



SOUTH HADLEY COUNCIL ON AGING

# THE GOLDEN CHRONICLE

SEPT 2025

HAPPY NATIONAL SENIOR CENTER MONTH!

**REGISTRATION BEGINS:**

**SEPTEMBER**  
RESIDENTS  
Wednesday, Aug. 20th

NON-RESIDENTS  
Friday, Aug. 22nd

**OCTOBER**  
RESIDENTS  
Wednesday, Sept. 24th

NON-RESIDENTS  
Friday, Sept. 26th

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

## SUMMER CONCERT SERIES



Get ready for a taste of Germany at our Summer Concert Series: Oktoberfest Edition!

Enjoy a hearty German-inspired dinner prepared by Chef Dakota, featuring all your Oktoberfest favorites. Then sit back—or get up and dance—to the lively sounds of the

### HAPPY FIVE OOMPAH BAND

bringing authentic German music and festive cheer. Don't miss this fun evening of food, music, and community spirit—lederhosen optional, good times guaranteed! Dinner is \$8.00 per person. Register at the welcome desk today!

**THURSDAY, SEPTEMBER 25TH**  
**4:30 PM - 6:30 PM**  
**\$8.00 PER PERSON**

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

**Reminder:** To support the wellbeing of all older adults in our community, including encouraging connection and social engagement, please remember that seats should not be held in advance at Council on Aging events. This policy helps ensure that everyone has a fair opportunity to participate and enjoy the experience together. If you would like to sit with others, please gather your group prior to entering so you can find seating together. Thank you for helping us foster an inclusive and welcoming environment for all!

**Extended Hours:** Late night hours are back! Beginning in September, the COA will be open until 6:30 PM on Thursdays.

REGISTRATION FOR ALL PROGRAMS AND EVENTS IS RECOMMENDED.



### 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

**Social Services Coordinator**  
Emily Brochu | ext. 6206

**Receptionist**  
Carol Reznik | ext. 6202

**Food Service Coordinator**  
Dakota Lyman | ext. 6208

**Food Service Assistant**  
Brooke Danko

**Transportation Coordinator**  
Eric Gallagher | ext. 6205

**Driver**  
Rick Dufault

**Human Services Coordinator**  
Kathryn Elias

**Tech Instructor**  
Maria Heffernan

### Council on Aging Board

**Chairperson** Marilyn Ishler  
**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



**Kathryn Elias**

**Human Services Coordinator**

Kathryn has a background in Education and the Creative Arts and is thrilled to be joining the team at the Senior Center and the COA. A long-time resident of South Hadley, she looks forward to serving her community by developing positive relationships and supporting the team's organization and communications.



**Eric Gallagher**

**Transportation Coordinator**

For those who have used our in-town services in the past, you have likely received a ride with Eric as he has been with the program for the past two years as a driver. Eric is now coordinating the ride schedule for both of our transportation programs.



# 4 Special Programs



Celebrate **National Senior Center Month** with FREE cider donuts from Atkins Farms every Friday morning in September! Beginning at **8:00 AM** while supplies last. Sponsored by **The Friends of the South Hadley Seniors**.

## SHCOA Open House

**Thursday, September 4th, 4:00 PM**

Join us for a welcoming evening of food, fun, and community! Enjoy a delicious spaghetti supper prepared by Chef Dakota, with live music by the South Hadley Community Band. Take time to explore our Open House and visit stations hosted by our volunteers and activity leaders to learn more about the wide variety of programs, services, and activities we offer. Whether you're a familiar face or a first-time visitor, this is a great opportunity to connect and get inspired! Be sure to stop by for a cup of warm apple cider provided by the Friends of the South Hadley Seniors. Spaghetti Supper will be \$8.00 per person and registration is required.

## Ice Cream Social with MacDuffie School Students

**Wednesday, September 10th, 2:00 PM**

The MacDuffie School students are back for their monthly social visits. Come by, say hello, and enjoy a free ice cream!



