

THE GOLDEN CHRONICLE

NOVEMBER 2025

REGISTRATION BEGINS:

NOVEMBER

RESIDENTS
Wednesday, Oct. 22nd

NON-RESIDENTS
Friday, Oct. 24th

DECEMBER

RESIDENTS
Wednesday, Nov. 19th

NON-RESIDENTS
Friday, Nov. 21st

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

South Hadley Council on Aging
45 Dayton Street
South Hadley, MA 01075
413-538-5030 (press 3)

REGISTRATION FOR ALL PROGRAMS AND EVENTS IS RECOMMENDED.



Veterans Day Breakfast

Friday, November 7th, 8:30 AM

Veteran Services of South Hadley warmly invites all veterans and a guest to our Veterans Day Breakfast. All guests must be registered in our system to attend and cannot be signed up as just a "guest." Join us for a morning of good food, camaraderie, and heartfelt appreciation for your service. Registration required by Wednesday, November 5th so we can plan accordingly. We look forward to honoring you. Your presence makes all the difference!

Sponsored by South Hadley Veterans Services and the Friends of the South Hadley Seniors.

Veterans Coffee Hour

Wednesday, November 12th, 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!

Veterans Evening Social Group

Thursday, November 20th, 4:30 PM

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



Town Administrator Update! Tuesday, November 4th, 3:00 - 4:00 PM

Town Administrator Lisa Wong will provide updates on the latest financial and policy issues from the federal to the state level affecting Seniors and South Hadley as a whole, including what is happening with the local budget and local projects.



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, November 10, 4:00 PM



Shining Bright at 80!

A thoughtful member recently celebrated her milestone birthday by donating to our "Lights On" fund in lieu of receiving gifts. She suggested that other members, their friends and family might want to do the same. Every birthday donation will keep electricity flowing for households that need it most.



SAND FOR SENIORS

Slippery stairs and walkways?
Sand for Seniors is back from TRIAD!
Registration required by calling the
Welcome Desk by November 17th.
The estimated delivery date is November 25th.
If you have buckets from last year,
the team will pick them up when they
deliver your sand this season.



MONTHLY ART EXHIBIT



Meet the Artist!

Thursday, November 13th, 3:30 PM

This month features works from
portrait artist Judy Novak.

Judy transitioned her career in graphic design into a new lifelong love of creating beautiful art in a variety of mediums. Her favorite pieces are from her collection of portraits. Stop by and view a retrospective of her many different styles of artwork. Meet Judy in the cafe, from 3:30 pm - 5:00 pm, with snacks and chats provided!

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: 11/3, 11/17, 12/1

4 Special Programs

Meet with the Director!

Wednesday, November 5th, 10:00 AM
Meet with Julie Pearce, Director of the Council on Aging, each month on the first Wednesday at 10:00 AM. Share your questions and suggestions. Hope to see you there!



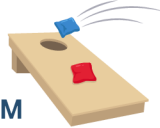
Nutrition Spotlight: Seed Oils

Wednesday, November 5th, 12:00 PM
Join Registered Dietitian, Hannah Clayton MPH, RD, LDN from Access Care Partners, for an informative nutrition discussion. Hannah will review the nutritional benefits and considerations for use of seed-oils on Wednesday, November 5th at 12:00 PM.



Turkey Bowl Cornhole Competition: MacDuffie vs. SHCOA!

Wednesday, November 5th, 2:00 - 4:00 PM
Come join in the fun when the reigning, undefeated cornhole champions SHCOA Seniors take on the MacDuffie students!



MacDuffie School Student Visit - Dance Show and Dessert!

Wednesday, November 12th, 2:00 PM
Join the MacDuffie School students for their monthly visit. Enjoy a dance show by the MacDuffie Dancers and treat yourself to a delicious cupcake served by MacDuffie students! **Registration required.**



Lunch & Learn: Estate Planning with Cody from Westfield Bank

Thursday, November 13th, 11:30 AM
Leaving your home to your children or other heirs? Many homeowners want to hand their home down to their children or other heirs when they die. Planning ahead makes the process simpler and less costly, and could decrease potential family conflicts. We'll help you evaluate different ways to pass your home to your children or heirs, each of which has different financial benefits and risks.



Sign up for the program by registering for lunch by 11:00 AM on Wednesday, November 12th. Please note: Lunch is a suggested donation of \$3.00.

