

## REGISTRATION DATES:

RESIDENTS  
WEDNESDAY, DEC. 18TH

NON-RESIDENTS  
FRIDAY, DEC. 20TH

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## January Birthday & Anniversary Party with Entertainment from Lauren Fleit Wednesday, January 8th, 1:30 PM



We're thrilled to welcome Lauren Fleit, a talented local singer, guitarist, and songwriter based in Western Mass. As the daughter of SHCOA favorite Freddie Marion, Lauren continues the family tradition of musical excellence! Our birthday party will include cake, live music, and plenty of fun! If it's your birthday month, don't forget to stop by the Center and enter your name into the Birthday Club jar for a chance to win a special gift! Sponsored by the Friends of the South Hadley Seniors.

**Snow Closures:** In the event of inclement weather, closures for the COA are posted on 22News, ABC40, and CBS3Springfield. Delays or closures noted for the South Hadley Senior Center or Town Offices apply to the COA. The COA does NOT follow school closures.

**Fitness Programs:** Due to capacity limitations, the Fitness Basics classes will now have a limit of 40 participants per class. Yoga classes will no longer have an overflow space and will be limited to the Movement Room.

**AARP TaxAide:** IRS-certified AARP TaxAide Counselors will prepare tax returns at the COA starting February 6th, using a Same-Day Drop-Off system to protect both preparers and taxpayers (due to COVID-19). Appointment scheduling will begin January 6, 2025. Clients must drop off documents in a large sealed envelope in the secure Drop Box at the COA front entrance between 8:00AM and 9:00AM on the day of their appointment. Communication with Counselors will be by phone, and clients must remain available by phone while their return is being prepared. Clients will be called when the return is ready, as completed returns and documents will be ready for same-day pickup. Clients must also pick up an information packet with instructions and intake forms to complete and sign at home prior to their appointment. Those who are eligible and filing for the MASS Circuit Breaker Credit (which has increased this year), must include ALL Real Estate and Water/Sewer bills. If you cannot find them, obtain a printout in January from Town Hall to include with your tax papers! There are no restrictions on age or town of residence. However, returns involving virtual currencies, rental housing, or master limited partnerships will need to seek advice elsewhere.



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South Hadley COA - South Hadley, MA

06-5294



**Staff Directory**

Senior Services Director Julie Pearce (Ext. 6204)  
 Activity/Vol. Coord. Kathy Florence (Ext. 6207)  
 Social Services Coord. Emily Joslin (Ext. 6206)  
 Programs Coord. Sandy Farnsworth (Ext. 6205)  
 Receptionist Wendy Farley, Carol Reznik (Ext. 6202)  
 Food Service Coord. Dakota Lyman  
 Human Services Coord. Selena Rodriguez  
 Tech Instructor Maria Heffernan  
 Drivers Rick Dufault, Eric Gallagher

**Council on Aging Board**

Chairperson Marilyn Ishler  
 Vice Chairperson Susan Labonte  
 Secretary Sheila Pennell  
 Member Lara Asarese  
 Member Jim Bosman  
 Member Liane Pueschel  
 Member Robert Pueschel  
 Member Stanley Was

**Mission Statement:** The mission of the South Hadley Council on Aging, with the support and participation of the community, identifies, advocates, and implements meaningful, educational, cultural, social, volunteer and wellness activities for persons age 60 and over.

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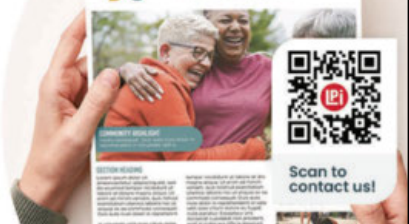
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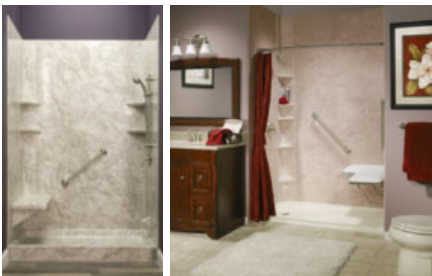
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## 4 Special Programs

### **“Wintering, Wandering and Wildlife in South Hadley” Presented by Rebekah Cornell**

**Thursday, January 2nd, 5:00 PM**

Rebekah will be sharing about public lands that are best for winter exploring, a little about plants and trees, and what signs of wildlife to look out for.

