



SOUTH HADLEY COUNCIL ON AGING

THE GOLDEN CHRONICLE

JUNE 2025

JUNE REGISTRATION BEGINS:

RESIDENT
WED, MAY 21ST

NON-RESIDENT
FRI, MAY 23RD

JULY REGISTRATION BEGINS:

RESIDENT
WED, JUNE 25TH

NON-RESIDENT
FRI, JUN 27TH



Aging in Place Health Fair



Wednesday, June 25th, 10:00 AM - 2:00 PM

Join us for an engaging and informative Aging in Place Fair, where you'll discover a wide range of valuable resources designed to support aging with independence and confidence! Connect with local organizations and experts, and enjoy exciting raffles! Please note: There is no Healthy Bones and Balance class or congregate lunch service on this day. Beverages sponsored by the Friends of the South Hadley Seniors.

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

PRIDE Celebration

Thursday, June 26th, 4:30 PM

Join us to close out Pride 2025 with a memorable evening of dinner and history. This special event features a captivating presentation on a pivotal moment in LGBTQ+ history: the creation of the Rainbow Flag and the life of its creator, Gilbert Baker—the artist and activist behind this iconic symbol of pride. Our guest speaker, Jay Blotcher, board member of the Gilbert Baker Foundation and co-author of Baker's 2019 memoir, *Rainbow Warrior: My Life in Color*, will share insights into Baker's life, activism, and the flag's enduring legacy. A book signing will follow. Dinner is sponsored by The Friends of the South Hadley Seniors.

Plumbing Closures: The COA has experienced several recent closures due to blockages in the bathroom piping. All of our recent clogs have been the result of paper towels being flushed, which will not pass through the pipes. As a reminder, please do not flush anything down the toilets, other than a small amount of toilet paper.

Board Openings: The Council on Aging Board and the Citizens Advisory Council for South Hadley are both seeking new board members. If you are interested in being on either board, or for more information, please contact Julie Pearce at 413-538-5030, ext. 6204.

REGISTRATION FOR ALL PROGRAMS AND EVENTS IS RECOMMENDED.



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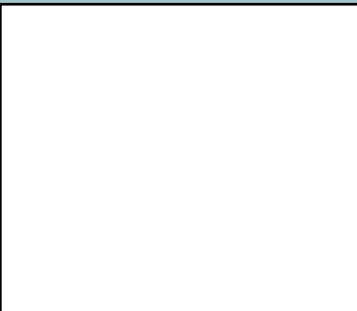
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South Hadley COA - South Hadley, MA

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

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

2025 VOLUNTEER APPRECIATION LUNCHEON



Photos from our National Volunteer Month celebration! A huge THANK YOU to our amazing volunteers for everything you do!

*We ♥ our
Volunteers*

4 Special Programs

South Hadley Community Band Performance

Thursday, June 5th, 5:00 PM

We will be kicking off summer fun at the COA with a concert by the South Hadley Community Band! Free and open to all ages. Come join the fun!

Outdoor Fitness Equipment Training w/ Heidi

Wednesday, June 11th, 8:30 AM

Join our fitness instructor, Heidi, for a hands-on training session using the outdoor fitness equipment on the Senior Center grounds! Be sure to wear comfortable clothing and sneakers, and don't forget your water bottle! Weather permitting, we will meet at the outdoor equipment area.

Birthday/Anniversary Lunch & Concert

Wednesday, June 11th, 11:30 AM

We're excited to celebrate the special moments of June, especially the 4th Anniversary of our beloved Senior Center building! Join us for a joyful celebration featuring a free meal prepared by Loomis, and enjoy lively entertainment from Jimmy Mazz. This event is sponsored by The Loomis Community and the Friends of the South Hadley Seniors. Please note: This celebratory lunch will replace the usual congregate lunch for the day, and Healthy Bones and Balance classes will not be held. Let's come together to make this anniversary celebration truly unforgettable! Space is limited.

Trip to McKinstry's Market Garden

Wednesday, June 11th, 1:00 PM

Summer is the perfect season to enjoy fresh fruits and vegetables, as well as a sweet treat like ice cream! We'll be taking a Van trip to McKinstry's Market Garden, where you can purchase both.

