

REGISTRATION BEGINS:

RESIDENTS
WEDNESDAY, JAN 22ND

NON-RESIDENTS
FRIDAY, JAN 24TH

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Valentine's Dinner and Dance
Thursday, February 13th, 4:30 PM

Chef Dakota will prepare a delicious dinner featuring beef stroganoff, garden salad, rolls, and dessert, followed by an evening of dancing with DJ Luis. Tickets for the dinner are \$8.00 per person and must be purchased at the welcome desk. Music is generously sponsored by the Friends of the South Hadley Seniors.

Hip Hop Line Dance with Rondae
Wednesday, February 26th, 1:00 PM

Rondae Drafts, Ph.D., from Music Dance in Randolph, MA, will lead a free line dance class featuring smooth R&B and Hip Hop music, generously sponsored by the Massachusetts Cultural Council.



Snow Closures:

In the event of inclement weather, closures for the SHCOA are posted on 22News, ABC40, and CBS3Springfield. Delays or closures noted as South Hadley Senior Center or South Hadley Town Offices apply to the SHCOA. We do NOT follow school closures.

AARP TaxAide (UPDATED INFORMATION):

Once again, the IRS-certified AARP Tax-Aide Counselors will be preparing tax returns at our Center starting February 6, free of charge. Clients must first pick up an information packet containing instructions and intake forms, which must be completed and signed before their appointment date. On the day of their appointment, clients must drop off their documents directly to an AARP Tax-Aide between 8:30 AM and 9:15 AM. While their return is being prepared, clients must remain available by phone, as all further communication will take place this way. Once the return is ready, clients will be called to pick up all documents and a copy of their completed tax return the same day. Those filing for the MASS Circuit Breaker Credit must include ALL Real Estate and Water/Sewer bills. If you cannot locate these, copies can be obtained at the Town Hall and should be submitted with your tax papers. There are no restrictions on town of residence, age, or similar criteria. However, returns involving virtual currencies, rental housing, or master limited partnerships cannot be processed and will require assistance 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)
Receptionists Wendy Farley & Carol Reznik
Food Service Coord. Dakota Lyman
Food Service Asst. Brooke Danko
Human Services Coord. Selena Rodriguez
Tech Instructor Maria Heffernan
Drivers Rick Dufault, Eric Gallagher

Council on Aging Board

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Vice Chairperson Susan Labonte
Secretary Sheila Pennell
Member Lara Asarese
Member Jim Bosman
Member Richard (Dick) Matteson
Member Liane Pueschel
Member Robert Pueschel
Member Stanley Was

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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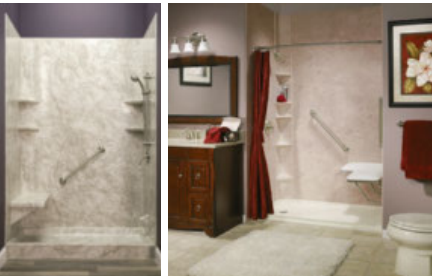
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4 Special Programs



Winter 2025 Open Dance Party with Liz and Lucia

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!



Trip to Amherst College's Beneski Museum of Natural History

Thursday, February 6th, 4:15 PM

Professor Alfred J. Venne invites you to explore the Natural History Museum at Amherst College with a special tour highlighting local dinosaur fossils! Transportation from the COA will depart at 4:15 PM for up to 12 participants, or you can meet us at the museum at 5:00 PM.

"Create and Sip" Workshop with South Hadley Board and Brush

Thursday, February 6th, 4:30 - 6:30 PM

Enjoy the hot cocoa bar and choose from 4 different board signs, choose your stain, and then use a stencil while you paint with instruction from Board and Brush staff! Tickets are \$25.00 per person.

Meet the Artists!

Friday, February 7th, 10:30 AM

Meet this month's exhibit artists Amanda M., Josh N., Sean C. and David A. from Sunshine Village. Get to know them and the inspiration for their work! Refreshments will be served.

Food Safety Bingo! Nutrition Program with WMEC

Monday, Feb. 10th, 10:30 - 11:30 AM

Join registered dietitian Hannah Clayton, MPH, RDN, LDN, from WMEC for a free, fun, and informative nutrition education program! Prizes will be given out.



Social with MacDuffie

Wednesday, February 12th, 2:00 PM

Spend some time with students from the MacDuffie School. There'll be a chair volleyball competition!