### **Winter 2025 Open Dance Party with Liz and Lucia Monday, January 6th, 13th, and 27th, 3:00 PM Monday, February 3rd, 10th, 24th, 3:00 PM**



Come and rock out to hits ranging from Buddy Holly to Beyonce! No dance partner needed, no choreographies, and no cost! Wear sneakers, bring a water bottle, and an energy snack. All abilities welcome!

### **“The Ultimate Fate of the Universe” Presented by Professor Gary Felder**



**Thursday, January 9th, 5:00 PM**

Join cosmologist and Smith College Professor Gary Felder as he explores the "Ultimate Fate of the Universe." Will the universe last forever, or will it someday collapse into a "Big Crunch"? Discover what each scenario might look like and what it would take to determine which

outcome awaits us. Sponsored by the Friends of the South Hadley Seniors.

### **Ice Cream Social with Mont Marie**

**Tuesday, January 14th, 12:30 PM**

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

### **Luncheon Outing to the Tiger’s Den Restaurant**

**Wednesday, January 15th, 11:00 AM**



Join us for a delicious lunch at the South Hadley High School and support their culinary students! Luncheon menu choices are available when you get your ticket at the welcome desk! Tickets are \$12.00 per person.

### **Dance & Connect!**

#### **Social with MacDuffie Students (1 of 2)**

**Wednesday, January 15th, 2:00 PM**



Join our Social Dance Group for a special session with students from the MacDuffie School! Spend time connecting through music, movement, and fun.

### **Sound Bath Meditation**

**Thursday, January 16th, 5:00 PM**

Join Jeffrey Wyda for a 1-hour sound healing meditation journey. Jeffrey is a Nationally Board Certified Holistic Registered Nurse specializing in the integrative healing arts.

### **Gentleman’s Breakfast**

**Friday, January 17th, 8:30 AM**



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

### **Women’s Network**

**Wednesday, January 22nd, 1:30 PM**

Join us for our monthly social program for women, featuring guest speaker Courtney Mackey of the School Committee. Refreshments will be provided by the South Hadley High School Culinary Department! Sponsored by the Friends of the South Hadley Seniors.

### **Small Planet Dancers: “The Republic of Dance”**

**Thursday, January 23rd, 5:00 PM**



Take a world tour around the globe by experiencing different dances and music from America, Africa, the Celtic Nations, Greece, India, Spain, and the Middle East! Each performance will be different. Sponsored by the Massachusetts Cultural Council.

### **Diversity Presentation: Exploring Culture!**

#### **Social with MacDuffie Students (2 of 2)**

**Wednesday, January 29th, 2:00 PM**



Discover the diverse backgrounds and cultures of the MacDuffie School students during this special presentation. Enjoy refreshments and meaningful connections in this enriching program.

### **Veterans Dinner**

**Thursday, January 30th, 4:30 PM \*FREE**



We're excited to launch a new monthly evening Veteran Social Group, starting with a free dinner for veterans of all ages. Join Veteran Services Director, Chris Plotniak, for a great meal prepared by our very own Chef Dakota. This event is proudly sponsored by the Town of South Hadley's Veteran Services Department.

## **January Art Exhibit**

Our artist of the month is **Marie Welch**! A Franklin County native, her self-guided work captures nature's fleeting moments through tone, color, and light. Marie's art has been exhibited across Western Mass and earned regional awards. Enjoy her miniature landscapes at the Senior Center all month!

**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 and social rides (i.e., medical appointments, grocery shopping, trips to SHCOA, 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 x6202 on Mondays, Wednesdays,  
 and Fridays only between 1:00 and 3:00 PM.

Looking for resources from the PVTA?  
 Call (413) 781-7882 for assistance!