Lunch & Learn: Financial Literacy w/ Westfield Bank

Thursday, June 12th, 11:30 AM

Join our new monthly "Financial Resource" series with Cody Goncalves from Westfield Bank! Join the program by registering for lunch by Wednesday, June 11th, 11:00 AM. Please note: Lunch is a donation of \$3.00 for guests 60 and older, and guests under 60 are \$6.00.

Healthy Cooking Demonstration & Nutrition Care Education with Ascentria Care Alliance and Snap-Ed

Thursday, June 12th, 3:00 PM

Join us for a fun and informative cooking demonstration led by a team of educators who specialize in MyPlate-based nutrition classes. Learn how to make healthy, budget-friendly meals while supporting an active lifestyle and improving overall wellness. Enjoy free samples and walk away with practical tips for making nutritious choices every day!

"Valley" Shirt Making with Tina

Thursday, June 12th, 4:00 PM

Our Art instructor, Tina, will be guiding you in the process of making "Valley" shirts. Shirt and all supplies provided. Cost is \$10.00 per person. Please register and pre-pay!

Trip to Amherst College Beneski Museum

Thursday, June 12th, 5:00 PM

Professor Alfred J. Venne will open the Museum to give us a special tour with a focus on local dinosaurs! You can take the van from the COA at 4:00 PM or meet us there. Transportation is limited to 12 people. Contact Sandy Farnsworth for more information.

Stroke Awareness Presentation w/ Full Breakfast

Friday, June 13th, 8:30 AM

Join us for a free full breakfast and Stroke Awareness Program presented by the Stroke Public Awareness Collaboration Project, community healthcare professionals and team members. Learn the warning signs of stroke, how to manage risk factors, and healthy lifestyle habits. There will be free giveaways and prizes! Sponsored by Mont Marie Rehabilitation and Healthcare Center, Holyoke VNA Hospice, Holyoke Medical Center, and Castaldo Ambulance Services.

Genealogy Help/Resource Connection

Friday, June 13th, 10:30 AM

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

Board & Brush: Make & Take Workshop

Friday, June 13th, 1:00 PM

Join us for a summer-inspired crafting workshop! Select one of four charming single board sign designs, customize it with your choice of stain, and use a stencil to paint your masterpiece with hands-on guidance from the creative team at Board & Brush. Tickets are \$25.00 per person. All supplies included.

Lunch & Movie: Jaws!

Monday, June 30th, 1:30 PM

Pre-order your lunch at our Cafe and join us for a classic summer movie by Steven Spielberg, starring Richard Dreyfuss and Roy Scheider.

There really was a race to the moon... and it was a lot closer than you think

Wednesday, July 2nd, 1:30 PM

Exclusive talk by Dr. Bill Barry, NASA Chief Historian (2010-2020). Discover the untold story of the 1960s Moon Race, revealed through declassified Soviet and US archives. The race was closer than you think, and the real story will surprise you! Registration opens in June.

June Art Exhibit

This month, we joyfully celebrate PRIDE by highlighting the creativity and contributions of LGBTQ+ artists. Join us in honoring the vibrant voices that inspire and enrich our community!

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 with Maria

Thursdays, 9:00 - 11:00 AM

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

Listen Up: Music & Podcasts on Your Phone

Tuesday, June 3rd, 10:00 AM

Small group session - Learn how to use music and podcast apps like Spotify & Apple Music podcasts. Find out how to search for shows & songs, create playlists and understand the difference between free and paid options. Bring your smartphone to follow along.

Skip the Store: Grocery Shopping from Home

Monday, June 9th, 10:00 AM

In this class, you'll learn how to order groceries online from Big Y and Stop & Shop. You'll discover how to use coupons and special offers, add items to your cart, choose delivery or curbside pickup and place your order. Bring your store loyalty card to class!

Additional appointments have been added on June 5th and 12th. Tech Time will run from 9-12, instead of 9-11 on those days. Tech Time appointments have also been added for Monday June 23rd (9-11am) and Monday 30th (8-10 am). There will be no Tech Time on Thursday June 26th.

