

SOUTH HADLEY COUNCIL ON AGING

WOMEN'S HISTORY MONTH

# THE GOLDEN CHRONICLE



## REGISTRATION BEGINS:

RESIDENTS  
WEDNESDAY, FEB 19TH

NON-RESIDENTS  
FRIDAY, FEB 21ST

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# A NIGHT CELEBRATING WOMEN

THURSDAY, MARCH 27TH, 2:00 - 6:30 PM

We are thrilled to invite you to a special event honoring the incredible women who make our community thrive. Join us at the Senior Center for an afternoon of inspiration and connection! Enjoy distinguished guest speakers, a captivating performance by the talented female singing group "The Pearls," and the opportunity to explore products from women-owned businesses—with goods available for purchase. Indulge in a delightful selection of hors d'oeuvres and desserts, and take time to mingle with fellow exceptional women. This is a chance to celebrate, connect, and be inspired by the incredible women around you! Sponsored by the Friends of the South Hadley Seniors.

**AARP TaxAide:** IRS-certified AARP Tax-Aide Counselors are preparing tax returns at our Center, free of charge. At this time, all of our appointments are filled. Clients with appointments 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. All document requirements are located in the packets.

**Delicious Dining:** The Woodlawn Café is open daily until 3:00 PM, with extended hours until 6:30 PM on Thursdays! Stop by for a hot coffee, fresh sandwich, or homemade soup. Plus, don't miss out on our Community Table meals, catered by Delaney Market. Come give them a try! Check the calendar on pages 8 and 9 for the latest updates.

**Fitness Class Changes:** The NIA class will now be priced at \$5.00 per class. Be sure to check the updated blurb for more details on the class and its benefits! Also, for those participating in the extended Tai Chi class, the cost is now \$4.00. Beginner Tai Chi, which is a smaller portion of the full class, will remain at \$3.00.



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South Hadley COA - South Hadley, MA

06-5294



## 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.

## Staff Directory

Senior Services Director  
Julie Pearce | ext. 6204

Activity/Volunteer Coordinator  
Kathy Florence | ext. 6207

Social Services Coordinator  
Emily Brochu | ext. 6206

Community Programs Coordinator  
Sandy Farnsworth | ext. 6205

Receptionist  
Carol Reznik | ext. 6202

Food Service Coordinator  
Dakota Lyman | ext. 6208

Food Service Assistant  
Brooke Danko

Human Services Coordinator  
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 Richard (Dick) Matteson  
Member Liane Pueschel  
Member Robert Pueschel  
Member Stanley Was



*A big thank you to the MacDuffie School students for sharing your culture with us! It was both informative and fascinating - and the food was AMAZING!*



*Photos from the MacDuffie Diversity Day Social!*



## **FREE COFFEE ALL MONTH**

Thanks to the generous sponsorship of the Friends of the South Hadley Seniors, you can enjoy FREE coffee all of March at the Woodlawn Café. Stop by, sip, and savor!



## **MARCH ART EXHIBIT**

### **DAVE BOGIA, FINE ARTS PHOTOGRAPHER**

Dave Bogia has been creating art through photography since 2011. He has studied under photographers from both Florida and New Zealand, and his work has been showcased from Massachusetts to Florida! He is also a proud member of the Quabbin Arts Association.



## 4 Special Programs

### **Mardi Gras Bingo**

**Tuesday, March 4th, 1:00 PM**

On this Fat Tuesday the Friends of the South Hadley Seniors will be sponsoring a free Bingo with prizes and refreshments!



### **Birthday/Anniversary Party with Entertainment by the Agawam Melody Band**

**Wednesday, March 5th, 2:00 PM**

Join us for cake, music and entertainment by the Agawam Melody Band in celebration of the birthdays and anniversaries of the month! During your birthday month, stop by the center and enter your name in our birthday club jar for a chance to win a gift at our birthday party! Sponsored by the Friends of the South Hadley Seniors.

### **Chef Demo: "Moonstruck" Ronnie's Italian Bread**

**Thursday, March 6th, 3:45 PM**

Watch Chef Maggie demonstrate Ronnie's famous one-handed Italian bread making. It's so easy, she will do it with one hand tied behind her back!



