

THE GOLDEN CHRONICLE

OCT 2025

REGISTRATION FOR ALL PROGRAMS AND EVENTS IS RECOMMENDED.

REGISTRATION BEGINS:

OCTOBER

RESIDENTS
Wednesday, Sept. 24th

NON-RESIDENTS
Friday, Sept. 26th

NOVEMBER

RESIDENTS
Wednesday, Oct. 22nd

NON-RESIDENTS
Friday, Oct. 24th



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



Memories



Join us for our October Birthday/Anniversary Celebration
Thursday, October 16th at 5:00 PM

Enjoy a delicious meal prepared by Chef Dakota while being entertained by *The Soiree*, a six-piece band with a dynamic multimedia show celebrating the culture of the '60s and '70s. The show uses audience participation, costumes, video screen, trivia quizzes, and live performance of songs we all remember and can sing along to.

Dinner will be Shepherd's Pie with a special dessert from the South Hadley High School's Culinary Arts Program.

Make sure to enter the drawing if you are celebrating a birthday or anniversary in the month of October! **Registration is \$8.00 per person at the Welcome Desk.**

This program is funded in part by a grant from the South Hadley Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Sponsored by
The Friends of the South Hadley Seniors.



Memories - a multimedia event

Music and memories of yesteryear

The
Soirée



Drive-Thru Vaccine Clinic Oct. 15th
2 PM - 6 PM

At Beers & Story

646 Newton Street, South Hadley, MA

Bring your insurance card. Registration available on site.

FLU * COVID * Pneumococcal * TDAP * Shingles * HepB * RSV

Contact the South Hadley Health Department 413-538-5030 ext. 6184 for more information.



Blood Drive Oct. 20th
10 AM - 2 PM

At South Hadley Library

2 Canal Street, South Hadley, MA

Eligible Donors will receive a \$10 gift card.

Starbucks * Amazon * Big Y * Panera

The Town of South Hadley is facing a significant budget deficit and has formed a Budget Task Force. Public hybrid meetings are held every other Monday at 6:00 PM at the Council on Aging.

Upcoming dates: 10/6, 10/20, 11/3, 11/17



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

Volunteer Coordinator
Danielle Rossoni

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

Council on Aging Hybrid Board Mtg

Monday, October 20



Meet

Danielle Rossoni

Volunteer Coordinator

Danielle is excited to join the South Hadley Council on Aging and get to know the members and volunteers.

You'll probably see her in the mornings at the front desk.

Interested in volunteering?

Let her know!



Get Tech Savvy!

with Maria Heffernan and our newest Tech Instructor, Ed Maxwell!

Google Drive: Your Digital Filing Cabinet Thurs. Oct. 2nd, 12:30 PM

Learn how to create, store and organize files and folders in Google Drive. This Google Drive class is strictly limited to 8 people.

Artificial Intelligence: Promise or Peril Thurs. Oct. 9th, 1:30 PM

AI is doing some incredible things to change things for the better and provides many options to assist us in everyday life. But it also presents a danger. This presentation will discuss both aspects of AI. If you want to understand what AI is, you won't want to miss this presentation delivered by Ed Maxwell. Ed has a PhD in computer science and linguistics and has been actively involved in lecturing on artificial intelligence and internet safety at Florida Gulf Coast University during the winter months. Ed has also kindly offered to help out with our Technology Assistance Program and will be seeing people for one-on-one Tech Time appointments.

Safe Online Shopping for the Holiday Season Mon. Oct. 27th, 10:00 AM

Learn how to shop online safely and confidently this holiday season. This session covers how to spot scams, recognize fake reviews, shop on Facebook marketplace, understand the role of social media influencers in shopping decisions and make sure the websites you use are secure.

REGISTRATION IS ESSENTIAL FOR ALL TECH CLASSES.

4 Special Programs

Dinner and a Movie- "Knives Out!"

