

# THE GOLDEN CHRONICLE

MARCH 2026

**REGISTRATION BEGINS:**

**MARCH**

**RESIDENTS**  
Wednesday, Feb. 18th

**NON-RESIDENTS**  
Friday, Feb. 20th

**APRIL**

**RESIDENTS**  
Wednesday, Mar. 25th

**NON-RESIDENTS**  
Friday, Mar. 27th

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



## AN EVENING OF CELTIC MUSIC AND DINING Thursday, March 19th at 4:00 PM

Enjoy a delicious Shepherd's Pie dinner created by our special guest, Chef Drew Kortright from Ledges Golf Club!

Guests will be entertained with music of the season by the Western Mass Celtic Band,

***Banish Misfortune,***

*Sponsored by the Friends of the South Hadley Seniors.*

Enter the drawing if you are celebrating a birthday or anniversary in March.

**Cost to attend is \$10.  
Registration is required.**



**Fairy Garden Workshop  
with Meghan from Dave's Natural Garden  
Tuesday, March 17th, 12:30 PM**

Come join us and learn the step-by-step process to make your own fairy garden. All supplies included. **Cost is \$30.** Participants limited to 10 people.



The February 2026 edition of the South Hadley Redevelopment Authority newsletter, Falls Digest, is now available online! To learn more about the South Hadley Redevelopment Authority and view this and past editions of the Falls Digest, visit their webpage: <https://www.southhadley.org/462/Redevelopment-Authority>



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)



### 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**  
Harold Dixson | ext. 6208

**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, March 9th, 4:30 PM

**Good Question!**



**Why do I need to be a member, register for activities and check-in every time I come to the COA?**

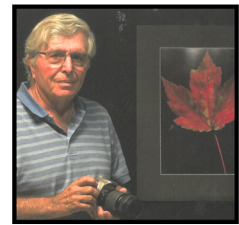
**Prior to attending any events at the Council on Aging, everyone is required to fill out a registration form and sign a waiver.**

- Becoming a member, registering for activities/events and checking in for each group you attend helps the Council on Aging staff serve you better.
- Attendance allows us to understand which programs are most enjoyed and ensures we continue offering activities that our community values.
- Registration holds a space for you and enables staff to notify participants of cancellations or schedule changes through our robocall system.
- Attendance data is essential for grant applications and reporting, which helps support and expand our programming.
- Finally, having your membership on file ensures staff can quickly access emergency contact information should an emergency occur while you are at the COA.

**Please make sure to check in for each class/group/activity/event you plan to attend when you arrive as they will no longer be on the kiosk screen after the class time has ended. If it has been a while since you became a member, please check in with the Welcome Desk to ensure your information is up to date.**

## ARTIST OF THE MONTH

Photographer David Bogia's goal in his artwork is "to reveal the quiet, often overlooked moments that define our shared human experience." He invites viewers to "pause and rediscover the beauty found in everyday simplicity - illuminated by its own natural light."



**DAVID BOGIA**

### **MacDuffie School Student Visit** **Wednesday, March 4th, 2:00 PM**

Students in their senior year will be coming to interview our seniors! They are interested in the history and cultural heritage of our members. The students will write up the interview and give it to the member as a keepsake.

**Space is limited and registration is required.**  
**Enjoy a free cupcake with your interview!**



### **WE ARE LOOKING FOR VOLUNTEERS!**

**Immediate needs:**

- **Tuesday Dishwasher**
- **Cafe Volunteers**



**Please see the Welcome Desk for more information.**

# 4 Special Programs

## Nutrition and Shopping with Snap Ed



**Wednesday, March 11th, 1:00 PM**

For this nutrition class, participants learn how to make healthy food choices while shopping on a budget. The session covers basic meal planning, smart grocery shopping tips, and selecting affordable, nutritious foods.

## Lunch & Learn: w/ Cody and Joy from Westfield Bank

**Thursday, March 12th, 11:30 AM**

**“Medical Identity Theft”** Medical identity theft is a growing threat that can impact your finances and healthcare. We will share practical tips and resources to help you safeguard your personal and medical information. **Sign up for the program by registering for lunch by 11:00 AM on Wednesday, March 11th. Please note: Lunch is a suggested donation of \$3.00.**

## Harm Reduction and Impaired Driving 101

**Wednesday, March 18th, 1:00 PM**



Join Tapestry Health and the Public Health Department for this interactive program. Tapestry will share about their mission, vision, and the resources they provide to the South Hadley community. The Health Department will deliver a brief presentation about the risks of medication-impaired driving and related prevention measures. All attendees will receive a free giveaway!

## Veterans Evening Social

**Thursday, March 19th, 4:30 PM**



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

## Gentlemen’s Breakfast

**Friday, March 20th, 8:30 AM**

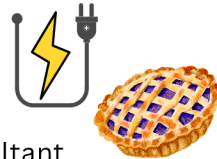


Join us for a delicious breakfast prepared by our new Food Service Coordinator, Chef Harold Dixon and special guest chef, Dave Mendoza!