**Tech Assistance & Workshops**

**Tech-Time with Maria**

Thursdays, 9:00 AM - 11:00 AM

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

**EXTRA Tech-Time Appointments**

Tuesday, Jan. 7th & 14th, 9:30 AM and 10:00 AM

Did you get a new device over the holidays? Need help setting it up? Extra Tech-Time appointments have been added to January! Bring your new device and Maria will help get you started!

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# 6 Support Services

Emily Joslin, Social Services Coordinator

413-538-5030 x6206 ejoslin@southhadley.ma.gov



## Looking for a way to connect with others?

Join Community Companions, led by Activities & Volunteer Coordinator Kathy Florence with Social Services Coordinator Emily Joslin, bringing friendly visits and engaging conversation to those who can't always make it to the center.

Interested in volunteering? Contact Kathy at [kflorence@southhadley.ma.gov](mailto:kflorence@southhadley.ma.gov)



## Neighbors Helping Neighbors, Inc.

### Supporting the Food Pantry

The Food Pantry item for January is cold Cereal!

Drop off located in the vestibule of the COA.



### SHINE: Serving the Health

#### SHINE Insurance Needs of Everyone

The SHINE Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare and their caregivers. For appointments, please contact the Springfield Department of Elder Affairs at 413-787-6785.

### "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.



### Companion Medical Transportation Program

*This Program has been produced in part from a MCOA/FIELD DEMONSTRATION PROJECTS FY2025 grant awarded to the Massachusetts Association of COAS by the Massachusetts Executive Office of Elder Affairs. Any opinions expressed herein are solely those of the South Hadley Council on Aging.*

**We are currently hiring for companion drivers!** Rides are limited due to unfilled driver positions, but South Hadley seniors can still access this FREE transportation service for medical appointments outside of South Hadley. Please note we are unable to provide transportation if appointments require sedation.

Important Details:

- 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.

As an alternative, seniors are encouraged to explore **PVTA services**, which may provide additional transportation options. To reserve a ride through PVTA, call 413-739-7436.



### Brown Bag

Tuesday, January 21st

10:00 AM- 11:00 AM **\*Subject to change\***

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

### 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 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.

## GUIDANCE GRID

<p><b>Alzheimer's Association Helpline: 1-800-272-3900</b> The 24/7 Helpline is a free service offering support for people living with dementia, caregivers, families and the public. Connect with a live person who can provide information, resources, crisis assistance and emotional support.</p>	<p><b>Suicide Prevention &amp; Crisis Lifeline: 988</b> Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, counselors are here for you. You are not alone.</p>
<p><b>Social Security Administration: 1-800-772-1213</b> You can call between 8:00 AM - 7:00 PM, Monday through Friday. Wait times are typically shorter in the morning, later in the week, and later in the month.</p>	<p><b>Elder Abuse Hotline: 1-800-922-2275</b> Anyone who has a concern of possible abuse of an adult who is 60+ can file a report.</p>

## Available at the COA: Visual and Audio Magnifiers

**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.

### Visit with Public Health Nurse

**Thursdays, 1:00 PM**

Stop by for a blood pressure check, discuss a concern, or ask a question.

### Chair Massage

**Monday, Jan. 6th, 9:00 AM**

Barbara Burgos, a licensed massage therapist at Ochoa Spa in South Hadley offers mini massages with 10-minutes for \$15.00 and 20-minutes for \$25.00. Schedule appointments at the welcome desk.

### Foot Nurse

**Tuesday, Jan. 7th, 9:00 AM**

The fee for services at the COA is \$45.00, payable by cash or check directly to the provider. For house calls, which cost \$80.00, please call 413-552-9533. Appointments can be scheduled at the welcome desk.

### Veterans Coffee Hour

**Wednesday, Jan. 8th, 9:00 AM**

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

### Hampshire Hearing & Speech Services

**Tuesday, Jan. 14th, 9:00 AM**

Screenings and hearing aid cleanings.

### Low Vision Support Group

**Tuesday, Jan. 14th, 10:00 AM**

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

### LGBTQ+ Coffee Hour

**Thursday, Jan. 16th, 10:30 AM**

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

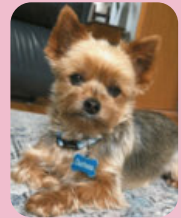
### Nutrition Counseling

**Tuesday, Jan. 21st, 9:00 AM**

A registered dietitian (RD) offers individual nutrition counseling for people ages 60 and older.



