

THE GOLDEN CHRONICLE

FEBRUARY 2026



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

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

REGISTRATION BEGINS:

FEBRUARY

RESIDENTS
Wednesday, Jan. 21st

NON-RESIDENTS
Friday, Jan. 23rd

MARCH

RESIDENTS
Wednesday, Feb. 18th

NON-RESIDENTS
Friday, Feb. 20th

Valentine Dinner and Dance

Thursday, February 12th, 4:00 PM

Enjoy a delicious dinner prepared and donated by The Loomis Community, followed by an open dance floor with music by Richie Mitnick and Ethel Lee! Enter the drawing if you are celebrating a birthday or anniversary in February. Entertainment and prizes sponsored by the Friends of the South Hadley Seniors. **Registration is required.**

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

Family Fun Night!

Thursday, February 19th, 4:00 PM

Join us for a fun-filled intergenerational movie night with light refreshments including individually wrapped snacks. You must register in advance for this event and let us know how many children will be attending at the time of registration. **COST IS \$4.00 PER PERSON 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: **February 2nd & 9th.**

MEET THE ARTIST!

Thursday, February 5th
3:00 PM - 6:00 PM

Join us for a meet and greet reception with local artist **Orlando Santos**, our Artist of the Month. Refreshments will be provided.



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 Assistant
Brooke Danko

Transportation Coordinator
Eric Gallagher | ext. 6205

Driver
Rick Dufault

Human Services Coordinator
Kathryn Elias | ext. 6211

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, February 9th, 4:30 PM

ARTIST OF THE MONTH



“As a painter, he’s got a great eye for color, lots of energy, and a self-taught technique that lends itself to subjects like music, pop culture, history, current events and fantasy. He’s also got a colorful pen name, so to speak, to go with his art: **IZM PRIZM**. When he’s not holding a paintbrush, he’s **Orlando Santos**, a longtime Holyoke native and resident. He made his first foray into art using charcoals and cray-pas, but he found the work too dark, both in terms of color and theme. Today he works with acrylic paints and a few other materials, and he uses a variety of backings – canvas, wood, stiffened dropcloths – for his paintings. ‘I want to give people hope, because I feel fortunate to be doing what I’m doing,’ he said.” -Valley Advocate

Getting Started with ChatGPT: Everyday Uses and Smart Tips
Friday, February 20th, 12:00 PM [RESCHEDULED!]



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. **10 people max, registration essential.**



REMINDER!
When using a power chair in the building, please operate at no more than 1 - 3 MPH for safety. *Thank you!*

4 Special Programs



Meet with the Director

Wednesday, February 4th, 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: w/ Cody and Joy from Westfield Bank

Thursday, February 12th, 11:30 AM

“Common Types of Elder Financial Exploitation”

We will discuss the key points and give you some general guidelines to help you identify fraud, scams and other types of financial exploitation and give tips to help you prevent it from happening.

Sign up for the program by registering for lunch by 11:00 AM on Wednesday, February 11th.

Please note: Lunch is a suggested donation of \$3.00.

Lunch and Learn: Medicare Supplement vs. Medicare Advantage - Which Plan Is Best for Me?

Tuesday, February 17th, 11:30 AM

Join us for a lunch and learn with Brian Guagnini Medicare Field Outreach Consultant from Blue Cross Blue Shield of Massachusetts about Medicare Supplement vs. Medicare Advantage.

Sign up for the program by registering for lunch by 11:00 AM on Friday, February 13th. Please note:

Lunch is a suggested donation of \$3.00.

MacDuffie School Student Visit

Wednesday, February 18th, 2:00 PM

Join the MacDuffie School students for their monthly visit and enjoy a delicious Valentine cupcake!



Veterans Evening Social

Thursday, February 19th, 4:30 PM

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

Gentlemen's Breakfast

Friday, February 20th, 8:30 AM

Join us for a delicious, hot breakfast and great conversation.



Cost to attend is \$3.00 per person.



