

DEC

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 - 4:00 PM
Until 6:30 PM on Thursdays



45 Dayton Street
South Hadley, MA 01075



413-538-5030 (press 3)



[www.southhadley.org/324/
Council-on-Aging](http://www.southhadley.org/324/Council-on-Aging)



@southhadleycoa

**EFFECTIVE DECEMBER 1, 2024,
OUR NEW HOURS WILL BE:
MONDAY - FRIDAY: 8 AM - 4 PM
LATE NIGHTS UNTIL 6:30 PM ON THURSDAYS**

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Concert with Sarah the Fiddler

Thursday, Dec. 19th » 5:30 PM

Get ready for a festive holiday hoedown featuring the lively tunes of Sarah the Fiddler! It's the perfect way to unwind and enjoy some fun during this busy season!

Sponsored by the Friends of the South Hadley Seniors and the COA Activity Fund.

"Festival of Lights" A Hannukah Program

Friday, Dec. 20th » 2:30 PM

The Festival of Lights is a musical and communal experience presented by Klezmir, an accomplished band known for their extensive repertoire and outstanding musicianship. This engaging program promises to be both informative and highly entertaining! Sponsored by JGS Lifecare and the COA Activity Fund.



**REGISTRATION BEGINS
WEDNESDAY, NOV. 25TH » RESIDENTS
FRIDAY, NOV. 27TH » NON-RESIDENTS**



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South Hadley COA - South Hadley, MA

06-5294

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

Breakfast-To-Go: Mon-Fri Pick-up at 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.

Registration Dates for January

Registration for January activities opens for South Hadley residents on Wednesday, December 18th, and for Non-residents on Friday, December 20th.

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.

Get Ready for Winter

In case of inclement weather, the Senior Center may close or institute a delayed opening. Watch Channels 40, 22 or 3 for updates and cancellations. You can also check the Town website www.southhadley.org or our Facebook Page www.facebook.com/southhadleycoa.

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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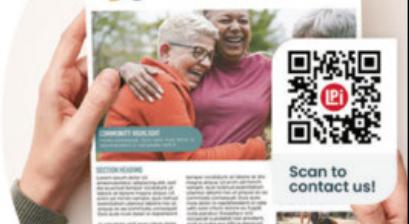
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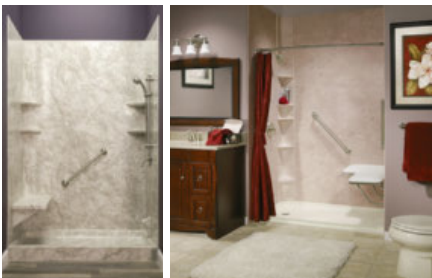
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4 Special Programs - Registration Required



Free December Lunch by Loomis

Tuesday, December 3rd » 12:00 PM

The chefs at Loomis will be preparing another delicious, complimentary lunch! We invite you to come and enjoy it with us!

Afternoon Social with MacDuffie School

Wednesday, December 4th » 2:00 PM

Get to know some of the students from MacDuffie School during this afternoon social!

"Valley" Shirt-Making for the Holidays with Tina

Thursday, December 5th » 4:00 PM

Art instructor Tina will be guiding the process of making "Valley" shirts. Shirts and all supplies included. You must pre-register and prepay \$10.00 by Wednesday, Nov. 27th. Space is limited.



Movie Night

Thursday, December 5th » 4:30 PM

Kick off the holiday season with a screening of the movie *E!f!* Enjoy complimentary refreshments. This event is open to all ages.

Trip to Bright Nights

Thursday, December 5th » 4:30 PM

Join your friends and enjoy the beauty of Bright Nights! Complimentary cocoa and cookies will be provided. The cost is \$3.00 per person, and a minimum of 6 participants is required for the trip to take place. Be ready to depart from the COA at 4:30!

Office Hours with Senator Jake Oliveira

Tuesday, December 10th » 11:00 AM-12:00 PM

Join us for an opportunity to ask questions and hear the latest updates from Senator Oliveira's office.

Ice Cream Social with Mont Marie

Tuesday, December 10th » 12:30 PM

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

Photographic Tour of Calabria, Italy

Wednesday, December 11th » 1:30 PM

Neil Broome, host of the monthly LGBTQ+ coffee hour, will be showcasing his stunning photography from his recent trip to Calabria.

COA Holiday Open House

Thursday, December 12th » 3:30 PM

The Senior Center will be open for an evening of special activities throughout the building including the return of the holiday train, seasonal karaoke and line dance, crafts with the Girl Scouts, hot cocoa bar and a concert by the South Hadley Community Band! Fun for the whole family!