## Pet Therapy



### Duchess

**Monday, Jan. 6th  
12:30 PM - 1:30 PM**



### Riley

**Thursdays  
11:00 AM - 12:00 PM**

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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# JANUARY 2025

**Community Table Lunch: Monday to Friday, Served at 11:30 AM**  
 Reserve meals by 11:00 AM the day before. A suggested confidential donation of \$3.00 for guests 60+ for meals. 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. **REMINDER: MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE.**

**Calendar Key:** Special Programs - Blue Support Services - Purple Community Table Lunch - Red

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p style="text-align: center;"><b>CLOSED</b></p>  <p style="text-align: center;"><b>No Meal Service</b></p>	<p><b>2</b></p> <p style="text-align: center;"><b>CLOSED</b></p>	<p><b>3</b></p> <p>8:45 Healthy Bones/Balance                      9:00 Cornhole                      9:30 Watercolor Bootcamp                      10:00 Healthy Bones/Balance                      1:00 Cribbage                      1:00 Bridge                      1:00 Fiber Arts</p>	<p><b>4</b></p> <p>9:00 Stretch &amp; Go  <b>9:00 Tech-Time</b>                      9:30 Advanced Watercolor                      9:30 Travel Club                      9:45 Healthy Bones/Balance                      9:45 Fitness Basics                      11:00 Ukelele  <b>11:00 Pet Therapy</b>                      11:15 Seated/Standing Yoga                      1:00 Sit and Sew                      1:00 Chair Volleyball                      1:00 Healthy Bones/Balance  <b>1:00 Public Health Nurse</b>                      2:00 Uplifting Karaoke                      2:00 Seated/Standing Dance                      2:15 Meditation                      4:00 Jam Session Group  <b>5:00 Wildlife Presentation</b>                      5:30 Evening Yoga</p>	<p><b>5</b></p> <p>8:45 Healthy Bones/Balance                      9:00 Cornhole                      9:30 Watercolor Bootcamp                      10:00 Healthy Bones/Balance                      1:00 Cribbage                      1:00 Bridge                      1:00 Fiber Arts  <b>1:00 Resin Art</b></p>
<p><b>6</b></p> <p>9:00 Cornhole                      9:00 "NIA"  <b>9:00 Chair Massage Appts</b>                      9:15 Aquafit at the YMCA                      9:30 Academic Drawing                      10:00 Tai Chi &amp; Qigong                      12:30 Play Mahjongg                      12:30 Monday Movies  <b>12:30 Pet Therapy</b>                      1:00 Zumba Gold                      1:00 Color Me Calm  <b>3:00 Winter Dance Party</b></p>	<p><b>7</b></p> <p>9:00 Stretch &amp; Go  <b>9:00 Foot Nurse Appts</b>  <b>9:30 EXTRA Tech-Time</b>                      9:45 Healthy Bones/Balance                      9:45 Fitness Basics  <b>10:00 Card Making</b>                      11:15 Gentle Yoga  <b>11:30 Big Y Shopping</b>                      12:00 Learn Mahjongg                      1:00 Bingo                      1:00 Pinochle                      1:00 Healthy Bones/Balance  <b>2:30 Mystery Book Club</b>                      3:00 Intro Social/Ballroom                      3:00 Trivia Club</p>	<p><b>8</b></p> <p>8:45 Healthy Bones/Balance                      9:00 Dance w/ Loryn  <b>9:00 Veterans Coffee Hour</b>                      9:30 Painting                      10:00 Music Group                      10:00 Travel Club                      10:00 Group Personal Training                      10:00 Healthy Bones/Balance                      11:15 Beginner Yoga                      12:30 Play Mahjongg                      1:00 Beginner Line Dance                      1:00 Creative Collage  <b>1:30 Birthday/Anniv Party</b></p>	<p><b>9</b></p> <p>9:00 Stretch &amp; Go  <b>9:00 Tech-Time</b>                      9:30 Advanced Watercolor                      9:30 Travel Club                      9:45 Healthy Bones/Balance                      9:45 Fitness Basics                      11:00 Ukelele  <b>11:00 Pet Therapy</b>                      11:15 Seated/Standing Yoga                      1:00 Sit and Sew                      1:00 Chair Volleyball                      1:00 Healthy Bones/Balance  <b>1:00 Public Health Nurse</b>                      2:00 Uplifting Karaoke                      2:00 Seated/Standing Dance                      2:15 Meditation                      4:00 Jam Session Group  <b>5:00 Universe Presentation</b>                      5:30 Evening Yoga</p>	<p><b>10</b></p> <p>8:45 Healthy Bones/Balance                      9:00 Cornhole                      9:30 Watercolor Bootcamp                      10:00 Healthy Bones/Balance                      1:00 Cribbage                      1:00 Bridge                      1:00 Fiber Arts  <b>1:00 Resin Art</b></p>
<p><b>Chicken Parmesan</b></p>	<p><b>Teriyaki Beef Short Ribs</b></p>	<p><b>Sweet Curry Chicken</b></p>	<p><b>Honey Glazed Pork Loin</b></p>	<p><b>Cheese Ravioli a la Vodka</b></p>

