



The Golden Chronicle

**Open Monday - Friday
8 AM - 4 PM**

 413-538-5030

 45 Dayton St, South
Hadley, MA 01075

Message from the Director

Due to ongoing network issues, we are currently unable to create our newsletter in its regular format. Please contact the Welcome Desk for any questions regarding programming.

As a reminder, beginning September 1st, 2025, the fee for exercise classes will increase to \$5 per class unless otherwise noted. Please see our July newsletter for additional information.

Registration Dates

August

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

September

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

Neighbors Helping Neighbors: Support the Local Food Pantry

The food items of the month are **Popcorn** and **Pasta**. Place items in the COA vestibule!

Brown Bag: Food for Older Adults

**Pick-up on Tuesday,
Aug 19th from 10 to 11 AM.**

Please call in any cancellations or holds by end of day Monday, Aug 18th.

For more information contact Emily at the COA!

August Art Exhibit Walter Hamilton

“As I travel around the Connecticut River Valley, camera in hand, I look for good pictures of landscapes. I also find my subjects in everyday things – cheese and wine, a puddle, and cups and spoons. Good pictures can be found everywhere. Subjects can range from landscapes to items on a tabletop. I look for color, light and composition. All my work is oil paints on canvas. My paintings faithfully represent reality. Please visit my website walterhamiltonart.com for more information.”

Monday Movies at 1:30 PM Explore Space with NASA Historian: Bill Barry

Aug 4th. Hidden Figures
2016. Drama/History

Aug 11th. First Man
2018. Sci-Fi/Drama.

Aug 18th. Fly Me to the Moon
2024. Sci-Fi/Romance.

No movie on Aug 25th

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 9:00 Cornhole 9:00 Dance Fusion 9:30 Academic Drawing 10:00 Tai Chi & Qigong 12:30 Fitness Basics 12:30 Play Mahjongg 1:00 Zumba Gold 1:00 Color Me Calm 1:30 Monday Movies | 9:00 Stretch & Go 9:45 Healthy BB 9:45 Fitness Basics 11:15 Gentle Yoga 11:30 Big Y 12:00 Learn Mahjongg 1:00 Bingo 1:00 Pinochle 1:00 Healthy BB 3:00 Ballroom 3:00 Trivia Club | 8:45 Healthy BB 9:00 Dance 9:30 Painting 9:30 Travel Club 10:00 Music Group 10:00 Group PT 10:00 Healthy BB 11:15 Beginner Yoga 12:30 Play Mahjongg 1:00 Line Dancing 1:00 Collage *No Healthy BB or Lunch on Aug 27th | 9:00 Stretch & Go 9:00 Tech Time 9:30 Travel Club 9:45 Healthy BB 9:45 Fitness Basics 11:00 Ukulele 11:00 Pet Therapy 11:15 Seated Yoga 12:30 Volleyball 1:00 Sit & Sew 1:00 Healthy BB 1:00 Nurse 2:00 Karaoke 2:15 Meditation | 8:45 Healthy BB 9:00 Cornhole 10:00 Healthy BB 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts |

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| <p>Chair Massage Monday, Aug 4th 9 AM</p> <p>Centerpiece Making with Sunshine Village Monday, Aug 4th 10:30 AM</p> <p>Meet the Artist Monday, Aug 4th 10:30 AM</p> <p>Pet Therapy - Duchess Monday, Aug 4th 12:30 PM Monday, Aug 18th 12:30 PM</p> <p>Foot Nurse Tuesday, Aug 5th 9 AM</p> | <p>Craft Club: Card Making Tuesday, Aug 5th 10 AM</p> <p>“Get A Clue” Club Tuesday, Aug 5th 2:30 PM</p> <p>Fitness Orientation Wed, Aug 6th 12:30 PM Wed, Aug 20th 12:30 PM</p> <p>Hearing/Speech Svcs Tuesday, Aug 12th 9 AM</p> <p>Low Vision Group Tuesday, Aug 12th 10 AM</p> <p>Veterans Coffee Hour Wed, Aug 13th 9 AM</p> | <p>Flower Arranging Friday, Aug 15th 1 PM</p> <p>State Rep. Gomez Monday, Aug 18th 10 AM</p> <p>Sci-Fi Club Monday, Aug 18th 10 AM</p> <p>LGBTQ+ Coffee Hour Thursday, Aug 21st 12:30 PM</p> <p>Monthly Social Dance Club Monday, Aug 25th 1:30 PM</p> <p>“Books & Banter” Club Wed, Aug 27th 2 PM</p> |
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DONATIONS

