



SOUTH HADLEY COUNCIL ON AGING

THE GOLDEN CHRONICLE

REGISTRATION STARTS:

**RESIDENTS
WED, MAR. 19TH**

**NON-RESIDENTS
FRI, MAR. 21ST**

Please register for ALL events you wish to attend.

COA Spotlight	3
Special Programs	4
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Support Services	6
Health/Wellness	10
Creative/Social Activities	11
Exercise Programs	12
FOSHS/Travel Club	14
Donations	15

Navigating Through "The Last Chapters" of Life Monday, April 28th, 1:30 - 3:30 PM



Gain expert guidance on end-of-life care from medical professionals and holistic practitioners. From hospice to palliative approaches and beyond, our panel will provide practical insights and compassionate discussion to help you navigate this sensitive journey.



CarFit with WNEU Friday, May 2nd, 11:00 AM - 1:00 PM



To support the 10,000 Americans turning 65 each day and help all senior drivers stay safe and comfortable on the road, mobility experts are hosting a special safety program. CarFit, a national program developed by AAA, AARP, and the American Occupational Therapy Association, provides a quick yet thorough check to ensure older drivers and their vehicles are properly adjusted for optimal fit. Occupational therapists will be on-site to offer consultations, helping drivers improve their comfort, safety, and driving health. They can also provide personalized recommendations and information on local resources, including exercise, nutrition, and other programs to help seniors stay on the road longer.



AARP TaxAide: All appointments are filled, and individuals on the waiting list will be contacted if any spots open up. Thank you to AARP's Tax Team for providing free tax preparation services for more than 200 patrons!

Call for LGBTQ+ Artists: We are seeking LGBTQ+ artists to showcase their work during Pride Month (June 2025)! We invite artists of all mediums to reach out and express interest for consideration. This is a great opportunity to share your talent with the community and celebrate LGBTQ+ voices in the arts. For more information, please contact Kathy Florence at (413) 538-5030 x6207 or kflorence@southhadleyma.gov.

Volunteers for Garden Project: We are looking for 3-4 volunteers to help build a self-watering raised garden under the direction of volunteer, Bryan Schrauf. This project will require about 6-8 hours of hands-on work. If you love gardening, DIY projects, or just want to lend a hand, we'd love your help! For more information, please contact Kathy Florence at (413) 538-5030 x6207 or kflorence@southhadleyma.gov.

Fitness Basics EXTRA: Due to popular demand, an additional Fitness Basics class has been added on Mondays from 12:30 PM to 1:15 PM. The fee remains \$3.00. Registration is only open to members who are not already enrolled in the Tuesday or Thursday classes. Register at the front desk!

Friends of the South Hadley Seniors Annual Program: Registration for the "Less is More: Strategies for Decluttering" presentation and dinner will go on sale beginning Friday, March 21st at the Senior Center. Tickets are \$5.00 per person and include a meal. Tickets are limited - RSVP by Monday, April 21st.



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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

THANK YOU TO OUR VOLUNTEERS—THIS MONTH AND ALWAYS!

Our volunteers are the heart and soul of our Senior Center, bringing warmth, kindness, and enthusiasm to everything they do. Whether they're greeting guests with a smile, assisting with programs, or lending a helping hand wherever it's needed, their generosity and dedication make a meaningful difference every day. Thanks to their commitment, our Senior Center remains a welcoming and vibrant place for all who walk through our doors.

In honor of National Volunteer Month, we are hosting a special Volunteer Appreciation Luncheon at the end of April. Invitations will be sent to all our incredible volunteers—this is just a small token of our gratitude for everything they do! We truly couldn't do it without them!



Thank you to South Hadley Board & Brush for an evening full of painting and laughter!