<p><b>13</b> 9:00 Cornhole 9:00 "NIA" 9:15 Aquafit at the YMCA 9:30 Academic Drawing 10:00 Tai Chi &amp; Qigong 12:30 Play Mahjongg 12:30 Monday Movies 1:00 Zumba Gold 1:00 Color Me Calm <b>3:00 Winter Dance Party</b></p> <p><b>Beef &amp; Veggie Soup</b></p>	<p><b>14</b> 9:00 Stretch &amp; Go <b>9:00 Hearing/Speech Appts</b> <b>9:30 EXTRA Tech-Time</b> 9:45 Healthy Bones/Balance 9:45 Fitness Basics <b>10:00 Low Vision Group</b> 11:15 Gentle Yoga <b>11:30 Big Y Shopping</b> 12:00 Learn Mahjongg <b>12:30 Ice Cream Social</b> 1:00 Bingo 1:00 Pinochle 1:00 Healthy Bones/Balance 3:00 Intro Social/Ballroom 3:00 Trivia Club</p> <p><b>Spaghetti w/ Meatballs</b></p>	<p><b>15</b> 8:45 Healthy Bones/Balance 9:00 Dance w/ Loryn 9:30 Painting 10:00 Music Group 10:00 Travel Club 10:00 Group Personal Training 10:00 Healthy Bones/Balance <b>11:00 Lunch at Tiger's Den</b> 11:15 Beginner Yoga 12:30 Play Mahjongg 1:00 Beginner Line Dance 1:00 Creative Collage <b>2:00 Social Dance Club</b> <b>2:00 MacDuffie Social #1</b></p> <p><b>Boneless Pork Chop</b></p>	<p><b>16</b> 9:00 Stretch &amp; Go <b>9:30 Tech-Time</b> 9:30 Advanced Watercolor 9:30 Travel Club 9:45 Healthy Bones/Balance 9:45 Fitness Basics <b>10:30 LGBTQ+ Coffee Hour</b> 11:00 Ukelele <b>11:00 Pet Therapy</b> 11:15 Seated/Standing Yoga 1:00 Sit and Sew 1:00 Chair Volleyball 1:00 Healthy Bones/Balance <b>1:00 Public Health Nurse</b> 2:00 Uplifting Karaoke 2:00 Seated/Standing Dance 2:15 Meditation 4:00 Jam Session Group <b>5:00 Sound Bath Meditation</b> 5:30 Evening Yoga <b>Turkey Salisbury Steak &amp; Gravy</b></p>	<p><b>17</b> <b>8:30 Gent's Breakfast</b> 8:45 Healthy Bones/Balance 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy Bones/Balance 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts</p> <p><b>Tuscan Whitefish</b></p>
<p><b>20</b></p> <p><b>CLOSED</b></p>  <p><b>MLK DAY</b></p> <p><b>No Meal Service</b></p>	<p><b>21</b> 9:00 Stretch &amp; Go <b>9:00 Nutrition Appts</b> 9:45 Healthy Bones/Balance 9:45 Fitness Basics <b>10:00 Brown Bag</b> 11:15 Gentle Yoga <b>11:30 Big Y Shopping</b> 12:00 Learn Mahjongg 1:00 Bingo 1:00 Pinochle 1:00 Healthy Bones/Balance 3:00 Intro Social/Ballroom 3:00 Trivia Club</p> <p><b>Homemade Meatloaf</b></p>	<p><b>22</b> 8:45 Healthy Bones/Balance 9:00 Dance w/ Loryn 9:30 Painting 10:00 Music Group 10:00 Travel Club 10:00 Group Personal Training 10:00 Healthy Bones/Balance 11:15 Beginner Yoga 12:30 