difference in our community? We'd love to have you on our team! Share your time and talents while connecting with others who care about making a positive impact.
 If you're ready to lend a hand and get involved, please contact **Kathy Florence at 413-538-5030 ext. 6207.**



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South Hadley COA - South Hadley, MA

06-5294

Community Table: Mon-Fri Served by 11:30 AM

Reserve meals by 11:00 AM the day before. A suggested confidential donation of \$3.00 for guests 60+. Those under 60 are charged \$6.00 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.

Breakfast-To-Go: Mon-Fri Pick-up at 11:30 AM

Registration Dates for December

Registration for December activities opens for South Hadley residents on Monday, November 25th, and for Non-residents on Wednesday, November 27th.

Senior Tax Credit Work-Off Program

Participants can earn a real estate tax abatement by working in Town Departments. For eligibility requirements, visit the HR page at SouthHadley.org. Applications are available at the COA.

Member Feedback Forms Now Available

If you have a compliment, suggestion, or concern, please request a feedback form at the Front Desk. Rest assured, all feedback will be carefully reviewed by our Director. Your input helps us improve!

AARP Tax-Aide Program Volunteer Opportunity

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. And we want you to join us. Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns on the computer. Basic computer skills and some experience in filing your own tax returns are helpful, along with a willingness to make a one day per week time commitment during our 10-week tax season. Hands-on training is provided in the classroom, and we have experienced Counselors to assist at all sites. Please consider whether you, or someone you know, might be willing to help this year. Training will be done this Fall. For more info, email D5Taxaide@comcast.net.

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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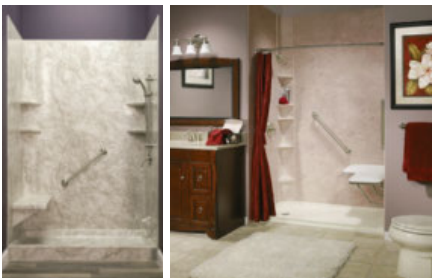
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4 Special Programs - Registration Required

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



Fridays » 10:00 AM through November 22nd

Working with Professor Roth and the MHC students, this hands on course continues creating a research topic that not only sparks curiosity but also

uncovers answers to intriguing questions.

Winter Preparedness Mini Fair




Friday, November 1st » 8:30-10:30 AM

Information, presentations and handouts to prepare you for the upcoming winter weather. The South Hadley Fire Districts and other local groups will be in attendance.

Turkey Bowl Cornhole Challenge: MacDuffie vs. SHCOA Seniors!

Wednesday, November 6th » 2:00-4:00PM

 Come join in the fun. The reigning cornhole champion seniors take on the MacDuffie school students!

Estate Planning with Attorney Karen Jackson

Thursday, November 7th » 5:00 PM

Attorney Jackson will give useful and pertinent information on Estate planning. Topics to be discussed include Wills, Health Care Proxies, Advance Directives, HIPAA Releases, and Powers of Attorney.

Ice Cream Social with Mont Marie

Tuesday, November 12th » 12:30 PM

The wonderful team at Mont Marie offers another free ice cream social! Come join us!

Social with MacDuffie School

Wednesday, November 13th » 2:00 PM

We will have a special dance performance by the MacDuffie students. Join us to enjoy and support their talented group! Free refreshments.

Pamper Yourself with Megan!

Thursday, November 14th » 3:00 PM



Free consultations for skin health, pampering, and Mary Kay facials, using customized items suitable for the needs of one's skin.

Life with Bill

Thursday, November 14th » 5:30 PM

A new model for aging presented by Nick Kachulis. Nick sings and shares stories about his relationship and living arrangements with his very active father.

Gentleman's Breakfast

Friday, November 15th » 8:30 AM

Gentlemen's breakfast is back! Our new Food Service Coordinator, Chef Dakota will be preparing a delicious breakfast. Please join us!


South Hadley Board & Brush Holiday Project

Friday, November 15th » 1:00 PM

Choose from 3 different single board signs, choose your stain, and then using a stencil, paint with instruction from Board and Brush staff. Purchase your prepaid ticket for \$25 at the Front Desk.