Thursday, October 2nd, 4:00 PM

Enjoy a delicious chicken marsala dinner prepared by Chef Dakota, followed by the modern-day whodunnit, Knives Out. Join Daniel Craig as the "World's Greatest Detective," Benoit Blanc, as he unravels the mystery behind the death of bestselling author, Harlan Thrombey. **Tickets are \$8.00 at the welcome desk.**



Lunch & Learn Fire Prevention Week

Monday, October 6th 11:30 AM

Join us for lunch and meet Firefighter/Medic Meaghan Rogers. She will share information regarding the dangers of Lithium Ion Batteries for Fire Prevention Week. This topic will include information regarding the safety concerns to be aware of, how to properly dispose of these batteries and much more. **Sign up for the program by registering for lunch by 11:00 AM on Friday, October 3rd. Lunch is a suggested donation of \$3.00.**

Pie Time! with MacDuffie School Students

Wednesday, October 8th, 2:00 PM

Join the MacDuffie School students for their monthly visit. Come by to socialize and enjoy a free slice of pie and a hot cup of coffee!



Lunch & Learn Financial Literacy with Cody from Westfield Bank

Thursday, October 9th, 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, October 8th. Please note: Lunch is a suggested donation of \$3.00.**

Veterans Evening Social Group

Thursday, October 16th, 4:30 PM

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

Office Hours with State Representative Gomez

Monday, October 20th, 10:00 AM - 12:00 PM

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

Board and Brush "Make and Take" Workshop

Monday, October 20th, 2:00 PM

Join us for a fall-inspired crafting workshop! Select one of four canvas bag designs, customize it and use a stencil to paint your masterpiece with hands-on guidance from the creative team at Board & Brush. **Cost is \$25. All supplies included. Registration closes October 17.**

Hypnosis Workshop

Thursday, October 23rd, 5:00 - 6:30 PM

Discover what hypnosis really is (and what it is not). Bring your questions, gain clarity and stay for a group hypnosis session designed to promote relaxation and positive thinking. Carole Handler will lead this information session and share how hypnosis can support positive change in your life.

Gentleman's Breakfast- Special Date!

Friday, October 31st, 8:30 AM

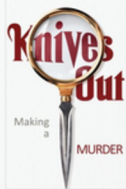
Join us for a special Gentleman's Breakfast hosted by Chuck Romboletti, Assistant Town Manger/Human Resources Director, and Dan Pease, Cable Studio Director. Start your Halloween with a festive breakfast prepared by Chef Dakota and show off your spookiest style. Wear your creepiest or silliest necktie for a chance to win prizes. **Cost is \$3.00 to attend.**



Monday Movies 1:30 PM

Special Thursday Showing!

Oct. 2nd
Knives
Out
(2020)
Mystery/
Thriller



Oct. 6th
Ray
(2004)
Musical/
Drama



Oct. 20th
Clue the
Movie
(1985)
Comedy/
Mystery



Oct. 27th
A Quiet
Place
(2018)
Horror/
Sci Fi



MONTHLY ART EXHIBIT

This month features beautiful art from Tina Addison. Tina is a retired nurse looking for fun. She has been teaching watercolors at the Council on Aging for 8 years. Her education over the past 25 years has been primarily through classes at COAs. This show is called B.A.B. - Buildings, Animals and Birch. Enjoy!

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**



	IN-TOWN TRANSPORTATION	COMPANION MEDICAL TRANSPORTATION PROGRAM
AVAILABILITY	Rides offered Monday through Friday, 8:15 AM to 3:30 PM.	Rides offered Monday through Friday on an appointment basis only.
ADVANCE NOTICE	3 business day notice	5 business day notice, not including the appointment date
COVERAGE	<ul style="list-style-type: none"> • Medical appointments in South Hadley • Grocery shopping • Social events (including trips to the COA) 	<ul style="list-style-type: none"> • Medical appointments outside of South Hadley within 12 miles. • Not available for sedated appointments
ACCESSIBILITY	<ul style="list-style-type: none"> • Curb-to-curb service • Walkers and canes accommodated • Wheelchair lift • No hands-on assistance 	<ul style="list-style-type: none"> • No hands-on assistance • Walkers and canes accommodated • No wheelchair lift • Limit 12 rides per year • Rides first-come, first served
<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 and Ed

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



Fuel Assistance 2025-2026 Begins November 1st

First-time applicants need to schedule a face-to-face meeting with Emily; please call the SHCOA Welcome Desk to set up an appointment. If you've already received a recertification packet from Community Action Pioneer Valley and need help completing it, the Welcome Desk can also assist you in scheduling a time.