Discover Independence with PVTA's Travel Training Program!

Thursday, February 26th, 2:00 PM

The Travel Training Program is designed to help individuals confidently navigate their community using PVTA's fixed-route buses. Whether you're new to public transit or just want to sharpen your skills, our friendly Travel Trainers will guide you step-by-step—making travel easy, safe, and fun. Gain the freedom to get where you need to go, on your own terms!

Special Invitation!

from MacDuffie School Students

Thursday, February 26th, 3:30 PM

The students at MacDuffie School's Theater Department have extended an invitation for our members of the COA to be in their audience for the dress rehearsal of their winter play, "Between the Lines." The show will take place in The Little Theater at the MacDuffie School, 66 School Street, Granby MA. The show starts at 3:30 PM. **There is no cost for members to attend but registration at the Welcome Desk is required.**

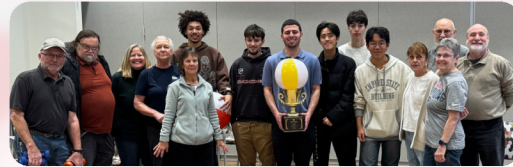
The COA will provide transportation (limited seats available) leaving the COA at 3:00 PM. **If you require transportation, please contact Eric Gallagher, Transportation Coordinator, at 413-538-5030, ext. 6205.**

MacDuffie Chair Volleyball Rematch!

Wednesday, February 11th, 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

All tax preparation appointments at the COA have been filled. For those with scheduled appointments, please review these reminders:

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, February 17th, 10:00 AM-11:00 AM

Please call any cancellations or holds by the end of the day on Friday February 13th.

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 February is: Pasta

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

February 19th, 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!



Social Security 1-800-772-1213

Calls accepted from 8AM - 7PM
Monday-Friday. Wait times are typically shorter in the morning, later in the week, and later in the month.



Elder Abuse Hotline 1-800-922-2275

Anyone who has a concern of possible abuse of an adult who is 60+ can file a report.



Hampshire Elder Law Program (H.E.L.P) 413-586-8729

The H.E.L.P. provides representation for the civil legal needs of low income elders sixty years of age or older and who reside in Hampshire County.



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.



Senior Community Service Employment Program (SCSEP) 1-877-872-5627

The SCSEP is a community service and work-based job training program for older Americans. The program provides training for low-income, unemployed seniors.





FEBRUARY 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
2 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 Mah Jong 1:00 Zumba Gold 1:00 Color Me Calm 1:30 Movie Matinee Chicken w/Apple Glaze	3 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 1:00 Bingo 1:00 Pinochle 1:00 Healthy B&B 2:00 Board Game Bonanza 2:30 Mystery Book Club 2:45 Intro Social/Ballroom Beef Taco w/Cheese	4 8:45 Healthy B&B 9:00 Dance w/ Loryn 9:30 Painting w/Christiane 10:00 Travel Club 10:00 Small Group Training 10:00 Healthy B&B 10:30 Music Group 11:15 Beginner Yoga 11:30 Trivia Club 12:30 Play Mah Jong 12:30 Fitness Orientation 1:00 Beginner Line Dance 1:00 Creative Collage 2:00 Meet w/ the Director Turkey Salisbury Steak w/Gravy	5 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 3:00 Meet the Artist 4:00 Jam Session Group 5:30 Evening Yoga Chicken w/Mushroom Lemon Sauce	6 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 Penne w/Beef Marinara Sauce
9 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 Chicken Parmesan	10 8:20 Hearing/Speech Svcs 9:00 Stretch & Go 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 1:00 Valentine Bingo 1:00 Pinochle 1:00 Healthy B&B 2:00 Board Game Bonanza 2:45 Intro Social/Ballroom BBQ Pulled Pork	11 8:45 Healthy B&B 9:00 Dance w/ Loryn 9:00 Veterans Coffee Hour 9:30 Painting w/Christiane 10:00 Travel Club 10:00 Small Group Training 10:00 Healthy B&B 10:30 Music Group 11:15 Beginner Yoga 11:30 Trivia Club 12:30 Play Mah Jong 1:00 Beginner Line Dance 1:00 Creative Collage 2:00 Chair Volleyball w/ MacDuffie Apricot Chicken Salad	12 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 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 Valentine Dinner 5:30 Evening Yoga Lemon Seasoned White Fish	13 8:45 Healthy B&B 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy B&B 12:00 Mt. Holyoke Seminar 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Lasagna Roll CAFE AND DINING ROOM VOLUNTEERS NEEDED!  See the Welcome Desk for more information.