### **Dinner and a Movie**

**Thursday, March 6th, 4:30 PM**

Feast your eyes and savor the night! Chef Dakota will be preparing an Italian marinated chicken dinner while we enjoy the movie "Moonstruck." Tickets are \$10.00 per person and include dinner, the movie and popcorn! Purchase your tickets at the welcome desk.

### **SHELD Electric Safety Presentation**

**Wednesday, March 12th, 11:30 AM**

Join us for an info-session on electrical safety with Ray Gouley from SHELD. In addition to the presentation, Ray will be giving away six \$50.00 gift cards for Stop & Shop and will have delicious Table Talk pies available for attendees.



### **Helpful Tips for Your Garden with the Garden Gurus of Full Circle Garden**

**Part One - Wednesday, March 12th, 1:30 PM**

**Part Two - Wednesday, March 26th, 1:30 PM**

This is a two part series presented by the master gardeners of Full Circle Garden of South Hadley. **In part one** you will learn vegetable garden preparation: space, tools, planning for sun and water, physical design choices, planting by coolness or heat, companion gardening, succession planting, and good soils. **In part two** you will learn about compost preparation and use, and integrated pest management: planful identification of troublesome diseases or animal (insect) problems and steps for dealing with these in an organic way. These events are free!



### **From Ireland to America**

**Thursday, March 13th, 5:00 PM**

An evening of Irish music, refreshments, and an opportunity to meet the Grand Colleen and members of her court! From Ireland to America is a festive music program celebrating traditional Irish music and culture. The concert includes a variety of traditional Irish and Irish-American songs and instrumentals. Sponsored by the MA Cultural Council and the Friends of the South Hadley Seniors. Enjoy mint brownies and ice cream, provided by Mont Marie.

### **History of Dance with J-Lo**

**Wednesday, March 19th, 12:30 PM**

Explore the history of dance as you learn about and watch live dance styles from the 1940s through today, covering the 50s, 60s, 70s, 80s, and more! All guests will be entered into a raffle for a chance to win free dance lessons with J-Lo, our Social and Ballroom Dance instructor.



### **Augusta, Jacob and Gwendolyn: Art and Intimacy in the Harlem Renaissance, An Illustrated Talk by Dr. Joan DelPlato**

**Thursday, March 20th, 3:00 PM**

What does it mean to write a historical novel about art and artists who actually lived? This talk focuses on three modern artists living during the Harlem Renaissance and just after. They are: sculptor, poet and teacher Augusta Savage; painter Jacob Lawrence; and artist-dancer Gwendolyn Knight Lawrence. The personal lives of these three artists are not well documented. This talk uses fiction writing to fill in the gaps in our knowledge of all three artists, while remaining faithful to the history we do know. The art scene in Harlem is viewed through the lives of these three artists. In short, the Harlem Renaissance is personalized. Joan DelPlato, Ph.D., is an art historian who taught at Bard College at Simon's Rock for 32 years. She has written on art history and alternative pedagogy. She is now writing two more books, which inform this talk. She is now retired.

### **Forest Bathing with Vicky Ehrich and "Shade Tree Challenge" with Rebekah Cornell, South Hadley's Conservation Administrator/Planner/Tree Warden**

**Thursday, March 20th, 5:00 PM**  
Join us for an eye-opening presentation on the extraordinary healing power of nature and the magic of Forest Bathing with forest therapy guide Vicky Ehrich! Discover how practicing mindfulness among the trees can rejuvenate and heal your mind and body. Following the presentation, Rebekah Cornell will talk about the town's "Shade Tree Challenge."

### **Gentleman's Breakfast**

**Friday, March 21st, 8:30 AM**

Gents, join us for a delicious breakfast! This month you will be hosted by Dick Matteson, COA Board member!

## 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.

## Technology Assistance



Tech Time is supported by a grant from Access Care Partners. Donations are accepted, and can be made under the 'Tech Time' option on Page 15.

### 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 Android Phone

Monday, March 10th, 12:00 PM

Perfect for beginners! Learn essential Android features, including making calls, sending texts, and using Google services like Gmail and Photos. This hands-on class builds confidence through step-by-step guidance in a small group setting. Limited to 6 participants.

### iPad Loan Program Re-Launching Soon!

Want to borrow an iPad? Join our interest list today! Just ask the receptionist to add you, and when the program is ready, Maria will reach out with all the details. Don't miss your chance!