Valentine Cupcake Decorating Class

Friday, February 14th, 1:00 PM

Our friends at Mont Marie Rehabilitation will be offering a free valentine cupcake decorating workshop! Please register in advance.



State Rep. Gomez Visit!

Tuesday, February 18th, 10:00 AM

Join us in welcoming new State Representative, Homar Gomez, as he hosts his first community event in this role! A proud Easthampton resident, he is excited to meet, share his vision, and hear from you. Come connect over coffee and muffins!

Luncheon Outing to the Tiger's Den Restaurant

Wednesday, February 19th, 11:00 AM

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



Trivia Pizza Night

Thursday, February 20th, 4:30 - 6:30 PM

Join us for our 2nd annual trivia night, featuring fun, food, and friendship! You will have a choice of pizza prepared by Family Pizza with soda or water. Tickets are \$8.00 per person. Teams will be set into groups of up to 6. The Travel Club will donate Big Y Gift Certificates and Travel Certificates to the winning teams! For reservations, please call Huguette at 413-530-6162.

Gentleman's Breakfast

Friday, February 21st, 8:30 AM

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



Women's Network

Wednesday, February 26th, 2:30 PM

Join us for our monthly social program for women, featuring guest speaker Jan Lucier, Holistic Nurse and Shamanic Practitioner. Refreshments will be provided, sponsored by the Friends of the South Hadley Seniors.



February Birthday and Anniversary Party with Entertainment by Soular Eclipse

Thursday, February 27th, 5:00 PM

Celebrate with us at our monthly Birthday and anniversary party featuring entertainment by Soular Eclipse. Covering RnB hits spanning the decades with a fabulous touch of jazz panache. Music to soothe the soul, improve your mood, and get you movin'. If it's your birthday or anniversary in February don't forget to enter our monthly raffle for a special prize! Sponsored by The Massachusetts Cultural Council and the Friends of the South Hadley Seniors.

February Art Exhibit

Beginning February 3rd, come and discover the diverse talents of Sunshine Village artists shining! Amanda M.'s lifelong passion for canvas painting, Josh N.'s captivating pour paintings, Sean C.'s striking photography, and David A.'s vibrant anime drawings will be on full display. Don't miss this showcase of incredible art styles!

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 PVT A?
 Call (413) 781-7882 for assistance!**

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.

Introduction to iPhone

Monday, Feb. 3rd, 10:00 AM

Perfect for beginners! Learn essential iPhone features including making calls, sending texts, and helpful accessibility options. This hands-on class builds confidence through step-by-step guidance in a small group setting. Limited to 6 participants.

Digital Photo Essentials: From Storage to Sharing

Friday, Feb. 14th, 10:00 AM

Learn how to organize, store, back up, and share your photos across devices like iPhones/iPads, Androids, and laptops. This presentation includes hands-on activities and a handout of practical tips to take away.

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6 Support Services

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



“Lights On” Program

Are you currently receiving fuel assistance, Brown Bag, SNAP, or experiencing a difficult financial time? Speak to Emily about the COA’s Electric Light Credit 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 access this free service for medical appointments outside of South Hadley.

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.
- Transportation is unavailable for appointments requiring sedation

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.

SHINE: Serving the Health 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.



Neighbors Helping Neighbors, Inc.

Supporting the Food Pantry

The Food Pantry item for February is Pasta, Pasta sauce, and Pasta mixes such as: Hamburger Helper or Tuna Helper. Thank you for your continuing support! Drop off located in the vestibule of the COA.

Brown Bag

Tuesday, February 18th

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 Is 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.

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.



Alzheimer's Association Helpline:

1-800-272-3900

The free 24/7 Helpline supports those with dementia, caregivers, families, and the public.

Social Security Administration:

1-800-772-1213

Mon.-Fri. , 8 AM-7 PM
Shorter wait times are in the mornings, later in the week, or month.

Suicide Prevention & Crisis Lifeline

988

Struggling with mental health or substance use? Support is available 24/7—you're not alone.

Elder Abuse Hotline

1-800-922-2275

Anyone who has a concern of possible abuse of an adult who is 60+ can file a report.

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 - 3:00 PM

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

Foot Nurse: Sharon Beaulieu, RN

Tuesday, Feb. 4th, 9:00 - 11:00 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.