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

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 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 appts.

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 FOOD BANK OF WESTERN MASSACHUSETTS

Brown Bag: Food for Older Adults, a program of the Food Bank of Western Massachusetts, in partnership with South Hadley COA.

Tuesday, June 17th 10:00AM-11:00AM

Please call any cancellations or holds by the end of the day on Monday June 16th.

This 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 or visit the COA today!



Neighbors Helping Neighbors Inc.

SUPPORT THE FOOD PANTRY IN YOUR COMMUNITY

Collection takes place in the COA vestibule.

The Food Pantry item for June is: Healthy Kid Snacks Peanut Butter, Jelly, Fruit Cups, Granola Bars, Snack Packs, Juice Boxes, hydrating drinks.

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

2025 Senior Farm Share Update

We're excited to announce that the Senior Farm Share program will begin on Thursday, July 18th and continue weekly through Thursday, September 25th. For those who were selected, farm share bags will be available for pickup after 1:00 p.m. each Thursday at the Senior Center.

Applications for this season were collected in April and May. On June 2nd, 30 participants were randomly selected to take part in the program. The program is now full and closed for the season. If you're interested in participating next year, watch for application information in the April 2026 newsletter.



Thank you to CISA and Dave's Natural Garden in Granby for helping make this program possible.



WHAT IS THE HEALTHY INCENTIVES PROGRAM (HIP)?

HIP gives SNAP (Food Stamps) members up to \$20 in extra SNAP funds each month to spend on fresh fruits and vegetables from participating local farms. If you have SNAP, you automatically have HIP, just use your EBT card at eligible farm stands or markets. You must have a positive balance on your EBT card to earn the HIP benefit.

Stop by The COA for a list of local HIP-approved farm locations!



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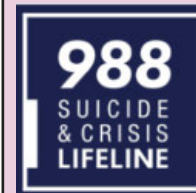
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Need help at home? Explore in home services available to all, no matter insurance or income.



HELPLINE: 1-800-272-3900

The free 24/7 line offers support for people living with dementia, caregivers, families and the public. Connect with a live person for information, local resources, crisis assistance and emotional support.



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JUNE 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>2 9:00 Cornhole 9:00 Dance Fusion 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 style="text-align: right;">Harvest Stuffed Chicken</p>	<p>3 9:00 Stretch & Go 9:00 Foot Nurse 9:45 Healthy Bones/Balance 9:45 Fitness Basics 10:00 Music & Podcasts 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 style="text-align: right;">High Sodium—Meatballs w/ Tuscan Sauce</p>	<p>4 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 12:30 Fitness Orientation 1:00 Beginner Line Dance 1:00 Creative Collage</p> <p style="text-align: right;">BBQ Beef Brisket</p>	<p>5 9:00 Stretch & Go 9:00 Tech-Time 9:30 Travel Club 9:45 Healthy Bones/Balance 9:45 Fitness Basics 11:00 Ukelele 11:15 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 SH Comm. Band 5:30 Evening Yoga</p> <p style="text-align: right;">Turkey Breast w/ Gravy</p>	<p>6 8:45 Healthy Bones/Balance 9:00 Cornhole 10:00 Healthy Bones/Balance 10:30 Chronic Illness Group 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts</p> <p style="text-align: right;">White Fish w/ Spinach Artichoke Sauce</p>
<p>9 9:00 Cornhole 9:00 Dance Fusion 9:00 Chair Massage 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:00 Shop from Home 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: right;">Chicken Piccata</p>	<p>10 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 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: right;">Beef Taco</p>	<p>11 8:30 Outdoor Fitness 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 11:15 Beginner Yoga 11:30 Bday/Anniv Concert 12:30 Play Mahjongg 1:00 Beginner Line Dance 1:00 Creative Collage 1:00 McKinstry Market Trip</p> <p style="text-align: right;">Lunch by Loomis</p>	<p>12 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 11:30 Financial Lit. Lunch 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 4:00 Valley Shirt Making 5:00 Beneski Museum Trip 5:30 Evening Yoga</p> <p style="text-align: right;">Pulled Pork</p>	<p>13 8:30 Stroke Awareness 8:45 Healthy Bones/Balance 9:00 Cornhole 10:00 Healthy Bones/Balance 10:30 Genealogy Help 12:20 Chip Poker 1:00 Board & Brush 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts</p> <p style="text-align: right;">Lemon Crumb White Fish</p>