Luncheon Outing to the SHHS Tiger's Den Restaurant

Wednesday, December 18th » 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 you get your tickets at the Front Desk. Tickets are \$12 per person.

Holiday Community Table Lunch

Thursday, December 19th » 11:30 AM

Join us for a holiday lunch at the Community Table, featuring an encore recording of *Holiday with Jimmy Mazz*. Please register by 11 AM on Wednesday, Dec. 18th. A suggested donation of \$3.00 for guests aged 60 and over, and \$6.00 for those under 60.

Gentleman's Breakfast

Friday, December 20th » 8:30 AM

Come savor a delicious meal prepared by the talented Chef Dakota and served by our friendly staff. Gents, don't miss this delightful experience!



Women's Network

Monday, December 23rd » 1:30 PM

Join us for our monthly social program for women, featuring guest speakers and refreshments. This month, we are excited to have 2 guests: Mary Lou Guarnera, Executive Director of Neighbors Helping Neighbors and Kim Prough, President of the Friends of the South Hadley Seniors. We kindly ask attendees to bring a donation for Neighbors Helping Neighbors. Refreshments provided by the Friends of the South Hadley Seniors.

New Year's Eve Bingo Party

Tuesday, December 31st » 1:00 PM

Join us as we ring in the New Year with a free game of Bingo! Prizes and refreshments will be provided, courtesy of the Friends of the South Hadley Seniors.

Santa's Land at Buttery Brook Park December 12-15 & 19-22 » 5:30-7:00 PM

Santa's Land is returning to Buttery Brook Park! Visit Santa and share your holiday wishes. Enjoy free cookies, hot chocolate, and a gift for all children. You're welcome to take photos with Santa using your own phone. For event updates and weather-related cancellations, visit www.facebook.com/butterybrookpark.

This is not a COA event.



COA In-Town Transportation

Free for South Hadley Residents 60+ years old

Availability:

Monday-Friday » 9:15 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: Tuesdays » 11:30 AM

To schedule a ride, please call 413-538-5030 ext. 6202 on Mondays, Wednesdays, and Fridays only between 1:00 and 3:00 PM.



Technology 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.

Digital Books

Tuesday, Dec. 10th » 10:00 AM

Bring your device and learn how to find and access digital books and audiobooks! Adult Services Librarian, Desiree Smelcer, will be in attendance to talk about library apps, online resources, and issue or renew library cards.

NOTICE:

There will be no Tech-Time appointments on Thursday, December 26th.

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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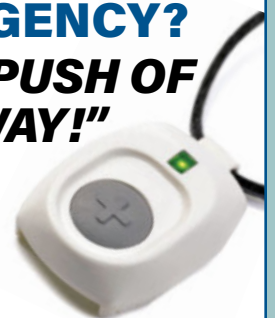
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6 Support Services

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 Wednesday, Dec. 11th at 2:00 PM, we'll be visiting our friends at Newton Manor for a Holiday Ice Cream Social! Refreshments supported by Friends of SH 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 **December**! Drop-off is Canned Meats (protein sources) such as chicken, turkey, tuna, chili and beef stew. Drop off located in the vestibule of the COA.

Thank you for your support!

"SHINE: Serving the Health Insurance Needs of Everyone

All SHINE appointments in our region for the open enrollment period are fully booked. For assistance, please reach out directly to Medicare at 1-800-633-2273.

Companion Medical Transportation Grant

South Hadley seniors can access this **FREE** transportation service for medical appointments outside of South Hadley. Please note: a minimum of five business days' notice is required to schedule a ride. Rides are offered on a first-come, first-served basis—the earlier you call, the better your chance of securing a ride. For more information, call Emily.



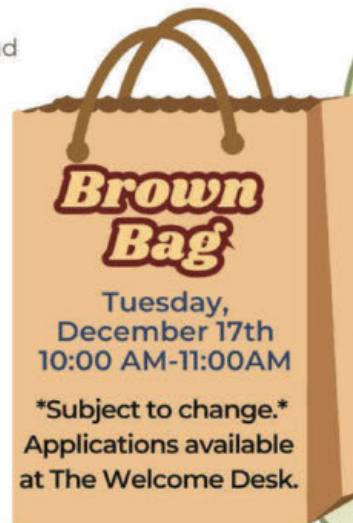
A Note from Emily

Fuel Assistance Season Here!

The Fuel Assistance season is open! 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.



**Tuesday,
December 17th
10:00 AM-11:00AM**

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

The Brown Bag Program offers a monthly supply of healthy groceries for individuals 55 and older who meet specific income guidelines, or those under 55 with a documented disability receiving SSDI. This free service is generously provided by the Food Bank of Western Massachusetts. For more information or to apply, please contact Emily.