Pizza and Trivia Night

Thursday, November 13th, 4:00 PM
Come for the pizza and general knowledge trivia, stay for the dessert and prizes. **Enter the drawing if you are celebrating a birthday or anniversary in November!** With Thanksgiving Day football games right around the corner, make sure to wear gear from your favorite team! Dessert created and provided by the chefs at Loomis Communities. Trivia MC'd by Neil Broome. **Registration required. Cost is \$6 to attend the event. Prizes sponsored by the Friends of the South Hadley Seniors.**



Special Invitation! from MacDuffie School Students

Thursday, November 13th, 3:30 PM
The students at MacDuffie School's Theater Department have extended an invitation for our members of the COA to be the audience for the dress rehearsal of their fall play, "Adventure." The show starts at 3:30 PM. There is no cost for our members to attend and the COA will provide transportation (limited seats available) leaving the COA at 3:00 PM. Be the first to see the play in its entirety and support the MacDuffie students! **Registration to attend the show is required and should be made at the welcome desk. To book a seat for transportation, please contact Eric Gallagher, Transportation Coordinator, at 413-538-5030, ext. 6205.**



Office Hours with State Representative Gomez

Monday, November 17th, 10:00 AM - 12:00 PM
Come with questions, comments, concerns, or just to introduce yourself and chat!

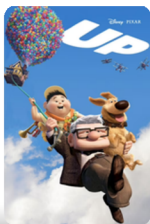


Gentlemen's Breakfast

Friday, November 21st, 8:30 AM
Join us for a delicious breakfast prepared by Chef Dakota. Breakfast will be hosted by Andy Rogers (Human Services Director) and David Mendoza, Maj, USAF (Ret.) (South Hadley VFW Post 3104 Commander, Town of SH Recreation Commissioner & Chairman of the Town of SH Veterans Council). **Cost to attend is \$3.00 per person.**

Monday Movies 1:30 PM

Nov. 3rd
Up
(2009)
Animated
Comedy/
Drama



Nov. 10th
Father of the Bride
(1991)
Comedy



Nov. 17th
Queen Bees
(2021)
Romantic
Comedy



Nov. 24th
Little Women
(1994)
Period
Drama





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. Limit 12 rides per year. First come, first served.
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 Cannot accommodate wheelchairs <i>No wheelchair lift available.</i>

Participants are encouraged to explore PVTA services for additional transportation options at 413-739-7436. For those with recurring transportation needs, Access Care Partners can also help. Contact 413-538-9020 for more information.



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.

Facebook Made Simple - Monday, November 24th, 10:00 AM

Bring your device and learn about privacy and safety on Facebook, how to understand your newsfeed, find interesting groups and pages and block people or content. **8 people max, registration essential.**



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 CAPV and need help completing it, the Welcome Desk can also assist you in scheduling a time.

"Lights On" Electric Light Credit Program

If you receive Fuel Assistance, Brown Bag, SNAP, or are experiencing financial hardship, speak with Emily about the COA's Electric Light Credits Program for eligible South Hadley seniors. This program is made possible through generous community donations.

SHINE: Serving Health Insurance Needs of Everyone

All appointments at the COA are full for the Open Enrollment period. Appointments can be made after 12/7.

Medicare Open Enrollment: October 15th-December 7th

Meet with a counselor to compare plans, review coverage, and get cost estimates. A counseling site is now open at Greater Springfield Senior Services. Call 413-781-8800 for an appointment. For more info, contact the SHINE Regional Office at 413-750-2893 or 1-800-MEDICARE.



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

Tuesday, November 18th 10:00 AM-11:00 AM

Please call any cancellations or holds by the end of the day on Monday November 17th.

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 November is: Canned Corned Beef Hash.
Thank you for being a wonderful neighbor.

CAREGIVER SUPPORT GROUP FOR MEMORY LOSS & RELATED CONDITIONS

Belchertown Senior Center: Caregiver Group

Meets every 4th Wednesday. Led by Libby Overly, LISW & Diane Laplante, RN.
Call 413-323-0420 for more info.

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): 1-866-500-5599 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.





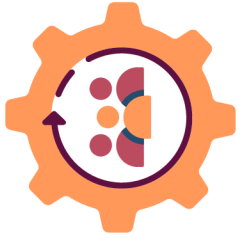
DIAL 988

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.

