

# THE GOLDEN

## Chronicle

DECEMBER 2025



**REGISTRATION BEGINS:**

DECEMBER

RESIDENTS  
Wednesday, Nov. 19th

NON-RESIDENTS  
Friday, Nov. 21st

JANUARY

RESIDENTS  
Wednesday, Dec. 17th

NON-RESIDENTS  
Friday, Dec. 19th



### PAXSAX QUARTET

*Jazz, Americana, Blues & More*

Thursday, December 11  
4:00 PM - 6:30PM



CELEBRATE THE SEASON WITH AN EVENING OF MUSIC AND FINE DINING!

PaxSax Quartet performs tightly arranged compositions drawn from an extensive collection. Their performances cover a wide range of genres, including classical, ragtime, Americana, show tunes, swing, jazz and contemporary. Enjoy a delicious dinner prepared by Chef Dakota of Caesar salad, pork loin with mashed potatoes, roasted carrots, dinner roll and apple cranberry crisp. **Enter the drawing if you are celebrating a birthday or anniversary in December!** Registration is required. Cost is \$10.00 to attend.

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

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
16	Community Resources

## HOLIDAY BREAKFAST

Wednesday, December 24th, 8:30 AM

All welcome for a special Holiday Breakfast!  
Bring the warmth of your smiles and holiday glow,  
and we'll provide a hot and hearty meal to fill you with energy  
for your celebrations!

Registration required. Cost is \$3.00 to attend.

REGISTRATION FOR ALL PROGRAMS AND EVENTS  
IS RECOMMENDED. See page 4 for more information!





**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, December 8, 4:30 PM**

**New!**  
**Free Notary Public Services Available**



The COA now has a Notary Public available to notarize documents. This monthly service is available by appointment only. Contact the Welcome Desk to schedule an appointment.



**COA LIBRARY IS NOW "TAKE ONE, SHARE ONE!"**

**Take a book, share a book!**

**No need to sign them in and out. You do not need to return the exact book you chose, however, in order to keep our library full of good choices for the community, the next time you are here, bring one to share!**

**The COA library functions on the honor system; everyone contributes to ensure there are always quality books on the shelves.**

**Thanks for only sharing one at a time. We have limited space!**



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: 12/1, 12/15

# 4 Special Programs



All new members are required to fill out registration paperwork and sign appropriate waivers prior to attending programming at the COA. This process can be completed in person at the Welcome Desk. Registered members can sign up for their choice of activities by visiting or calling the Welcome Desk at 413-538-5030, ext. 3. All special events with an associated cost must be paid by cash or check at the Welcome Desk at the time of registration. If payment is required at the time of registration for an event or program this will be noted in the description. If you have any questions on registration, please contact our Welcome Desk for more information.

## Holiday Sale!

**Tuesday, December 9th**  
**10:00 AM - 1:00 PM**



Looking for a gift or stocking stuffer? Join us for a holiday craft and art sale by our local artists and artisans to find that special item.

## Meet with the Director

**Wednesday, December 10th, 3:00 PM**



Meet with Julie Pearce, Director of the Council on Aging each month to share your questions and suggestions. There is a survey to fill out at the Welcome Desk regarding the timing of this meeting. **Please fill one out by December 15** to help us know what time works best for you if you planning to attend future meetings. Hope to see you there!

**MacDuffie School Student Visit -**  
**Wednesday, December 10th, 2:00 PM**



Join the MacDuffie School students for their monthly visit. Enjoy delicious holiday cookies served by MacDuffie students! Registration required to ensure there are enough treats for everyone.

**Getting Started with ChatGPT:**  
**Everyday Uses and Smart Tips**  
**Thursday, December 11th, 12:30 PM**



Curious about ChatGPT but not sure where to start? This hands-on, small-group session explains what ChatGPT is, how the free version works and what it can (and can't) do. You'll learn how to set up an account and practical ways to use it in daily life. We'll also talk about how to double-check facts, spot inaccuracies and why AI sometimes gets things wrong. **8 people max, registration essential.**

**Lunch & Learn: Making Housing Decisions When Your Health Changes-with Cody from Westfield Bank**  
**Thursday, December 11th, 11:30 AM**

A significant change in your health, especially one that affects your ability to live without support, can affect every aspect of your life—including your housing. Whether you are currently going through a medical crisis or facing an imminent one, it is important to consider housing options that provide you with the care and support you need.

**Sign up for the program by registering for lunch by 11:00 AM on Wednesday, December 10th. Please note: Lunch is a suggested donation of \$3.00.**

**Holiday Wreath Making**  
**Tuesday, December 16th, 11:00 AM**



Join Admissions Director Roxane Cotton from Mont Marie for holiday wreath making. This class is free to attend and all supplies are provided. **Class size is limited. Registration required.** Sponsored by Mont Marie Rehabilitation and Healthcare Center.