<p>16 9:00 Cornhole 9:00 Dance Fusion 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:00 Sci Fi Club 10:00 Rep. Gomez Hours 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>Southwestern Chicken</p>	<p>17 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 12:30 Ice Cream Social 1:00 Bingo 1:00 Pinochle 1:00 Healthy Bones/Balance 2:30 Community Companion 3:00 Intro Social/Ballroom 3:00 Trivia Club</p> <p>Shepard's Pie w/ Corn</p>	<p>18 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 12:30 Fitness Orientation 1:00 Beginner Line Dance 1:00 Creative Collage 1:30 Social Dance Club</p> <p>Lazy Man's Beef Galumpki</p>	<p>19 COA CLOSED</p> 	<p>20 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 1:30 Flower Arranging</p> <p>White Fish w/ Puttanesca Sauce</p>
<p>23 9:00 Cornhole 9:00 Dance Fusion 9:00 Tech-Time 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:00 State Rep. Gomez 12:30 Fitness Basics EXTRA 12:30 Play Mahjongg 1:00 Zumba Gold 1:00 Color Me Calm 1:30 Monday Movies</p> <p>Turkey Chili</p>	<p>24 9:00 Stretch & Go 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>Beef Stroganoff</p>	<p>25 9:00 Dance w/ Loryn 10:00 Group Personal Training 10:00 Aging in Place Fair 11:15 Beginner Yoga 1:00 Beginner Line Dance 2:00 Books & Banter Club</p> <p>No Meal Service</p>	<p>26 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 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 4:00 Games Group 4:00 Jam Session Group 4:30 PRIDE Celebration 5:30 Evening Yoga</p> <p>High Sodium—BBQ Pulled Pork</p>	<p>27 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</p> <p>White Fish Stew</p>
<p>30 8:00 Tech-Time 9:00 Cornhole 9:00 Dance Fusion 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 Lunch & Movie</p> <p>Chicken Jambalaya</p>		<p>Thank You, Sandy!</p> <p>After many years of dedicated service to the Town, we say a warm and heartfelt goodbye to our dear colleague and friend, Sandy. Her kindness, positivity, and deep commitment to building a stronger community have left a lasting impression on everyone lucky enough to work with her. Sandy brought people together not only through her work, but through her incredible sense of humor and the laughter she so generously shared.</p> <p>Her wide range of experience made her an invaluable resource and her amazing stories about past projects and adventures were always a highlight of the day. Whether partnering with local agencies, connecting with patrons, or simply offering a listening ear, Sandy always led with compassion, warmth, and authenticity. Her last day at the COA will be Monday, June 30. She's made a true difference here, and she will be deeply missed by both her colleagues and the broader community.</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, June 3rd, 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.

Living with Chronic Illness Support Group (Hybrid)

Friday, June 6th & 20th, 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, June 9th, 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, June 10th, 9:00 - 11:00 AM

Screenings and hearing aid cleanings. Registration required.

Low Vision Support Group

Tuesday, June 10th, 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, June 11th, 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, June 17th, 2:30 PM

This month we will be having an ice cream social at Hubert Place in their community room. Stop by and say hello and learn about volunteer opportunities!



Pet Therapy



Duchess

Monday,
June 6th & 16th
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

Monday Movie Matinee, 1:30 PM Celebrating Juneteenth



June 2nd
The Butler
(2013)
Thriller/
Drama



June 9th
Harriet
(2019)
Action/
Drama



June 16th
42
(2013)
Sports/
Drama



June 23rd
**The Long
Walk
Home**
(1990)
Drama

Creative Activities

Monthly Centerpiece Making with Sunshine Village Monday, June 2nd, 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.