4 Special Programs

Community Office Hours

Police Chief Gundersen

Monday, April 14th, 10:30 AM - 12:00 PM

Thursday, April 24th, 4:00 PM - 6:00 PM

State Rep. Homar Gomez

Monday, April 21st, 10:00 AM

Heating and Cooling Equipment Rebates and Grants from SHELD and the Town of South Hadley

Wednesday, April 9th, 1:30 PM

SHELD and the Town of South Hadley are excited to present some attractive rebate and grant incentive information for seniors and income eligible households on heating and cooling appliances! Everything from heat pump systems, central air conditioning, fans, and thermal shades may be eligible. Grants up to \$1,500 for income-eligible households.

Chef's Demo: Smokey Mountain Simple Fare

Thursday, April 10th, 2:30 PM

Join Chef Maggie for a taste of country cooking at its best. We will explore traditional, sustainable foods such as field peas and rice, smoked ham hocks and collards and mouth-water cornbread. Learn how to churn your own butter! Demo is free and open to all, includes samples and cooking suggestions.

Song and Stories of Appalachia and Rural America

Thursday, April 10th, 5:00 PM

Join folklorist-musicians Michael and Carrie Kline for an immersive journey through Appalachian life. Having spent decades in West Virginia before moving to Sunderland, they bring history to life with traditional and contemporary songs, rich in imagery and storytelling--plus a little toe-tapping fun! Sponsored by the Mass. Cultural Council and South Hadley Cultural Council.

NEW! Intro to Mosaics Series

Fridays, April 11th to May 9th, 2:30 PM

In this five-part series you will learn about the history and techniques of mosaic art from Brian Schrauf, who has 50 years of experience! You will complete a project of either a house number or a garden stepping stone. All supplies included. Total cost is \$20.00 per person.

NEW! Learn Conversational French

April 11th to May 16th, 3:00 - 4:00 PM

***\$3.00 per person, per session**

Have you always wanted to learn a new language? Learn conversational French from Mrs. Ingrid Vega, M.Ed., World Language Department Chair and French teacher from Holyoke High School-North Campus. This group will meet weekly in this six-part series!



Easter Wreath Decorating Workshop

Tuesday, April 15th, 1:00 PM

The talented folks from Mont Marie will be leading a wreath making workshop for free! Supplies included!

Social with MacDuffie School

Wednesday, April 16th, 2:00 PM

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

Introduction to Acadia and Local Birds

Thursday, April 17th, 5:00 PM

Discover Mass Audubon and its local wildlife sanctuaries, mission, and programs. Then, enjoy an introduction to the birds currently in Western Mass and those arriving soon. Presented by Patti Steinman, Senior Teacher/Naturalist at Arcadia Wildlife Sanctuary. Sponsored by the Friends of the South Hadley Seniors.

Gentleman's Breakfast

Friday, April 18th, 8:30 AM

Gentlemen, enjoy a delicious breakfast while connecting with special guests Chris Plotniak, Director of Veterans Services, and Jason Houle from Fire District 1.

Young People's Chorus Concert

Friday, April 18th, 12:00 PM

Welcome the Hampshire YPC, an award-winning youth choir for singers ages 8-18! This talented group provides young musicians with a supportive and inspiring choral experience. With nearly 30 singers from 10 different towns, their performance is sure to be a treat! Sponsored by the Mass. Cultural Council and South Hadley Cultural Council.

Senior Living Options Fair

Thursday, April 24th, 2:00 PM - 6:30 PM

Meet staff from local Long-Term Care, Assisted Living, and Independent Living communities, and learn about the services and programs they offer. Plus, enter for a chance to win raffle prizes!

April Birthday and Anniversary Party with the Tom and Steve Duo

Wednesday, April 30th, 1:30 PM

Join us for cake, music and entertainment by the Tom and Steve Duo 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.

April Art Exhibit: Dianne Chagon

South Hadley native Dianne is a contemporary impressionistic artist specializing in textured acrylic paintings! Her work is meant to be touched and seen, created with palette knives and occasional brushwork. Visit her "Flowers of the Month" exhibit and explore what your family garden would look like!

Transportation and Tech 5

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.

Outsmarting Online Scammers

Thursday, April 3rd, 5:00 PM

Learn about current online shopping, romance, AI-enabled and crypto scams. We'll cover the best practices to protect yourself and what to do if you've been scammed.