**Holiday Bingo!**  
**Tuesday, December 16th, 1:00 PM**



The Friends of the South Hadley Seniors will be sponsoring this special edition Holiday Bingo during the regular Tuesday Bingo. Fun treats and great prizes will be on hand. Join us! **Registration required, space is limited.**

**Veterans Evening Social**  
**Thursday, December 18th, 4:30 PM**



Join Veteran Services Director Chris Plotniak for an evening social. Veterans of all ages are welcome!

**Gentlemen's Breakfast**  
**Friday, December 19th, 8:30 AM**

Join us for a delicious breakfast prepared by Chef Dakota. Breakfast will be hosted by our Transportation Coordinator, Eric Gallagher, and Driver, Rick Dufault. **Cost to attend is \$3.00 per person.**

**AARP Foundation**

**Get Free Help Filing Your Taxes**

**IRS-certified Tax-Aide counselors can help you keep more of the money you've earned.**

Once again the IRS-certified AARP TaxAide Counselors will be preparing tax returns beginning in February, free of charge. Tax appointments will run from **Thursday, February 5**, and continue through the week of **April 9**, with appointment scheduling starting **January 5, 2026**.

Watch for more information in our upcoming January newsletter.



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

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.

**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

## "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.



### Fuel Assistance 2025-2026 November 1st- April 30th

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.



### Serving Health Insurance Needs of Everyone

#### Medicare Open Enrollment: October 15th-December 7th

Meet with a counselor to compare health insurance plans, review coverage, and get cost estimates. Appointments during the open enrollment period are full. Appointments are available after December 7th. Please call or visit the COA to book an appointment with The Welcome Desk.



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

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

Please call any cancellations or holds by the end of the day on Monday December 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 December is: Canned Soup  
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 + loved ones. Registration required: 413-534-3698

### Office Hours with Social Services

Thursday, December 18th  
3:00 PM-6:00 PM

#### No appointment needed, FCFS

Have questions about resources, benefits, or support programs? Stop by during Office Hours with Emily Brochu, Social Services Coordinator, to discuss assistance options, referrals, or general guidance on community services. Whether you need help navigating applications or just want to learn what's available, Emily is here to help!



### Access Care Partners 413-538-9020

Need help at home?

Interested in home-delivered meals? Having trouble managing your bills? Explore services available, regardless of income or insurance.



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

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



### Take & Eat: Weekend Meals Program (413) 213-6636 Patrick Laskey parishmeals@gmail.com

A program for 60 + who are homebound, unable to cook, or shop. Meals are delivered on Sundays.