Christine Dudley
 Patrick & Michele Laskey
 Margaret Sieracki & Gail Stathis
 Clark Wall

Tina Addison
 Patricia Piekara
 Nancy Barszcz

Robert S. Papasadora
 John P. Papasodora

In Appreciation of COA Staff
 Alfred & H. Lee Hutt

Tillie Laverdier
 Bonnie & Jim Allery

SPECIAL PROGRAMS

Making Movies with NASA

Wednesday, Aug 6th | 1:30 PM

Learn about Bill Barry's role as a historical consultant for films like *Hidden Figures*, *First Man*, *Apollo 11*, and *Fly Me To The Moon*, and how NASA's history is portrayed in Hollywood. All films will be shown during Monday Movies!

Chair Volleyball Beach Party

Thursday, Aug 7th | 12:30 PM

Join us for seated volleyball fun with a beach theme! Enjoy free refreshments, surprises, and lots of laughs.

Tech Time with Hannah

Thursday, Aug 7th | 9 - 11 AM

Book your Tech Time with Hannah Cox from Northampton Open Media. She's ready to help with all your digital questions.

Our Chemical Romance: Demo with Chef Maggie

Monday, Aug 11th | 1:30 PM

In 1969, space travel soared and processed foods ruled. Chef Maggie revisits a beloved dessert from the era and gives it a healthy, senior-friendly twist. Free demo with samples during *First Man* and take-home recipe ideas included.

Heart-Centered Convo Circle: Death Cafe

Wednesday, Aug 13th | 1:00 PM

What if we welcomed death as a wise teacher, not something to fear? Join us for coffee and open conversation in a warm, supportive space to reflect, share, and listen. No preparation needed—just bring your curiosity. Led by Gina Sabatini, Spiritual Life Coach, Death Doula, Grief Educator, and Body Code Practitioner.

Lunch & Learn: Financial Literacy with Westfield Bank

Thursday, Aug 14th | 11:30 AM

We will be offering another "Financial Resource" lunch and learn program with Cody Goncalves from Westfield Bank. Sign up for the program by registering for lunch by 11 AM on Wednesday, August 13th.

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

Thursday, Aug 14th | 1:30 PM

Learn to cook healthy, budget-friendly meals with MyPlate nutrition tips from Ascentria and SNAP-Ed educators. Enjoy free samples and take home practical wellness ideas.

Summer Breakfast

Friday, Aug 15th | 8:30 AM

The Gentlemen's Breakfast is on summer break, but breakfast is still served! Join us for a delicious \$3 meal—open to everyone. Bring a friend!

Lunch & Movie: Pirates of the Caribbean

Wednesday, Aug 20th | 11:30 AM - 4 PM

Enjoy a Caribbean-inspired lunch by Chef Dakota followed by a screening of *Pirates of the Caribbean: The Curse of the Black Pearl*. Join Captain Jack Sparrow for action, laughs, and pirate mischief in this fun food-and-film event! Tickets are \$8 at the welcome desk.

Navajo Code Talkers Presentation

Thursday, Aug 21st | 1:30 PM

In 1946, a Japanese newspaper stated: "If the Japanese Imperial Intelligence Team could have decoded the Navajo messages...the history of the Pacific War might have turned out completely different." What made the Code of the Navajo so unbreakable? The incredible story of the Navajo Code Talkers presented by Dr. Ed Maxwell, linguist and student of the Navajo language.