## Lunch & Learn Financial Literacy with Cody from Westfield Bank

**Thursday, September 11th, 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 11:00 AM on Wednesday, September 10th. **Please note:** Lunch is a suggested donation of \$3.00.

## QAA Art Gala Reception

**Thursday, September 11th, 4:30 PM**

Celebrate local creativity at the Quabbin Art Association (QAA) Artist Reception, Show & Sale! The Belchertown-based QAA group exhibit features a variety of artwork, including watercolor, oil, acrylic, dry media and photography by local member artists throughout the Pioneer Valley. Meet the talented artists behind the work, enjoy light refreshments, and explore a vibrant collection of original artwork also available for purchase. This is a wonderful opportunity to support local art and connect with the creative community.

## Pet Health Day at the SHCOA

**Friday, September 12th, 9:00 AM-12:00 PM**

The Mobile Pet Clinic from Second Chance Animal Services is coming to the Senior Center parking lot to provide free wellness appointments for your pets!

This is a great opportunity to keep your furry companions healthy and up to date on care—right here in your community. Appointments are required, so be sure to reserve your spot!



## Office Hours with State Representative Gomez

**Monday, September 15th, 10:00 AM - 12:00 PM**

Come with questions, comments, concerns, or just to introduce yourself and chat!

## Veterans Evening Social Group Returns!

**Thursday, September 18th, 4:30 PM**

Join South Hadley's Veteran Services Director, Chris Plotniak, for an evening social. Veterans of all ages are welcome! Refreshments provided.

## Introduction to Bio Magnetic Touch Healing

**Tuesday, September 23rd, 10:00 AM**

Discover the gentle power of Bio Magnetic Touch Healing, a simple, non-invasive, and effective technique that can help address a wide range of health concerns. Carol Handler, a certified Bio-Touch Practitioner, will lead this informative session, sharing how this hands-on approach promotes healing and wellness. Come learn how Bio-Touch can be a valuable tool for self-care and supporting others.

## The Gentleman's BREAKFAST

September 19  
8:30 AM

\$3.00



## Monthly Art Exhibit

The Belchertown-based Quabbin Art Association (QAA) group exhibit features a variety of artworks, including watercolor, oil, acrylic, dry media and photography by local member artists throughout the Pioneer Valley of Western Massachusetts. Now in its tenth year, Quabbin Art Association provides education, support, and opportunity for local artists, and promotes community interest and appreciation in the visual arts.



## Need a Ride?

To request transportation, please contact Eric Gallagher at 413-538-5030, ext. 6205, Monday through Friday between 8:00 AM and 4:00 PM.

*Appointments are subject to driver availability and will be confirmed accordingly.*

*Please have appointment information available when calling.*



**Weekly Ride to Big Y:  
Tuesdays at 11:30 AM**



	<b>IN-TOWN TRANSPORTATION</b>	<b>COMPANION MEDICAL TRANSPORTATION PROGRAM</b>
<b>AVAILABILITY</b>	Rides offered Monday through Friday, 8:15 AM to 3:30 PM.	Rides offered Monday through Friday on an appointment basis only.
<b>ADVANCE NOTICE</b>	3 business day notice	5 business day notice, <b>not</b> including the appointment date
<b>COVERAGE</b>	<ul style="list-style-type: none"> <li>• Medical appointments in South Hadley</li> <li>• Grocery shopping</li> <li>• Social events (including trips to the COA)</li> </ul>	<ul style="list-style-type: none"> <li>• Medical appointments outside of South Hadley</li> <li>• Not available for sedated appointments</li> </ul>
<b>ACCESSIBILITY</b>	<ul style="list-style-type: none"> <li>• Curb-to-curb service</li> <li>• Walkers and canes accommodated</li> <li>• Wheelchair lift</li> <li>• No hands-on assistance</li> </ul>	<ul style="list-style-type: none"> <li>• No hands-on assistance</li> <li>• Walkers and canes accommodated</li> <li>• No wheelchair lift</li> <li>• Limit 12 rides per year</li> <li>• Rides first-come, first served</li> </ul>
<p>Participants are encouraged to explore PVRTA services for additional transportation options at 413-739-7436. For those with reoccurring transportation needs, Access Care Partners can also help. Contact 413-538-9020 for more information.</p>		

## TECHNOLOGY ASSISTANCE

**Tech-Time with Maria**

**Thursdays, 9:00 - 11:00 AM**

One-on-one sessions designed to help you navigate your devices with confidence! Appointments are required. Rolling registration. Sign up anytime at the welcome desk.