## 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 Brochu 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](mailto: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 Center, 1st Tuesdays, 10:00 AM
- > Holyoke Center, 1st Wednesdays, 5:00 PM
- > Belchertown Center, 2nd Wednesdays, 10:00 AM
- > South County Center, 2nd Thursdays, 12:00 PM
- > Northampton Center:

- "Silver Lesbians" 1st, 3rd, and 5th Tuesdays, 2:30 PM
- "Gay Men's Group" Every Friday, 1:00 PM
- > Bernardston 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](http://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.

# 6 Support Services



Join us in recognizing **International Women's Day on March 8** as we #AccelerateAction toward gender equality, because lasting progress shouldn't take five generations. [www.internationalwomensday.com](http://www.internationalwomensday.com)

**Emily Brochu, Social Services Coordinator** 413-538-5030 x6206 [ebrochu@southhadleyma.gov](mailto:ebrochu@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.

## Brown Bag

**Tuesday, March 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.



## Neighbors Helping Neighbors, Inc.

### Support for The Food Pantry

The Food Pantry item for February is Health and Beauty Products: soap, shampoo, bodywash, toothpaste, toothbrushes, and deodorant. Thank you for your support! Drop off located in the vestibule of the COA.

## Fuel Assistance Season Is Here!

If you need help with a Community Action recertification packet or are applying for the first time, contact Emily to schedule an appointment. Call 413-538-5030 x6206 or email [ebrochu@southhadleyma.gov](mailto:ebrochu@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.



### SafeLink 877-785-2020

Massachusetts' statewide 24/7 toll-free domestic violence hotline and a resource for anyone affected by Domestic or dating violence.

### 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.

### Access Care Partners (Westmass ElderCare) 413-538-9020

Need help at home?  
Explore services like Home Care and meals, available to all, regardless of insurance or income.

### Elder Abuse Hotline 1-800-922-2275

If you suspect abuse or neglect of an adult 60+, call to file a confidential report for support. Anyone can call!

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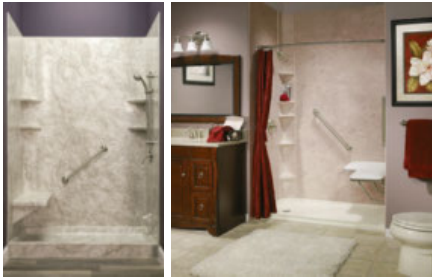
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# MARCH 2025

**Breakfast To-Go: Monday - Friday, Pick Up at 11:30 AM**  
 Meals must be reserved by 1:00 AM the day before. A suggested donation of \$3.00 for guests 60 and older, and guests under 60 are charged \$6.00 per federal regulations. Breakfast meals are intended to be heated at home the following day. The Title II-C Meal Site Program is provided by Access Care Partners (formerly WestMass ElderCare) through the Executive Office of Aging and Independence and the Administration for Community Living. For nutrition questions, call ACP at 413-538-9020 ext. 313. **Meals are subject to change without notice.**