"Lights On" Program

Are you currently receiving fuel assistance, Brown Bag, SNAP, or experiencing a difficult financial time? Please speak to Emily about the COA's Electric Light Credits Program for eligible South Hadley Seniors. Support for this program is made possible by the **generous donations** from members, the community, and local businesses.

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**

***No Visits on Dec. 26th**

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

Chair Massage

with Barbara Burgos

Monday, Dec. 2nd » 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, Dec. 3rd » 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.

Hampshire Hearing & Speech Services

Tuesday, Dec. 10th » 9:00 AM

***Registration Required**

Screenings and Hearing Aid cleanings by Allison.

Low Vision Support Group

Tuesday, Dec. 10th » 10:00 AM

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

Veteran Coffee Hour

Wednesday, Dec. 11th » 9:00 AM

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

Community Companion Outreach

Wednesday, Dec. 11th » 2:00 PM

We will be joining our friends at Newton Manor for a Holiday Ice Cream Social!

Nutrition Counseling Appointments

Tuesday, Dec. 17th » 9:00 AM

***Registration Required**

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

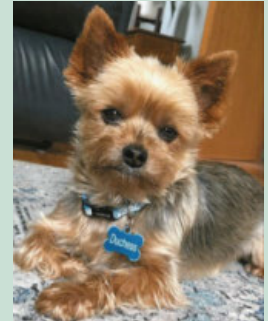
LGBTQ+ Coffee Hour

Thursday, Dec. 19th » 10:30 AM

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

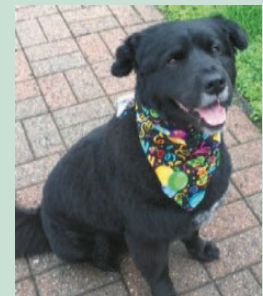


Pet Therapy



Duchess

Dec. 2nd & 16th
12:30-1:30 PM



Riley

Thursdays
11:00 AM-Noon

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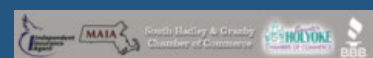
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FITNESS CENTER Mon-Fri 8:00 AM – 4:30 PM | **CLOSED:** Wed. 10:00 AM – 11:00 AM **BILLIARDS** Mon-Fri 8:00 AM – 4:30 PM

KEY: SUPPORT SERVICES - PURPLE SPECIAL EVENTS - GREEN COMMUNITY TABLE LUNCH - RED

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:00 Cornhole 9:00 NIA 9:00 Massage by Appt 9:15 Aquafit - YMCA 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>3 9:00 Stretch and Go 9:00 Foot Nurse by Appt 9:45 Healthy Bones 9:45 Fitness Basics 11:15 All Levels Yoga 11:30 Big Y Shopping 12:00 Loomis Lunch 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>4 8:45 Healthy Bones 9:00 Dance w/ Loryn 9:30 Painting 10:00 Music Group 10:00 Travel Club 10:00 Personal Training 10:00 Healthy Bones 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 2:00 MacDuffie Social</p>	<p>5 9:00 Stretch and Go 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 Jam Session 4:00 Shirt-Making w/ Tina 4:30 Movie Night 4:30 Trip to Bright Nights 5:30 Evening Yoga</p>	<p>6 8:45 Healthy Bones 9:00 Cornhole 9:30 Beginner Watercolor 10:00 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Resin Art</p>
<p>Shepherd's Pie w/ Corn</p> <p>9 9:00 Cornhole 9:00 NIA 9:15 Aquafit - YMCA 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>10 9:00 Stretch and Go 9:00 Hearing by Appt 9:45 Healthy Bones 9:45 Fitness Basics 10:00 Digital Books 10:00 Low Vision Group 11:00 Senator Oliveira 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>11 8:45 Healthy Bones 9:00 Dance w/ Loryn 9:00 Veteran Coffee Hour 9:30 Painting 10:00 Music Group 10:00 Travel Club 10:00 Personal Training 10:00 Healthy Bones 11:15 Beginner Yoga 1:00 Mahjong 1:00 Line Dancing 1:00 Creative Collage 1:30 Photo Tour - Calabria 2:00 Companion Outreach</p>	<p>12 9:00 Stretch and Go 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 3:30 Holiday Open House 5:30 Evening Yoga</p>	<p>13 8:45 Healthy Bones 9:00 Cornhole 9:30 Beginner Watercolor 10:00 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 1:00 Meet the Artist</p>
<p>Swedish Meatballs</p>	<p>Beef & Veg Soup</p> <p>Rosemary Pork Loin</p>	<p>Braised Pork Stew</p> <p>Chicken Enchilada Casserole</p>	<p>Apple Brie Stuffed Chicken</p> <p>Turkey Loaf w/ Gravy</p>	<p>Baked Fish</p> <p>Shrimp Scampi w/ Linguini</p>

