



SOUTH HADLEY COUNCIL ON AGING

THE GOLDEN CHRONICLE

JULY & AUGUST HOURS: 8:00 AM - 4:00 PM

REGISTRATION BEGINS:

JULY

Residents: July 23rd
 Non-Residents: July 25th

AUGUST

Residents: August 20th
 Non-Residents: August 22nd

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We're heading straight to the Wild West - no passport needed! Join us for a rootin-tootin afternoon of BBQ, bluegrass, and boot-stomping fun with the one-and-only:

WILD BILL & BIG TROUBLE!

Whether you're dancing in your seat, clapping along, or just soaking in the sounds, you're in for a feel-good show! Don't miss out! Tickets are \$8.00 and include a mouthwatering BBQ lunch!

**THURSDAY, JULY 17TH
 11:30 AM - 2:00 PM
 \$8.00 PER PERSON**

THE SOUTH HADLEY COUNCIL ON AGING AND SOUTH HADLEY SENIORS TRAVEL CLUB PRESENTS

SUMMER CONCERT SERIES



Speeding in Parking Lot: Please slow down and be extra cautious while driving in the COA parking lot.

Summer Hours Change: We will be closing at 4:00 PM on Thursdays during July and August while the Summer Concert Series takes place at the Town Common. Regular Thursday evening hours will resume on Thursday, September 4, 2025. We encourage you to enjoy the concerts and look forward to seeing you back for evening programming in the fall! Please visit <https://southhadleyrecreation.org> for concert info.

Exercise Class Fee Change: To continue offering high-quality fitness classes led by top-tier instructors and to address rising program costs, the fee for exercises classes will increase to \$5.00 per class (unless otherwise noted) beginning September 1st, 2025. South Hadley residents who meet eligibility requirements may receive the COA Wellness Grant, which provides up to \$150 per year to help cover the cost of exercise classes. For more information about this grant, please contact Emily Brochu. Thank you for your understanding and continued participation in our wellness programs!

REGISTRATION FOR ALL PROGRAMS AND EVENTS IS STRONGLY RECOMMENDED.



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How to Contact Us

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(English, Spanish, Haitian Creole & other languages)

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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

Programs Coordinator
Kathy Florence | ext. 6207

Social Services Coordinator
Emily Brochu | ext. 6206

Receptionist
Carol Reznik | ext. 6202

Food Service Coordinator
Dakota Lyman | ext. 6208

Food Service Assistant
Brooke Danko

Newsletter Editor
Selena Rodriguez

Tech Instructor
Maria Heffernan

Transportation Coordinator
Eric Gallagher

Driver
Rick Dufault

Council on Aging Board

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Vice Chairperson Susan Labonte
Secretary Sheila Pennell
Member Lara Asarese
Member Jim Bosman
Member Meg Clancy
Member Richard (Dick) Matteson
Member Theresa Ominsky
Member Stanley Was

Stay Safe and Cool During Extreme Heat!

- ◆ Drink water regularly
- ◆ Wear light-colored, loose fitted clothing
- ◆ Take breaks in air conditioned spaces or shaded areas

If you need relief from the heat, visit one of South Hadley's designated Cooling Shelters:

South Hadley Public Library, 2 Canal St

Mon-Wed 9:30 AM - 8:00 PM

Thu-Fri 9:30 AM - 6:00 PM

Sat 9:30 AM - 1:00 PM

South Hadley Senior Center, 45 Dayton St

Mon-Fri 8:00 AM - 4:00 PM

Help Shape EV Charging in South Hadley Falls

The Town is conducting a feasibility study on the installation of electric vehicle (EV) charging stations in South Hadley Falls. The goal of the study is to identify locations, provide timelines and estimated costs for the town to install multiple EV charging stations. To assist in identifying locations for the stations, we are seeking public input, particularly from residents without dedicated off-street parking. Please share your insights at the following link <https://form.jotform.com/250933816282157>.