**Calendar Key:** **Special Programs (Blue)** **Support Services (Purple)** **Community Lunch Meals (Red)**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b>                      9:00 Cornhole                      9:00 "NIA"                      9:15 Aquafit at the YMCA                      9:30 Academic Drawing                      10:00 Tai Chi &amp; Qigong  <b>10:30 Centerpiece Making</b>                      12:30 Play Mahjongg                      12:30 Monday Movies  <b>12:30 Pet Therapy</b>                      1:00 Zumba Gold                      1:00 Color Me Calm</p>	<p><b>4</b>                      9:00 Stretch &amp; Go  <b>9:00 Foot Nurse Appts</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  <b>1:00 Mardi Gras Bingo</b>                      1:00 Pinochle                      1:00 Healthy Bones/Balance  <b>2:30 Get a Clue Book Club</b>                      3:00 Intro Social/Ballroom                      3:00 Trivia Club</p>	<p><b>5</b>                      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  <b>12:30 Fitness Orientation</b>                      1:00 Beginner Line Dance                      1:00 Creative Collage  <b>2:00 Bday/Anniv Party</b></p>	<p><b>6</b>                      9:00 Stretch &amp; Go                      9:00 <b>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  <b>3:45 Chef Demo</b>                      4:00 Jam Session Group                      4:00 Games Group  <b>4:30 Dinner &amp; Movie</b>                      5:30 Evening Yoga  <b>Honey-Glazed Pork Loin</b></p>	<p><b>7</b>                      8:45 Healthy Bones/Balance                      9:00 Cornhole                      9:30 Watercolor Bootcamp                      10:00 Healthy Bones/Balance  <b>10:30 Chronic Illness Group</b>                      1:00 Cribbage                      1:00 Bridge                      1:00 Fiber Arts  <b>1:00 Felt Art</b></p>
<p><b>10</b>                      9:00 Cornhole                      9:00 "NIA"                      9:15 Aquafit at the YMCA                      9:30 Academic Drawing                      10:00 Tai Chi &amp; Qigong  <b>12:00 Intro to Androids</b>                      12:30 Play Mahjongg                      12:30 Monday Movies                      1:00 Zumba Gold                      1:00 Color Me Calm</p>	<p><b>11</b>                      9:00 Stretch &amp; Go  <b>9:00 Hearing/Speech Appts</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                      1:00 Bingo                      1:00 Pinochle                      1:00 Healthy Bones/Balance  <b>1:30 Companion Outreach</b>                      3:00 Intro Social/Ballroom                      3:00 Trivia Club</p>	<p><b>12</b>                      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  <b>11:30 SHELD Presentation</b>                      12:30 Play Mahjongg                      1:00 Beginner Line Dance                      1:00 Creative Collage  <b>1:30 Garden Tips - Part 1</b></p>	<p><b>13</b>                      9:00 Stretch &amp; Go                      9:00 <b>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 From Ireland to America</b>                      5:30 Evening Yoga  <b>Homemade Turkey Salisbury Steak w/ Gravy</b></p>	<p><b>14</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>Chicken Parmesan</b></p>	<p><b>Teriyaki-Glazed Pulled 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>Pumpkin Stuffed Chicken w/ Sauce</b></p>	<p><b>Spaghetti and Meatballs</b></p>	<p><b>Boneless Pork Chop w/ Garlic Cream Sauce</b></p>	<p><b>Homemade Turkey Salisbury Steak w/ Gravy</b></p>	<p><b>Tuscan White Fish</b></p>

<p><b>17</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</p> <p><b>Irish Beef Stew</b></p>	<p><b>18</b> 9:00 Stretch &amp; Go 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 w/ Sauce</b></p>	<p><b>19</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 <b>12:30 Fitness Orientation</b> 1:00 Beginner Line Dance 1:00 Creative Collage <b>1:30 Social Dance Club</b></p> <p><b>Chicken Marsala w/ Sauce</b></p>	<p><b>20</b> 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 <b>12:30 LGBTQ+ Coffee Hour</b> 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 <b>3:00 Harlem Renaissance Talk</b> 4:00 Jam Session Group <b>4:30 Veterans Social Group</b> <b>5:00 Forest Bathing/Tree Challenge</b> 5:30 Evening Yoga <b>BBQ Pulled Pork</b></p>	<p><b>21</b> <b>8:30 Gents Breakfast</b> 8:45 Healthy Bones/Balance 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy Bones/Balance <b>10:30 Chronic Illness Group</b> 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts <b>1:00 Indoor Plant Wrkshp</b></p> <p><b>Seafood Stuffed White Fish</b></p>
<p><b>24</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</p> <p><b>Beef Shepherd's Pie w/ Corn</b></p>	<p><b>25</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>26</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 Garden Tips - Part 2</b> <b>2:00 Books &amp; Banter Club</b></p> <p><b>Braised Pork and Veggie Stew</b></p>	<p><b>27</b> 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 Healthy Bones/Balance <b>1:00 Public Health Nurse</b> <b>2:00 Women's Celebration</b> 2:15 Meditation 5:30 Evening Yoga <b>Apple Brie Stuffed Chicken</b></p>	<p><b>28</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>White Fish w/ Florentine Sauce</b></p>
<p><b>31</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</p> <p><b>Swedish Meatballs w/ Swedish Sauce</b></p>	<p><b>Office Hours!</b> <b>Come with questions, comments, concerns, or just introduce yourself and chat!</b> <b>Police Chief Gundersen</b> <b>Wednesday, March 5th, 10:00 AM</b> <b>State Representative Gomez</b> <b>Monday, March 17th, 10:00 AM</b></p>			<p><b>Due to the large event happening on Thursday, March 27th, some classes are CANCELED:</b>  <b>Chair Volleyball</b> <b>Uplifting Karaoke</b> <b>Seated and Standing Dance</b> <b>Jam Session Group</b></p>

# 10 Health and Wellness

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 Brochu, 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, March 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.

