



SOUTH HADLEY COUNCIL ON AGING

THE GOLDEN CHRONICLE

MAY 2025

**JUNE
REGISTRATION
BEGINS:**

**RESIDENTS
WED, MAY 21ST**
**NON-RESIDENTS
FRI, MAY 23RD**

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Transportation/Tech	5
Support Services	6
Health/Wellness	10
Creative/Social Activities	11
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FOSHS/Travel Club	14
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LIVING WITH ARTHRITIS

Presentation by the Arthritis Foundation & Healthy Bones and Balance exercise demonstration

Living with arthritis can be distracting and difficult — quite literally a pain. More than 60 million people in the United States have some form of arthritis. Many people believe it’s simply a debilitating and inevitable part of aging. But, things are changing. In this presentation you will understand the process of pain, discover the types of pain associated with arthritis, gain perceptive knowledge of pain management mechanisms, connect the dots between pain and emotional well-being, and learn about the Arthritis Foundation resources. Following the presentation, our very popular RSVP Healthy Bones and Balance instructors will be leading a group class geared toward those with arthritis.



THURSDAY, MAY 29TH, 4:00 PM



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.

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!

Memorial Day Closure: The SHCOA will be closed on Monday, May 26th in observance of Memorial Day. There will be no programs, activities, or meals that day.

Programming Schedule Changes: There will be no instructor for Watercolor Bootcamp and Advanced Watercolors during the first two weeks of May. Classes will resume afterwards. The following programs will not be held in May: Veterans Evening Social, Resin Art with Carla, and Nutrition Counseling.

REGISTRATION FOR ALL PROGRAMS AND EVENTS IS RECOMMENDED.



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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

HAPPY OLDER AMERICANS MONTH!

This May, the Administration for Community Living (ACL) leads the nation in celebrating Older Americans Month with the theme *Flip the Script on Aging*, a call to honor the contributions of older adults, challenge age-related stereotypes, and embrace the opportunities that come with aging.



Dinner + "Moonstruck" = A Perfect Night!



Outstanding musical performance at our March Anniversary and Birthday party!

4 Special Programs

Intro to Mosaics Series

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

***\$20.00 per person for entire series**

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.

Learn Conversational French

Fridays, 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!

CarFit Program 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 provide personalized recommendations and information on local resources, including exercise, nutrition, and other programs to help seniors stay on the road longer.

Community Shred Event

Saturday, May 3rd, 9:00 - 11:00 AM

Location: 153 Newton St, South Hadley

Paper shredding is open to the residents of South Hadley. Residents are asked to remain in their vehicles while others remove the bags or boxes of paper. Sponsored by South Hadley TRIAD.

Guided Forest Bathing Walk with Vicky Ehrich

Thursday, May 8th, 10:30 AM

***\$25.00 per person**

Join the South Hadley Bike-Walk Group and Forest

Therapy Guide Vicky Ehrich for a 2-hour guided Forest Bathing excursion on the River to Range Trail. Take the van from the COA or meet us there! Forest Bathing, or Shinrin-yoku, is a gentle, immersive experience designed to enhance well-being. Stroll through serene woods, breathe deeply, and reconnect with nature in a calming, restorative way. This isn't just a walk, it's a path to renewed joy and peace of mind.



May Birthday and Anniversary Party

Thursday, May 8th, 5:00 PM

Celebrate with us featuring entertainment by the Cameo Club, which includes members of the Ms. Massachusetts Senior America Pageant. Enjoy singers, dancers, and a bit of comedy! The Ms. Senior America Pageant honors women who have reached the Age of Elegance. Celebrating seniors as the foundation of America and our most valuable treasure. This event is free and open to all! Enjoy free birthday cake and a chance to win a raffle prize if you're celebrating a birthday or anniversary in May. Sponsored by the Friends of the South Hadley Seniors.

Genealogy Help/Resource Connection

Friday, May 9th, 10:30 AM

Pat Pooler will lead this group offering assistance with genealogy research and resources.

Ice Cream Social with Mont Marie

Tuesday, May 13th, 12:30 PM

The wonderful team at Mont Marie offers another FREE ice cream social. Come join us!

End-Of-Year Social with MacDuffie

Wednesday, May 14th, 2:00 PM

This is our last opportunity to socialize with the students from MacDuffie School for this academic year! Come join us in thanking them for another wonderful year together!