Managing Video Calls

Monday, April 14th, 10:00 AM

Learn how to adjust audio and video, avoid common tech issues, and explore apps like FaceTime, Zoom, and Google Meet. Perfect for staying connected with family and friends. This is an interactive class - bring your devices!

Tech-Time is CANCELED on Thursday, April 24th. Instead, you may schedule a 1-on-1 for Tuesday, April 22nd. Appointments are still required.

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: 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: We partner with Access Care Partners 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 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

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.

Project Lifesaver: Provided by the Police Department, utilize an electronic tracking device to assist in locating people at risk. For more information, contact Emily Tebo, (413) 538-5050 or teboe@southhadleypolice.org.

6 Support Services

Emily Brochu, Social Services Coordinator 413-538-5030 x6206 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.



413-538-9020
Need help at home?
Explore in home services available to all, no matter insurance or income.

Brown Bag

Tuesday, April 15th 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 April is Soup. Thank you for your support! Drop off located in the vestibule of the COA.

April is the final month to apply for Fuel Assistance!

If you need help with a Community Action recertification packet or are applying for the first time, contact Emily to schedule an appointment.

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 hosts **Memory Connections** Monthly on the 1st Wednesday Memory Connections serves caregivers of people with dementia. Registration is required, call 534-3698.



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.



2025 SUMMER SENIOR FARM SHARE

The South Hadley COA is excited to once again offer the Senior Farm Share program in partnership with Community Involved in Sustaining Agriculture (CISA) and Dave’s Natural Garden in Granby! This program provides fresh, local vegetables over a 10-week period for a one-time payment of \$10. If you’re over the age of 60 and meet income eligibility requirements, you are eligible to apply! Details on applications and eligibility will be available soon. If you would like to be notified when applications become available, please sign up at the front desk to receive a robocall.



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APRIL 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>Volunteer with SHINE!</p> <p>If you have a desire to help people and an interest in knowing the technical aspects of Medicare and health insurance, we invite you to apply to become a SHINE volunteer.</p> <p>Call (413) 750-2893 for more information!</p> 	<p>1 9:00 Stretch & Go 9:00 Foot Nurse 9:45 Healthy Bones 9:45 Fitness Basics 11:15 Gentle Yoga 11:30 Big Y Shopping 12:00 Learn Mahjongg 1:00 Pinochle 1:00 Healthy Bones 2:30 Mystery Book Club 3:00 Intro Social/Ballroom 3:00 Trivia Club</p>	<p>2 8:45 Healthy Bones/Balance 9:00 Dance with Loryn 9:30 Painting 9:30 Travel Club 10:00 Music Group 10:00 Group Personal Training 10:00 Healthy Bones/Balance 11:15 Beginner Yoga 11:30 Lunch & Learn 12:30 Play Mahjongg 1:00 Beginner Line Dance 1:00 Creative Collage</p>	<p>3 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 & 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 Outsmart Scammers 5:30 Evening Yoga</p>	<p>4 8:45 Healthy Bones/Balance 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy Bones/Balance 10:30 Chronic Illness Group 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts</p>
<p>7 9:00 Cornhole 9:00 Dance Fusion 9:00 Chair Massage 9:15 Aquafit at the YMCA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:30 Centerpiece Making 12:30 Fitness Basics EXTRA 12:30 Play Mahjongg 12:30 Pet Therapy 1:00 Zumba Gold 1:00 Color Me Calm 1:30 Monday Movies</p>	<p>8 9:00 Stretch & Go 9:00 Hearing/Speech 9:45 Healthy Bones/Balance 9:45 Fitness Basics 10:00 Card Making 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 1:30 Companion Outreach 3:00 Intro Social/Ballroom 3:00 Trivia Club</p>	<p>9 8:45 Healthy Bones/Balance 9:00 Dance w/ Loryn 9:00 Veterans Coffee Hour 9:30 Painting 9:30 Travel Club 10:00 Music Group 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 1:30 Heating/Cooling Rebates & Grants</p>	<p>10 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 & 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 2:30 Chef Demo- Smokey Mtn 4:00 Jam Session Group 4:00 Games Group 5:00 Appalachia/Rural America 5:30 Evening Yoga</p>	<p>11 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 2:30 Intro to Mosaics 3:00 Learn French</p>
Open-Faced Harvest Stuffed Chicken	Meatballs w/ Tuscan Sauce	BBQ Pulled Beef Brisket	Turkey Dinner w/ Gravy	White Fish w/ Spinach Artichoke Sauce