## NEW! Living with Chronic Illness Support Group

**Friday, March 7th & 21st, 10:30 AM**

Welcome to the Support Group for individuals living with chronic illness—whether physical, mental, emotional, or spiritual. Led by Jan Lucier, this community provides a safe space to share experiences, challenges, and triumphs. We foster connection, understanding, and healing through open dialogue and mutual support, with occasional expert guidance and mindfulness practices.

## Hampshire Hearing & Speech Services

**Tuesday, March 11th, 9:00 - 11:00 AM**

Screenings and hearing aid cleanings. Registration required.

## Low Vision Support Group

**Tuesday, March 11th, 10:00 AM**

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

## Community Companion Outreach

**Tuesday, March 11th, 1:30 PM**

We will be visiting Hubert Place for an afternoon social. Join us to learn more about our volunteer program!

## Veterans Coffee Hour

**Wednesday, March 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 welcome!

## LGBTQ+ Social Coffee Hour

**Thursday, March 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.

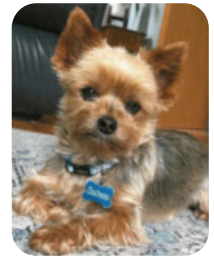
## Veterans Evening Social Group

**Thursday, March 20th, 4:30 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!



## Pet Therapy



### Duchess

**Monday, Mar. 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 Access Care Partners and by funding from the Older Americans Act through the Massachusetts Executive Office of Aging and Independence and the Administration for Community Living.

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## Craft Club

### Card Making with Joanne

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

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

### Felt Art with Carla

**Friday, Mar. 7th, 1:00 PM \*FEE \$5.00**

Learn how to needle felt with Carla! She will show you how to make a felt mushroom. All supplies included.

### Flower Arranging

**Friday, Mar. 14th, 1:30 PM \*FEE \$10.00**

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

### Indoor Houseplant Workshop with Megan from Dave's Natural Garden

**Friday, Mar. 21st, 1:00 PM \*FEE 35.00**

There are many proven benefits to indoor houseplants. Megan will be leading a hanging planter workshop where you will choose from a variety of houseplants with cascading and colorful foliage. Space is limited.

## Creative Activities

### NEW! Monthly Centerpiece Making with Sunshine Village

**Monday, March 3rd, 10:30 AM**

Sunshine village will be assisting us with making centerpieces for our dining room and cafe tables. All supplies included compliments of Sunshine Village.

### 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**

### 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 [kflorenc@southhadley.ma.gov](mailto:kflorenc@southhadley.ma.gov)

## Social Activities

### "Get a Clue" Mystery Book Club

**Tuesday, March 4th, 2:30 PM**

Discuss *Everyone in My Family Has Killed Someone* by Benjamin Stevenson. April's selection is *While Justice Sleeps* by Stacey Abrams.

### NEW! Games Group

**Thursday, March 6th, 13th, & 27th, 4:00 PM**

Do you love games? Bring your friends for an evening of fun! We have a variety of board games to play here! If you are interested in learning/playing Backgammon contact Kathy Florence

### Monthly Social Dance Club

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

Get moving and feel great! Led by Richie Mitnick.

### Books and Banter Club (Hybrid)

**Wednesday, March 26th, 2:00 PM**

Discuss *The Rosie Project* by Graeme Simsion.

### Learn to Play Mahjonn

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

Instruction by Liz Frosch-Dratfield.

### Tuesday Trivia Club

**Tuesdays, 3:00 PM**

### Senior Center Music Group

**Wednesdays, 10:00 AM**

Band under the direction of retired music teacher, Jim Vogel!