Open Jam/Open Mic Night

Thursday, May 15th, 4:30 - 6:00 PM

Spread the word to friends and family, this great event is free and open to all! Share your music or just come enjoy an evening of local talent. To sign up to perform, contact Kathy Florence.

Gentlemen's Breakfast

Friday, May 16th, 8:30 AM

Gentlemen, enjoy a delicious breakfast while connecting with special guests Dan Pease, SHCTV 15 Studio Manager, and Police Chief Gundersen.

Memorial Day Veterans Dinner

Thursday, May 22nd, 4:30 PM

Join the SHCOA and Veterans' Services Department as we observe Memorial Day with a delicious dinner prepared by our own Chef Dakota. Desserts will be prepared by the SHHS culinary students. This event will include distinguished speakers, military remembrances and ceremonies. Please register for this event. Open to veterans and 1 guest. Sponsored by the Friends of the South Hadley Seniors and South Hadley Veterans Services Department.

Email Made Easy: Tips for Your Mailbox

Tuesday, May 27th, 10:00 AM

Struggling with email? In this presentation we'll walk through sending, receiving, and organizing emails, using features like "CC" and "BCC," adding attachments, accessing your email on various devices and more.

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.

Mastering Google Maps: Navigate, Search, & Explore Monday, May 5th, 10:00 AM

***Limited to 6 participants**

In this hands-on session, you'll learn how to search for locations, get directions, and save favorite places. You'll discover how to use Street View, share your location, and explore nearby restaurants, shops, and more. Bring your smartphone so you can try all the features during class.

**Tech-Time is CANCELED on
Thursday, May 22nd. Appointments can be
scheduled for Tuesday, May 20th instead.
Registration is 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@southhadley.ma.gov

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.

South Hadley seniors can access this free service for medical appointments outside of South Hadley.

Important Details:

- * Rides must be requested at least five business days in advance (not counting the appointment date) and limit 12 per person per year.
- * Rides are first-come, first-serve—call early.
- * Have your appointment details ready. (Address, Time, and Date.)
- * Transportation is not available for sedated procedures.

We are pleased to offer these services at no cost, though we do encourage a voluntary and confidential donation to help sustain our efforts.

Seniors are encouraged to explore PVRTA services for additional transportation options. To reserve a ride, call 413-739-7436. For those with ongoing or re-occurring transportation needs, Access Care Partners can also help—call 413-538-9020 for more information.

Brown Bag

Tuesday, April 15th May 20th 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 May is Tomato Product. For example sauce, paste, stewed tomatoes, chopped or diced tomatoes, fire roasted or seasoned.

MAY IS MENTAL HEALTH AWARENESS MONTH

Mental health is just as important as physical health. This May, we encourage members to check in with themselves and others. If you or someone you know is struggling, help is available.

♥ Mass 2-1-1: Dial 2-1-1

Mass 2-1-1 is a free, confidential helpline available 24/7. It connects callers with local programs, services, and resources when they're not sure where to turn for help.

♥ Suicide Prevention & Crisis Lifeline: Dial 9-8-8

If you're feeling overwhelmed, struggling with your mental health, or just need someone to talk to, trained counselors are available 24/7. Call or text 988 for free, confidential support.

♥ Alzheimer's Association Helpline: 1-800-272-3900

This free, 24/7 Helpline offers support for individuals living with dementia, caregivers, families, and the public.

♥ Elder Abuse Hotline: 1-800-922-2275

Anyone who has a concern about possible abuse of an adult age 60 or older can file a report through this confidential hotline.

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.

Resources for those caring for a loved one with memory loss or related memory diseases.

Belchertown Senior Center: Caregiver Support Group

Meets the 4th Wednesday of each month Led by Libby Overly, LISW & Diane Laplante, RN Call 413-323-0420 for more information

Chicopee Senior Center: Memory Connections

Meets the 1st Wed. of the month for caregivers and their loved ones. Registration required: 413-534-3698



413-538-9020

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

2025 SUMMER SENIOR FARM SHARE

Application Deadline: May 30th

The South Hadley Senior Center is offering farm shares through Community Involved in Sustaining Agriculture (CISA) for just \$10. This one-time payment provides fresh vegetables for 10 weeks. We're excited to once again partner with Dave's Natural Garden in Granby!

How to Apply: Applications are available at the Senior Center or by emailing Emily Brochu at ebrochu@southhadley.ma.gov. Applications will be accepted in April and May, and on June 2nd, 30 names will be randomly selected. Please do not include payment in the application.