Craft Club: Flower Arranging

Friday, June 20th, 1:00 PM *FEE \$10.00

Join us for another fun flower arranging group! All supplies included.

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

Sit and Sew

Thursdays, 1:00 PM

Fiber Arts

Fridays, 1:00 PM

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

NO CARD-MAKING IN JUNE.
NO INSTRUCTOR FOR WATERCOLOR
BOOTCAMP & ADVANCED WATERCOLORS.

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

Social Activities

"Get a Clue" Mystery Book Club

Tuesday, June 3rd, 2:30 PM

Discuss *The Devil in the White City* by Erik Larson. July's book selection will be *Still Life* by Louise Penny.

Games Group

Thursday, June 5th, 12th, 26th, 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.

NEW! Sci-Fi Club w/ Wendy

Monday, June 16th, 10:00 AM

Join us every 3rd Monday for a science fiction club gathering dreamers, thinkers, and explorers of all things speculative! Join Wendy and unravel the mysteries of distant worlds, debate bold ideas, and let creativity take flight!

Monthly Social Dance Club

Wednesday, June 18th, 1:30 PM *FEE \$4.00

Get moving and feel great! Led by Richie Mitnick.

Books and Banter Club (Hybrid)

Wednesday, June 25th, 2:00 PM

Discuss *True Colors* by Kristin Hannah. Contact Kathy Florence for hybrid options.

Learn to Play Mahjongg

Tuesdays, 12:00 PM *FEE \$5.00

Instruction provided by Liz Frosch-Dratfield.

Tuesday Trivia Club

Tuesdays, 3:00 PM

Test your knowledge weekly!

Senior Center Music Group

Wednesdays, 10:00 AM

Led by Jim Vogel, retired music teacher!

Ukulele Group (Intermediate - Round Robin)

Thursdays, 11:00 AM

Uplifting Karaoke with Ronnie

Thursdays, 2:00 PM

Jam Session Group

Thursdays, 4:00 PM

Chip Poker

Fridays, 12:30 - 3:30 PM

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.

Tai Chi & Qigong

Instructor: Denise Barry

Monday, 10:00 AM

Focus on building strength, stamina, and learning sequencing for 45-minutes (\$3.00). Following the beginner session, a 30-minute addition dives deeper into more advanced techniques (\$5.00).

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

NO HEALTHY BONES AND BALANCE JUNE 11TH AND JUNE 25TH.

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.

NO AQUAFIT FOR THE SUMMER.

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, June 4 & 18, 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.



Sneakers or Comfortable Shoes Required!

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



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14 Friends of the South Hadley Seniors and Travel Club

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:

Kathleen Black
Chevy
Patricia Kraske
Rob Lak & Cheryl
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Jack Leonard
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Thank you for the generous memorial donations:

Joan Broderick
Ola Herbert

Kenneth Dawley
Ola Herbert

Maryanne Fredette
Ola Herbert

David Livingstone
Gisele Livingstone

Pearline Scribner
Ola Herbert

Congratulations to all the seniors who played in South Hadley's SENIOR PICKLEBALL TOURNAMENT
(sponsored by the Friends)



TRAVEL CLUB

Club Hours

Wednesday and Thursday, 10:00 - 11:15 AM

Contact Us

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

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 Huguetta. **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 Huguetta for pricing and flyer.

September 24, 2025: Newport Playhouse, Newport, RI. "Cosmo St. Charles." Cost \$145. Call Huguetta.

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 Huguetta. **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:

Gene King

Eileen & Ron Morin

In Appreciation of:
**Transportation
 Services**
 Joan Harp

Ruth Doyle

Eileen Sullivan

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

Name: _____ Address: _____

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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.

The Companion Medical Transportation Program has been produced in part from a MCOA/FIELD DEMONSTRATION PROJECTS FY2025 grant awarded to the Massachusetts Association of COAS by the Massachusetts Office of Aging and Independence. Any opinions expressed herein are solely those of the South Hadley Council on Aging.

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

Senior Legal Hotline: 800-342-5297