<p>16 9:00 Cornhole 9:00 NIA 9:15 Aquafit - YMCA 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>High Sodium - Cheesy Chicken Casserole</p>	<p>17 9:00 Stretch and Go 9:00 Nutrition by Appt 9:45 Healthy Bones 9:45 Fitness Basics 10:00 Brown Bag 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>Buttered Penne</p>	<p>18 8:45 Healthy Bones 9:00 Dance w/ Loryn 9:30 Painting 10:00 Music Group 10:00 Travel Club 10:00 Personal Training 10:00 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 1:00 Flower Arranging 2:00 Books & Banter Club</p> <p>Peanut Noodles w/ Pork</p>	<p>19 9:00 Stretch and Go 9:00 Tech-Time 9:30 Watercolors 9:45 Healthy Bones 10:00 Travel Club 10:30 LGBTQ+ Coffee Hour 11:00 Ukelele 11:00 Pet Therapy 11:15 Sit/Stand Yoga 11:30 Holiday Lunch 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 4:00 Jam Session 5:30 Evening Yoga 5:30 Sarah the Fiddler Concert</p> <p>Chicken Florentine</p>	<p>20 8:30 Gents Bkfst 8:45 Healthy Bones 9:00 Cornhole 9:30 Beginner Watercolor 10:00 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club 2:30 Festival of Lights</p> <p>Seafood Newburg</p>
<p>23 9:00 Cornhole 9:00 NIA 9:15 Aquafit - YMCA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 1:00 Mahjong 1:00 Color Me Calm 1:00 Zumba Gold 1:30 Women's Network</p> <p>Fiesta Chicken</p>	<p>24 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 Learn/ Play Pinochle 1:00 Bingo 1:00 Healthy Bones 3:00 Trivia Club 3:00 Social/Ballroom</p> <p>New England Pot Roast</p>	<p>25</p> <p>COA CLOSED</p>  <p>NO MEAL SERVICE</p>	<p>26</p> <p>CLOSING AT 4:00 PM</p> <p>9:00 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 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 1:00 Chair Volleyball 1:00 Healthy Bones 2:00 Uplifting Karaoke 2:15 Meditation</p> <p>Pulled Beef Brisket</p>	<p>27 8:45 Healthy Bones 9:00 Cornhole 9:30 Beginner Watercolor 10:00 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p>High Sodium - Vegetable Lasagna</p>
<p>30 9:00 Cornhole 9:00 NIA 9:15 Aquafit - YMCA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 1:00 Mahjong 1:00 Color Me Calm 1:00 Zumba Gold 2:00 Social Dance Club</p> <p>Herb Roasted Chicken</p> <p>JOIN OUR VOLUNTEER TEAM!</p> <p>LOOKING FOR A MEANINGFUL WAY TO GIVE BACK? WE'RE INVITING ENTHUSIASTIC VOLUNTEERS TO JOIN US IN A VARIETY OF ROLES THAT MAKE A REAL DIFFERENCE EVERY DAY!</p> <p>WE NEED HELP WITH: CAFÉ/DINING, WELCOME DESK, GRANT WRITING, SOCIAL SERVICES, AND MORE!</p> <p>GRAB AN APPLICATION AT THE WELCOME DESK TODAY!</p>				

10 Entertainment, Arts & Learning



Sci-Fi Day!

Thurs, Jan. 2nd » All Day

Celebrate National Sci-Fi Day with a special movies, surprises and a presentation from Cosmologist and Smith Professor, Gary Felder.

Sound Bath Meditation

Thurs, Jan. 16th » 5:30 PM

Join Jeffrey Wyda, Certified Holistic RN for this integrative healing arts journey.

Small Planet Dancers presents: The Republic of Dance!

Thurs, Jan 23rd » 5:00 PM

Take a world tour around the globe by experiencing dances and music from America, Africa, the UK, Europe, and Asia!

Monday Movie Matinee » 1:00 PM



Dec. 2nd The Holdovers (2023) <i>Comedy/Drama</i>	Dec. 9th Meet Me in St. Louis (1944) <i>Family/Musical</i>	Dec. 16th Christmas of Many Colors (2016) <i>Drama</i>
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Arts & Learning Activities

Questions? Contact Kathy at kflorenc@southhadleyma.gov

“Get a Clue” Mystery Book Club

Tuesday, Dec. 3rd » 3:00 PM

Discuss *The Silent Patient* by Alex Michaelides. Next month’s read is *The Last Remains* by Ellie Griffith.