Play Mahjongg 1:00 Beginner Line Dance 1:00 Creative Collage <b>1:30 Women's Network</b> <b>2:00 Books &amp; Banter Club</b></p> <p><b>Chicken Marsala</b></p>	<p><b>23</b> 9:00 Stretch &amp; Go <b>9:30 Tech-Time</b> 9:30 Advanced Watercolor 9:30 Travel Club 9:45 Healthy Bones/Balance 9:45 Fitness Basics <b>11:00 Pet Therapy</b> 11:15 Seated/Standing Yoga 1:00 Sit and Sew 1:00 Chair Volleyball 1:00 Healthy Bones/Balance <b>1:00 Public Health Nurse</b> 2:00 Uplifting Karaoke 2:00 Seated/Standing Dance 2:15 Meditation 4:00 Jam Session Group <b>5:00 Small Planet Dancers</b> 5:30 Evening Yoga <b>BBQ Pulled Pork</b></p>	<p><b>24</b> 8:45 Healthy Bones/Balance 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy Bones/Balance 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts <b>1:30 Flower Arranging</b></p> <p><b>Seafood Stuffed Whitefish</b></p>
<p><b>27</b> 9:00 Cornhole 9:00 "NIA" 9:15 Aquafit at the YMCA 9:30 Academic Drawing 10:00 Tai Chi &amp; Qigong 12:30 Play Mahjongg 12:30 Monday Movies 1:00 Zumba Gold 1:00 Color Me Calm <b>3:00 Winter Dance Party</b></p> <p><b>Shepard's Pie w/ Corn</b></p>	<p><b>28</b> 9:00 Stretch &amp; Go 9:45 Healthy Bones/Balance 9:45 Fitness Basics 11:15 Gentle Yoga <b>11:30 Big Y Shopping</b> 12:00 Learn Mahjongg 1:00 Bingo 1:00 Pinochle 1:00 Healthy Bones/Balance 3:00 Intro Social/Ballroom 3:00 Trivia Club</p> <p><b>Beef Tacos</b></p>	<p><b>29</b> 8:45 Healthy Bones/Balance 9:00 Dance w/ Loryn 9:30 Painting 10:00 Music Group 10:00 Travel Club 10:00 Group Personal Training 10:00 Healthy Bones/Balance 11:15 Beginner Yoga 12:30 Play Mahjongg 1:00 Beginner Line Dance 1:00 Creative Collage <b>2:00 MacDuffie Social #2</b></p> <p><b>Braised Pork &amp; Veggie Stew</b></p>	<p><b>30</b> 9:00 Stretch &amp; Go <b>9:30 Tech-Time</b> 9:30 Advanced Watercolor 9:30 Travel Club 9:45 Healthy Bones/Balance 9:45 Fitness Basics 11:00 Ukelele <b>11:00 Pet Therapy</b> 11:15 Seated/Standing Yoga 1:00 Sit and Sew 1:00 Chair Volleyball 1:00 Healthy Bones/Balance <b>1:00 Public Health Nurse</b> 2:00 Uplifting Karaoke 2:00 Seated/Standing Dance 2:15 Meditation 4:00 Jam Session Group <b>4:30 Veteran's Dinner</b> 5:30 Evening Yoga <b>Tortellini Soup</b></p>	<p><b>31</b> 8:45 Healthy Bones/Balance 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy Bones/Balance 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts <b>1:00 Micro Greens Wrkshp</b></p> <p><b>Baked Sole</b></p>