Luncheon Outing to the SHHS Tiger's Den Restaurant

Wednesday, November 20th » 11:00 AM

 Join us for a delicious lunch at South Hadley High School and support their culinary students. Lunch menu choices are available when get your tickets at the Front Desk. Tickets are \$12 per person.

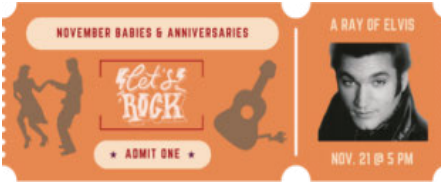
Holiday Luncheon

Thursday, November 21st » 11:30 AM

Community Table holiday lunch with music from Berkshire Hills Jazz Band. A suggested donation of \$3 for those over 60, and \$6 for anyone under 60 years of age. Register by 11:00 AM on Wednesday, Nov. 20th.

Birthday & Anniversary Social with A Ray of Elvis


Thursday, November 21st » 5:00 PM

 Ray Guillemette Jr. is one of today's leading, premier, Elvis Tribute Artists. Sponsored by the South Hadley

Travel Club. Join us for cake and music! During your birthday month, stop by the center and enter your name in our birthday club jar for a chance to win a gift at our birthday party!

Friendsgiving Dessert Social with DJ Luis

Monday, November 25th » 1:00 PM

 Celebrate friendship with desserts, and generously donated gift basket raffles. Entertainment by DJ Luis. Enter a specialty dessert recipe into our Bake Off for a chance to win Big Y certificates. Sponsored by the Friends of the South Hadley Seniors, and area partners.

Women's Network

Wednesday, November 27th » 1:30 PM



Join us for our monthly social program for women, featuring guest speakers and refreshments. This month, we're excited to welcome Lisa Wong, South Hadley Town Administrator. Refreshments will include mini cupcakes from a local bakery, sponsored by The Friends of the South Hadley Seniors.

COA In-Town Transportation

Free for South Hadley Residents 60+ years old

Availability:

Monday-Friday » 9:00 AM-3:00 PM
Thursday Evenings (by request)



Advance Notice:

3 business days required for ALL rides

Coverage:

Medical & Social Rides (i.e. Medical appointments, Grocery shopping, Trips to COA, Social events)

Accessibility:

Curb-to-curb service with a wheelchair lift; no hands-on assistance



Weekly Ride to Big Y: Tuesday » 11:30 AM

To schedule a ride, please contact 413-538-5030 ext. 3, between the hours of 1:00-3:00 PM on Monday, Wednesday, and Friday only.

Tech Assistance & Workshops



Tech-Time with Maria

Thursdays » 9:00-11:00 AM

1-on-1 sessions designed to help you navigate your devices with confidence! Appointment required.

Using Facebook

Tuesday, Nov. 12th » 10:00 AM (6 person limit)

Bring your devices and learn about privacy and safety on Facebook, including how to understand your newsfeed, find interesting pages and groups to follow, and how to block people or content. Registration required.

Online Shopping Tips for the Holiday Season

Tuesday, Nov. 19th » 3:15 PM

Get ready for the holiday season with a presentation on safe online shopping. Understand reviews, compare prices from different retailers, and identify when someone is being paid to promote items to you on social media! No registration required.

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



Looking for a meaningful way to connect with others?

Join **Community Companions**, a volunteer group led by Activities & Volunteer Coordinator, Kathy with Social Services Coordinator, Emily, joining in support. This group focuses on bringing friendly and engaging conversation to those who may not always make it to the center.

On November 14th at 2:00pm, we'll be visiting our friends at Lathrop Village and introducing our new Tech Instructor, Maria! Refreshments provided by the Friends of The South Hadley Seniors.