July Art Exhibit: Ross McNamara

Ross McNamara is a local Artist, whose work reflects the Magical and Majestic world of his subject matter. His fascination with horses began as a young boy, when he received a mythological book about dragons from his brother. Please enjoy this showcase of Ross McNamara's work. It is a journey that escapes the boundaries of reality and forges into the fantastical work of his art.

Meet the Artist on July 11th at 12:30 PM!

4 Special Programs

Fun Fridays in July

Every Friday (except July 4th), 1:30 PM

Join us every Friday in July for free ice cream! Enjoy live music on the patio and browse a variety of local vendors selling handmade goods. Bring a friend, soak up the sunshine, and celebrate the season with good company and great vibes. Sponsored by the Friends of the South Hadley Seniors.

There was a race to the Moon - and it was a lot closer than you think.

Wednesday, July 2nd, 1:30 PM

With insights coming from declassified Soviet and US archival material, we now know that there really was a race to the Moon in the 1960s. But, the story most of us have heard for the last half century is incomplete and misleading...Hear the latest in historical research on the Moon Race from Dr. Bill Barry, NASA Chief Historian from 2010 to 2020.

Lunch & Learn: SHELd

Tuesday, July 8th, 11:30 AM

No matter where you might be in your heat pump project, SHELd is here to help! Discover the endless benefits of air source heat pump technology, get advice, and find out about rebates to help offset the cost of your upgrade. Also, learn about SHELd's 0% Home Energy Conversion Loan! Register for this program by registering for lunch by 11:00 AM, July 7th.

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

Wednesday, July 9th, 1:30 PM

Join a fun and informative cooking demonstration led by a team who specializes 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 daily!

Lunch & Learn: Financial Literacy w/ Westfield Bank

Thursday, July 10th, 11:30 AM

We will be offering a new monthly "Financial Resource" lunch and learn program with Cody Goncalves from Westfield Bank. Register for this program by registering for lunch by 11:00 AM, July 9th. Refer to the Calendar for more info on lunch at the COA.

Navigating Grief, Loss, Death, and Dying: A Supportive Exploration w/ Jan Lucier MSN, RN

Monday, July 14th, 10:00 AM

This class is designed to provide a safe and nurturing environment for seniors to explore the complex emotions surrounding grief, loss, death, and dying. Together, we will share our experiences, learn from one another, and discover healthy ways to cope with profound emotional experiences.

Birthday Bingo!

Tuesday, July 15th, 1:00 - 3:00 PM

We're celebrating birthdays and anniversaries in a whole new way this month! Join us for an afternoon of fun featuring free bingo, cake, prizes, and a special raffle just for those celebrating a birthday or anniversary that month. It's a great way to connect, celebrate, and enjoy a little extra cheer. Don't miss this fun celebration sponsored by the Friends of the South Hadley Seniors.

Summer Breakfast

Friday, July 18th, 8:30 AM

The Gentlemen's Breakfast will be taking a break for the summer, but the good news is: breakfast is still on! We'll be offering a delicious morning meal open to everyone for just \$3.00. Come enjoy a hearty breakfast, good company, and a relaxed start to your day. All are welcome, so bring a friend and join us this summer!

Truth or Trick? Understanding Online News & Media

Wednesday, July 23rd, 1:30 PM

In this info-session, we'll explore how to tell the difference between misinformation, disinformation, and satire, and why that matters. You'll learn how social media algorithms influence what stories show up in your feed, how to check if a source is trustworthy, and how to spot biased or emotionally charged reporting. Join us to gain confidence in navigating today's fast-moving media landscape!

Trip to Buttery Brook Farmer's Market

Wednesday, July 23rd, 2:00 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 Buttery Brook Farmer's Market, where they offer local produce, prepared foods, and craft artisans. Sign up at the welcome desk to join us! SNAP MATCH.

Planning for Medicare

Thursday, July 24th, 1:30 PM

Led by a Blue Cross Blue Shield of Massachusetts representative, this presentation is tailored for individuals approaching Medicare eligibility. Topics include: an explanation of Medicare; enrollment timeline; Medicare Supplement ('Medigap') and Medicare Advantage plans; and options available to Early retirees.