**These services are offered at no cost to South Hadley residents aged 60 and older. To help support and sustain our programs, we welcome a voluntary and confidential donation of \$5.00 per ride or tech-time appointment.**

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.

# 6 Support Services



Emily Brochu, Social Services Coordinator

413-538-5030 x6206

ebrochu@southhadleyma.gov



## SHINE: Serving the Health Insurance Needs of Everyone Appointment Required

Welcome, Janet Kuster! Janet is our new Certified SHINE Counselor and will soon be available to meet with any Senior who needs information on Medicare. Janet will see members at the Council on Aging. Please call the welcome desk for an appointment.



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

Tuesday, September 16th 10:00AM-11:00AM

Please call any cancellations or holds by the end of the day on Monday Sept 15th.

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 item for September is: Canned Protein.

## 2025 Senior Farm Share Update

The final Farm Share pickup will be Thursday, Sept. 25th, after 1:00 p.m. at the Senior Center. We hope all participants enjoyed the fresh produce this season. If you're interested in participating next year, be sure to check the April 2026 newsletter for application info.



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



## 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



## MT. Tom Center For Mental Health & Recovery: (413) 536-5473

A community-based outpatient mental health and substance abuse program providing on-site and outreach services.



## Home Modification Loan Program (HMLP): 1-800-500-5599 or 857-939-7227

Susan Gillam, No interest loans to modify the homes of adults and children with disabilities.



## USED MEDICAL EQUIPMENT PICK-UP & DELIVERY (413) 582-7787

Hampshire County Sheriff's Office  
Ask to speak with Dave Fenton.



## Take & Eat Program: Weekend Meals Program (413) 213-6636

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. Patrick Laskey, parishmeals@gmail.com



## Neighbors Helping Neighbors Food Pantry 413- 437-7593

info@nhnfoodpantry.org  
A client choice food pantry, hours are Wednesday 12:30PM-6PM and Saturday 10AM-12PM.



## Access Care Partners 413-538-9020

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



## Alzheimer's 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.



## DIAL 988



Whether you're facing mental health struggles, substance use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.

# SEPTEMBER 2025

**Breakfast To-Go: Monday - Friday, Pick Up at 11:30 AM**  
 Meals must be reserved by 11:00 AM the day before. A suggested donation of \$3.00 for guests 60 and older, and guests under 60 are charged \$6.00 per federal regulations. Breakfast meals are intended to be heated at home the following day. The Title II-C Meal Site Program is provided by Access Care Partners (formerly WestMass ElderCare) through the Executive Office of Aging and Independence and the Administration for Community Living. For nutrition questions, call ACP at 413-538-9020 ext. 313. **Meals are subject to change without notice.**