Interested in volunteering? Contact Kathy Florence for more details. kflorence@southhadleyma.gov

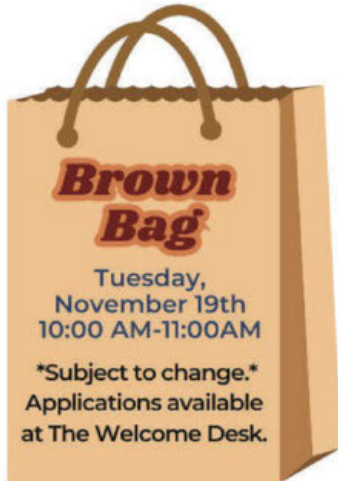


Neighbors Helping Neighbors, Inc.

Supporting the Food Pantry

The Food Pantry item for **November** is canned Corned Beef Hash! Drop-off is located in the vestibule of the COA.

Thank you for your support!



Brown Bag

**Tuesday,
November 19th
10:00 AM-11:00AM**

***Subject to change.*
Applications available
at The Welcome Desk.**



CISA

2024 Senior Farm Share - Thank You!

We extend our heartfelt gratitude to CISA and Dave's Natural Garden for another successful Senior Farm Share! Your commitment to delivering fresh, local produce has made a significant impact on our community. Thank you for your unwavering dedication and support in enhancing the lives of our seniors through nutritious, healthy food. Be sure to keep an eye out this spring for information about the 2025 Senior Farm Share!

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.



A Note from Emily

Fuel Assistance Season 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:
413-538-5030 x6206 ejoslin@southhadleyma.gov.



Sue LaMastro, a certified SHINE Counselor, is available to help seniors choose the right Medicare plan. SHINE 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 counseling by appointment. **Additional times are available during open enrollment, but spots fill quickly—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 » 1:00-3:00 PM

*Registration Recommended

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

Chair Massage with Barbara Burgos

Monday, Nov. 4th » 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 Front Desk.

Foot Nurse: Sharon Beaulieu, RN

Tuesday, Nov. 5th » 9:00 AM

*Registration Required

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.

Diabetes Prevention Program

Thursday, Nov. 7th » 9:00 AM



Jennifer Jernigan, Assistant Public Health Director will present on healthy eating and how environmental factors play a part in developing diabetes. Free blood sugar testing available! Register at the Front Desk or call Jennifer at 413-538-5030, ext. 6107.

Hampshire Hearing & Speech Services

Tuesday, Nov. 12th » 9:00 AM

*Registration Required

Screenings and Hearing Aid cleanings by Allison.

Low Vision Support Group

Tuesday, Nov. 12th » 10:00 AM

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

Table Talk with the Committee on Disabilities (COD)

Thursday, Nov. 14th » 9:00-11:00 AM

Members of the South Hadley Committee on Disabilities will have a table in the lobby where you can ask questions and get necessary information.

Community Companion Outreach

Thursday, Nov. 14th » 2:00 PM

We will be visiting with our community friends at Lathrop Village, introducing our new Tech Instructor, Maria! Refreshments provided by the Friends of the South Hadley Seniors.

Table Talk with Regional Public Health Nurse: Fiona Cioch, RN/BSN

Monday, Nov. 18th » 11:00 AM-1:00 PM

November is National Diabetes Month! Fiona will be here to answer your questions and provide pertinent information.

Nutrition Counseling Appointments

Tuesday, Nov. 19th » 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, Nov. 21st » 10:30 AM



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

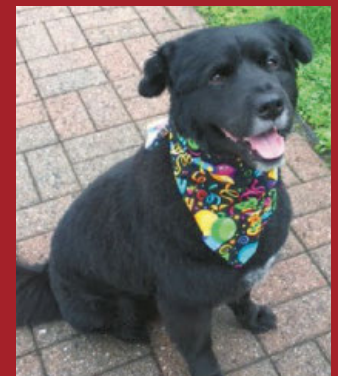


Pet Therapy



Duchess

Nov. 4th & 18th
12:30-1:30 PM



Riley

Thursdays
11:00 AM-12:00 PM

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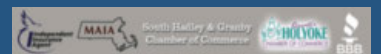
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South Hadley COA - South Hadley, MA

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NOVEMBER 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



Exciting NYC Bus Trip!
Saturday, December 14, 2024
Only \$65 per person

Join us for a memorable day in NYC! Departing from South Hadley High School at 7:00 AM, we'll arrive by 10:00 AM. Explore the city with 2-3 drop-off locations (revealed on the bus).