<p>16</p> <p>COA CLOSED</p> <p>HAPPY Presidents Day</p> <p>No Meal Service</p>	<p>17</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 Lunch and Learn 11:30 Big Y Shopping 12:00 Learn Mah Jong 1:00 Bingo 1:00 Pinochle 1:00 Healthy B&B 2:00 Board Game Bonanza 2:45 Intro Social/Ballroom</p> <p>Italian Herb Chicken w/Garlic Sauce</p>	<p>18</p> <p>8:45 Healthy B&B 9:00 Dance w/ Loryn 9:30 Painting w/Christiane 10:00 Travel Club 10:00 Healthy B&B 10:00 Small Group Training 10:30 Music Group 11:15 Beginner Yoga 11:30 Trivia Club 12:30 Play Mah Jong 12:30 Fitness Orientation 1:00 Beginner Line Dance 1:00 Creative Collage 1:30 Social Dance Club 2:00 MacDuffie Visit</p> <p>Turkey Loaf with Gravy</p>	<p>19</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 Chair Volleyball 12:30 LGBTQ Coffee Hour 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 Family Fun Night 4:30 Veterans Evening Social 5:30 Evening Yoga</p> <p>White Fish w/Lemon Parsley Butter</p>	<p>20</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>Cheese Ravioli w/Pumpkin Cream</p>
<p>23</p> <p>Shine Appointments</p> <p>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>Turkey & Bean Chili</p>	<p>24</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 1:00 Bingo 1:00 Pinochle 1:00 Healthy B&B 2:00 Board Game Bonanza 2:45 Intro Social/Ballroom</p> <p>Chicken Teriyaki</p>	<p>25</p> <p>8:45 Healthy B&B 9:00 Dance w/ Loryn 9:30 Painting w/Christiane 10:00 Travel Club 10:00 Healthy B&B 10:00 Small Group Training 10:30 Music Group 11:15 Beginner Yoga 11:30 Trivia Club 12:30 Play Mah Jong 1:00 Beginner Line Dance 1:00 Creative Collage 2:00 Books and Banter</p> <p>Lasagan Roll</p>	<p>26</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 12:30 Chair Volleyball 1:00 Sit & Sew 1:00 Healthy B&B 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:00 PVTA Training 2:15 Meditation 3:30 MacDuffie Play 4:00 Jam Session Group 5:30 Evening Yoga</p> <p>Chicken Pot Pie</p>	<p>27</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 Scallopini</p>

MONDAY MOVIES 1:30 PM






Feb. 2nd The Rosa Parks Story (2002) Drama
Feb. 9th The Friend (2024) Comedy/Drama
Feb. 23 Now You See Me (2013) Crime/Thriller



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, Feb. 2nd, 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, Feb. 3rd, 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, Feb. 10th, 8:20 - 11:00 AM

Screenings and hearing aid cleanings. Registration required.

Low Vision Support Group

Tuesday, Feb. 10th, 10:00 AM

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

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.

Meditation w/Lewis & Richard [FREE]

Instructors: Lewis and Richard

Thursdays, 2:15 PM

Class includes different meditation techniques.

Not affiliated with any religious or spiritual tradition.



Support for Dementia Caregivers

Tuesday, Feb. 24th, 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!