Hampshire Hearing & Speech Services

Tuesday, Feb. 11th, 9:00 - 11:00 AM

Screenings and hearing aid cleanings. Registration required.

Low Vision Support Group

Tuesday, Feb. 11th, 10:00 AM

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

Veterans Coffee Hour

Wednesday, Feb. 12th, 9:00 - 11:00 AM

Join us for a coffee and pastries, generously provided by VFW Post 3104 and American Legion Post 260. All veterans are welcome!

LGBTQ+ Social Coffee Hour

Thursday, Feb. 20th, 12:30 - 2:00 PM

Join us for our welcoming LGBTQ+ Coffee Social, led by Neil Broom, LCSW/MSW. Refreshments are sponsored by the Friends of the South Hadley Seniors.

NEW! Veterans Evening Social Group

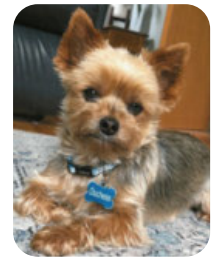
Thursday, Feb. 20th, 4:30 - 5:30 PM

Join Chris Plotniak, Director of Veterans Services, every month on the 3rd Thursday for an evening social with refreshments and information. Open to veterans of all ages!

There will be no Chair Massage, Nutrition Counseling, or Community Companion Visit available in February. We apologize for any inconvenience and appreciate your understanding.



Pet Therapy



Duchess

**Monday, Feb. 3rd
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 Aging & Independence and the Administration for Community Living.

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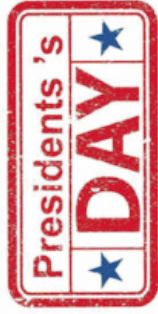
Community Table Lunch: Monday - Friday, Served at 11:30 AM
 Breakfast-To-Go: Monday - Friday, Pick Up at 11:30 AM
 Reserve meals by 11:00 AM the day before. A suggested confidential donation of \$3.00 for guests 60+. Those under 60 are charged \$6.00 per Federal Regulations. Breakfast meals are intended 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.
 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>3 9:00 Cornhole 9:00 "NIA" 9:15 Aquafit at the YMCA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:00 Intro to iPhone 12:30 Play Mahjongg 12:30 Monday Movies 12:30 Pet Therapy 1:00 Zumba Gold 1:00 Color Me Calm 3:00 Winter Dance Party</p>	<p>4 9:00 Stretch & Go 9:00 Foot Nurse Appts 9:45 Healthy Bones/Balance 9:45 Fitness Basics 10:00 Card Making 11:15 Gentle Yoga 11:30 Big Y Shopping 12:00 Learn Mahjongg 1:00 Bingo 1:00 Pinochle 1:00 Healthy Bones/Balance 2:30 Mystery Book Club 3:00 Intro Social/Ballroom 3:00 Trivia Club</p>	<p>5 8:45 Healthy Bones/Balance 9:00 Dance w/ Loryn 9:00 Veterans Coffee Hour 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</p>	<p>6 9:00 Stretch & Go 9:00 Tech-Time 9:30 Advanced Watercolor 9:30 Travel Club 9:45 Healthy Bones/Balance 9:45 Fitness Basics 11:00 Ukelele 11:00 Pet Therapy 11:15 Seated/Standing Yoga 1:00 Sit and Sew 1:00 Chair Volleyball 1:00 Healthy Bones/Balance 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:00 Seated/Standing Dance 2:15 Meditation 4:00 Jam Session Group 4:15 Beneski Museum Trip 4:30 Create and Sip 5:30 Evening Yoga</p>	<p>7 8:45 Healthy Bones/Balance 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy Bones/Balance 10:30 Meet the Artist 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts 1:00 Resin Art</p>
<p>10 9:00 Cornhole 9:00 "NIA" 9:15 Aquafit at the YMCA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:30 Nutrition Program 12:30 Play Mahjongg 12:30 Monday Movies 1:00 Zumba Gold 1:00 Color Me Calm 3:00 Winter Dance Party</p>	<p>11 9:00 Stretch & Go 9:00 Hearing/Speech Appts 9:45 Healthy Bones/Balance 9:45 Fitness Basics 10:00 Low Vision Group 11:15 Gentle Yoga 11:30 Big Y Shopping 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>12 8:45 Healthy Bones/Balance 9:00 Dance w/ Loryn 9:00 Veterans Coffee Hour 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 NO Beginner Line Dance 1:00 Creative Collage 1:30 Birthday/Anniv Party 2:00 MacDuffie Social</p>	<p>13 9:00 Stretch & Go 9:00 Tech-Time 9:30 Advanced Watercolor 9:30 Travel Club 9:45 Healthy Bones/Balance 9:45 Fitness Basics 11:00 Ukelele 11:00 Pet Therapy 11:15 Seated/Standing Yoga 1:00 Sit and Sew 1:00 Chair Volleyball 1:00 Healthy Bones/Balance 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:00 Seated/Standing Dance 2:15 Meditation 4:00 Jam Session Group 5:30 Evening Yoga</p>	<p>14 8:45 Healthy Bones/Balance 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy Bones/Balance 10:00 Digital Photo Essen. 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts 1:00 Cupcake Decorating</p>
<p style="text-align: center;">Egg Noodles w/ Meatballs</p>	<p style="text-align: center;">Rosemary Pork Loin</p>	<p style="text-align: center;">Chicken Enchilada Rice Bowl</p>	<p style="text-align: center;">Turkey Loaf w/ Gravy</p>	<p style="text-align: center;">Shrimp & White Fish Scampi</p>
<p style="text-align: center;">High Sodium - Cheesy Chicken Casserole</p>	<p style="text-align: center;">Buttered Penne</p>	<p style="text-align: center;">Pulled Pork w/ Peanut Noodles</p>	<p style="text-align: center;">New England Pot Roast</p>	<p style="text-align: center;">Seafood Newburg</p>