Ice Cream Truck Birthday Party

Friday, Aug 22nd | 1:30 PM

We're celebrating August birthday and anniversaries with free ice cream from the Batch Ice Cream truck and open mic entertainment! Everyone is welcome, whether you're celebrating or not. August birthday or anniversary? Enter our raffle! Join us on the patio for the fun, sponsored by the Friends of the South Hadley Seniors. Don't miss it!

**Sounds, Sights, & Stories of Hawaii
with Aloha Spirit**

Tuesday, Aug 26th | 3 PM

Join us on a virtual voyage to the Hawaiian Islands and enjoy sounds, sights and stories of the Islands' continuing volcanic creation, its peoples, their history, and culture. Learn about the unique origin and sweet melodies of ki'hoalu – slack key – guitar music played with Aloha, born on the cattle ranches of the Big Island. Island-born Ash Hartwell, accompanied by Rob Lak, will play in ki'hoalu style, including a song composed by the last Hawaiian Monarch, Queen Liliuokalani.

**Summer Concert Series: Polka Party with
Eddie Forman Orchestra**

Wednesday, Aug 27th | 11:30 AM - 2 PM

Join the South Hadley Travel Club for a lively musical journey to Poland! Enjoy a delicious Polish lunch and dance to the sounds of the Eddie Forman Orchestra. Tickets are \$8 per person and include lunch, live music, and fun surprises. Get your tickets at the welcome desk, don't miss this festive event!

**Medicare Supplement Plans or Medicare
Advantage Plans? Which Coverage Is Best For
Me?**

Thursday, Aug 28th | 1:30 PM

Whether you're enrolling for the first time or reviewing your current plan, it's important to understand your options. This session will cover Original Medicare, Medicare Supplement vs. Advantage plans, prescription coverage, and provide real-life examples to help you choose the plan that best fits your needs. No specific plan details—just clear, helpful guidance.

**Board & Brush: Make and Take Workshop
Friday, August 29th | 1 PM**

Join us for a summer-inspired crafting workshop! Select one of four pedestal or tray 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. All supplies included.

COA In-Town Transportation

FREE transportation for South Hadley residents ages 60 and older.

Ride requests require 3 business days. Call (413) 538-5030 x6202 on Mondays, Wednesdays, or Fridays to schedule.

Companion Medical Transportation Program

FREE service for South Hadley seniors with medical appointment outside of South Hadley.

- Request rides at least 5 business days in advance (appointment day doesn't count).
- Have your appointment date, time, and address ready.
- No rides for sedated appointments.

**Need other options? Call PVTA at 413-739-7436 or
Access Care Partners at 413-5388-9020 for recurring ride needs.**

Farmer's Market Coupon distribution will take place on **Wednesday, Aug 13th from 12:30 - 2:00 PM**. Additional information available at the welcome desk starting in August.



Community Table Lunch

AUGUST 2025

Reach out to meal site to sign up.
For nutrition-related questions call (413) 538-9020.

MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.

MENU KEY:

**High Sodium items (>500mg) are marked with asterisk*
High Sodium Days are >1200mg. The number in parenthesis next to item is the sodium content in milligrams (mg)**