Who Qualifies?

You must be 60 or older and meet one of the following:

- Receive SNAP, Medicaid, SSI, AFDC, welfare, or Veterans Aid.
- Participate in the Brown Bag Program
- Live alone with an income below \$29,160
- Live in a household with a total income below \$39,440 (one share per household)



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MAY 2025

Breakfast To-Go: Monday - Friday, Pick Up at 11:30 AM
 Meals must be reserved by 11:00 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>5 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 10:30 Google Maps 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>6 9:00 Stretch & Go 9:00 Foot Nurse 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>7 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</p>	<p>1 9:00 Stretch & Go 9:00 Tech-Time 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 4:00 Games Group 5:30 Evening Yoga</p>	<p>2 8:45 Healthy Bones/Balance 9:00 Cornhole 10:00 Healthy Bones/Balance 10:00 Chief Gundersen 10:30 Chronic Illness Group 11:00 CarFit 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts 2:30 Intro to Mosaics 3:00 Learn French</p>
<p>Chicken Jambalaya</p>	<p>Pork Bowl w/ Ginger Fried Rice</p>	<p>Spinach Artichoke Stuffed Chicken</p>	<p>Pulled Pork w/ Garlic Linguini</p>	<p>White Fish Stew</p>
<p>8 9:00 Stretch & Go 9:00 Tech-Time 9:30 Travel Club 9:45 Healthy Bones/Balance 9:45 Fitness Basics 10:30 Guided Forest Bathing 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 4:00 Games Group 5:00 Bday/Anniv Party 5:30 Evening Yoga</p>	<p>9 8:45 Healthy Bones/Balance 9:00 Cornhole 10:00 Healthy Bones/Balance 10:30 Genealogy Help 12:20 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts 2:30 Intro to Mosaics 3:00 Learn French</p>	<p>9 8:45 Healthy Bones/Balance 9:00 Cornhole 10:00 Healthy Bones/Balance 10:30 Genealogy Help 12:20 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts 2:30 Intro to Mosaics 3:00 Learn French</p>	<p>Beef Shepherd's Pie w/ Corn</p>	<p>Panko White Fish</p>

<p>12 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 Monday Movies</p>	<p>13 9:00 Stretch & Go 9:00 Hearing/Speech 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 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</p>	<p>14 8:45 Healthy Bones/Balance 9:00 Dance w/ Loryn 9:00 Veteran 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 2:00 MacDuffie Social</p>	<p>15 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 4:30 Open Jam/Mic Night 5:30 Evening Yoga Garlic Paprika Pulled Chicken</p>	<p>16 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 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts 1:00 Herb Planter Wrkshp 3:00 Learn French</p>
<p>19 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 1:30 Monday Movies</p>	<p>20 9:00 Stretch & Go 9:00 Tech-Time 9:45 Healthy Bones/Balance 9:45 Fitness Basics 10:00 Brown Bag 10:00 Chief Gundersen 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>21 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 1:30 Social Dance Club</p>	<p>22 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 12:30 LGBTQ+ Coffee Hour 1:00 Sit & Sew 1:00 Healthy Bones/Balance 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 4:00 Games Group 4:00 Jam Session Group 4:30 Veterans Dinner 5:30 Evening Yoga Margherita Chicken w/ Basil Cream</p>	<p>23 8:45 Healthy Bones/Balance 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy Bones/Balance 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts 1:30 Flower Arranging</p>
<p>26 COA CLOSED</p>  <p>No Meal Service</p>	<p>27 9:00 Stretch & Go 9:45 Healthy Bones/Balance 9:45 Fitness Basics 10:00 Emails Made Easy 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>28 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 2:00 Books & Banter Club</p>	<p>29 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 1:00 Sit & Sew 1:00 Healthy Bones/Balance 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 4:00 Games Group 4:00 Jam Session Group 4:00 Living with Arthritis 5:30 Evening Yoga Chicken Scallopini</p>	<p>30 8:45 Healthy Bones/Balance 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy Bones/Balance 12:30 Chip poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Farm Share Deadline</p>
<p>White Fish w/ Spinach Artichoke Sauce</p>	<p>Latino Seafood Stew</p>	<p>Almond Crusted White Fish w/ Garlic Cream Sauce</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.

Living with Chronic Illness Support Group (Hybrid)

Friday, May 2nd & 16th, 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, May 5th, 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.