### Ukulele Group (Intermediate - 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

### Celebrating Ireland

**March 3rd Leap Year (2010/Romantic Comedy)**

**March 10th Waking Ned Devine (1998/Indie Comedy)**

**March 17th Brooklyn (2015/Romantic Drama)**

### Celebrating Women

**March 24th Marian Anderson: The Whole World in Her Hands (2022/Documentary with Rare Footage)**

**March 31st The Devil Wears Prada (2006/Dramedy)**

# 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

Exercise/Fitness Classes are \$3.00 per class  
*\*Unless otherwise noted*

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

### NIA with Beth

**Mondays, 9:00 AM \*FEE \$5.00**  
Looking for a fun and energizing way to improve your fitness? NIA is a cardio-dance workout that conditions the entire body while helping you feel more energized and balanced. Dancing and moving to soul-stirring music, NIA blends the strength and precision of martial arts, the creative joy of dance, and the healing energy of restorative arts. This dynamic class promotes stress reduction, improved flexibility, mobility, and agility, while also enhancing strength and inner balance. Whether you're new to fitness or looking to enhance your current routine, NIA is the perfect way to boost your energy and mood.

### Aquafit at the YMCA

**Mondays, 9:15 AM \*FEE \$4.00**  
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. Space is limited.

### Tai Chi and Qigong (Hybrid)

**Mondays, 10:00 AM**  
**\*Beginner FEE \$3.00**  
**\*Intermediate FEE \$4.00**  
Focus on building strength, stamina, and learning sequencing for 45-minutes. Following the beginner session, this 30-minute addition dives deeper into more advanced techniques.

### 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 \*FEE \$5.00**  
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, March 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**  
**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



**Sneakers or Comfortable Shoes Required!**

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



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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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South Hadley COA - South Hadley, MA

06-5294

# 14 Friends of the South Hadley Seniors and Travel Club

## MARCH IS MEMBERSHIP MONTH AND FREE COFFEE!

Please consider supporting the Friends of the South Hadley Seniors by becoming a member or renewing your membership today.



The Friends will be sponsoring free coffee for all at the café for the month of March. We will also have a membership table at the Senior Center every Tues, Wed & Thurs in March. Please enjoy your free coffee, stop by and say hello, drop off your membership, and enter our raffle to win some fun prizes and gift certificates. All memberships received by Mar 31<sup>st</sup> will be entered into the raffle.

**"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:

Jim Bosman  
Richard & Cecile Girard

Claudia Kozinetz  
Andrew Moskovitz



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:** Log Cabin, Holyoke, MA - "Irish Celebration" Self-Drive. Cost \$96. Call Susan.

**April 9, 2025:** Newport Playhouse, Newport, RI. "Baggage." Cost \$145. Call Huguette. **Sold Out/Waitlist.**

**May 13, 2025:** Ogunquit/ USS Albacore/ Nubble Lighthouse. Day of fun by the sea. Cost \$150. Call Huguette.

**June 16 - 19, 2025:** Amish Country with "NOAH," Lancaster, PA. Call Susan for pricing. **Sold Out/Waitlist.**

**July 16, 2025:** NY Hudson River Valley Adventure, Kingston, NY. Cost \$150. Call Huguette.

**August 13, 2025: NEW!** Cape Cod Canal Cruise/ Dan'l Webster Inn/ Sandwich Glass Museum. Package Includes: Transportation, luncheon, glassblowing demonstration at museum, and cruise. Cost \$150. Call Susan.

**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." 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:

- |                        |  |   |
|------------------------|--|---|
| Karl Krassler          | <b>Jennie Cwieka</b><br>Cynthia Cole<br>Patricia Kaske | Susan Newton & Nate Therien                             |
| Don Treeger            | Keith & Tina Ashley<br>Joanne & Tom Avezzie            | Donald Boissonnault                                     |
| Janice Faginski        | Marie Mastroianni<br>Nancy Czabaj                      | <b>Michelle Holden &amp; Raymond O'Connor</b>           |
| Susan Koske            | Charlie & Maureen Walker<br>Nancy Thibeault            | Michael & Arline Laporte                                |
| Marilyn McNichols      | Cindy Charbonneau<br>Michelle Gregoire & Family        | <b>Sheila Fitzell</b><br>Bonnie & Tom Fitzell           |
| Harvey & Suzanne Lijek | Beverley Vaile<br>Brain & Diane Milewski               | <b>Thomas Potvin</b><br>The South Hadley Cribbage Group |
| George Dexter Eldridge | Deborah & Domenic Silvestro<br>Cindi Sicard            |   |
|                        | Gloria Christofori<br>Coyle & Dietnick Families        |   |

## Support the COA

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: \_\_\_\_\_

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

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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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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

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#### HOME MODIFICATION LOAN PROGRAM (HMLP)

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

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#### 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