Travel Presentation: A Visual Journey Through Switzerland w/ Neil Broome

Monday, July 31st, 1:30 PM

With an eye for the unexpected and a flair for storytelling, Neil offers an eclectic and entertaining look at this stunning country—from majestic mountains to hidden village gems. Don't miss this inspiring visual adventure!

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 Instructor: Maria Heffernan

Please register for all technology sessions and workshops!

Tech-Time with Maria

Thursdays, 9:00 - 11:00 AM

On Thursday July 17th and July 24th, Tech-Time will be with Hannah Cox, a Digital Navigator with Northampton Open Media. Hannah is an experienced tech helper who can guide you through any digital challenges! Join Maria on the other Thursdays in July.

All About Apps (for iPhone & iPad)

Thursday, July 10th, 12:00 PM

Join Maria for a hands-on class covering installing, updating, deleting and subscribing to apps as well as organizing them on your screen, managing notifications, and security and privacy. Bring your devices and leave confident in apps! Limited to 8 participants.

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, not including the appointment date.
- * Limit 12 rides 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 PVTA 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, July 15th 10:00 AM - 11:00 AM

Please call any cancellations or holds by the end of the day on Monday, July 14th.

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 JULY is: Canned Fruit (peaches, pears, pineapple, mixed fruit, applesauce)

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 17th 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.



YOUR EYES DESERVE CARE AT EVERY AGE! HERE ARE A FEW WAYS TO PROTECT AND SUPPORT YOUR VISION

- Get regular eye exams for early detection.
- Eat healthy foods like leafy greens, carrots, and fish.
- Wear sunglasses that block UVA and UVB rays.
- Quit smoking to reduce the risk of eye diseases like cataracts and macular degeneration.

The COA can connect you with helpful resources, including transportation to eye appointments and support for vision-related needs.



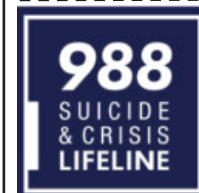
413-538-9020

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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JULY 2025

Breakfast To-Go: Monday - Friday, Pick Up at 11:30 AM Community Table Lunch: Monday - Friday, Served 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>Enjoy James Taylor live in concert with lawn seating—bring a blanket, picnic, and games for a relaxing night under the stars.</p> <p>The bus departs South Hadley HS at 3pm on Friday, July 4th.</p> <p>Seats are limited—submitting the form does not guarantee a spot.</p> <p>Sign up at www.southhadleyrecreation.org</p>	<p>1 9:00 Stretch & Go 9:00 Foot Nurse 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 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 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 Race to the Moon Talk</p>	<p>3 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</p>	<p>4 COA CLOSED</p> 
<p>7 9:00 Cornhole 9:00 Dance Fusion 9:00 Chair Massage 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>Hawaiian Chicken</p>	<p>8 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 11:30 SHELD Lunch 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>Teriyaki Pulled Pork</p> <p>Beef Taco Tuesday</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 Healthy Cooking Demo</p> <p>Spinach Artichoke Stuffed Chicken</p> <p>Latino Pulled Pork</p>	<p>10 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 12:00 All About Apps 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</p> <p>Beef Shepherd's Pie w/ Corn</p> <p>Garlic Paprika Pulled Chicken</p>	<p>11 8:45 Healthy Bones/Balance 9:00 Cornhole 10:00 Healthy Bones/Balance 12:30 Chip Poker 12:30 Meet the Artist 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts 1:30 Fun Fridays</p> <p>No Meal Service</p> <p>White Fish w/ Spinach Artichoke Sauce</p>