Foot Nurse: Sharon Beaulieu, RN

Tuesday, May 6th, 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.

Hampshire Hearing & Speech Services

Tuesday, May 13th, 9:00 - 11:00 AM

Screenings and hearing aid cleanings. Registration required.

Low Vision Support Group

Tuesday, May 13th, 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, May 14th, 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, May 22nd, 12:30 - 2:00 PM

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

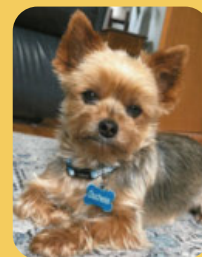
Volunteer with SHINE!

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.

Call (413) 750-2893 for more information!



Pet Therapy



Duchess

**Monday,
May 5th & 19th
12:30 PM - 1:30 PM**



Riley

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

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South Hadley COA - South Hadley, MA

06-5294

Craft Club

Card Making with Joanne

Tuesday, May 6th, 10:00 AM *FEE \$5.00

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

Herb Planter Workshop with Megan from Dave's Natural Garden

Friday, May 16th, 1:00 PM *FEE 35.00

Perfect for beginner and seasoned gardeners alike, this interactive session covers the essentials of planting and caring for popular herbs like basil, parsley and thyme. You'll take home a beautiful handcrafted planter filled with your choice of herbs, along with tips to keep them thriving indoors or outdoors. Come for the creativity stay for the aromatic inspiration!

Flower Arranging

Friday, May 23rd, 1:30 PM *FEE \$10.00

Kick-off summer with a fun flower arrangement! All supplies included.

Creative Activities

Monthly Centerpiece Making with Sunshine Village

Monday, May 5th, 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!

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

Social Activities

Games Group

Thursday, May 1st, 8th, 22nd, & 29th, 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.

"Get a Clue" Mystery Book Club

Tuesday, May 6th, 2:30 PM

Discuss *Miracle Creek* by Angie Kim. June's selection is *Devil in the White City* by Erik Larson.

Monthly Social Dance Club

Wednesday, May 21st, 1:30 PM *FEE \$4.00

Get moving and feel great! Led by Richie Mitnick.

Books and Banter Club (Hybrid)

Wednesday, May 28th, 2:00 PM

Discuss *Everybody's Fool* by Richard Russo. Contact Kathy for the Hybrid option.

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, Led by Jim Vogel

Wednesdays, 10:00 AM

Ukulele Group (Intermediate - Round Robin)

Thursdays, 11:00 AM

Uplifting Karaoke with Ronnie

Thursdays, 2:00 PM

Jam Session Group

Thursdays, 4:00 PM

NEW! Chip Poker

Fridays, 12:30 - 3:30 PM

Monday Movie Matinee, 1:30 PM



May 5th
Wicked (2024)
Musical/Fantasy



May 12th
Blinded by the
Light (2019)
Musical/Coming-
of-Age



May 19th
Hamilton (2020)
Musical/History

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

Monday/Friday, 9:00 AM *FREE

Dance Fusion

Instructor: Beth Foster

Monday, 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

Monday, 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 & Qigong

Instructor: Denise Barry

Monday, 10:00 AM *FEE \$3.00-4.00

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

Instructor: Olmedo Gomez

Monday, 1:00 PM

Easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination.

Stretch & Go

Instructor: Lindsey Matyszewski

Tuesday/Thursday, 9:00 AM

Fitness Basics

Instructor: Lindsey Matyszewski

Monday, 12:30 PM *FEE \$3.00

Tuesday/Thursday, 9:45 AM

Get moving with cardio, weight training, and stretching. All abilities welcome. \$3.00 per class.

RSVP Healthy Bones & Balance

Instructor: Chris Fesko, Janet Boland, Denise Rivers, Vanessa Valery, Maggie Vescio

Tues/Thurs, 9:45 AM & 1:00 PM

Weds/Fri, 8:45 AM & 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. FREE.

Gentle Yoga (All Levels)

Instructor: Heidi MacEwen

Tuesday, 11:15 AM

Classes include floorwork, standing, and balance postures using a variety of props.

Intro Social & Ballroom Dance

Instructor: Jennifer LoPresti "J-Lo"

Tuesday, 3:00 PM

Learn Swing, Rumba, Waltz, Country, 2-step, Foxtrot, Cha-cha, Samba, and Mambo. No partner needed.

Dance with Loryn

Instructor: Loryn Englebretch

Wednesday, 9:00 AM

A joyful, all-abilities dance class.