Serving the Health Insurance Needs of Everyone Appointment Required

A Certified SHINE Counselor is available to meet with seniors who need information on Medicare. Please call the Welcome Desk to schedule an appointment.

Medicare Open Enrollment: October 15 -December 7

During open enrollment, already enrolled Medicare beneficiaries can meet with a SHINE counselor to compare coverage, switch plans, and get cost estimates. Before your appointment, check which plans your doctors accept, and bring a current medication list.



Brown Bag: A program of the Food Bank of Western Mass, in partnership with South Hadley COA.

Tuesday, October 21st 10:00AM-11:00AM

Please call any cancellations or holds by the end of the day on Monday October 20th.

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 October is: Canned Soup. Thank you for being a wonderful neighbor.



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.



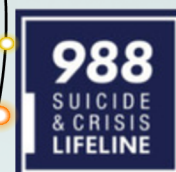
Access Care Partners 413-538-9020

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.

OCTOBER 2025



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

Calendar Key: Special Programs - Blue Support Services - Purple Congregate Lunch - Red

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Reminder: To support the well-being 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!</p>	<p>WANTED Cafe and Dining Room Volunteers! See the Front Desk for More Info.</p> <p><i>We ♥ our Volunteers</i></p>	<p>1</p> <p>8:45 Healthy B&B 9:00 Dance w/ Loryn 9:30 Painting 10:00 Travel Club 10:00 Music Group 10:00 Healthy B&B 12:30 Play Mahjongg 1:00 Beginner Line Dance 1:00 Creative Collage</p> <p>Chicken Marsala</p>	<p>2</p> <p>9:00 Stretch & Go 9:00 Tech Time 9:30 Advanced Watercolors 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Travel Club 11:00 Ukulele 11:00 Pet Therapy 11:15 Seat/Stand Yoga 12:30 Google Drive Class 1:00 Sit & Sew 1:00 Chair Volleyball 1:00 Healthy B&B 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 3:00 Conversational French 4:00 Dinner & a Movie 4:00 Jam Session Group 5:30 Evening Yoga</p> <p>BBQ Pulled Pork</p>	<p>3</p> <p>8:45 Healthy B&B 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy B&B 10:30 Chronic Illness Group 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts</p> <p>Cheese Ravioli w Marinara</p>
<p>6</p> <p>Shine Appointments 9:00 Cornhole 9:00 Dance Fusion 9:00 Chair Massage 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:30 Lunchpiece Making 11:30 Learn & Learn 12:30 Fitness Basics Extra 12:30 Play Mahjongg 1:00 Zumba Gold 1:00 Color Me Calm 1:30 Monday Movies</p> <p>Beef Shepherd's Pie</p>	<p>7</p> <p>9:00 Stretch & Go 9:00 Foot Nurse 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Low Vision Group 10:30 Card Making 11:15 Gentle Yoga 11:30 Big Y Shopping 12:00 Learn Mahjongg 1:00 Bingo 1:00 Pinochle 1:00 Healthy B&B 2:30 Mystery Book Club 3:00 Intro Social/Ballroom 3:00 Trivia Club</p> <p>Chicken Strips</p>	<p>8</p> <p>8:45 Healthy B&B 9:00 Dance w/ Loryn 9:00 Veterans Coffee Hr 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 2:00 Pie Time! w/MacDuffie</p> <p>Turkey Bolognese</p>	<p>9</p> <p>9:00 Stretch & Go 9:00 Tech Time 9:30 Advanced Watercolors 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Travel Club 11:00 Ukulele 11:00 Pet Therapy 11:15 Seat/Stand Yoga 11:30 Westfield Bank Lunch 1:00 Sit & Sew 1:00 Healthy B&B 1:00 Public Health Nurse 1:30 AI Presentation 2:00 Uplifting Karaoke 2:15 Meditation 3:00 Conversational French 4:00 Jam Session Group 5:30 Evening Yoga</p> <p>Chicken Rice&Bean Bowl</p>	<p>10</p> <p>8:45 Healthy B&B 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy B&B 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts</p> <p>Lasagna Roll w Ratatouille</p>

