

THE GOLDEN CHRONICLE

JANUARY 2026

REGISTRATION FOR ALL PROGRAMS AND EVENTS IS RECOMMENDED.
See page 16 for more information.

REGISTRATION BEGINS:

JANUARY

RESIDENTS
Wednesday, Dec. 17th

NON-RESIDENTS
Friday, Dec. 19th

FEBRUARY

RESIDENTS
Wednesday, Jan. 21st

NON-RESIDENTS
Friday, Jan. 23rd

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



January Birthday & Anniversary Dinner



Thursday, January 22nd, 4:00 PM

Enjoy a delicious Chicken Parmesan dinner prepared by Chef Dakota while being entertained by our very own South Hadley Community Band! The Band is preparing a "Winter" themed concert of music that will feature Leroy Anderson's "Sleigh Ride," a piece made famous by the Boston Pops Orchestra. The evening will begin with "Snowscape," a contemporary work for concert band by Randall Standridge. Other selections on the program will be arrangements of Broadway, movie and popular music favorites. Enter the drawing if you are celebrating a birthday or anniversary in January!

Registration is required. Cost is \$10.00 to attend.



The Town of South Hadley is facing a significant budget deficit and has formed a **Budget Task Force**. Public hybrid meetings are held **at 6:00 PM** at the Council on Aging. Upcoming meetings on the following Mondays: **January 5th, 12th, & 26th; February 2nd & 9th.**

In addition, you are invited to join the Budget Task Force for listening sessions on **Friday, January 16th** from **1:00 PM - 3:00 PM**, and **Thursday, January 22nd** at **7:00 PM**.

South Hadley Residents - please make your voice heard regarding budget considerations on the **Budget Task Force Survey**. Use this QR code or the link on the town website at southhadley.org.





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

Program Coordinator
Brandon Dumas | ext. 6207

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, January 12, 4:30 PM

WELCOME

Brandon Dumas

Meet Our New Program Coordinator!

Brandon comes to us with experience from the Chicopee Council on Aging. Excited to be here, he is looking forward to meeting everyone in our vibrant community and bringing some creative, new programming to the South Hadley COA. Join us in welcoming Brandon into his new role!



COA Art Show



The Senior Center comes alive this month with a major exhibition of works by the artists involved in all our art, sewing and fiber arts classes and groups.

This exhibit will showcase art throughout our beautiful center.

Works of art will be on display by our celebrated instructors and their talented students.



Join us on January 15th from 3:00 - 6:00 PM for a special evening event to showcase our artists and their work. Refreshments will be provided.

4 Special Programs

Meet with the Director

Wednesday, January 7th, 2:00 PM

Meet with Julie Pearce, Director of the Council on Aging each month to share your questions and suggestions. Hope to see you there!



Lunch & Learn: Planning for Unexpected Life Events with Cody from Westfield Bank

Thursday, January 8th, 11:30 AM

The majority of people who need long-term care are older adults. However, the need for long-term care can come at any age due to disabling diseases, car accidents, and other disabling events.

Sign up for the program by registering for lunch by 11:00 AM on Wednesday, January 7th. Please note: Lunch is a suggested donation of \$3.00.

Small Group Tech Training with Maria iPhone Basics: A 3-Part Series for Beginners

Thursday, January 8th, 15th and 22nd, 12:00 PM

Over three weeks, we'll cover everything from making calls and sending texts to taking photos, staying organized, and keeping your information safe. No experience necessary—we'll start from the very beginning and build your skills step by step.

This class is for you if: You're not sure how to connect to Wi-Fi, you've never downloaded an app, you don't do much more than make calls, or your phone confuses you more than helps you.

This class is probably *not* for you if: You're already comfortable texting, taking photos, downloading apps on your own, browsing the internet and checking your email.

Please note: This is a progressive series, with each class building on the last. **Participants must register for and attend all three sessions.**
Class 1: Getting around your iPhone, adjusting settings, and staying in touch through calls, texts, and video chats
Class 2: Using the camera, calendar, maps, and other everyday apps—plus how to add new ones
Class 3: Protecting yourself from scams, backing up your phone, and fixing common problems
Bring your iPhone (charged!), and any questions you have.