NOVEMBER 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 Community Table Lunch: Monday - Friday, Served at 11:30 AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Shine Appointments 9:00 Cornhole 9:00 Dance Fusion 9:00 Chair Massage 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:30 Centerpiece Making 12:30 Fitness Basics Extra 12:30 Pet Therapy 12:30 Play Mahjongg 1:00 Zumba Gold 1:00 Color Me Calm 1:30 Monday Movies Turkey and Bean Chili	4 9:00 Stretch & Go 9:00 Foot Nurse 9:45 Healthy B&B 9:45 Fitness Basics 10:00 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 3:00 Town Admin Update Sweet Curry Chicken	5 8:45 Healthy B&B 9:00 Dance w/ Loryn 9:30 Painting 10:00 Travel Club 10:00 Meet w/ the Director 10:00 Music Group 10:00 Small Group Training 10:00 Healthy B&B 11:15 Beginner Yoga 12:00 Nutrition: Seed Oils 12:30 Fitness Orientation 12:30 Play Mahjongg 1:00 Beginner Line Dance 1:00 Creative Collage 2:00 Turkey Bowl Cornhole Lasagna Roll w/ Ratatouille	6 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 Chair Volleyball 1:00 Sit & Sew 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 Bruschetta Chicken	7 8:30 Veterans Day Breakfast 8:45 Healthy B&B 9:30 Watercolor Bootcamp 10:00 Healthy B&B 10:30 Chronic Illness Group 12:30 Chip Poker 1:00 Music & Brain Health 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Irish Beef Stew
10 Shine Appointments 9:00 Cornhole 9:00 Dance Fusion 9:30 Academic Drawing 10:00 Tai Chi & Qigong 12:30 Fitness Basics Extra 12:30 Play Mahjongg 1:00 Zumba Gold 1:00 Color Me Calm 1:30 Tower Theater Movie 1:30 Monday Movies Chicken Parmesan	11 COA CLOSED   No Meal Service	12 8:45 Healthy B&B 9:00 Dance w/ Loryn 9:00 Veterans Coffee Hour 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 MacDuffie Visit 3:00 Trivia Club Meatloaf w/ Sauce	13 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 Lunch & Learn 12:30 Chair Volleyball 1:00 Sit & Sew 1:00 Healthy B&B 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 3:00 Conversational French 3:30 Meet the Artist 3:30 MacDuffie School Play 4:00 Jam Session Group 4:00 Pizza and Trivia Night 5:30 Evening Yoga French Toast Sticks	14 COA CLOSED Professional Development  No Meal Service

<p>17</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 12:30 Fitness Basics Extra 12:30 Play Mahjongg 12:30 Pet Therapy 1:00 Color Me Calm 1:30 Monday Movies</p> <p>Hot Dog and Baked Beans</p> <p>Spaghetti & Meatballs</p>	<p>18</p> <p>9:00 Stretch & Go 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Brown Bag 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</p> <p>Spaghetti & Meatballs</p>	<p>19</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 2:00 Books and Banter 3:00 Trivia Club</p> <p>Cheese Manicotti</p>	<p>20</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 12:30 Chair Volleyball 1:00 Sit & Sew 1:00 Diabetes Prevention 1:00 Healthy B&B 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 4:00 Jam Session Group 4:30 Veterans Evening Social 5:30 Evening Yoga</p> <p>Turkey w/ Stuffing & Gravy</p>	<p>21</p> <p>8:30 Gentlemen's Breakfast 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>Sloppy Joe</p>	
<p>24</p> <p>Shine Appointments 9:00 Cornhole 9:00 Dance Fusion 9:30 Academic Drawing 10:00 Facebook Made Simple 10:00 Tai Chi & Qigong 12:30 Fitness Basics Extra 12:30 Play Mahjongg 1:00 Color Me Calm 1:30 Monday Movies</p> <p>BBQ Pulled Pork</p>	<p>25</p> <p>9:00 Stretch & Go 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Dementia Caregivers 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</p> <p>Beef Taco w/ Cheese</p>	<p>26</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 3:00 Trivia Club</p> <p>Chicken Marsala</p>	<p>27</p> <p>COA CLOSED</p> <p><i>Happy Thanksgiving</i></p> <p>No Meal Service</p>	<p>28</p> <p>COA CLOSED</p>  <p>No Meal Service</p>	
<p>Prepare for Winter Weather</p> <p>In case of inclement weather, the Senior Center may close or institute a delayed opening. Watch Channels 40, 22 or 3 for updates and cancellations.</p> <p>Additionally, you can check the town website or the COA Facebook.</p> <p>www.southhadley.org www.facebook.com/southhadleycoa</p>		<p>DAYLIGHT SAVINGS NOVEMBER 2ND</p> 		 <p>BE SURE TO CHECK OUT OUR FACEBOOK PAGE FOR UP-TO-DATE NEWS, INFORMATION ON EVENTS AND DELICIOUS WOODLAWN CAFE SPECIALS!</p> <p>www.facebook.com/southhadleycoa</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.