<p>13</p> <p>COA CLOSED</p>  <p>INDIGENOUS PEOPLES' DAY</p>	<p>14</p> <p>9:00 Stretch & Go 9:00 Hearing/Speech Svcs 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Brown Bag 11:30 Big Y Shopping 12:00 Learn Mahjongg 1:00 Bingo 1:00 Pinochle 1:00 Healthy B&B 3:00 Intro Social/Ballroom 3:00 Trivia Club</p> <p>Beef Taco</p>	<p>15</p> <p>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 12:30 Fitness Orientation 1:00 Beginner Line Dance 1:00 Creative Collage 1:30 Social Dance Club</p> <p>Chicken Strips w Apple Glaze</p>	<p>16</p> <p>9:00 Stretch & Go 9:00 Tech Time 9:30 Advanced Watercolors 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Travel Club 11:00 Ukulele 11:00 Pet Therapy 11:15 Seat/Stand Yoga 12:30 LGBTQ+ Coffee Hour 1:00 Sit & Sew 1:00 Chair Volleyball 1:00 Healthy B&B 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 4:00 JAM Session Group 4:30 Veteran Evening Social 5:00 Memories Dinner Show 5:30 Evening Yoga</p> <p>Turkey Loaf w Gravy</p>	<p>17</p> <p>8:45 Healthy B&B 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy B&B 10:30 Chronic Illness Group 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts</p> <p>Chicken Strips w Scampi Sauce</p>
<p>20</p> <p>Shine Appointments 9:00 Cornhole 9:00 Dance Fusion 9:30 Academic Drawing 10:00 Sci Fi Club 10:00 Tai Chi & Qigong 10:00 State Rep. Gomez 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 2:00 Board & Brush Workshop</p> <p>Cheesy Chicken Casserole</p>	<p>21</p> <p>9:00 Stretch & Go 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Intro to Bio Touch 11:15 Gentle Yoga 11:30 Big Y Shopping 12:00 Learn Mahjongg 1:00 Bingo 1:00 Pinochle 1:00 Healthy B&B 3:00 Intro Social/Ballroom 3:00 Trivia Club</p> <p>Chicken Strips w Coconut Cream</p>	<p>22</p> <p>8:45 Healthy B&B 9:00 Dance w/ Loryn 9:30 Painting 10:00 Travel Club 10:00 Music Group 10:00 Healthy B&B 10:00 Small Group Training 11:15 Beginner Yoga 12:30 Play Mahjongg 1:00 Beginner Line Dance 1:00 Creative Collage</p> <p>Pulled Pork w Peanut Noodles</p>	<p>23</p> <p>9:00 Stretch & Go 9:00 Tech Time 9:30 Advanced Watercolors 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Travel Club 11:00 Ukulele 11:00 Pet Therapy 11:15 Seat/Stand Yoga 1:00 Sit & Sew 1:00 Chair Volleyball 1:00 Healthy B&B 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 3:00 Conversational French 4:00 Jam Session Group 5:00 Hypnosis Workshop 5:30 Evening Yoga</p> <p>Pot Roast</p>	<p>24</p> <p>8:45 Healthy B&B 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy B&B 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts</p> <p>Lasagna Roll</p>
<p>27</p> <p>Shine Appointments 9:00 Cornhole 9:00 Dance Fusion 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:00 Safe Online Shopping 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>Fiesta Chicken</p>	<p>28</p> <p>9:00 Stretch & Go 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Dementia Support 11:15 Gentle Yoga 11:30 Big Y Shopping 12:00 Learn Mahjongg 1:00 Halloween Bingo 1:00 Pinochle 1:00 Healthy B&B 3:00 Intro Social/Ballroom 3:00 Trivia Club</p> <p>BBQ Pulled Pork</p>	<p>29</p> <p>8:45 Healthy B&B 9:30 Painting 10:00 Travel Club 10:00 Music Group 10:00 Healthy B&B 10:00 Small Group Training 11:15 Beginner Yoga 12:30 Play Mahjongg 1:00 Beginner Line Dance 1:00 Creative Collage 2:00 Books & Banter</p> <p>Turkey w Gravy</p>	<p>30</p> <p>9:00 Stretch & Go 9:00 Tech Time 9:30 Advanced Watercolors 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Travel Club 11:00 Ukulele 11:00 Pet Therapy 11:15 Seat/Stand Yoga 1:00 Sit & Sew 1:00 Chair Volleyball 1:00 Healthy B&B 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 3:00 Conversational French 4:00 Jam Session Group 5:30 Evening Yoga</p> <p>Shredded Chicken</p>	<p>31</p> <p>8:30 Gentleman's Breakfast 8:45 Healthy B&B 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy B&B 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts</p> <p>Cheese Ravioli w Pumpkin Cream</p>