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

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



### Home Modification Loan Program 1-866-500-5599 or 857-939-7227

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



### 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.




# DECEMBER 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 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><b>1</b></p> <p><b>Shine Appointments</b>            9:00 Cornhole            9:00 Dance Fusion  <b>9:00 Chair Massage</b>            9:30 Academic Drawing            10:00 Tai Chi &amp; Qigong  <b>10:30 Centerpiece Making</b>            12:30 Fitness Basics Extra  <b>12:30 Pet Therapy</b>            12:30 Play Mahjongg            1:00 Zumba Gold            1:00 Color Me Calm            1:30 Movie Matinee</p> <p><b>Beef Shepherd's Pie</b></p>	<p><b>2</b></p> <p>9:00 Stretch &amp; Go  <b>9:00 Foot Nurse</b>            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  <b>2:30 Mystery Book Club</b>            2:45 Intro Social/Ballroom            3:00 Trivia Club</p> <p><b>Lasagna Roll</b></p>	<p><b>3</b></p> <p>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</p> <p><b>COA closing at 12:30 PM for Professional Development Following Lunch</b></p> <p><b>Bruschetta Chicken</b></p>	<p><b>4</b></p> <p>9:00 Stretch &amp; Go  <b>9:00 Tech Time</b>            9:30 Advanced Watercolors            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            12:00 Bluegrass Band            12:30 Chair Volleyball            1:00 Sit &amp; Sew            1:00 Healthy B&amp;B  <b>1:00 Public Health Nurse</b>            2:00 Uplifting Karaoke            2:15 Meditation            4:00 Jam Session Group            5:30 Evening Yoga</p> <p><b>Swedish Meatballs w/ Egg Noodles</b></p>	<p><b>5</b></p> <p>8:45 Healthy B&amp;B            9:00 Cornhole            9:30 Watercolor Bootcamp            10:00 Healthy B&amp;B  <b>10:30 Chronic Illness Group</b>            12:30 Chip Poker            1:00 Cribbage            1:00 Bridge            1:00 Fiber Arts</p> <p><b>Chicken w/Rosemary Sauce</b></p>
<p><b>8</b></p> <p><b>Shine Appointments</b>            9:00 Cornhole            9:00 Dance Fusion            9:30 Academic Drawing            10:00 Tai Chi &amp; Qigong            12:30 Fitness Basics Extra            12:30 Play Mahjongg            1:00 Zumba Gold            1:00 Color Me Calm            1:30 Movie Matinee</p> <p><b>Italian Meatballs w/ Penne</b></p>	<p><b>9</b></p> <p>9:00 Stretch &amp; Go  <b>9:00 Hearing/Speech Svcs</b>            9:45 Healthy B&amp;B            9:45 Fitness Basics  <b>10:00 Low Vision Group</b>  <b>10:00 Holiday Sale</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            2:45 Intro Social/Ballroom            3:00 Trivia Club</p> <p><b>Beef Taco w/Cheese</b></p>	<p><b>10</b></p> <p>8:45 Healthy B&amp;B            9:00 Dance w/ Loryn  <b>9:00 Veterans Coffee Hour</b>            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 MacDuffie Visit</b>  <b>3:00 Meet w/ the Director</b>            3:00 Trivia Club</p> <p><b>Chicken w/Mushroom Lemon Sauce</b></p>	<p><b>11</b></p> <p>9:00 Stretch &amp; Go  <b>9:00 Tech Time</b>            9:30 Advanced Watercolors            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>11:30 Lunch &amp; Learn</b>            12:00 Bluegrass Band            12:30 Chair Volleyball  <b>12:30 Chat GPT Session</b>            1:00 Sit &amp; Sew            1:00 Healthy B&amp;B  <b>1:00 Public Health Nurse</b>            2:00 Uplifting Karaoke            2:15 Meditation            4:00 Jam Session Group            5:30 Evening Yoga</p> <p><b>Turkey Bolognese</b></p>	<p><b>12</b></p> <p>8:45 Healthy B&amp;B            9:00 Cornhole            9:30 Watercolor Bootcamp            10:00 Healthy B&amp;B            12:30 Chip Poker            1:00 Cribbage            1:00 Bridge            1:00 Fiber Arts</p>  <p><b>Sloppy Joe</b></p>