<p>14 9:00 Cornhole 9:00 Dance Fusion 9:15 Aquafit at the YMCA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:30 Managing Video Calls 10:30 Chief Gundersen 12:30 Fitness Basics EXTRA 12:30 Play Mahjongg 1:00 Zumba Gold 1:00 Color Me Calm 1:30 Monday Movies</p> <p style="text-align: center;">Chicken Piccata</p>	<p>15 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 1:00 Easter Wreath Decor. 1:30 Comm. Companion 3:00 Intro Social/Ballroom 3:00 Trivia Club</p> <p style="text-align: center;">Beef Tacos</p>	<p>16 8:45 Healthy Bones/Balance 9:00 Dance w/ Loryn 9:30 Painting 9:30 Travel Club 10:00 Music Group 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 1:30 Social Dance Club 2:00 MacDuffie Social</p> <p style="text-align: center;">Chicken w/ Mushroom Lemon Sauce</p>	<p>17 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 & 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 5:00 Intro to Acadia/Local Birds 5:30 Evening Yoga</p> <p style="text-align: center;">Pork Rice Bowl</p>	<p>18 8:30 Gents Breakfast 8:45 Healthy Bones/Balance 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy Bones/Balance 10:30 Chronic Illness Group 12:00 YPC Concert 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts 1:30 Flower Arranging 2:30 Intro to Mosaics 3:00 Learn French</p> <p style="text-align: center;">Lemon Crumb White Fish</p>
<p>21 9:00 Cornhole 9:00 Dance Fusion 9:15 Aquafit at the YMCA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:00 State Rep. Gomez 12:30 Fitness Basics EXTRA 12:30 Play Mahjongg 12:30 Pet Therapy 1:00 Zumba Gold 1:00 Color Me Calm</p> <p style="text-align: center;">No Meal Service</p>	<p>22 9:00 Stretch & Go 9:00 Tech-Time 9:45 Healthy Bones/Balance 9:45 Fitness Basics 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 style="text-align: center;">Southwestern Chicken Strips</p>	<p>23 9:00 Dance w/ Loryn 9:30 Painting 9:30 Travel Club 10:00 Music Group 10:00 Group Personal Training 11:15 Beginner Yoga 12:30 Play Mahjongg 1:00 Beginner Line Dance 1:00 Creative Collage 2:00 Books & Banter Club</p> <p style="text-align: center;">Healthy Bones & Balance Classes CANCELED</p> <p style="text-align: center;">Community Table Lunch CANCELED</p> <p style="text-align: center;">Polish Meal - Lazy Man's Galumpki</p>	<p>24 9:00 Stretch & Go 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 11:30 Ukulele Performance 1:00 Sit & Sew 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:00 Senior Living Options Fair 2:15 Meditation 4:00 Games Group 4:00 Jam Session Group 4:00 Chief Gundersen 5:30 Evening Yoga</p> <p style="text-align: center;">Shredded Chimichurri Chicken</p>	<p>25 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 Pansy Planter Wkshp 2:30 Intro to Mosaics 3:00 Learn French</p> <p style="text-align: center;">White Fish w/ Puttanesca Sauce</p>
<p>28 9:00 Cornhole 9:00 Dance Fusion 9:15 Aquafit at the YMCA 9:30 Academic Drawing 10:00 Tai Chi & Qigong 12:30 Fitness Basics EXTRA 12:30 Play Mahjongg 1:00 Zumba Gold 1:00 Color Me Calm 1:30 End-of-Life Panel</p> <p style="text-align: center;">Turkey Chili</p>	<p>29 9:00 Stretch & Go 9:45 Healthy Bones/Balance 9:45 Fitness Basics 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 style="text-align: center;">Beef Stroganoff</p>	<p>30 8:45 Healthy Bones/Balance 9:00 Dance w/ Loryn 9:30 Painting 9:30 Travel Club 10:00 Music Group 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 1:30 Bday/Anniv Party</p> <p style="text-align: center;">Chicken w/ Lemon Cream Sauce</p>	<p>Special Community Table Lunches this April! Tues, April 2, 11:30 AM Join Kadin from the UMass Nursing Program as he shares informed guidance on nutrition! Thurs, April 24th, 11:30 AM Watch and listen to the Ukulele group as they showcase some wonderful tunes! To join these events, members must sign up for lunch. Please register at the front desk. Reminder: There is a suggested donation of \$3.00 for lunch.</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.