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.

Support for Dementia Caregivers New Monthly Series

with UMass Amherst Nurses

Tuesday, Oct. 28th, 10 - 11:30 AM

Are you caring for someone with dementia? Join us on Tuesday, October 28, from 10:00–11:30 AM as we kick off a new caregiver support program. Each month, we'll offer educational sessions and provide one-on-one support, available after meetings or by appointment. Join us!

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, Oct. 7th 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

Friday, Oct. 3th & 17th, 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.

Chair Massage with Barbara Burgos

Monday, Oct. 6th, 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, Oct. 14th, 9:00 - 11:00 AM

Screenings and hearing aid cleanings. Registration required.

Low Vision Support Group

Tuesday, Oct. 7th, 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, Oct. 8th, 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

**Thursday, Oct. 16th,
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.



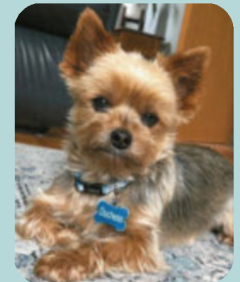
PET THERAPY



Riley

Thursdays

11:00 AM - 12:00 PM



Duchess

Monday, Oct. 6th

12:30 PM - 1:30 PM

Creative Activities

Monthly Centerpiece Making with Sunshine Village Monday, Oct 6th, 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, Oct. 7th, 10:30 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.

Advanced Watercolors Thursdays, 9:30 AM *FEE \$5.00

Bring your own supplies, Tina will provide guidance!

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

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!

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!

Social Activities

It's Back! Learn Conversational French Thursdays, Oct. 2nd, 9th, 23rd, 30th; Nov. 6th and 13th. 3:00-4:00 PM *FEE \$3.00

Have you always wanted to learn a new language? Learn conversational French from Mrs. Ingrid Vega, M.Ed. World Language Department Chair and French teacher from Holyoke High School-North Campus. The group will meet weekly in this six part series. No class on Oct. 16th.

"Get a Clue" Mystery Book Club Tuesday, Oct. 7th, 2:30 PM

We will be meeting to discuss *Razorblade Tears* by S.A. Cosby. The selection for November is *Celine* by Peter Heller.

Sci-Fi Club with Wendy Monday, Oct. 20th, 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, Oct. 15th, 1:30 PM *FEE \$4.00

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

Books and Banter Club (Hybrid) Wednesday, Oct. 29th, 2:00 PM

We will be meeting to discuss *The Most Fun We Ever Had* by Claire Lombardo. Contact the Senior Center for hybrid options.

Learn to Play Mahjong Tuesdays, 12:00 PM *FEE \$5.00

Instruction provided by Liz Frosch-Dratfield.

Pinochle Tuesdays, 1:00 PM

Looking for new members! Don't know how to play? We will train you!

Tuesday Trivia Club Tuesdays, 3:00 PM

Test your knowledge weekly!

Chip Poker Fridays, 12:30 PM

Have fun playing a friendly game of chip poker!