# 10 Creative & Social Activities

## Craft Club

### Card Making with Joanne

Tuesday, Jan. 7th, 10:00 AM \*FEE \$5.00

Make 4 different card designs! All supplies provided. Space is limited.

### Resin Art with Carla

Friday, Jan. 10th, 1:00 PM \*FEE \$5.00

Learn how to use UV Resin and other materials artfully to make jewelry, key chains, and other small items.

### Flower Arranging

Friday, Jan. 24th, 1:30 PM \*FEE \$10.00

We will be making a fresh flower arrangement with a winter theme. All supplies provided. Space is limited.

### Micro Greens Workshop with Megan from Dave's Natural Garden

Friday, January 31st, 1:00 PM \*FEE \$25.00

Discover the joy of growing your own microgreens right at home! This hands-on workshop led by Megan from Dave's Natural Garden is a fun and engaging way to learn about the benefits of microgreens and how to cultivate them. Tickets are available for purchase at the Welcome Desk.

## Creative Activities

### Academic Drawing & Painting

Mondays, 9:30 AM \*FEE \$5.00

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!

### Painting with Christianne

Wednesdays, 9:30 AM \*FEE \$5.00

Bring your own supplies and projects.

### Creative Collaging

Wednesdays, 1:00 PM

### Advanced Watercolors

Thursdays, 9:30 AM \*FEE \$5.00

Bring your own supplies, Tina will provide guidance!

### Sit and Sew

Thursdays, 1:00 PM

### Watercolor Bootcamp

Fridays, 9:30 AM \*FEE \$5.00

Focus on watercolor techniques with Tina!

### Fiber Arts

Fridays, 1:00 PM

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

Need a Zoom link? Have questions?  
Contact Kathy at [kflorence@southhadley.ma.gov](mailto:kflorence@southhadley.ma.gov)

## Social Activities

### "Get a Clue" Mystery Book Club \*NEW TIME\*

Tuesday, Jan. 7th, 2:30 PM

Discuss *The Last Remains* by Ellie Griffith. February's selection is *Fool Me Once* by Harlan Coban.

### Social Dance Club

Wednesday, Jan. 15th, 2:00 PM \*FEE \$4.00

Get moving and feel great! Led by Richie Mitnick.

### Books & Banter Club (Hybrid)

Wednesday, Jan. 22nd, 2:00 PM

Discuss *Hello Beautiful* by Ann Napolitano.

### Learn to Play Mahjongg \*NEW DATE/TIME\*

Tuesdays, 12:00 PM \*FEE \$5.00

### Tuesday Trivia Club

Tuesdays, 3:00 PM

### Senior Center Music Group

Wednesdays, 10:00 AM

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

### Ukelele Group (Intermediate Level - Round Robin)

Thursdays, 11:00 AM

### Uplifting Karaoke with Ronnie

Thursdays, 2:00 PM

### Jam Session Group

Thursdays, 4:00 PM

Join us on Thursday nights to make music!

## Monday Movie Matinee, 12:30 PM

Literary Classics Brought to Life



**Jan. 6th**  
**My Sister's Keeper**  
(2009)  
Drama,  
Family,  
Tragedy



**Jan. 13th**  
**The Color Purple**  
(1985)  
Historical  
Drama,  
Social Issues



**Jan. 27th**  
**To Kill A Mockingbird**  
(1962)  
Drama,  
Family,  
Thriller

When you donate directly to the Council on Aging's Gift Funds, you help sustain and enhance our fitness programs, creative and social 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 COA offers! Please consider making a donation today to keep these valuable programs thriving.  
 Thank you for your support! - The COA Team

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*\*If you would like an acknowledgment sent to the family, you must provide the following:*

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Relationship to Deceased: \_\_\_\_\_

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# 12 Fitness Programs

## Fitness Center Hours

Mon-Fri 8:00AM - 4:00PM | Thurs 8:00AM - 6:30PM  
**Closed** Wed 10:00 AM - 11:00 AM