Shop, see a show, skate at Rockefeller Center, enjoy a meal, or take in iconic sights! All ages are welcome. Our bus returns to South Hadley at 6:00 PM.

Seats are limited—first come, first served! To reserve, fill out the form at www.southhadleyrecreation.org under “New York City Bus Trip.” Submission doesn’t guarantee a spot; confirmation emails will be sent within a week



Don't miss out on this amazing opportunity-reserve your spot today!

The November Community Lunch Menu will be available for pick-up at the Front Desk this month! We're sorry for any inconvenience and appreciate your patience.

- 4** 9:15 Aquafit - YMCA
 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

- 5** 9:00 Stretch and Go
9:00 Foot Nurse by Appt.
 9:45 Healthy Bones
 9:45 Fitness Basics
10:00 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
3:00 Mystery Book Club

- 6** 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
12:30 Fitness Orientation
 1:00 Mahjong
 1:00 Line Dancing
 1:00 Creative Collage
2:00 Turkey Bowl

- 7** 9:00 Stretch and Go
9:00 Diabetes Prevention
9:00 Tech-Time
 9:30 Watercolors
 9:45 Healthy Bones
 9:45 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 Music Jam Group
5:00 Estate Planning
 5:30 Evening Yoga

- 8** **8:30 Veterans Bkfst**
 9:00 Cornhole
 9:30 Beginner Watercolor
 9:30 Healthy Bones
10:00 MHC Research
 10:45 Healthy Bones
1:00 Resin Art
 1:00 Cribbage
 1:00 Bridge
 1:00 Fiber Arts Club

- 1** **8:30 Winter Prep Fair**
 9:30 Beginner Watercolor
 9:30 Healthy Bones
10:00 MHC Research
 10:45 Healthy Bones
 1:00 Cribbage
 1:00 Bridge
 1:00 Fiber Arts Club
1:30 Veterans - SHCTV Session

Daylight Savings Time Ends: Don't forget to turn your clocks back one hour on Sunday, November 3rd at 2:00 AM! You'll gain an extra hour of sleep and enjoy earlier sunrises and dark evenings!

<p>11</p> <p>COA CLOSED</p>  <p>No Meal Service</p>	<p>12 9:00 Stretch and Go 9:00 Hearing by Appt. 9:45 Healthy Bones 9:45 Fitness Basics 10:00 Using Facebook 10:00 Low Vision Group 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>13 9:00 Dance w/ Loryn 9:00 Veteran Coffee Hour 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 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 2:00 MacDuffie Social</p>	<p>14 9:00 Stretch and Go 9:00 Tech-Time 9:00 COD Table Talk 9:30 Watercolors 9:45 Healthy Bones 9:45 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 Healthy Bones 1:00 Chair Volleyball 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:00 Dance Fitness 2:15 Meditation 3:00 Pamper Yourself 4:00 Music Jam Group 5:30 Evening Yoga</p>	<p>15 8:30 Gents Bkfst 9:00 Cornhole 9:30 Beginner Watercolor 9:30 Healthy Bones 10:00 MHC Research 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 SH Board & Brush</p>
<p>18 9:15 Aquafit - YMCA 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 11:00 Diabetes Table Talk 12:30 Pet Therapy 1:00 Mahjong 1:00 Color Me Calm 1:00 Monday Movies 1:00 Zumba Gold</p>	<p>19 9:00 Stretch and Go 9:00 Nutrition by Appt. 9:45 Healthy Bones 9:45 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 3:15 Online Shopping Tips</p>	<p>20 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 11:00 Tiger's Den Outing 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 2:00 Books & Banter Club</p>	<p>21 9:00 Stretch and Go 9:00 Tech-Time 9:30 Watercolors 9:45 Healthy Bones 10:00 Travel Club 10:30 LGBTQ+ Coffee Hr 11:00 Pet Therapy 11:00 Ukelele 11:15 Sit/Stand Yoga 11:30 Holiday Luncheon 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 Music Jam group 5:00 Bday/Anniv Celebration 5:30 Evening Yoga</p>	<p>22 9:00 Cornhole 9:30 Beginner Watercolor 9:30 Healthy Bones 10:00 MHC Research 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Seasonal Swags</p>
<p>25 9:15 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 Zumba Gold 1:00 Friendsgiving Social</p>	<p>26 9:00 Stretch and Go 9:45 Healthy Bones 9:45 Fitness Basics 11:15 All Levels Yoga 11:30 Big Y Shopping 1:00 Bingo 1:00 Learn/ Play Pinochle 1:00 Healthy Bones 1:30 Flower Arranging 3:00 Trivia Club 3:00 Social/Ballroom</p>	<p>27 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 1:30 Women's Network</p>	<p>28</p> <p>COA CLOSED</p>  <p>No Meal Service</p>	<p>29</p> <p>COA CLOSED</p>  <p>No Meal Service</p>