Craft Club: Resin Art

Friday, Dec. 6th » 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.

Craft Club: Flower Arranging

Wednesday, Dec. 18th » 1:00 PM

***FEE \$10 (Space is limited)**

Create an arrangement for your holiday table! All supplies included.

Books & Banter Club (Hybrid)

Wednesday, Dec. 18th » 2:00 PM

Discuss *Canary Girls* by Jennifer Chiaverini. Contact Kathy for Zoom link.

Monthly Social Dance Club

Monday, Dec. 30th » 2:00-4:00 PM

***FEE \$4**

Richie is hosting a special “Holiday” dance! Come join the fun.

Academic Drawing & Painting

Mondays » 9:30 AM *FEE \$5

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

Color Me Calm

Mondays » 1:00 PM

Enjoy the company of others while you create! Supplies provided.

Tuesday Trivia Club

Tuesdays » 3:00 PM

Test your knowledge weekly!

Painting with Christiane

Wednesdays » 9:30 AM *FEE \$5

Bring your own supplies and projects.

Senior Center Music Group

Wednesdays » 10:00 AM

***Time Change for Dec. 11th**

Join our Senior Center band under the direction of retired music teacher, Jim Vogel!

Creative Collaging with Linda

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 playing in a Round Robin setting.

Sit and Sew

Thursdays » 1:00 PM

Uplifting Karaoke with Ronnie

Thursdays » 2:00 PM

Jam Session

Thursdays » 4:00 PM

***No Session on Dec. 12th**

Looking for opportunities to make music? Join us on Thursday nights!

Beginner Watercolor Bootcamp

Fridays » 9:30 AM *FEE \$5

Fiber Arts

Fridays » 1:00 PM

Open to all who knit, crochet, embroider, and more.

Artist of the Month: Maureen Laramée

Meet the Artist! December 13th at 1:00 PM

We’re excited to feature the work of Maureen Laramée, known for her captivating 3-D creations.

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

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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: \$3.00
Group Personal Training: \$5.00

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

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.

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.

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)

*No Class on Dec. 19th

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

RSVP Healthy Bones & Balance

Tuesdays & Thursdays »
9:45 AM and 1:00 PM *FREE
NEW TIME

Wednesdays & Fridays »

8:45 AM and 10:00 AM *FREE

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

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 Center Orientation

Wednesday, Dec. 4th & 18th »
12:30 PM *FREE

A completed application from the front desk and a fitness room orientation are required for use of the Fitness Center.

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)

*No Overflow on Dec. 19th

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 us 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.



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:

**Barney & Julia
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Ben Ratkiewicz**

**Stanley Placzek
Rita Patruno**

Sharyn Kovalesky

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14 Friends of the South Hadley Seniors & Travel Club

HAPPY
Holidays

The Friends of the South Hadley Seniors wish you a wonderful holiday season filled with warmth, cheer and cherished memories.



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

The Friends of the South Hadley Seniors invite you to join us at St Theresa Church for a free Holiday Inspirational Concert



DAN KANE & FRIENDS
(featuring Freddie Marion)

Sunday, December 15
2-3:30PM

St Theresa Church (9 E Parkview Dr)

Free cookies & cocoa following the concert
No RSVP Needed

TRAVEL CLUB

Club Hours:

Wednesday & Thursday 9:30-11:00 AM

Contact Us:

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

December 11, 2024: Aqua Turf Club, Plantsville, CT – “Deck the Halls” Cost \$135. Call Susan.

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 this Elvis tribute. Package includes: Transportation, Luncheon and Show. Cost \$125. Call Huguette.

June 16 – 19, 2025: Pennsylvania Amish Country with “NOAH,” Lancaster, PA. This 4 day/3 night/8 meal trip is packed with lots of fun, music, great food and adventure. We'll be staying at the **Best Western Village Inn and Suites** in Lancaster. Cost: \$830 pp (double); \$1,060 pp (single); \$800 pp (triple) plus \$75 Travel Insurance. Call Susan.

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.



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.

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 call Sandy Farnsworth at (413) 538-5030 ext. 6205.

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

Patrick Laskey, (413) 213-6636 | parishmeals@gmail.com
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.

USED MEDICAL EQUIPMENT PICK-UP & DELIVERY

Hampshire County Sheriff's Office | Dave Fenton
(413) 582-7787

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



Massachusetts
Councils On Aging



TOWN OF SOUTH HADLEY
AGE & DEMENTIA
FRIENDLY