MacDuffie School Student Visit

Wednesday, January 14th, 2:00 PM

Join the MacDuffie School students for their monthly visit.

Diversity Talks and Treats: MacDuffie students will be serving a variety of delicious sweet breads with hot cocoa. The students will share stories about their diverse backgrounds and their home countries. **Registration required to ensure there are enough treats for everyone.**



Veterans Evening Social

Thursday, January 15th, 4:30 PM

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



Gentlemen's Breakfast

Friday, January 16th, 8:30 AM

Join us for a delicious breakfast prepared by Chef Dakota. Breakfast will be hosted by Joe Rodio, South Hadley Library Director, and Mitch Resnick, Library Trustee. **Cost to attend is \$3.00 per person.**



MacDuffie Chair Volleyball Rematch!

Wednesday, January 28th, 2:00 - 4:00 PM

Come join the fun when the South Hadley COA Chair Volleyball team takes on the reigning champions, the MacDuffie students, in an exciting rematch!



AARP Foundation® Get Free Help Filing Your Taxes

Once again, the IRS-certified AARP Tax-Aide Counselors will be preparing tax returns at our Senior Center starting

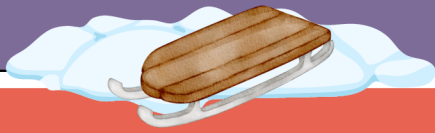
Thursday, February 5th, free of charge.

Appointment scheduling will begin on

Monday, January 5th.

Prior to their scheduled appointment, clients must **pick up an information packet at the Welcome Desk** containing instructions and intake forms. These must be completed and signed before their appointment date. On the day of their appointment, clients must drop off their documents directly to an AARP Tax-Aide between **8:30 AM and 9:15 AM**. If clients are married and filing jointly, both spouses must come. While their return is being prepared, clients must remain available by phone, as all further communication will take place this way. Once the return is ready, clients will be called to pick up all documents and a copy of their completed tax return. Completed returns must be signed by all taxpayers on the return and collected the same day, typically between 2:00 - 4:00 PM.

Those filing for the **MASS Circuit Breaker Credit** must include ALL Real Estate and Water/Sewer bills. If you cannot locate these, copies can be obtained at the Town Hall and should be submitted with your tax papers. There are no restrictions on town of residence, age, or similar criteria. However, returns involving virtual currencies, rental housing, or master limited partnerships cannot be processed and will require assistance elsewhere.



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 • 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.

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

Meet with a counselor to compare health insurance plans, review coverage, and get cost estimates. 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, January 20th, 10:00 AM-11:00 AM

Please call any cancellations or holds by the end of the day on Friday January 16th.

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 January is: Hot Cereal

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, January 29th

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.



JANUARY 2026



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

Meals must be reserved by 11:00 AM the day before. A suggested donation of \$3.00 for guests 60 and older, and guests under 60 are charged \$6.00 per federal regulations. 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
 CAFE AND DINING ROOM VOLUNTEERS!  See the Welcome Desk for More Information.	SNOW CLOSURES In the event of inclement weather, closures for the SHCOA are posted on 22News, ABC40, and CBS3 Springfield. Delays or closures noted as South Hadley Senior Center or South Hadley Town Offices apply to the SHCOA. We do not follow school closures. 	"Stay Well" Wellness Fund Available to South Hadley Residents 60 years and over who meet income guidelines. 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. 	COA CLOSED  No Meal Service	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 Chicken Scallopini
5 Shine Appointments Tax Appt. Scheduling Begins 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 Mah Jong 1:00 Zumba Gold 1:00 Color Me Calm 1:30 Movie Matinee Chicken Parmesan	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 Mah Jong 12:30 Pinochle 1:00 Bingo 1:00 Healthy B&B 2:30 Mystery Book Club 2:45 Intro Social/Ballroom Beef Taco w/Cheese	7 8:45 Healthy B&B 9:00 Dance w/ Loryn 9:30 Painting 10:00 Travel Club 10:00 Small Group Training 10:00 Healthy B&B 10:30 Music Group 11:15 Beginner Yoga 12:30 Play Mah Jong 12:30 Fitness Orientation 1:00 Beginner Line Dance 1:00 Creative Collage 2:00 Meet w/ the Director 3:00 Trivia Club Traditional Chicken Salad	8 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 12:00 Bluegrass Band 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 4:00 Jam Session Group 5:30 Evening Yoga Broccoli Cheddar Quiche	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  Cheese Ravioli