Mount Holyoke Art Therapy Seminar

Friday, Feb. 13th, 12:00 PM

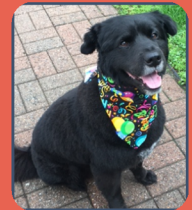
Join Students for Health Humanities at Mount Holyoke College to **learn about the healing properties of art** and artmaking through art therapy! Afterward, stay to collaborate with us in a workshop based in art therapy practice. Individuals of all artistic skill levels are welcome and encouraged to join; this is not a class but an opportunity to express oneself through art and creative ideas. We look forward to seeing you there!



Please register at the Welcome Desk.



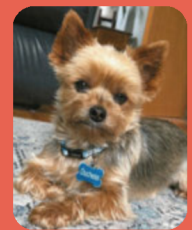
PET THERAPY



Riley

Thursdays

11:00 AM - 12:00 PM



Duchess

**Monday,
February 2nd**

12:30 PM - 1:30 PM

**The Council on Aging
will be closed on
President's Day-
Monday,
February 16th**



Creative Activities

Monthly Centerpiece Making with Sunshine Village

Monday, Feb. 2nd, 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 (Instructor on hiatus)

Mondays, 9:30 AM

No instructor until further notice. Feel free to bring your own supplies and subject matter.

Color Me Calm

Mondays, 1:00 PM

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



Painting with Christiane

Wednesdays, 9:30 AM *FEE \$5.00

Bring your own supplies and projects!

Advanced Watercolors

Thursdays, 9:30 AM *FEE \$5.00

Bring your own supplies, Tina will provide guidance!

Watercolor Bootcamp

Fridays, 9:30 AM *FEE \$5.00

Focus on watercolor techniques with Tina.

Social Activities

Sci-Fi Club with Wendy and Sue

Monday, Mar. 16th 10:00 AM (No Feb. Meeting)

Our Science Fiction club is a gathering place for dreamers, thinkers, and explorer of all things speculative. Unravel the mysteries of distant worlds, debate bold ideas, and let creativity take flight!

"Get a Clue" Mystery Book Club

Tuesday, Feb. 3rd, 2:30 PM

This month we'll discuss *Blacklist: A V.I. Warshawski Novel* by Sara Paretsky. The selection for March is *Paradise City* by Archer Mayor.



Books and Banter Club

Wednesday, Feb. 25th, 2:00 PM

This month we'll discuss *Hidden Valley Road* by Robert Kolker. The selection for March is *Prodigal Summer* by Barbara Kingsolver. Contact the Senior Center for hybrid options.



Bingo

Tuesdays, 1:00 PM

Come join us for all the fun!



Pinochle

Tuesdays, 1:00 PM

Board Game Bonanza - New Group!

Tuesdays, 2:00 PM

Join us for Scrabble or open board game time!



Trivia Club (New Time!)

Wednesdays, 11:30 AM



Craft Club: Card Making

Tuesday, Feb. 3rd, 10:00 AM *FEE \$5.00

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

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!

Senior Center Music Group - Seeking New Members!

Wednesdays, 10:30 AM

Led by Jim Vogel, retired music teacher.

Ukulele Group (Intermediate - Round Robin)

Thursdays, 11:00 AM

Bluegrass Band Practice

Thursdays (except third), 12:00 PM

Uplifting Karaoke

with Ronnie Roule

Thursdays, 2:00 PM

Jam Session Group

Thursdays, 4:00 PM



Monthly Social Dance Club

Music by Richie Mitnick

Wednesday, Feb. 18th, 1:30 PM *FEE \$5.00

Social, ballroom, and line dancers welcome!



Learn to Play Mah Jong

Instructor: Liz Frosch-Dratfield

Tuesdays, 12:00 PM *FEE \$5.00



Play Mah Jong

Mondays and Wednesdays, 12:30 PM

Veterans Coffee Hour

Wednesday, Feb. 11th, 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, Feb. 19th, 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.