<p>14 9:00 Cornhole 9:00 Dance Fusion 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:00 Navigating Grief 12:30 Fitness Basics EXTRA 12:30 Play Mahjongg 1:00 Zumba Gold 1:00 Color Me Calm 1:30 Monday Movies</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 Birthday Bingo 1:00 Pinochle 1:00 Healthy Bones/Balance 2:30 Community Companion 3:00 Intro Social/Ballroom 3:00 Trivia Club</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 12:30 Fitness Orientation 1:00 Beginner Line Dance 1:00 Creative Collage 1:30 Social Dance Club</p>	<p>17 9:00 Stretch & Go 9:00 Tech-Time 9:30 Travel Club 9:45 Healthy Bones/Balance 9:45 Fitness Basics CANCELED 11:00 Ukelele 11:00 Pet Therapy 11:15 Seated/Standing Yoga 11:30 Summer Concert Series 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</p>	<p>18 8:30 Summer Bkfast 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 1:30 Fun Fridays</p>					
<p>Cilantro Lime Short Ribs</p> <p>21 9:00 Cornhole 9:00 Dance Fusion 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:00 State Rep. Gomez 10:00 Sci Fi Club 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>Chicken w/ Stir Fry Sauce</p> <p>22 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>Meatballs w/ Tuscan Sauce</p> <p>23 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 Online News & Media 2:00 Books & Banter Club 2:00 Trip to Market</p>		<p>No Meal Service</p> <p>24 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 1:30 Public Health Nurse 1:30 Medicare Presentation 2:00 Uplifting Karaoke 2:00 Seated/Standing Dance 2:15 Meditation</p>		<p>Latino Seafood Stew</p> <p>25 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 Fun Fridays</p>	
<p>Southwest Chicken Salad</p> <p>28 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 Monday Movies</p>		<p>BBQ Chicken</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>Cheeseburger</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 11:30 Summer BBQ 12:30 Play Mahjongg 1:00 Beginner Line Dance 1:00 Creative Collage</p>		<p>Chicken Scallopi</p> <p>31 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 1:30 Public Health Nurse 1:30 Switzerland Visuals 2:00 Uplifting Karaoke 2:00 Seated/Standing Dance 2:15 Meditation</p>		<p>Almond Crusted White Fish</p> <p>Summer BBQ hosted by Delaney's Market</p> <p>Details: South Hadley COA Wednesday, July 30th 12:00 PM - 2:00 PM</p> <p>SIGN UP IS REQUIRED!</p> <p>Menu consists of hot dogs, hamburgers, and BBQ chicken as entrees.</p>	
<p>Harvest Stuffed Chicken</p>		<p>Tortellini Soup</p>		<p>Summer BBQ</p>		<p>Turkey Breast w/ Gravy</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, July 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.

Chair Massage with Barbara Burgos

Monday, July 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, July 8th, 9:00 - 11:00 AM

Screenings and hearing aid cleanings. Registration required.

Low Vision Support Group

Tuesday, July 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, July 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!

LGBTQ+ Coffee Hour

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

Neil Broome, LCSW/MSW facilitates our monthly social group for LGBTQ+ seniors and allies. Refreshments sponsored by the Friends of the South Hadley Seniors.

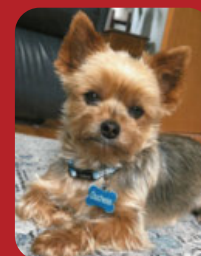
Living with Chronic Illness Support Group (Hybrid)

Friday, July 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.



Pet Therapy



Duchess

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



Riley

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

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Creative and Social Activities 11

Monday Movie Matinee, 1:30 PM *Summer Vibes*



July 7th
National
Lampoon's
Vacation
(1983)
Comedy



July 14th
Under the
Tuscan
Sun
(2003)
Romance



July 21st
The
Talented
Mr. Ripley
(1999)
Thriller



July 28th
Ticket to
Paradise
(2022)
Comedy

Creative Activities

Monthly Centerpiece Making with Sunshine Village Monday, July 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.

Craft Club: Flower Arranging

Friday, July 18th, 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

HIATUS - Advanced Watercolors

Thursdays, 9:30 AM *FEE \$5.00

Bring your own supplies, Tina will provide guidance!

Sit and Sew

Thursdays, 1:00 PM

HIATUS - 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

"Get a Clue" Mystery Book Club

Tuesday, July 1st, 2:30 PM

Discuss *Still Life* by Louise Penny. August's selection is *The Life We Bury* by Alan Eskens.