10 Entertainment, Arts & Learning



COA Holiday Open House
Thurs, Dec. 12th at 4:00 PM
All ages welcome! Enjoy the Holiday Train, music by the South Hadley Community Band, crafts, refreshments, and more!

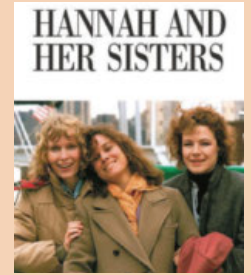
Holiday Show
with Sarah the Fiddler
Thurs, Dec. 19th at 5:30 PM
Sponsored by Friends of the South Hadley Seniors.

"Festival of Lights"
A Hanukkah Program
Fri, Dec. 20th at 2:30 PM
A program presented by Klezmir, a highly experienced band with a huge repertoire and top-notch musicians. Klezmir is versatile, multi-talented, and FUN! Sponsored by JGS Lifecare.

Monday Movie Matinee » 1:00 PM



Nov. 4th
The Boys in the Boat (2023)
Sport/Drama



Nov. 18th
Hannah and Her Sisters (1986)
Comedy/Romance

Arts & Learning Activities

Questions? Contact Kathy at kflorence@southhadleyma.gov

Craft Club: Card Making
Tuesday, Nov. 5th » 10:00 AM
***FEE \$5 (Space is limited)**
Joanne teaches this class where you will make 4 different card designs. All supplies included.

"Get a Clue" Mystery Book Club
Tuesday, Nov. 5th » 3:00 PM
Discuss *Vera Wong's Unsolicited Advice for Murderers* by Jesse Sutano. Next month's read is *The Silent Patient* by Alex Michaelides.

Craft Club: Resin Art
Friday, Nov. 8th » 1:00 PM *FEE \$5
Carla teaches how to use UV resin and other materials artfully to make jewelry, key chains, and other small items.

Books & Banter Club (Hybrid)
Wednesday, Nov. 20th » 2:00 PM
Discuss *The River We Remember* by William Kent Krueger. Contact Kathy for the Zoom link.

Monthly Social Dance Club
Wednesday, Nov. 20th » 2:00-4:00 PM *FEE \$4
Richie plays all the songs you want to hear, and dance to!

Craft Club: Seasonal Swags
Friday, Nov. 22nd » 1:00 PM
***FEE \$35 (Space is limited)**
Megan from Dave's Natural Garden leads this workshop. Add decorations and homemade bows to evergreens for a beautiful swag for the season!

Craft Club: Thanksgiving Flower Arranging
Tuesday, Nov. 26th » 1:30 PM
***FEE \$10 (Space is limited)**
Adorn your Thanksgiving table with a beautiful fresh flower arrangement!

Academic Drawing & Painting
Mondays » 9:30 AM *FEE \$5
Bring your own supplies.

Color Me Calm
Mondays » 1:00 PM
Supplies provided.

Tuesday Trivia Club
Tuesdays » 3:00 PM

Painting with Christiane
Wednesdays » 9:30 AM *FEE \$5
Bring your supplies and projects.