Play Bridge Fridays, 1:00 PM

Come join us!



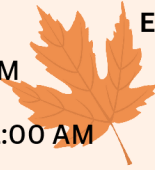
12 Exercise Programs

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.

Links for hybrid classes can be found at
<https://www.southhadley.org/324/Council-on-Aging>
and will no longer be emailed out weekly.

Cornhole [FREE]

Mondays & Fridays, 9:00 AM

Dance Fusion

Instructor: Beth Foster

Mondays, 9:00 AM

This cardio-dance workout conditions the entire body while helping you feel more energized and balanced. 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 [\$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

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 PM

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 to 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, Oct. 15th, 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

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!

Meditation with Richard & Lewis [FREE]

Instructor: Richard and Lewis

Thursdays, 2:15 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.



October Cancellations

- **Wednesday, 10/1 - Small Group Personal Training**
- **Wednesday, 10/1 - Beginner Yoga**
- **Wednesday, 10/1 - Fitness Center Orientation**
- **Thursday, 10/9 Chair Volleyball**
- **Tuesday, 10/14 - Gentle Yoga**
- **Wednesday, 10/29 Dance with Loryn**

Sneakers or comfortable shoes **REQUIRED**.



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

14 Friends of the South Hadley Seniors

OCTOBER 6-12 IS ACTIVE AGING WEEK

Join the Friends of the South Hadley Seniors in a daily walk throughout Buttery Brook Park from **10-11 AM** followed by **free coffee** and conversation.

Mon, Wed & Fri, October 6, 8 & 10 @ 10 AM

Take a walk along the new accessible walking trail at Buttery Brook Park. There are newly installed benches, purchased by the Friends, along the walkway.

This is an easy and flat walk.

Tues & Thurs, October 7 & 9 @ 10am

Take a walk through the beautiful new disc golf course.

Be prepared to walk along uneven surfaces and throughout the woods. This is a more moderate walk.

There are benches along the course. There is an option to walk the accessible trail at the same time for those wanting an easier walk.

Meet at the brown log cabin at the center of the park for the start of each walk. Wear comfortable walking shoes. Each walk will end at the center pavilion where we will convene for coffee and conversation.

THE FRIENDS WOULD LIKE TO EXTEND OUR THANKS!

Your support of the Friends of the South Hadley Seniors is much appreciated. We are grateful for the donations from: **Sharyn Kovalesky | Donna VanHandle Barry & Nancy Waite**

*Thank you to the **Mahjong ladies** at the Senior Center for your generous donation in loving memory of **Judy Carrier**.*



HALLOWEEN BINGO

OCTOBER 28

The Friends of the South Hadley Seniors will be sponsoring a special Halloween Bingo during the regular Tuesday Bingo. Fun treats and great prizes will be on hand for this specialty Bingo.

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

southhadleyseniors@gmail.com | www.southhadleyseniors.org

TRAVEL CLUB

Club Hours: Wednesday and Thursday, 10:00-11:15 AM
Contact Us: Huguette, 413-530-6162 |
Susan, 413-536-2106 | Vanessa, 508-450-2949

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.

November 12, 2025: Grand Oak Villa, Oakville, CT. Tribute to John Denver. Cost \$145. Call Huguette. **Sold Out/Waitlist.**

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 is 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. **(second bus added)**

NEW! July 19 to 26, 2026: Norwegian Cruise Line – Cruise from Boston aboard the NCL Breakaway to Nova Scotia and Bermuda. 8 days / 7 nights. Cost: Inside Cabin: \$1,499 pp / Outside Cabin; \$1,699 pp / Balcony Cabin: \$1,899. pp / plus taxes, gratuities and travel insurance. Be sure to ask about the Free Amenities. Call Donna Milliken at The Ship Shop @ 1-800-243-1630 or 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:

Donald Wilkins
*South Hadley
Cribbage Club*

Nancy Placzek
Rita D. Patrino

Richard Pelland
Kathy Pelland

Edith Foucher
Lee Ann Foucher

Sharon Kovalesky

Cynthia Viamari

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

 413-538-5030 (option 3)

 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.

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.

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