**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**    **Congregate Lunch - Red**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>   <b>No Meal Service</b>	<b>2</b> 9:00 Stretch & Go 9:00 <b>Foot Nurse</b> 9:45 Healthy B&B 9:45 Fitness Basics 10:00 <b>Card Making</b> 11:15 Gentle Yoga 11:30 <b>Big Y Shopping</b> 12:00 Learn Mahjongg 1:00 Bingo 1:00 Pinochle 1:00 Healthy B&B 2:30 <b>Mystery Book Club</b> 3:00 Intro Social/Ballroom 3:00 Trivia Club	<b>3</b> 8:45 Healthy B&B 9:00 Dance w/ Loryn 9:30 Painting 10:00 Travel Club 10:00 Music Group 10:00 Small Group Training 10:00 Healthy B&B 11:15 Beginner Yoga 12:30 Play Mahjongg 1:00 Beginner Line Dance 1:00 Creative Collage	<b>4</b> 9:00 Stretch & Go 9:00 Tech Time 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Travel Club 11:00 Ukulele 11:00 <b>Pet Therapy</b> 11:15 Seat/Stand Yoga 1:00 Sit & Sew 1:00 Chair Volleyball 1:00 Healthy B&B 1:00 <b>Public Health Nurse</b> 2:00 Uplifting Karaoke 2:00 Seat/Stand Dance 2:15 Meditation 4:00 <b>Open House</b> 5:30 Evening Yoga	<b>5</b> 8:00 <b>Free Donuts</b> 8:45 Healthy B&B 9:00 Cornhole 10:00 Healthy B&B 10:30 <b>Chronic Illness Group</b> 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts
<b>8</b> 9:00 Cornhole 9:00 Dance Fusion 9:00 <b>Chair Massage</b> 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:30 Centerpiece Making 12:30 Fitness Basics Extra 12:30 Play Mahjongg 1:00 Zumba Gold 1:00 Color Me Calm 1:30 Monday Movies	<b>9</b> 9:00 Stretch & Go 9:00 <b>Hearing/Speech Svcs</b> 9:45 Healthy B&B 9:45 Fitness Basics 10:00 <b>Low Vision Group</b> 11:15 Gentle Yoga 11:30 <b>Big Y Shopping</b> 12:00 Learn Mahjongg 1:00 Bingo 1:00 Pinochle 1:00 Healthy B&B 3:00 Intro Social/Ballroom 3:00 Trivia Club	<b>10</b> 8:45 Healthy B&B 9:00 Dance w/ Loryn 9:00 <b>Veterans Coffee Hr</b> 9:30 Painting 10:00 Travel Club 10:00 Music Group 10:00 Small Group Training 10:00 Healthy B&B 11:15 Beginner Yoga 12:30 Play Mahjongg 1:00 Beginner Line Dance 2:00 <b>Ice Cream Social</b>	<b>11</b> 9:00 Stretch & Go 9:00 Tech Time 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Travel Club 11:00 Ukulele 11:00 <b>Pet Therapy</b> 11:15 Seat/Stand Yoga 11:30 <b>Westfield Bank Lunch</b> 1:00 Sit & Sew 1:00 Chair Volleyball 1:00 Healthy B&B 1:00 <b>Public Health Nurse</b> 2:00 Uplifting Karaoke 2:00 Seat/Stand Dance 2:15 Meditation 4:30 <b>QAA Art Gala</b> 5:30 Evening Yoga	<b>12</b> 8:00 <b>Free Donuts</b> 8:45 Healthy B&B 9:00 Cornhole 9:00 <b>Pet Health Day</b> 10:00 Healthy B&B 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts
<b>Cilantro Lime Chicken</b>	<b>Meatballs w/ Tuscan Sauce</b>	<b>Margherita Chicken w/ Basil Cream</b>	<b>Chicken w/Garlic Paprika Sauce</b>	<b>Vegetable Marinara Lasagna</b>