Senior Center Music Group
Wednesdays » 10:00 AM
Join our Senior Center band under the direction of retired music teacher, Jim Vogel!

Creative Collaging
Wednesdays » 1:00 PM

Watercolors with Tina
Thursdays » 9:30 AM *FEE \$5
Bring your own supplies.

Ukulele
Thursdays » 11:00 AM-12:00 PM
Intermediate level group.

Sit and Sew
Thursdays » 1:00 PM

Uplifting Karaoke with Ronnie
Thursdays » 2:00 PM

Jam Session
Thursdays » 4:00 PM
Looking for more opportunities to make music? Join us on Thursday nights!

Beginner Watercolor Bootcamp
Fridays » 9:30 AM *FEE \$5

Fiber Arts
Fridays » 1:00 PM

Artist of the Month: Gaetano J. Milano

Discover the world of Gaetano J. Milano through his stunning original oil paintings. From captivating portraits, landscapes, seascapes, still lifes, and homage to beloved artists like Norman Rockwell, Maxfield Parrish, Pino, and more. Experience the beauty throughout the COA during the entire month!

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

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

- Wherever Needed Most
- Activities Account
- Caregivers Gift Account
- Newsletter Account
- Services Gift Fund
- Holiday Gift Card/Lights On



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Get In On The Conversation



Allison Holmberg,
MS, Audiologist/SLP

Amy Catanzaro,
AuD., Doctor of Audiology

Joni Skinner,
AuD., Doctor of Audiology

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12 Fitness Programs – Please Register!

Fitness & Exercise Classes are \$3
Group Personal Training in the Fitness Center is \$5

Funding from our Activity Gift Fund supplements the cost of our fee-based programs.

Aquafit at the YMCA

Mondays » 9:15 AM

***FEE \$4 (Space is limited)**

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

Cornhole

Mondays & Fridays » 9:00 AM

***FREE**

“NIA” with Beth

Mondays » 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 » 10:00 AM (Hybrid)

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

Zumba Gold

Mondays » 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 » 9:00 AM

This class gets you up and ready for the day!

Fitness Basics with Lindsey

Tuesdays & Thursdays » 9:45 AM (Hybrid)

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

Healthy Bones & Balance

Tuesdays & Thursdays »

9:45 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 » 11:15 AM

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

Intro Social/Ballroom Dance Lessons with JLo

Tuesdays » 3:00 PM

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

Dance with Loryn

Wednesdays » 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 » 10:00 AM

***FEE 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 » 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, Nov. 6th & 20th »

12:30 PM *FREE

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

Beginner Line Dance with Jennifer

Wednesdays » 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 » 11:15 AM (Hybrid)

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

Chair Volleyball

Thursdays » 1:00 PM *FREE

Build core muscle strength and flexibility in this fun activity!

Seated & Standing Dance Fitness with Jennifer

Thursdays » 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 » 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 » 5:30 PM

Hatha Yoga with extended guided meditation and relaxation.

Sneakers or Comfortable Shoes Required. 

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:

Rachel Tierney
Sue Lamastro

Catherine Farr

Clinton M. Rhoades
Barbara Vanderpoel

Barney &
Julia Ratkiewicz
Ben Ratkiewicz

Gertrude & Theresa Kennedy

Joy
Jack

Nancy Towne
Lee Foucher & James Elefterakis

Nancy Bombard
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14 Friends of the South Hadley Seniors & Travel Club

We are grateful to the following individuals for your generous donation to support the work of the Friends of the South Hadley Seniors. Donations made in memory are indicated in bold letters.