<p><b>15</b></p> <p><b>Shine Appointments</b>  9:00 Cornhole  9:00 Dance Fusion  9:30 Academic Drawing  <b>10:00 Sci Fi Club</b>  10:00 Tai Chi &amp; Qigong  <b>10:00 State Rep. Gomez</b>  12:30 Fitness Basics Extra  12:30 Play Mahjongg  <b>12:30 Pet Therapy</b>  1:00 Color Me Calm  1:30 Movie Matinee</p> <p><b>Cheesy Chicken Casserole</b></p>	<p><b>16</b></p> <p>9:00 Stretch &amp; Go  9:45 Healthy B&amp;B  9:45 Fitness Basics  <b>10:00 Brown Bag</b>  <b>11:00 Holiday Wreath Making</b>  11:15 Gentle Yoga  <b>11:30 Big Y Shopping</b>  12:00 Learn Mahjongg  <b>1:00 Special Holiday Bingo</b>  1:00 Pinochle  1:00 Healthy B&amp;B  2:45 Intro Social/Ballroom</p> <p><b>BBQ Pulled Pork</b></p>	<p><b>17</b></p> <p>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>  <b>2:00 Books and Banter</b>  3:00 Trivia Club</p> <p><b>Apricot Chicken Salad</b></p>	<p><b>18</b></p> <p>9:00 Stretch &amp; Go  <b>9:00 Tech Time</b>  9:30 Advanced Watercolors  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>  12:30 Chair Volleyball  1:00 Sit &amp; Sew  1:00 Healthy B&amp;B  <b>1:00 Public Health Nurse</b>  2:00 Uplifting Karaoke  2:15 Meditation  4:00 Jam Session Group  <b>4:30 Veterans Evening Social</b>  5:30 Evening Yoga</p> <p><b>Chicken Florentine</b></p>	<p><b>19</b></p> <p><b>8:30 Gentlemen's Breakfast</b>  8:45 Healthy B&amp;B  9:00 Cornhole  9:30 Watercolor Bootcamp  10:00 Healthy B&amp;B  <b>10:30 Chronic Illness Group</b>  12:30 Chip Poker  1:00 Cribbage  1:00 Bridge  1:00 Fiber Arts</p> <p><b>Lasagna Roll</b></p>
<p><b>22</b></p> <p><b>Shine Appointments</b>  9:00 Cornhole  9:00 Dance Fusion  9:30 Academic Drawing  10:00 Tai Chi &amp; Qigong  12:30 Fitness Basics Extra  12:30 Play Mahjongg  1:00 Color Me Calm  1:30 Movie Matinee</p> <p><b>Herb Chicken w/Garlic Sauce</b></p>	<p><b>23</b></p> <p>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>  1:00 Bingo  1:00 Pinochle  1:00 Healthy B&amp;B  2:45 Intro Social/Ballroom</p> <p><b>Turkey Loaf w/ Gravy</b></p>	<p><b>24</b></p> <p><b>8:30 Holiday Breakfast</b>  9:00 Dance w/ Loryn  9:30 Painting  10:00 Travel Club  10:00 Music Group  10:00 Healthy B&amp;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><b>Pot Roast</b></p>	<p><b>25</b></p> <p><b>COA CLOSED</b></p>  <p><b>No Meal Service</b></p>	<p><b>26</b></p> <p>8:45 Healthy B&amp;B  9:00 Cornhole  9:30 Watercolor Bootcamp  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</b></p>
<p><b>29</b></p> <p><b>Shine Appointments</b>  9:00 Cornhole  9:00 Dance Fusion  9:30 Academic Drawing  10:00 Tai Chi &amp; Qigong  12:30 Fitness Basics Extra  12:30 Play Mahjongg  1:00 Color Me Calm  1:30 Movie Matinee</p> <p><b>Turkey and Bean Chili</b></p>	<p><b>30</b></p> <p>9:00 Stretch &amp; Go  9:45 Healthy B&amp;B  9:45 Fitness Basics  <b>10:00 Dementia Caregivers</b>  11:15 Gentle Yoga  <b>11:30 Big Y Shopping</b>  1:00 Bingo  1:00 Pinochle  1:00 Healthy B&amp;B  2:45 Intro Social/Ballroom</p> <p><b>Chicken w/ Teriyaki Sauce</b></p>	<p><b>31</b></p> <p>8:45 Healthy B&amp;B  9:00 Dance w/ Loryn  9:30 Painting  10:00 Travel Club  10:00 Music Group  10:00 Healthy B&amp;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><b>Irish Beef Stew</b></p>	 <p><b>Prepare for Winter Weather</b>  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.  Additionally, you can check the town website or the COA Facebook page.  www.southhadley.org  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, Dec. 1st, 9:00 - 11:00 AM**

Barbara, a Licensed Massage Therapist at Ochoa Spa in South Hadley, offers mini massages with 10-minutes for \$15.00 and 20-minutes for \$25.00 payable by cash or check directly to the provider. Schedule appointments at the welcome desk.

## Foot Nurse: Sharon Beaulieu, RN

**Tuesday, Dec. 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.

## Hampshire Hearing & Speech Services

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

Screenings and hearing aid cleanings. Registration required.

## Low Vision Support Group

**Tuesday, Dec. 9th, 10:00 AM**

Any senior who has received a medical diagnosis of legal blindness, visual impairment, or low vision can join.

## Support for Dementia Caregivers New Monthly Series

**with UMass Amherst Nurses**

**Tuesday, Dec. 30th, 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!



## Veterans Coffee Hour

**Wednesday, December 10th, 9:00 AM**

Join us for coffee and pastries, generously provided by **VFW Post 3104, American Legion Post 260 and the Friends of the South Hadley Seniors.** **All veterans welcome!**

## 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.

## LGBTQ+ Coffee Hour

**Thursday, Dec. 18th,**

**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.

## Living with Chronic Illness Support Group

**Friday, Dec. 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.

## "Stay Well" Wellness Fund



**The Wellness Fund is available to South Hadley Residents 60 years and over.**

A Maximum of \$150 yearly can be used to cover the cost of exercise classes, activities, or programs. Applications for this program can be found at the Welcome Desk.



## PET THERAPY



**Riley**

**Thursdays**

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



**Duchess**

**Monday,**

**Dec. 1st & 17th**

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

**The Council on Aging will be closing at 12:30 PM on Wednesday, December 3rd for professional development.**



## Creative Activities

### Monthly Centerpiece Making with Sunshine Village



**Monday, Dec. 1st, 10:30 AM**

Sunshine Village assists us with making centerpieces for our dining room and cafe tables. All supplies included compliments of Sunshine Village.

### 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 Christiane

**Wednesdays, 9:30 AM \*FEE \$5.00**

Bring your own supplies and projects!