Foot Nurse: Sharon Beaulieu, RN

Tuesday, April 1st, 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. Schedule appointments at the front desk.

NEW! Living with Chronic Illness Support Group (Hybrid)

Friday, April 4th & 18th, 10:30 AM

Join the support group for individuals living with chronic illness, like cancer, diabetes, auto-immune diseases, and others. Led by Jan Lucier MSN, RN, this community provides a safe space to share experiences, challenges, and triumphs. For the virtual option, please contact Kathy Florence at (413) 538-5030 x6207 or email kflorence@southhadleyma.gov.

Chair Massage with Barbara Burgos

Monday, April 7th, 9:00 AM - 11:00 AM

Barbara, a Licensed Massage Therapist at Ochoa Spa in South Hadley, will be offering mini massages with 10-minutes for \$15.00 and 20-minutes for \$25.00. Schedule appointments at the front desk.

Hampshire Hearing & Speech Services

Tuesday, April 8th, 9:00 - 11:00 AM

Screenings and hearing aid cleanings. Registration required.

Low Vision Support Group

Tuesday, April 8th, 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, April 9th, 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!

Community Companion Outreach

Tuesday, April 15th, 1:30 PM

We will be having an ice cream social at Lathrop Village in their community room! Stop by and say hello, and learn about volunteer opportunities!

LGBTQ+ Social Coffee Hour

Thursday, April 17th, 12:30 - 2:00 PM

Join us this month for a pot-luck party! Contact Neil Broome

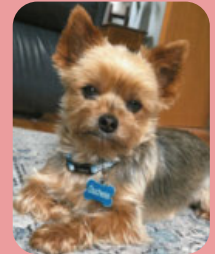
Veterans Evening Social Group

Thursday, April 17th, 4:30 PM

Join Chris Plotniak, Director of Veterans Services, for an evening social with refreshments and information. Open to veterans of all ages.



Pet Therapy



Duchess

**Monday,
April 7th & 21st
12:30 PM - 1:30 PM**



Riley

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

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Need a Zoom link? Have questions?
Contact Kathy at kflorencia@southhadley.ma.gov

Craft Club

Card Making with Joanne

Tuesday, April 8th, 10:00 AM *FEE \$5.00

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

Flower Arranging

Friday, April 18th, 1:30 PM *FEE \$10.00

Join us to make a beautiful spring arrangement for your Easter table! All supplies included.

Pansy Planter Workshop with Megan from Dave's Natural Garden

Friday, April 25th, 1:00 PM *FEE 35.00

Bring on Spring with an outdoor pansy planter! Megan from Dave's Natural Garden will lead this workshop. All supplies included.

Social Activities

"Get a Clue" Mystery Book Club

Tuesday, April 1st, 2:30 PM

Discuss *While Justice Sleeps* by Stacey Abrams.

Games Group

Thursday, April 3rd, 10th, and 24th, 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, please contact Kathy Florence.