SF = Sugar Free; WG = Whole Grain

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|----|--|--|--|---|--|--|--|---|---|---|
| 4 | Chicken Piccata (212) Garlic Linguini (77) Tarragon Carrots (79) Fresh Orange (0) White Bread (125), Milk (103) Sodium 521, Calories 449 | 5 TACO TUESDAY Beef Taco w/ Cheese (221) Yellow Rice (34) Fire Roasted Corn (2) Mandarin Orange (6) Flour Tortilla (320), Milk (103) Sodium 685, Calories 875 | 6 SALAD Tossed Salad w/ Homemade Ranch (327), Mushroom Lemon Chicken (230), ½ Baked Potato (4), Catalina Vegetables (41), Clementine (1) White Bread (125), Milk (103) Sodium 830, Calories 585 | 7 BIRTHDAY CAKE Pulled Pork (40) Yellow Rice & Black Beans (40) Broccoli, Peppers, Onions (9) Chocolate Cake (320) WG Bread (125), Milk (103) Sodium 637, Calories 767 | 1 | Cheese Ravioli w/ Vodka Sauce (536*) Italian Zucchini & Carrots (49) Mixed Fruit (0) WG Bread (125) Milk (103) Sodium 813, Calories 603 | | | | |
| 11 | Southwestern Chicken Strips (453) Tex-Mex Rice (29) Black Beans & Corn (60) Tropical Fruit (5) WG Bread (125), Milk (103) Sodium 774, Calories 640 | 12 SOUP Chilled Strawberry Soup (59) w/ Crackers (80), Shepherd's Pie (259) Mashed Potatoes (76), Buttered Carrots (96), Fresh Orange (0) White Bread (125), Milk (103) Sodium 798, Calories 854 | 13 ETHNIC MEAL - POLISH Lazy Man's Beef Galumpki (189) Roasted Cauliflower (21) Vanilla Pudding (115) WG Bread (125), Milk (103) Sodium 553, Calories 649 | 14 Chimichurri Chicken (192) Adobo Potatoes (33) Stewed Italian Tomatoes (137) Banana (1) White Bread (125), Milk (103) Sodium 592, Calories 525 | 15 Lasagna Rollette (490) w/ Marinara (135) Broccoli (15) Oatmeal Cookie (105) WG Bread (125), Milk (103) Sodium 973, Calories 652 | 8 Lemon Crumb White Fish (367) Sour Cream Chive Mash Potatoes (83) Cauliflower & Red Peppers (49) Rice Crispy Treat (105) White Bread (125), Milk (103) Sodium 832, Calories 483 | | | | |
| 18 | Turkey Chili (375) ½ Baked Sweet Potato (29) Cumin Brussels Sprouts (27) Choc Chip Cookie (132) WG Bread (125), Milk (103) Sodium 791, Calories 786 | 19 Beef Stroganoff (206) Egg Noodles (17) Peas & Carrots (80) Clementine (1) White Bread (125), Milk (103) Sodium 532, Calories 605 | 20 Chicken w/ Lemon Cream (190) Harvest Wild Rice (21) Monte Carlo Vegetables (20) Brownie Cookie (115) WG Bread (125), Milk (103) Sodium 573, Calories 567 | 21 SALAD / HIGH SODIUM DAY Caesar Salad (632*) BBQ Pulled Pork (515*) Garlic Linguini (2) Broccoli (15), Banana (1) White Bread (125), Milk (103) Sodium 1393, Calories 943 | 22 White Fish Stew (259) Steamed Potatoes (27) Brussels Sprouts (19) Mixed Fruit (0) WG Bread (125), Milk (103) Sodium 533, Calories 477 | 25 SOUP Tortellini Soup (278) w/ Crackers (80) Chicken Jambalaya (342) Red Beans & Rice (113), 5 Way Vegetables (27), Mandarin Oranges (6), WG Bread (125), Milk (103) Sodium 1074, Calories 685 | 26 Cheeseburger (221) Herb Roasted Potatoes (30) Broccoli (15), Banana (1) Hamburger Bun (240), Milk (103) w/ Ketchup (85) Sodium 695, Calories 772 | 27 Chicken w/ Spinach Artichoke Sauce (189), Mediterranean Rice (43) Braised Spinach (98) Choc Chip Cookie (132) WG Bread (125), Milk (103) Sodium 689, Calories 561 | 28 Margherita Chicken w/ Basil Cream (316) Sour Cream Chive Mash Potatoes (83) Carrots & Broccoli (53) Tropical Fruit (5) WG Bread (125), Milk (103) Sodium 685, Calories 527 | 29 Panko White Fish w/ Tomato Cream (287) Garlic Parsley Potatoes (32) 3 Way Vegetables (40) Oatmeal Cookie (105) WG Bread (125), Milk (103) Sodium 692, Calories 496 |