Monthly Social Dance Club

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

Get moving and feel great! Led by Richie Mitnick.

Sci-Fi Club w/ Wendy

Monday, July 21st, 10:00 AM

Join our 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!

Books and Banter Club (Hybrid)

Wednesday, July 23rd, 2:00 PM

Discuss *Miller's Valley* by Anna Quindlen. 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

*The following classes are on HIATUS:
Advanced Watercolors, Watercolor
Bootcamp, Cardmaking with Joanne,
Evening Yoga, and Aquafit.*

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 are \$5.00 per class

**Unless otherwise noted*

Cornhole

Monday/Friday, 9:00 AM *FREE

Dance Fusion

Instructor: Beth Foster

Monday, 9:00 AM

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 and 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 (\$4.00).

Zumba Gold

Instructor: Olmedo Gomez

Monday, 1:00 PM

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

Stretch and Go

Instructor: Lindsey Matyszewski

Tuesday/Thursday, 9:00 AM

FITNESS BASICS IS CANCELED ON THURSDAY, JULY 17TH.

Fitness Basics

Instructor: Lindsey Matyszewski

Monday, 12:30 PM

Tuesday/Thursday, 9:45 AM

Get moving with cardio, weight training, and stretching. All abilities welcome.

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

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, July 2 & 16, 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 and 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 and 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 and Lewis

Thursday, 2:15 PM *FREE

HIATUS - 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. Thank you for the following donations:

Donna Brogle / Sharyn Kovalesky / George & Ann Reneris

We are grateful for the memorial donations given in memory of **Melide Normand**, a longtime friend of the Friends' and former board member:

Kathy Gallivan
Ola Herbert
Fran O'Connell
Maureen & Clark Wall



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

YES! I would like to support the Friends in 2025

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

I would like to make an additional donation \$ _____

Name/s: _____

Address: _____

Email: _____

Phone: _____

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

SAVE THE DATE!

September 9 @ 5PM

The Friends' annual ice cream sundae social at McCray's Farm. Entertainment by Joe Canata & the Memories



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

TRAVEL CLUB

Club Hours

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

Contact Us

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

July 16, 2025: NY Hudson River Valley Adventure, Kingston, NY. Cost \$150. Call Huguetto. **Sold Out/Waitlist.**

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

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

September 24, 2025: Newport Playhouse, Newport, RI. "Cosmo St. Charles." A Murder Mystery where Cosmo mysteriously dies while hosting a dinner party. Includes: Transportation, Luncheon, Play and Cabaret Show. Cost \$145. Call Huguetto.

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 Huguetto. **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 (IAO) 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:

SHCOA & Friends/Family
Johne R. Papsodora

Donald Doyle
Ruth & Family

IAO Kim Prough
Michael & Sallie Adelman

Tina Addison
Katherine Brunza

Judith Carrier

Ted & Carole Jeffcoat

Janet Brunelle

Fred & Polly Carrier

Gali Carrier

Deb Bombard & Cheryl Stevens

Joan & Mitch Malinowski

Support the COA

When you donate directly to the Council on Aging's Gift Funds, you help sustain and enhance our fitness programs, creative and social activities, and special events. Your generosity also supports our exciting trips and provides essential supplies for various activities. We hope you're enjoying all the COA offers! Please consider making a donation today to keep these valuable programs thriving. Thank you for your support! - The COA Team

In Honor or Appreciation of: _____

In Memory of: _____

Donated by: _____

Home Address: _____

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

Name: _____ Address: _____

Relationship to Deceased: _____

Senior Center Gift Funds

Make Check Payable To: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075

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- ___ Activities Account
- ___ Tech Time
- ___ 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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Funding for The Companion Transportation and Technology Programs are made possible by a grant from Access Care Partners and by funding from the Older Americans Act through the Massachusetts Executive Office of Aging and Independence and the Administration for Community Living.

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The South Hadley Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the COA in writing.

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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
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Senior Legal Hotline: 800-342-5297



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