17

CLOSED



No Meal Service

24

9:00 Cornhole
9:00 "NIA"
9:15 Aquafit at the YMCA
9:30 Academic Drawing
10:00 Tai Chi & Qigong
12:30 Play Mahjongg
1:00 Zumba Gold
1:00 Color Me Calm
3:00 **Winter Dance Party**

Italian Herb Roasted Chicken

18

9:00 Stretch & Go
9:45 Healthy Bones/Balance
9:45 Fitness Basics
10:00 **Brown Bag**
10:00 **State Rep Visit**
11:15 Gentle Yoga
11:30 **Big Y Shopping**
12:00 Learn Mahjongg
12:30 **Ice Cream Social**
1:00 Bingo
1:00 Pinochle
1:00 Healthy Bones/Balance
3:00 Intro Social/Ballroom
3:00 Trivia Club

**High Sodium -
BBQ Pulled Pork**

25

9:00 Stretch & Go
9:45 Healthy Bones/Balance
9:45 Fitness Basics
10:00 **Brown Bag**
11:15 Gentle Yoga
11:30 **Big Y Shopping**
12:00 Learn Mahjongg
1:00 Bingo
1:00 Pinochle
1:00 Healthy Bones/Balance
3:00 Intro Social/Ballroom
3:00 Trivia Club

Taco Tuesday

19

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
11:00 **Lunch at Tiger's Den**
11:15 Beginner Yoga
12:30 Play Mahjongg
1:00 **NO** Beginner Line Dance
1:00 Creative Collage
2:00 **Social Dance Club**

Chicken Marsala

26

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 **NO** Beginner Line Dance
1:00 Creative Collage
2:00 **Books & Banter Club**
2:30 **Women's Network**

**Irish Beef Stew w/
Vegetables**

20

9:00 Stretch & Go
9:00 **Tech-Time**
9:30 Advanced Watercolor
9:30 Travel Club
9:45 Healthy Bones/Balance
9:45 Fitness Basics
11:00 Ukelele
11:00 **Pet Therapy**
11:15 Seated/Standing Yoga
12:30 **LGBTQ+ Coffee Hour**
1:00 Sit and Sew
1:00 Chair Volleyball
1:00 Healthy Bones/Balance
1:00 **Public Health Nurse**
2:00 Uplifting Karaoke
2:00 Seated/Standing Dance
2:15 Meditation
4:00 Jam Session Group
4:30 **Veterans Social Group**
4:30 **Trivia Pizza Night**
5:00 **Sound Bath Meditation**
5:30 Evening Yoga