<p><b>15</b> 9:00 Cornhole 9:00 Dance Fusion 9:30 Academic Drawing 10:00 Tai Chi &amp; Qigong <b>10:00 Sci Fi Club</b> <b>10:00 State Rep. Gomez</b> 10:30 Centerpiece Making 12:30 Fitness Basics Extra <b>12:30 Pet Therapy</b> 1:00 Zumba Gold 1:00 Color Me Calm 1:30 Monday Movies</p> <p><b>Southwestern Chicken Salad</b></p>	<p><b>16</b> 9:00 Stretch &amp; Go 9:45 Healthy B&amp;B 9:45 Fitness Basics <b>10:00 Brown Bag</b> 11:15 Gentle Yoga <b>11:30 Big Y Shopping</b> 12:00 Learn Mahjongg 1:00 Bingo 1:00 Pinochle 1:00 Healthy B&amp;B 3:00 Intro Social/Ballroom 3:00 Trivia Club</p> <p><b>BBQ Chicken</b></p>	<p><b>17</b> 8:45 Healthy B&amp;B 9:00 Dance w/ Loryn 9:30 Painting 10:00 Travel Club 10:00 Music Group 10:00 Small Group Training 10:00 Healthy B&amp;B 11:15 Beginner Yoga 12:30 Play Mahjongg <b>12:30 Fitness Orientation</b> 1:00 Beginner Line Dance 1:00 Creative Collage <b>1:30 Social Dance Club</b></p> <p><b>Cheeseburger</b></p>	<p><b>18</b> 9:00 Stretch &amp; Go <b>9:00 Tech Time</b> 9:45 Healthy B&amp;B 9:45 Fitness Basics 10:00 Travel Club 11:00 Ukulele <b>11:00 Pet Therapy</b> 11:15 Seat/Stand Yoga <b>12:30 LGBTQ+ Coffee Hour</b> 1:00 Sit &amp; Sew 1:00 Chair Volleyball 1:00 Healthy B&amp;B <b>1:00 Public Health Nurse</b> 2:00 Uplifting Karaoke 2:00 Seat/Stand Dance 2:15 Meditation 4:00 JAM Session Group <b>4:30 Veteran Evening Social</b> 5:30 Evening Yoga</p> <p><b>Chicken Scalloppini</b></p>	<p><b>19</b> <b>8:00 Free Donuts</b> <b>8:30 Gentleman's Breakfast</b> 8:45 Healthy B&amp;B 9:00 Cornhole 10:00 Healthy B&amp;B <b>10:30 Chronic Illness Group</b> 1:00 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts</p> <p><b>Almond White Fish w/Garlic Cream</b></p>
<p><b>22</b> 9:00 Cornhole 9:00 Dance Fusion 9:30 Academic Drawing 10:00 Tai Chi &amp; Qigong 10:30 Centerpiece Making 12:30 Fitness Basics Extra 12:30 Play Mahjongg 1:00 Zumba Gold 1:00 Color Me Calm 1:30 Monday Movies</p> <p><b>Chicken Strips w/ Garlic Cream</b></p>	<p><b>23</b> 9:00 Stretch &amp; Go 9:45 Healthy B&amp;B 9:45 Fitness Basics <b>10:00 Intro to Bio Touch</b> 11:15 Gentle Yoga <b>11:30 Big Y Shopping</b> 12:00 Learn Mahjongg 1:00 Bingo 1:00 Pinochle 1:00 Healthy B&amp;B 3:00 Intro Social/Ballroom 3:00 Trivia Club</p> <p><b>Meatball w/Tuscan Sauce</b></p>	<p><b>24</b> 9:00 Dance w/ Loryn 9:30 Painting 10:00 Travel Club 10:00 Music Group 10:00 Small Group Training 10:00 Healthy B&amp;B 11:15 Beginner Yoga 12:30 Play Mahjongg 1:00 Beginner Line Dance 1:00 Creative Collage <b>2:00 Books &amp; Banter Club</b></p> <p><b>Barbecue Chicken Strips</b></p>	<p><b>25</b> 9:00 Stretch &amp; Go 9:00 Tech Time 9:45 Healthy B&amp;B 9:45 Fitness Basics 10:00 Travel Club 11:00 Ukulele <b>11:00 Pet Therapy</b> 11:15 Seat/Stand Yoga 1:00 Sit &amp; Sew 1:00 Chair Volleyball 1:00 Healthy B&amp;B <b>1:00 Public Health Nurse</b> 2:00 Uplifting Karaoke 2:00 Seat/Stand Dance 2:15 Meditation 4:00 JAM Session Group <b>4:30 Oktoberfest Celebration</b> <b>Turkey Breast w/Gravy</b></p>	<p><b>26</b> <b>8:00 Free Donuts</b> 8:45 Healthy B&amp;B 9:00 Cornhole 10:00 Healthy B&amp;B 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts</p> <p><b>Cheese Ravioli w/Vodka Sauce</b></p>
<p><b>29</b> 9:00 Cornhole 9:00 Dance Fusion 9:30 Academic Drawing 10:00 Tai Chi &amp; Qigong 10:30 Centerpiece Making 12:30 Fitness Basics Extra 12:30 Play Mahjongg 1:00 Zumba Gold 1:00 Color Me Calm 1:30 Monday Movies</p> <p><b>Chicken Piccata</b></p>	<p><b>30</b> 9:00 Stretch &amp; Go 9:45 Healthy B&amp;B 9:45 Fitness Basics 11:15 Gentle Yoga <b>11:30 Big Y Shopping</b> 12:00 Learn Mahjongg 1:00 Bingo 1:00 Pinochle 1:00 Healthy B&amp;B 3:00 Intro Social/Ballroom 3:00 Trivia Club</p> <p><b>Teriyaki Pulled Pork</b></p>			 <p><b>CAFE AND DINING ROOM VOLUNTEERS!</b></p> <p>See the Welcome Desk for More Information.</p> 