Fitness and Exercises Classes \$3.00 per class  
Group Personal Training \$5.00 per class

**FREE** **Cornhole**  
Mondays & Fridays, 9:00 AM

**"NIA" with Beth**  
Mondays, 9:00 AM  
NIA is a cardio-dance workout energizing and conditioning the whole body.

**Aquafit at the YMCA**  
Mondays, 9:15 AM \*FEE \$4.00  
(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 and Qigong (Hybrid)**  
Mondays, 10:00 AM

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 and Go with Lindsey**  
Tuesdays & Thursdays, 9:00 AM

This class gets you up and ready for the day!

**Fitness Basics with Lindsey (Hybrid)**

Tuesdays & Thursdays, 9:45 AM  
Get moving with cardio, weight training, and stretching. All abilities welcome.

**FREE** **RSVP Healthy Bones & Balance**

Tuesdays & Thursdays, 9:45 AM and 1:00 PM  
Wednesdays & Fridays, 8:45 AM and 10:00 AM  
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 and 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  
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.

**FREE** **Mandatory Fitness Center Orientation**

Wednesday, Jan. 15th, 12:30 PM  
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 and Standing Yoga (Hybrid)**

Thursdays, 11:15 AM  
Grab a chair, wear comfy clothes, and connect breath with movement.

**FREE** **Chair Volleyball**  
Thursdays, 1:00 PM

Build core muscle strength and flexibility in this fun activity!

**Seated and 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!

**FREE** **Meditation with Richard & Lewis**

Thursdays, 2:15 PM  
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!**



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

*Photos from our Holiday Open House!  
Thank you to everyone who celebrated the Holidays at the COA!*



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# 14 Friends of the South Hadley Seniors & Travel Club



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Carol Constant  
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Rita Starzyk  
Bob Hann

As we enter a New Year, we want to express our gratitude for the support of all our friends. May this New Year bring you good health, peace, and joy. May it be filled with moments that warm your heart, new memories to cherish, and the love of family and friends surrounding you always.

Wishing you a wonderful and fulfilling year ahead, full of blessings and beautiful moments.

Happy New Year!

With warmest wishes,  
*The Friends of the South Hadley Seniors*

## TRAVEL CLUB

### Club Hours:

Wednesday & Thursday 9:30-11:00 AM

### Contact Us:

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

**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 9, 2025:** Newport Playhouse and Cabaret, Newport, RI. "Baggage" A Comedy. Cost \$145. Call Huguette.

**June 16 - 19, 2025:** Pennsylvania Amish Country with "NOAH," Lancaster, PA. 4 day/3 night/8 meal trip. Call Susan for pricing and flyer.

**September 8 - 19, 2025:** Norwegian Cruise Line - Caribbean Cruise from NY Pier. 12 days/11 nights aboard Norwegian Escape. Call Donna Milliken at The Ship Shop @ 1-800-243-1630 or Huguette for pricing and flyer.

**September 24, 2025:** Newport Playhouse, Newport, RI. "Cosmo St. Charles" A Murder Mystery. Cost \$145. Call Huguette.

**October 6, 2025:** NH Kissing Bridges, East Hill Farm & Smith's Country Cheese. Cost \$115. Call Susan.

**December 8, 2025:** Aqua Turf Club, "Rock this Town" Christmas Show. Cost \$145. Call 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.

# Thank You!

We are sincerely grateful for all donations to the South Hadley COA, which supports 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:

**Lorraine Kiontke**  
Rita Patruno

**Debra Ayers**  
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Zoey Bernier

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Deoclecio J. Artur

Joan Harp

## 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](mailto: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](mailto: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](http://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

-  Monday - Friday  
8:00 AM - 4:00 PM  
Thursdays Until 6:30 PM
-  413-538-5030 (Press 3)
-  [www.southhadley.org/  
324/Council-on-Aging/](http://www.southhadley.org/324/Council-on-Aging/)
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### Resource Directory

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(413) 437-7593 | [info@nhnfoodpantry.org](mailto: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](mailto: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](http://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

**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