**Pulled Beef Brisket Mac &
Cheese**

27

9:00 Stretch & Go
9:00 **Tech-Time**
9:30 Advanced Watercolor
9:30 Travel Club
9:45 Healthy Bones/Balance
9:45 Fitness Basics
11:00 Ukelele
11:00 **Pet Therapy**
11:15 Seated/Standing Yoga
1:00 Sit and Sew
1:00 Chair Volleyball
1:00 Healthy Bones/Balance
1:00 **Public Health Nurse**
2:00 Uplifting Karaoke
2:00 Seated/Standing Dance
2:15 Meditation
4:00 Jam Session Group
5:00 **Birthdays/Anniv Party**
5:30 Evening Yoga

Bruschetta Chicken

21

8:30 **Gent's Breakfast**
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
1:30 **Flower Arranging**

**Vegetable Lasagna w/
Marinara**

28

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
1:00 **Terrarium Wrkshp**

**Mediterranean Pollock w/
Sauce**

Thank you to the

South Hadley & Granby Chamber of Commerce

for your generous donation, which will help us revive our Memory Café and support our community!

10 Creative & Social Activities

Craft Club

Card Making with Joanne

Tuesday, Feb. 4th, 10:00 AM *FEE \$5.00

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

Resin Art with Carla

Friday, Feb. 7th, 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, Feb. 21st, 1:30 PM *FEE \$10.00

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

Terrarium Workshop with Megan from Dave's Natural Garden

Friday, Feb. 28th, 1:00 PM *FEE \$35.00

Unleash your inner botanist and create your own miniature world at our Terrarium Building Workshop! This hands-on session is perfect for anyone looking to bring a touch of nature indoors. Whether you're a seasoned plant enthusiast or a complete beginner, you'll enjoy crafting a self-contained ecosystem that thrives under glass. Tickets available for purchase at welcome desk.

Creative Activities

Academic Drawing and 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

Social Activities

"Get a Clue" Mystery Book Club

Tuesday, Feb. 4th, 2:30 PM

Discuss *Fool Me Once* by Harlan Coban. March's selection will be *Celine* by Peter Heller.

Monthly Social Dance Club

Wednesday, Feb. 19th, 1:30 PM *FEE \$4.00

Get moving and feel great! Led by Richie Mitnick.

Books and Banter Club (Hybrid)

Wednesday, Feb. 26th, 2:00 PM

Discuss *The Diamond Eye* by Kate Quinn.

Learn to Play Mahjongg

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!

Ukulele Group (Intermediate Level - Round Robin)

Thursdays, 11:00 AM

Uplifting Karaoke with Ronnie

Thursdays, 2:00 PM

Jam Session Group

Thursdays, 4:00 PM

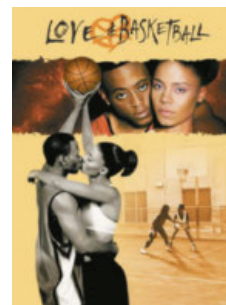
Join us on Thursday nights to make music!

Monday Movie Matinee, 12:30 PM

Dynamic Duos

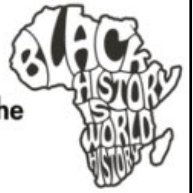


Feb. 3rd
Jerry and
Marge Go
Large (2022)
Comedy/
Drama



Feb. 10th
Love and
Basketball
(2000)
Romance/Sport

There is no
Movie
Matinee at
the COA on
Feb. 24th.
Check Page
14 for a
screening
happening at
Tower
Theatres!



February marks Black History Month in the United States and Canada—a time to reflect on the contributions and resilience of Black individuals throughout history.

Did you know that Black History Month is celebrated at different times around the world? In the United Kingdom, Ireland, and the Netherlands, it is observed in October. Germany recognizes it as well, often focusing on specific events in major cities like Berlin. In Spain, while there isn't an official Black History Month, there are other meaningful celebrations of Black heritage, such as Día de la Mujer Afrodescendiente, which highlights the contributions and achievements of Afro-descendant women.

Here in South Hadley, we can take this month as an opportunity to reflect on our own local history, including the stories of enslaved and freed individuals who were part of our community. To learn more, we invite you to explore the "Topical Guide to Enslavement in South Hadley." The link can be found below, along with a QR code for quick access.

Black history is global, and its legacy touches every corner of our world. Let's celebrate, reflect, and honor these stories—both near and far—today and every day.