# 10 Health & 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, Sept. 2nd, 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 welcome desk.

## Living with Chronic Illness Support Group (Hybrid)

**Friday, Sept. 5th & 19th, 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. Contact the welcome desk for hybrid options.

## Chair Massage with Barbara Burgos

**Monday, Sept. 8th, 9:00 - 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 welcome desk.

## Hampshire Hearing & Speech Services

**Tuesday, Sept. 9th, 9:00 - 11:00 AM**

Screenings and hearing aid cleanings. Registration required.

## Low Vision Support Group

**Tuesday, Sept. 9th, 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, Sept. 10th, 9:00 - 11:00 AM**

Join us for coffee and pastries, generously provided by VFW Post 3104 and American Legion Post 260. All veterans welcome!

## LGBTQ+ Coffee Hour

**Wednesday, Sept. 18th, 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.



## PET THERAPY



Duchess

**Monday, Sept. 15th**

**12:30 PM - 1:30 PM**



Riley

**Thursdays**

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

## Monday Movies, 1:30 PM

*Back to School*

**Sept. 8th**  
**Akeelah and the Bee**  
 (2006)  
 Drama



**Sept. 15th**  
**Good Will Hunting**  
 (1997)  
 Drama



**Sept. 22nd**  
**Remember the Titans**  
 (2000)  
 Sport/  
 Drama



**Sept. 29th**  
**The Breakfast Club**  
 (1985)  
 Drama/  
 Comedy



## Creative Activities

**Monthly Centerpiece Making with Sunshine Village**  
**Monday, Aug. 25th, 10:30 AM**

If you enjoy arts and crafts projects this is for you! 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: Card Making**

**Tuesday, Sept. 2nd, 10:00 AM \*FEE \$5.00**

Joanne teaches this class where you will make 4 different card designs. All supplies are 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**

Enjoy the company of others while you create! Supplies provided.

**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!

## Social Activities

**“Get a Clue” Mystery Book Club**

**Tuesday, Sept. 2nd, 2:30 PM**

We will be meeting to discuss *Spy Coast* by Tess Gerritsen. The selection for October is *Razorblade Tears* by S.A. Cosby.

**Sci-Fi Club with Wendy**

**Monday, Sept. 15th, 10:00 AM**

Our Science Fiction club is a gathering place for dreamers, thinkers, and explorer 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, Sept. 17th, 1:30 PM \*FEE \$4.00**

Social, ballroom, and line dancers welcome! Great music by Richie Mitnick.

**Books and Banter Club (Hybrid)**

**Wednesday, Sept. 24th, 2:00 PM**

We will be meeting to discuss *The Berry Pickers* by Amanda Peters. Contact the Senior Center 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**

Join us on Thursday evenings to make music!

**Chip Poker**

**Fridays, 12:30 PM**

Have fun playing a friendly game of chip poker!

Flower Arranging is on hold until further notice. Watercolor Bootcamp and Advanced Watercolors will return in October! We are sorry for any inconvenience. In the meantime, the Arts & Crafts Room remains open for independent art time.