Chair Massage with Barbara Burgos Monday, Nov. 3rd, 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.

Foot Nurse: Sharon Beaulieu, RN Tuesday, Nov. 4th, 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, Nov. 7th & 21st, 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.

Seminar on Music and Brain Health Friday, Nov. 7th, 1:00 PM

Join Mount Holyoke Students for Health Humanities for a seminar and group discussion about the connections between music and brain health. We will focus on music-mediated curatives in the context of aging and we will facilitate group activities involving cognitive function and music. Personal instruments, prepared songs, and any other musical tidbits you'd like to share with us are welcome!



LGBTQ+ Coffee Hour Thursday, Nov. 20th, 12:30 - 2:00 PM



Joanna Brown and Runa Skar facilitate our monthly social group for LGBTQ+ seniors and allies. Refreshments sponsored by the Friends of the South Hadley Seniors.

Diabetes Prevention Program Thursday, Nov. 20th, 1:00 PM



Jennifer Jernigan, Assistant Public Health Director, will give a presentation on healthy eating and how environmental factors play a part in developing diabetes. Free blood sugar testing available! Register at the Front Desk or call Jennifer at 413-538-5030, ext. 6107.

Support for Dementia Caregivers New Monthly Series with UMass Amherst Nurses

Tuesday, Nov. 25th, 10:00 - 11:30 AM
Are you caring for someone with dementia? 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.



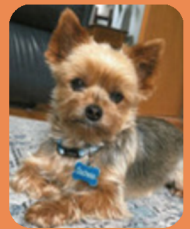
PET THERAPY



Riley

Thursdays

11:00 AM - 12:00 PM



Duchess

Monday,

Nov. 3rd & 17th

12:30 PM - 1:30 PM

Low Vision Support Group and Hampshire Hearing & Speech Services will NOT meet this month.



Creative Activities

Monthly Centerpiece Making with Sunshine Village Monday, Nov. 3rd, 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, Nov. 4th, 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.

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



Fiber Arts Fridays, 1:00 PM

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

Watercolor Bootcamp Fridays, 9:30 AM *FEE \$5.00

Focus on watercolor techniques with Tina.

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



Social Activities

Learn Conversational French Thursdays, 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 on the 6th and 13th for the final two sessions of this six part series.

“Get a Clue” Mystery Book Club Tuesday, Nov. 4th, 2:30 PM

We will be meeting on November 4th to discuss *Celine* by Peter Heller. The selection for December is *Careless Love: A DCI Banks Novel* by Peter Robinson.



Books and Banter Club-Special Date! Wednesday, Nov. 19th, 2:00 PM

We will be meeting on Nov. 19th to discuss *Infinite Country* by Patricia Engel. We are meeting one week earlier than usual due to the Thanksgiving holiday. Contact the Senior Center for **hybrid** options.

Sci-Fi Club with Wendy Monday, Nov. 17th, 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 *New Fee Wednesday, Nov. 19th, 1:30 PM *FEE \$5.00

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

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!

Trivia Club- New Day! Wednesdays, 3:00 PM

Starting November 12, the Trivia Club will take place every Wednesday at 3 pm.

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 Nov. 3 & 10, 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 and Vanessa Valery
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 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, Nov. 5th & 19th,** **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, 12:30 PM
Build core muscles, strength, and flexibility in this fun activity. Bring a friend for added fun!

Meditation with Richard & Lewis [FREE]

Instructors: 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.