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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 Exercise 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, Feb. 5th and 19th, 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
ONLY ONE CLASS THIS MONTH
Wednesday, Feb. 5th, 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.

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

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/Lights On

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14 Friends of the South Hadley Seniors & Travel Club

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

THE FRIENDS WOULD LIKE TO EXTEND OUR THANKS!

Your support of the Friends of the South Hadley Seniors is much appreciated. We are grateful for the donations from:

Mary Ellen Dinn Steve Markow
Nancy Dinn Lesli O'Connell & David Swierzewski
Sharyn Kovalesky Eileen Sullivan

And in memory of: David Livingstone
Gisele Livingstone

MOVIE TICKET



**JOIN US FOR A FREE MOVIE
at South Hadley's Tower Theaters
"It's Complicated"**

Monday, February 24 @ 1PM

The Friends of the South Hadley Seniors are sponsoring this free movie. RSVP by calling the Senior Center. Seats are limited.

Along with a free movie, you'll receive a free small popcorn & drink. Doors open at 12:15. Call or stop by the Senior Center to sign up.



Each year the Friends of the South Hadley Seniors provide funding for programming, events, supplies and outreach for the Senior Center. We are grateful for the membership support which helps us to fund these needs.

YES! I would like to support the Friends in 2025

- Individual Membership (\$10)
 Joint Membership (\$20)

I would like to make an additional donation \$ _____

Name/s: _____

Address: _____

Email: _____

Phone: _____

Make check payable to the Friends of the South Hadley Seniors and drop off at the Senior Center or mail to PO Box 55.

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. 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.

May 13, 2025: Ogunquit / USS Albacore / Nubble Lighthouse. Day of fun by the sea. Includes: Transportation, Lunch, Museum, and breathtaking views. Cost \$150. 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.

July 16, 2025: NY Hudson River Valley Adventure, Kingston, NY. Includes: Transportation, Forsyth Nature Center Tour, Mariner's Harbor Restaurant & Rip Van Winkle River Cruise.

September 8 - 19, 2025: Norwegian Cruise Line - Caribbean Cruise from NY Pier. Call 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.

Make checks payable to "South Hadley Senior Travel Club" or "S.H.S.T.C."

Refund Policy: \$20 deposits are non-refundable. Refunds (less deposit) will only be issued if there is a replacement. No refunds for no-shows on day of trip.

Gift Certificates: Can be purchased in any denomination, never expire and can be used on any trip.

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:

Indu Pradhan Gayatri Bastia		George & Mary Hojnoski
	Lydia G. Klimczuk	Aziz & Peggy Durzy
Tina Addison Pat Pickara	Chris Grammaticas	Sharyn Kovalesky
Bill Oehler The Tuckers	Bruce Rondeau	Ash Hartwell
	Gretta Tucker	Kathleen Rook Kathleen Florence
Mary Clement-Allen W. Bradford Allen	Susan Dayall	“Thank you to all the COA members for the heartfelt support and kindness you’ve shown me following my mother’s passing. Your compassion has meant so much during this difficult time.”
Jim & BJ White David & Cynthia Morrell	Lyndsay Tetlow	

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 x6206.

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.

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 x6205.

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.

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

Rainbow Social Club (RSC) Monthly Events: The RSC offers opportunities for LGBTQ+ individuals to connect and grow in their identities.

- > Amherst Sr Center, 1st Tuesdays, 10:00 AM
- > Holyoke Sr Center, 1st Wednesdays, 5:00 PM
- > Belchertown Sr Center, 2nd Wednesdays, 10:00 AM
- > South County Sr Center, 2nd Thursdays, 12:00 PM
- > Northampton Sr Center:
 - “Silver Lesbians” 1st, 3rd, and 5th Tuesdays, 2:30 PM
 - “Gay Men’s Group” Every Friday, 1:00 PM
- > Bernardston Sr Center, 3rd Fridays, 11:00 AM

Commission on Disabilities (COD): The COD advises on accessibility and compliance with disability laws. For more details, visit southhadley.org/1016/Commission-on-Disabilities.

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 x6205.



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 (option 3)

www.southhadley.org/
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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

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: 2-1-1
 Get critical health and human services information.

Elder Fraud Hotline: 1-833-372-8311

LGBTQ+ Elder Hotline: 1-877-360-5428

Senior Legal Hotline: 800-342-5297