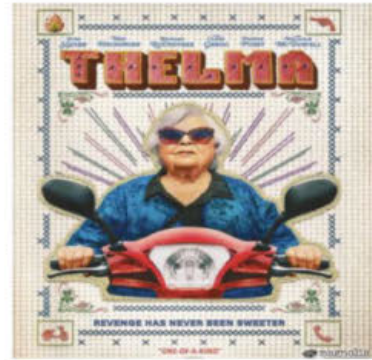
Judy Boehlert
Mary Boulais
Connie Clancy
Sharyn Kovalesky
Catherine Ryan & John Discenza

Richard Carrigan **George Smith**
Kathy Gallivan Kathy Gallivan



"Enhancing the lives of South Hadley's Senior Community"

The Friends invite you to join us at South Hadley's Tower Theaters for a free movie



"Thelma"

**Monday, November 18
1pm @ Tower Theaters**

Limited seats available. All attendees will receive a free small popcorn and drink. Must call the Senior Center to reserve a seat.



TRAVEL CLUB

Club Hours:

Wednesday & Thursday 10:00-11:00 AM

Contact Us:

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

November 7, 2024: Salem Cross Inn, Quabbin Reservoir Tour & Neil Diamond Tribute. Let's get together for a fun-filled day. Cost \$125. Call Huguette. **(Sold Out / Wait List)**

December 11, 2024: Aqua Turf Club, Plantsville, CT – "Deck the Halls" Christmas w/ Buddy Holly & Elvis. Join us for a fun afternoon with great music. Cost \$135. Call Susan. **(Sold Out / Wait List)**

March 11, 2025: Irish Celebration w/ Andy Cooney & Friends / Log Cabin, Holyoke, MA / Self-Drive. Package Includes: Luncheon and Irish Cabaret Variety Show. Cost \$96. Call Susan.

April 16, 2025: Elvis Tribute at Villa Louisa Theatre, Bolton, CT. Swing into Spring with lunch and a matinee show starring Ritchie Santa's tribute to Elvis. Package includes: Transportation, Appetizers, Buffet Luncheon and Entertainment. Cost \$125. Call Huguette.

September 8 – 19, 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.

A \$20 non-refundable deposit is required to hold your reservation. Final payments are due 45 days prior to departure date. Make checks payable to "South Hadley Senior Travel Club" or "S.H.S.T.C."

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.

New Faces, New Flavors! Get Ready to Taste the Difference! Introducing Our New Kitchen Crew

Dakota Lyman

Food Service Coordinator

Residing in Deerfield, MA, Chef Dakota spent seven years in the kitchen at Eaglebrook School, where he honed his culinary skills. During that time, he also spent three summers as the Chef at a remote fishing and hunting lodge on the Alaska Peninsula. In his free time, you can find Dakota enjoying the outdoors, whether that be fishing, four-wheeling, or relaxing by a fire with a drink in hand!



Maryana Hunter-Gasperini

Food Service Assistant

Maryana is a dedicated student at Greenfield Community College, pursuing a degree in Business Administration. She recently completed a rewarding summer position as a Kitchen Assistant with The Brattleboro Food Co-Op, where she honed and developed her culinary skills. Inspired by her positive experience, she joins the COA to help deliver delicious, nutritious meals to the senior community!



Community Connections

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 number sign posts 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 Office to get yours, or leave a request at the Front Desk.

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. For more details, visit: southhadley.org/1016/Commission-on-Disabilities. Participate in their survey to help identify community needs and support their mission for greater inclusion and equal access. Call the Commission Clerk, Larry Dubois at (413) 531-9561 to request a paper survey.

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.



South Hadley Council on Aging

45 Dayton Street
South Hadley, MA 01075

Staff Directory

Julie Pearce, Senior Services Director Ext. 6204
Sandy Farnsworth, Program Coord. Ext. 6205
Emily Joslin, Soc. Serv. Coord. Ext. 6206
Kathy Florence, Activity & Vol. Coord. Ext. 6207
Dakota Lyman, Food Serv. Coord. Ext. 6208
Maryana Hunter-Gasperini, Food Serv. Asst.
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
Susan Labonte, Vice Chairperson
Sheila Pennell, Secretary
Lara Asarese, Member
Jim Bosman, Member
Richard Matteson, Member
Liane Pueschel, Member
Robert Pueschel, Member

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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 ASSOC. 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

WMASS ELDER ABUSE HOTLINE: 1-800-922-2275