Monthly Social Dance Club

Wednesday, April 16th, 1:30 PM *FEE \$4.00

Get moving and feel great! Led by Richie Mitnick.

Books and Banter Club (Hybrid)

Wednesday, April 23rd, 2:00 PM

Discuss *Demon Copperhead* by Barbara Kingsolver.

Learn to Play Mahjongg

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!

Creative Activities

Monthly Centerpiece Making with Sunshine Village

Monday, April 7th, 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 and subject matter.

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!

NEW TIME! Monday Movie Matinee, 1:30 PM



April 7th
Bull Durham (1988)
Sports, Comedy



April 14th
Enchanted April (1991)
Comedy, Drama

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*

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

Dance Fusion (formerly NIA)
Mondays, 9:00 AM *FEE \$5.00
Looking for a fun and energizing way to improve your fitness? Dance Fusion 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, Dance Fusion blends the strength and precision of the martial arts, the creative joy of the dance arts and the restorative energy of the healing 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, Dance Fusion 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, a 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)
NEW! Mondays, 12:30 PM
Tuesdays/Thursdays, 9:45 AM
Get moving with cardio, weight training, and stretching. All abilities welcome.

 **RSVP Healthy Bones and 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.


 **Fitness Center Orientation**
Wednesday, April 2nd and 16th, 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.

 **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!

 **Meditation with Richard and 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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06-5294

14 Friends of the South Hadley Seniors and Travel Club

FRIENDS' ANNUAL MEETING, PRESENTATION & DINNER

May 1, 4-6 PM



TOPIC: Less is More – Strategies for Decluttering

PLACE: Senior Center Multi-Purpose Room

MEAL: Stuffed chicken breast, rice pilaf,
veggies, dessert & drinks

COST: \$5 (pay at the Senior Center for tickets)

Stephanie Baird, LHMC, will join us for this year's annual Friends' program to teach us some great Decluttering techniques using the KonMarie method. Whether you want to learn where to begin, are preparing to downsize, or simply want to ensure you don't leave your clutter for the next generation, we welcome you to join us for this inspirational and informative evening. Dinner to follow. Sign up today as there are a limited number of tickets.

SAVE THE DATE!

Friday, May 2 - A-Ray of Elvis at Buttery Brook Park

Friday, May 9 - Mother's Day flower basket sale

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:

Richard & Joan Aras	Ellen Hayes	Maureen Murray
Lorraine Bail	Keitha Hebert	Marion Pascone
Mohammad & Kaneez Bajwa	Ola Herbert	Jeannine Patrick
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Laura Gauthier	Donna Muise	
Carole Goulding		
Peter Gruber		
Bob Hann		

Thank you for the generous donations in memory:

Charlie Allard	Helen Kennedy
Joan Allard	Kathleen Kennedy

TRAVEL CLUB

Club Hours

Wednesday and Thursday, 9:30 - 11:00 AM

Contact Us

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

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. **Sold Out/Waitlist.**

August 13, 2025: Cape Cod Canal Cruise/ Dan'l Webster Inn/ Sandwich Glass Museum. 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.

November 12, 2025: **NEW!** Grand Oak Villa, Oakville, CT. Back Home Again - Tribute to John Denver. Tom Becker will take you on a musical journey. Includes: Transportation, Buffet, and Show. Cost \$145. 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:

Robert Graveline
Jim and Mary Beth Stawarz

Kathleen Rook
South Hadley Senior Travel Club

John Findlay Brown
Barbara Brown and Family

Jennie Cwieka
Jon and Trish Mott
Monarch Life Insurance Company
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Mary Januszkiewicz

Shirley MacKenzie

Sharyn Kovalesky

Barbara Bakes

Andrew M. Flanagan
Donna M. Robideau

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

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| ___ Newsletter Account | ___ Services Gift Fund | ___ Holiday Gift/Lights On |

Please check this box if you DO NOT want your name published in the newsletter.



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Thursdays Until 6:30 PM

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

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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.

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.

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Senior Legal Hotline: 800-342-5297