# 12 Exercise Programs

## Fitness Center Hours

Monday – Friday: 8:00 AM – 4:00 PM  
Thursdays: Open until 6:30 PM  
Wednesdays: Closed 10:00 AM – 11:00 AM

Each Exercise/Fitness Class is \$5.00  
[Unless otherwise specified]

**Cornhole [FREE]**  
Mondays & Fridays, 9:00 AM

**Dance Fusion**  
Instructor: Beth Foster  
Mondays, 9:00 AM

Looking for a fun and energizing way to improve your fitness? Join 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 Berry  
Mondays, 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 and Go**  
Instructor: Lindsey Matyszewski  
Tuesdays & Thursdays, 9:00 AM  
Get up and ready for the day!

**Fitness Basics**  
Instructor: Lindsey Matyszewski  
Mondays, 12:30 PM  
Tuesdays & Thursdays, 9:45 AM  
Get moving with cardio, weight training, and stretching. All abilities welcome.

**Healthy Bones & Balance [FREE]**  
Instructors: Chris Fesko, Janet Boland, Denise Rivers, Vanessa Valery, Maggie Vescio  
Tues & Thurs, 9:45 AM / 1:00 PM  
Wed & Fri, 8:45 AM / 10:00 AM

These classes from the RSVP program are designed to increase strength, mobility, flexibility and balance while having fun! Best benefits achieved taking two days per week.

**Gentle Yoga (All Levels)**  
Instructor: Heidi MacEwen  
Tuesdays, 11:15 AM  
Classes include floorwork, standing, and balance postures using a variety of props.

**Intro Social & Ballroom Dance**  
Instructor: Jennifer Lo-Presti "J-Lo"  
Tuesdays, 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  
Wednesdays, 9:00 AM  
A joyful, all-abilities dance class. Learn a variety of dance moves set of fun music.

**Small Group Personal Training**  
Instructor: Heidi MacEwen  
Wednesdays, 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  
Wednesdays, 11:15 AM  
Learn the basics with foundational poses using clear and safe alignment.

**Fitness Center Orientation [FREE]**  
Instructor: Heidi MacEwen  
Wednesday, Sept. 3rd and 17th, 12:30 PM  
A completed application from the welcome desk and a free orientation are required for use of the Fitness Center.

**Beginner Line Dance**  
Instructor: Jennifer Jones  
Wednesdays, 1:00 PM  
This is a beginner class where you will learn 6-8 dances from an experience line dance teacher.

**Seated & Standing Yoga (Hybrid)**  
Instructor: Michele Lyman  
Thursdays, 11:15 AM  
Grab a chair, wear comfy clothes, and connect breath with movement.

**Chair Volleyball [FREE]**  
Thursdays, 1:00 PM  
Build core muscles, strength, and flexibility in this fun activity. Bring a friend for added fun!

**Seated & Standing Dance Fitness**  
Instructor: Michele Lyman  
Thursdays, 2:00 PM  
Join us for a fun, energetic exercise workout, choreographed to music for all levels and all abilities!

**Meditation with Richard & Lewis [FREE]**  
Instructor: Richard and Lewis  
Thursdays, 2:00 PM  
Class includes different meditation techniques. Not affiliated with any religious or spiritual tradition.

**Evening Yoga**  
Instructor: Michaela Driscoll  
Thursdays, 5:30 PM  
Hatha Yoga with extended guided practice.

Gentle Yoga is CANCELED on Tuesday, September 2nd.  
Seated & Standing Yoga is CANCELED on Thursday, September 11.

*We apologize for any inconvenience!*

Sneakers or comfortable shoes REQUIRED.



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

# ICE CREAM SUNDAE SOCIAL

Featuring Music By Joe Canata and the Memories

Our senior community is welcome to attend this free event. Check in at the Friends' table by the mini golf course to pick up a ticket for a free ice cream sundae. Bring a lawn chair, relax, and enjoy the show. No RSVP needed!