Learn a variety of dance moves set to fun music.

Small Group Personal Training

Instructor: Heidi MacEwen

Wednesday, 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.

Beginner Yoga

Instructor: Heidi MacEwen

Wednesday, 11:15 AM

Learn the basics with foundational poses using clear and safe alignment.

Fitness Center Orientation

Instructor: Heidi MacEwen

Wednesday, May 7 & 21, 12:30 PM

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

Beginner Line Dance

Instructor: Jennifer Jones

Wednesday, 1:00 PM

This is a beginner class where you will learn 6-8 dances from an experienced line dance teacher.

Seated & Standing Yoga (Hybrid)

Instructor: Michele Lyman

Thursday, 11:15 AM

Grab a chair, wear comfy clothes, and connect breath with movement.

Chair Volleyball

Thursday, 1:00 PM *FREE

Seated & Standing Dance Fitness

Instructor: Jennifer Jones

Thursday, 2:00 PM

Join us for a fun, energetic exercise workout, choreographed to music for all levels and all abilities!

Meditation with Richard & Lewis

Thursday, 2:15 PM *FREE

Evening Yoga

Instructor: Michaela Driscoll

Thursday, 5:30 PM

Hatha Yoga with extended guided practice.



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the cost of our fee-based programs.



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Amy Catanzaro,
AuD., Doctor of Audiology

Joni Skinner,
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14 Friends of the South Hadley Seniors and Travel Club



A-RAY of ELVIS

FRIDAY, MAY 2
5:30PM
Buttery Brook Park

BUTTERY BROOK PARK

3pm – Senior pickleball tournament

5:30pm – A-Ray of Elvis (front pavilion),
\$5 margaritas plus free chips & salsa

Free, all are welcome. Sponsored by the Friends of the South Hadley Seniors & the Friends of Buttery Brook Park

MOTHER'S DAY HANGING FLOWER BASKET SALE

FRIDAY, MAY 9

8:30AM - 3PM

Senior Center
Front Lawn
(rain or shine)

\$25ea (cash, check, Venmo)



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:

Anna Adamczyk	Janice Hadley	Steven Markow
Nancy Archambault	Vicha Hajdamowicz	Samuel & Michelle Mazza
Monica & Bill Barry	Marion Halpern	Donald McCullough
Carol Beaudry	Marilyn Hoy-Youngblood	Alice McGuire
Sally Begley	Janet Nichols & James Everett	Cecilia Mercier
Linda Delone Best	Colleen Johnston	Julia Miller
Jacqueline Bourque	Bill Judd	Ron & Karen Motyka
Joanna Brown	Barbara Kapinos	Tom & Bonnie Mullahy
Josephine Brunelle	Gertrude Kennedy	Frances O'Connell
Connie Canata	Greg & Linda Komer	Elizabeth Sheridan
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Peter & Rosemary Chaban	Gisele Livingstone	Alan & Anna Symington
Chevy	Bernice Marcus	Nancy Towne
David & Nancy Chicoine	Dawn Marek	Linda Wisniewski

Thank you for the generous memorial donations:

Barbara Hatch	Philip Sheridan
Pauline & Peter Casey	Elizabeth Sheridan

**Wayne Walton, Jerry Jubinville,
Helen, Carl, David & Paul Popielarz
Chrissy Walton**

TRAVEL CLUB

Club Hours

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

Contact Us

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

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. **Sold Out/Waitlist.**

November 12, 2025: 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. **Second bus added.**

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:

O'Brien Family Funeral Home & Cremation Services	Jacqueline (Jackie) Gladu Donna Van Handle	Manie & Flo Fernandes Kathleen Black
Bruce E. Codherty & Karen A. Kroll Memorial Fund	Sanford Slade Madline Slade	Lawrence H. Batley Helen F. Batley & Family
The South Hadley Cribbage Group	Thomas Potvin Phyllis Potvin & Family	Sandra Fernandes Florence Fernandes
Sharyn B. Koualesky	Norman J. Sullivan Joan Sullivan	Phyllis Lacoste Cindy & David Morrell
David Desmarais	Maryanne Fredette Chester & Joanne Trybus	Joy (Bernier) Leonard Jack
	Donna, Trina, & Becki J.A.D.	Maryanne Fredette & Ken Dawley Lisa Napiorkowski

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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South Hadley, MA 01075

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Thursdays Until 6:30 PM

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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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