Chip Poker

Fridays, 12:30 PM

Play Bridge

Fridays, 1:00 PM

Cribbage

Fridays, 1:00 PM



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.



Exercise Classes

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.



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.

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.

Fitness Center Orientation [FREE]

Instructor: Heidi MacEwen

Wednesday, Feb. 4th & 18th, 12:30 PM

A completed application from the welcome desk and a free orientation are required for use of the Fitness Center.

Dance Classes

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.

Zumba Gold

Instructor: Olmedo Gomez

Mondays, 1:00 PM

Easy to follow Zumba choreography that focuses on balance, range of motion and coordination.



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.

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.



Yoga Classes

Gentle Yoga (All Levels)

Instructor: Heidi MacEwen

Tuesdays, 11:15 AM

Classes include floorwork, standing, and balance postures using a variety of props.

Beginner Yoga

Instructor: Heidi MacEwen

Wednesdays, 11:15 AM

Learn the basics with foundational poses using clear and safe alignment.

Seated & Standing Yoga

Instructor: Michele Lyman

Thursdays, 11:15 AM

Grab a chair, wear comfy clothes, and connect breath with movement.



Evening Yoga

Instructor: Michaela Driscoll

Thursdays, 5:30 PM

Hatha Yoga with extended guided practice.



Sports/Activities

Cornhole [FREE]

Mondays & Fridays

Chair Volleyball [FREE]

Thursdays, 12:30 PM

Build core muscles, strength, and flexibility in this fun activity. Bring a friend for added fun!



February Cancellations

February 12th - Chair Volleyball. We'll be playing the MacDuffie Students in an exciting rematch on the 11th!

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

BINGO MY VALENTINE?

Tuesday, February 10th @ 1:00 PM

Chocolates, punch, and prizes!

Call the Senior Center or stop by the Welcome Desk to sign up.

We would like to thank the following individuals and groups for their generous donation to the Friends:

Claudia Kozinetz
Andrew Moskovitz

Lesli O'Connell & David Swierzewski
South Hadley High School Class of 1958
Chriss Walton in loving memory of
Art, Carol, and Shawn Desrosiers
and Gail, Kevin, and Casey Fitzgerald

"Enhancing the lives of South Hadley's Senior Community"
southhadleyseniors@gmail.com | www.southhadleyseniors.org

NEXT MONTH!

We'll "March into Membership" with some fun giveaways and prizes. Please keep an eye out for forthcoming details about how to support the work of the Friends.



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 - Call Huguette (sold out/wait list)

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. For pricing & availability call Donna at The Ship Shop @ 1-800-243-1630 or Huguette

October 27 – 29, 2026: Atlantic City – Tropicana Resort & Casino. 3 days / 2 nights. Includes: Transportation, hotel, \$50. Slot Bonus, \$50. Food and 2 Shows. Cost: \$390.pp (double); \$510. (single); \$370. (triple) - Call Vanessa

December 8, 2026: Christmas in the Berkshires – Red Lion Inn in Stockbridge, Ventfort Hall in Lenox & Historical Berkshires Tour. Includes: Transportation, luncheon and 2 tours. Cost: \$140. – Call 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.

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

Paul Bernier
Zoey Bernier

Debra Ayers
Rosemary Chicorka

The Popielarz, Jubinville & Walton Families
Chriss Walton

Chet Towne
Nancy Towne

Indu Pradhan
Gayatri Bastia

Olga Olesiuk-Weinack
Brenda Griffin

Nancy E. Bombard
Deb Bombard

Barney & Julia Ratkiewicz & Russ Scott
Bernard Ratkiewicz

In Appreciation Of

The Senior Center Staff
John Papasodora

Eric Gallagher & Rick Dufault
Margaret Hoffman

In Honor Of

The Daniels Family
Beverly and Peter Gagne

George & Mary Hojnoski
Conrad Lyman
Clare Gavron
Aziz & Peggy Durzy
Patricia Albright

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**