**Tuesday, September 9th, 2025**  
**5:00 - 6:30 PM**



Mc Cray's Farm  
55 Alvord Street, South Hadley  
(Rain Date: Wednesday, Sept. 10th)



[southhadleyseniors@gmail.com](mailto:southhadleyseniors@gmail.com) | [www.southhadleyseniors.org](http://www.southhadleyseniors.org)

## TRAVEL CLUB

Club Hours

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

Contact Us

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

**September 8 - 19, 2025: Norwegian Cruise Line - Caribbean Cruise from NY Pier.** Call Huguette. **Closed.**

**September 24, 2025: Newport Playhouse and Cabaret, 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 Huguette.

**October 6, 2025: NH Kissing Bridges, East Hill Farm & Smith's Country Cheese.** Cost \$115. Call Huguette. **Sold Out/Waitlist.**

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

**December 8, 2025: Aqua Turf Club, "Rock this Town" Christmas Show.** Cost \$145. Call Huguette. **Sold Out/Waitlist.**

**NEW! June 15 - 18, 2026: Niagara Falls, Canada.** 4-day / 3-night / 7-meal trip packed with lots of fun, great food and adventure. We'll be staying at the Comfort Inn & Suites in Niagara Falls, Canada. Cost: \$820pp (Double) / \$1,060pp (Single) / \$780pp (Triple) / plus Optional Travel Insurance. Call Huguette.

Make checks payable to "South Hadley Senior Travel Club" or "S.H.S.T.C"

**Refund Policy:** \$20 deposits are non-refundable. Refunds (less deposit) will only be issued if there is a replacement. No refunds for no-shows on day of trip.

**Gift Certificates:** Can be purchased in any denomination, never expire and can be used on any trip.

# Thank you!

We are sincerely grateful for all donations to the South Hadley COA, which supports the many activities, programs, and services we provide. Your generous contributions enable us to continue serving our community effectively. Donations made in memory of or in appreciation of someone special are indicated in bold letters.

We deeply appreciate every donation and the heartfelt intentions behind them. We are especially grateful for the following donations:

**Norman J. Sullivan**  
Joan Sullivan

**Phyllis Lacoste**  
Peggy Lacoste

**Carmen Sullivan**  
Donna Van Handle

**Lindsey Matyszewski**  
Cherie Remillard &  
Marty Zebrowski

Stephen Bernier

Sharyn Kovalesky

Patricia Yurko

**Joseph and Jean Mazza**  
Samuel Mazza

**“Happy Louie”  
Dusseault**  
Julie Dusseault

**Roger Morin**  
Joan 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

**In Honor or Appreciation of:** \_\_\_\_\_

**In Memory of:** \_\_\_\_\_

**Donated by:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

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

**Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**Relationship to Deceased:** \_\_\_\_\_

### Senior Center Gift Funds

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

Wherever Needed Most

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.



**South Hadley Council on Aging**  
 45 Dayton Street  
 South Hadley, MA 01075

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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 8:00 AM - 4:00 PM  
 Thursdays Until 6:30 PM

 413-538-5030 (option 3)

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

 @southhadleycoa

DISCLAIMER: We extend gratitude to our advertisers, presenters, and program sponsors for their support of our members. The South Hadley Council on Aging does not endorse any services or products mentioned herein.

**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.

**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](mailto:info@wmeldercare.org).

**Rainbow Social Club (RSC) Monthly Events:** The RSC offers opportunities for LGBTQ+ individuals to connect and grow in their identities.

- Amherst Center, 1st Tuesdays, 9:30 AM
- Holyoke Center, 1st Wednesdays, 5:00 PM
- Belchertown Center, 2nd Wednesdays, 10:00 AM
- South County Center, 2nd Thursdays, 12:00 PM
- South Hadley Center, 3rd Thursdays, 12:30 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

**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](mailto:teboe@southhadleypolice.org).

**File of Life - TRIAD:** This card provides first responders with essential medical information when patients cannot. Available at the COA welcome desk.