### Creative Collaging

**Wednesdays, 1:00 PM**

Not meeting on Dec. 3rd.

### 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 (except third), 11:00 AM**

### NEW GROUP! Bluegrass Band Practice

**Thursdays, 12:00 PM**

### Uplifting Karaoke with Ronnie

**Thursdays, 2:00 PM**



### Jam Session Group

**Thursdays, 4:00 PM**

## Social Activities

### "Get a Clue" Mystery Book Club

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

This month we'll discuss *Careless Love: A DCI Banks Novel* by Peter Robinson. The selection for January is *The Curious Incident of the Dog in the Night-Time* by Mark Haddon.

### Books and Banter Club

#### Special Date!

**Wednesday, Dec. 17th, 2:00 PM**

This month we'll discuss *The Last Mrs. Parrish* by Liv Constantine. We are meeting one week earlier than usual due to the holidays. The selection for January is *Long Island* by Colm Toibin. Contact the Senior Center for hybrid options.



### Sci-Fi Club with Wendy

**Monday, Dec. 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 \*New Fee

**Wednesday, Dec. 17th, 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**

No class on Dec. 23rd and 30th.



### Play Mahjongg

**Mondays and Wednesdays, 12:30 PM**

No group on Wed. Dec. 3rd.

### Pinocle

**Tuesdays, 1:00 PM**

Looking for new members! We will train you!

### Trivia Club

**Wednesdays, 3:00 PM**

No club on Wed. Dec. 3rd.



### Chip Poker

**Fridays, 12:30 PM**

Have fun playing a friendly game of chip poker!



### Play Bridge

**Fridays, 1:00 PM**

Come join us!

## MONDAY MOVIES

**1:30 PM**

**Dec. 1st**  
**The Princess Bride (1987)**  
Fantasy Adventure Comedy



**Dec. 8th**  
**Elf (2003)**  
Comedy



**Dec. 15th**  
**Hanukkah on Rye (2022)**  
Romantic Comedy



**Dec. 22nd**  
**Miracle on 34th Street (1947)**  
Comedy Drama



**Dec. 29th**  
**A Christmas Story (1983)**  
Comedy



### December Cancellations

12/3 Creative Collage

12/3 Trivia Club

12/3 Play Mahjongg

12/23 & 30 Learn Mahjongg

# 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.

### 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].

### 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, 2:45 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, Dec. 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 experienced 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.

### December Cancellations

12/3 Fitness Center Orientation  
12/3 Beginner Line Dance  
12/24 8:45 Healthy Bones & Balance  
Zumba Gold- Until further notice

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

THE FRIENDS OF THE SOUTH HADLEY SENIORS  
INVITE YOU TO JOIN US FOR A FREE INSPIRATIONAL HOLIDAY CONCERT



DAN KANE & FRIENDS  
(featuring Freddie Marion)  
SUNDAY, DECEMBER 14, 2025  
2:00 PM - 3:30 PM  
@ St Theresa Church,  
South Hadley

Free cookies & hot cocoa following the concert.  
All are welcome, no RSVP needed!



"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

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

**February 16, 2026 (2-17-26 is the SNOW Date): Valentine's Day with the King at The Barn in Sturbridge, MA.**

Includes: Transportation, Show & Luncheon buffet – Cost: \$115. - Call Vanessa

**April 8, 2026: Newport Playhouse and Cabaret, Newport, RI. "Sexy Laundry".** A funny, poignant and hopeful play. Includes: Transportation, Luncheon, Play and Cabaret Show. - Cost: \$140. - Call Vanessa

**May 14, 2026: Thimble Islands Cruise, Branford, CT., Yale Peabody Museum and lunch at Amarante's Sea Cliff in New Haven, CT.** Includes: Transportation, Museum, Cruise aboard Sea Mist and lunch - Cost: \$150. Call Huguette

**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 8, 2026: Essex River Cruise, Essex, MA. with luncheon at Danversport Yacht Club in Danvers.** Package Includes: Transportation, luncheon and narrated cruise on the Queen II. Cost \$145. – call Susan or Huguette

**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: 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.

***In Honor Of***  
**Timothy and John**  
*Jack Leonard*

***With Appreciation For***  
**Vanessa and Maggie**  
*The Tues/Thurs PM*  
*Healthy Bones & Balance Class*  
**Rick Dufault and Eric Gallagher**  
*Margaret Hoffman*

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.

Kate Gadbois  
Chester Lewinski



***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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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.

## 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](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
- Hadley Center, 3<sup>rd</sup> 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](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.



TOWN OF SOUTH HADLEY  
AGE & DEMENTIA  
FRIENDLY