<p>12</p> <p>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 Mah Jong 1:00 Color Me Calm 1:00 Zumba Gold 1:30 Movie Matinee</p> <p>Hot Dog with Ketchup</p>	<p>13</p> <p>9:00 Stretch & Go 9:00 Hearing/Speech Svcs 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Low Vision Group 11:15 Gentle Yoga 11:30 Big Y Shopping 12:00 Learn Mah Jong 12:30 Pinochle 1:00 Bingo 1:00 Healthy B&B 2:45 Intro Social/Ballroom</p> <p>Chicken w/Pumpkin Cream Sauce</p>	<p>14</p> <p>8:45 Healthy B&B 9:00 Dance w/ Loryn 9:00 Veterans Coffee Hour 9:30 Painting 10:00 Travel Club 10:00 Small Group Training 10:00 Healthy B&B 10:30 Music Group 11:15 Beginner Yoga 12:30 Play Mah Jong 1:00 Beginner Line Dance 1:00 Creative Collage 2:00 MacDuffie Visit 3:00 Trivia Club</p> <p>Lasagna Roll</p>	<p>15</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 12:00 iPhone Basics 12:30 LGBTQ+ Coffee Hour 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 COA Art Show 4:00 Jam Session Group 4:30 Veterans Evening Social 5:30 Evening Yoga</p> <p>Turkey with Gravy</p>	<p>16</p> <p>8:30 Gentlemen'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>Meatloaf w/Sauce</p>
<p>19</p> <p>COA CLOSED</p>  <p>No Meal Service</p>	<p>20</p> <p>9:00 Stretch & Go 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Brown Bag 10:00 State Rep. Gomez 11:15 Gentle Yoga 11:30 Big Y Shopping 12:00 Learn Mah Jong 12:30 Pinochle 1:00 Bingo 1:00 Healthy B&B 2:45 Intro Social/Ballroom</p> <p>Sweet Curry Chicken</p>	<p>21</p> <p>8:45 Healthy B&B 9:00 Dance w/ Loryn 9:30 Painting 10:00 Travel Club 10:00 Healthy B&B 10:00 Small Group Training 10:30 Music Group 11:15 Beginner Yoga 12:30 Play Mah Jong 12:30 Fitness Orientation 1:00 Beginner Line Dance 1:00 Creative Collage 1:30 Social Dance Club 3:00 Trivia Club</p> <p>BBQ Pulled Pork</p>	<p>22</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 12:00 Bluegrass Band 12:00 iPhone Basics 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 4:00 Dinner and Music 5:30 Evening Yoga</p> <p>Chicken Marsala</p>	<p>23</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>Sloppy Joe</p>
<p>26</p> <p>Shine Appointments 9:00 Cornhole 9:00 Dance Fusion 9:30 Academic Drawing 10:00 Tai Chi & Qigong 10:00 Sci-Fi Club 12:30 Fitness Basics Extra 12:30 Play Mah Jong 1:00 Color Me Calm 1:00 Zumba Gold 1:30 Movie Matinee</p> <p>Beef Shepherd's Pie</p>	<p>27</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 Mah Jong 12:30 Pinochle 1:00 Bingo 1:00 Healthy B&B 2:45 Intro Social/Ballroom</p> <p>Lasagna Roll w/Marinara</p>	<p>28</p> <p>8:45 Healthy B&B 9:00 Dance w/ Loryn 9:30 Painting 10:00 Travel Club 10:00 Healthy B&B 10:00 Small Group Training 10:30 Music Group 11:15 Beginner Yoga 12:30 Play Mah Jong 1:00 Beginner Line Dance 1:00 Creative Collage 2:00 Books and Banter 2:00 Chair Volleyball w/ MacDuffie 3:00 Trivia Club</p> <p>Bruschetta Chicken</p>	<p>29</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 12:00 Bluegrass Band 1:00 Sit & Sew 1:00 Healthy B&B 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 4:00 Jam Session Group 4:00 Dinner and Music 5:30 Evening Yoga</p> <p>Swedish Meatballs</p>	<p>30</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>Chicken w/Rosemary Sauce</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, Jan. 5th, 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, Jan. 6th, 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, Jan. 13th, 9:00 - 11:00 AM

Screenings and hearing aid cleanings. Registration required.