November Cancellation
11/7 - Cornhole



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



JOIN US FOR A FREE MOVIE

at South Hadley's Tower Theaters

"I'll See You in My Dreams"

Monday, November 10 @ 1:00PM

The Friends of the South Hadley Seniors invite you to this free movie! RSVP by calling, or stopping by the Senior Center. Seats are limited. You'll also receive a *free* small popcorn and drink!

Doors open at 12:15 PM.



ANNUAL HOLIDAY CONCERT
WITH THE DAN KANE SINGERS
FEATURING FREDDIE MARION

SUNDAY, DECEMBER 14

@ St Theresa Church, South Hadley



"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

November 12, 2025: Grand Oak Villa, Oakville, CT. John Denver Tribute. Cost \$145. – call Huguette (**sold out**)

December 8, 2025: Aqua Turf Club, "Rock this Town" Christmas Show. Cost \$145. – call Huguette (**sold out**)

June 15 to 18, 2026: Niagara Falls, Canada. This 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: \$820.pp (double) / \$1,060.pp (single) / \$780.pp (triple) / plus Optional Travel Insurance.

-Call Huguette (**second bus added**).



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.



"SAVE THESE DATES"



February 16, 2026 (2-17 SNOW Date): Valentine's Day with the King at the Barn in Sturbridge, MA - Call Vanessa

April 8, 2026: Newport Playhouse and Cabaret, Newport, RI. "Sexy Laundry" – Call Vanessa

May 14, 2026: Thimble Islands Cruise, Branford, CT. with lunch at Amarante's Sea Cliff in New Haven – Call Huguette

July 8, 2026: Essex River Cruise, Essex, MA. with luncheon at Danversport in Danvers – Call Susan

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

Refund Policy: Day Trips: \$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. Multi-Day Trips: Refer to flyer for details.

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

We are sincerely grateful for all donations to the South Hadley COA, which support 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.

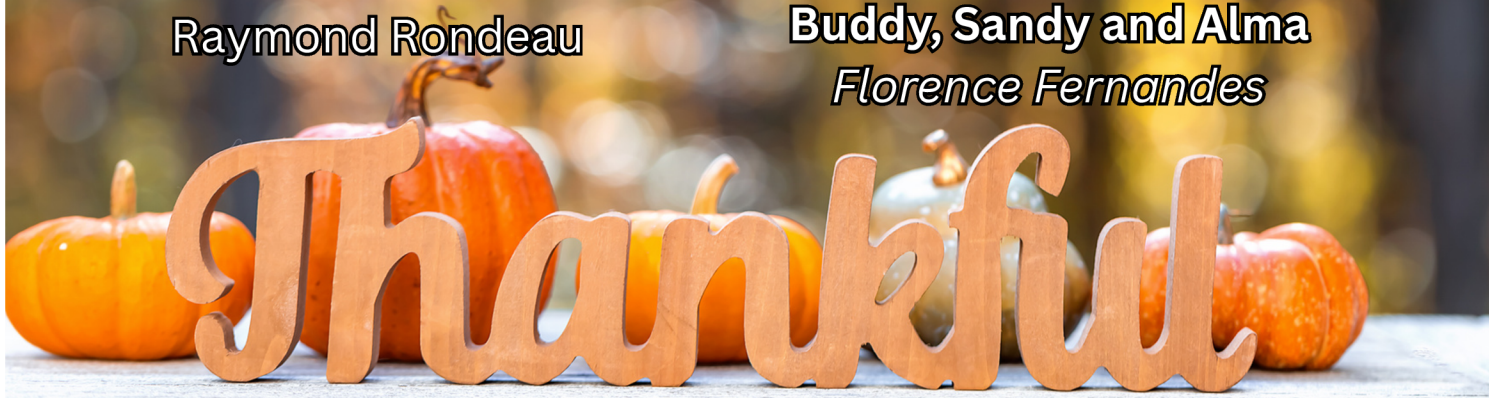
We deeply appreciate every donation and the heartfelt intentions behind them. We are especially grateful for the following donations:

Timothy and John
John Leonard

Donald Gaudette
Michael and Sally Adelman

Raymond Rondeau

Buddy, Sandy and Alma
Florence Fernandes



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

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.

COMMUNITY RESOURCES

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
- Hadley Center, 3rd Wednesdays, 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.



TOWN OF SOUTH HADLEY
AGE & DEMENTIA
FRIENDLY