Low Vision Support Group

Tuesday, Jan. 13th, 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, Jan. 14th, 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!



LGBTQ+ Coffee Hour

Thursday, Jan. 15th, 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.

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.

Support for Dementia Caregivers

Tuesday, Jan. 27th, 10:00 - 11:30 AM

Are you a caregiver for a person with dementia? UMass Amherst Nurses are offering **monthly** information and support sessions for caregivers.



Topics include:

- Changes in behavior, personality, and sleep
- Caregiving strategies and self-care
- Advance care planning
- How to access local resources
- Working with healthcare providers

It's also a great chance to connect with other caregivers! Each month, we'll provide one-on-one support, available after meetings or by appointment. Sessions will be led by Heidi Zahra, RN, MSN, and Sheila Pennell, PhD, RN, faculty at the Elaine Marieb College of Nursing at UMass Amherst.

Please join us!



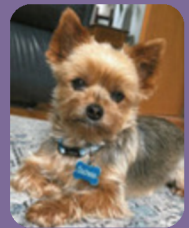
PET THERAPY



Riley

Thursdays

11:00 AM - 12:00 PM



Duchess

**Monday,
January 5th**

12:30 PM - 1:30 PM

The Council on Aging will be closed on New Year's Day - Thursday, January 1st, and Martin Luther King Jr. Day - Monday, January 19th

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].

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.

Zumba Gold

Instructor: Olmedo Gomez
Mondays, 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!

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: Jeannette LoPresti "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, Jan. 7th & 21st, 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 w/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.

January Cancellations

Jan. 16 - Chair Volleyball

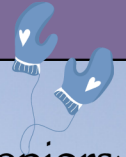
Jan. 29 - Chair Volleyball

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



We would like to thank the following individuals for their generous donations to the Friends of the South Hadley Seniors:

**Happy
NEW YEAR**

**Sharyn Kovalesky
Eileen Sullivan
William & Evelyn Masson**



WE WISH EVERYONE A NEW YEAR FILLED WITH KINDNESS, CONNECTION, AND THE JOY OF GIVING.



"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

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 **(only a few seats left)**



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 – **(need to book by February 23, 2026 to take advantage of these rates)**

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.

In Memory of

Kenneth Walker

*The Cribbage Group and
the Sunshine Club*

Marilyn Hoy-Youngblood

Liz Austin

Paul Bernier

Janet Bernier

In Appreciation for

Maggie Kirchner

Sharon Kovalesky



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

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

 @southhadleycoa

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, it will be noted in the description. For registration questions, please contact our Welcome Desk.

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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.

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.

COMMUNITY RESOURCES

TRIAD

TRIAD is a community initiative between seniors, law enforcement, and service providers to increase safety through education and crime prevention.

Person at Risk Registry: 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: 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 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.

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

Rainbow Social Club (RSC) Monthly Events

The RSC offers opportunities for LGBTQ+ individuals to connect and grow in their identities, be supported, uplifted, and empowered.

- Amherst Senior Center, 1st Tuesdays, 9:30 AM
- Holyoke Senior Center, 1st Wednesdays, 5:00 PM
- Belchertown Senior Center, 2nd Wednesdays, 10:00 AM
- South County Senior Center, 2nd Thursdays, 12:00 PM
- South Hadley Senior Center, 3rd Thursdays, 12:30 PM
- Hadley Senior Center, 3rd Wednesdays, 12:30 PM
- Northampton Senior Center
 - Silver Lesbians: 1st, 3rd, and 5th Tuesdays, 2:30 PM
 - Gay Men's Group: Every Friday, 1:00 PM
- Bernardston Senior 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.

Housing and Legal Help Resource Locator: Find housing, heating assistance, legal help, and other services available to South Hadley residents. Select South Hadley in the drop-down menu. <https://hedfuel.azurewebsites.net/>



TOWN OF SOUTH HADLEY
AGE & DEMENTIA
FRIENDLY