**Cost to attend is \$3.00 per person.**

## Lunch & Learn: Electrical Safety

**Monday, March 23rd, 11:30 AM**



Join us for an electrical safety presentation by Ray Gouley, a consultant with South Hadley Electric Light Department. Learn how to spot electrical warning signs in the home with simple steps that can help prevent accidents and fires. Ray is offering Table Talk pies, American flags, and 5-\$50 gift cards to Walmart as door prizes! Registration is required.

**Sign up for the program by registering for lunch by 11:00 AM on Friday, March 20th.**

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

## Android Phone Basics: A 3-Part Series for Beginners

**Monday, Mar. 23rd & 30th and April 6th, 10:00 AM**

Over three weeks, we’ll cover the essentials of using an Android phone, from making calls and sending texts to managing photos, using helpful apps, and keeping your information safe. We start at the beginning and build skills step by step, with plenty of hands-on practice.

### This class is for you if:

- Your Android phone feels confusing.
- You’re not sure how Wi-Fi works.
- You avoid apps, photos, or settings.
- You mostly use your phone for calls.



### This class is probably not for you if:

- You use an iPhone.
- You’re already comfortable texting, taking and sharing photos, downloading apps, managing settings, and using your phone confidently day to day.

### Please note:

This is a progressive series. Each class builds on the one before it, and participants must register for and attend all three sessions. **You’ll need to bring your own phone to every class.**

**Class 1:** Getting to know your Android phone, adjusting settings, and staying in touch with calls, texts, and video calls.

**Class 2:** Photos, alarms, calendars, apps, and everyday tools that make your phone more useful.

**Class 3:** Avoiding scams, backing up your phone, managing passwords, and using built-in safety features.

**Bring your Android phone (fully charged) and your questions. Registration is essential.**

## Hip Hop SQUARE Dance for Seniors with Rondae

**Wednesday, March 25th, 1:00 PM**

A social, energetic dance class designed for seniors, blending traditional square dance formations with modern hip-hop music and movements. Led by Dr. Rondae Drafts, the program uses recorded instructions rather than a live caller to guide participants through routines, often featuring chair-based adaptations for accessibility.



## Be a Truth Detective!

### How to Outsmart Misleading Media

**Thursday, March 26th, 2:00 PM**

Become a truth detective! South Hadley Public Library librarians Desiree Smelcer and Joe Rodio will break down common signs of mis- and disinformation in the media. Learn how to verify stories, check sources, and protect yourself from deceptive online content. This talk is perfect for anyone who wants stronger digital skills.





## 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

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

Please call any cancellations or holds by the end of the day on Monday, March 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 March is: Canned Protein  
Thank you for being a wonderful neighbor.

### CAREGIVER SUPPORT FOR MEMORY 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

March 18th, 9:00 AM- 12:00 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.



### 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.



### 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.





# MARCH 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
<p><b>2</b></p> <p><b>Shine Appointments</b></p> <p>9:00 Cornhole</p> <p>9:00 Dance Fusion</p> <p>9:30 Academic Drawing</p> <p>10:00 Tai Chi &amp; Qigong</p> <p><b>10:30 Centerpiece Making</b></p> <p>12:30 Fitness Basics Extra</p> <p>12:30 Play Mah Jong</p> <p>1:00 Zumba Gold</p> <p>1:00 Color Me Calm</p> <p>1:30 Movie Matinee</p> <p><b>Chicken Parmesan</b></p>	<p><b>3</b></p> <p>9:00 Stretch &amp; Go</p> <p><b>9:00 Foot Nurse</b></p> <p>9:45 Healthy B&amp;B</p> <p>9:45 Fitness Basics</p> <p><b>10:00 Card Making</b></p> <p>11:15 Gentle Yoga</p> <p><b>11:30 Big Y Shopping</b></p> <p>12:00 Learn Mah Jong</p> <p>12:30 Pinochle</p> <p>1:00 Bingo</p> <p>1:00 Healthy B&amp;B</p> <p>2:00 Board Game Bonanza</p> <p><b>2:30 Mystery Book Club</b></p> <p>2:45 Intro Social/Ballroom</p> <p><b>Beef Taco w/Cheese</b></p>	<p><b>4</b></p> <p>8:45 Healthy B&amp;B</p> <p>9:00 Dance w/ Loryn</p> <p>9:30 Painting w/Christiane</p> <p>10:00 Travel Club</p> <p>10:00 Small Group Training</p> <p>10:00 Healthy B&amp;B</p> <p>10:30 Music Group</p> <p>11:15 Beginner Yoga</p> <p>11:30 Trivia Club</p> <p>12:30 Play Mah Jong</p> <p><b>12:30 Fitness Orientation</b></p> <p>1:00 Beginner Line Dance</p> <p>1:00 Creative Collage</p> <p><b>2:00 Meet w/ the Director</b></p> <p><b>2:00 MacDuffie Visit</b></p> <p><b>Apricot Chicken Salad</b></p>	<p><b>5</b></p> <p>9:00 Stretch &amp; Go</p> <p><b>9:00 Tech Time</b></p> <p>9:30 Advanced Watercolors</p> <p>9:45 Healthy B&amp;B</p> <p>9:45 Fitness Basics</p> <p>10:00 Travel Club</p> <p>11:00 Ukulele</p> <p>11:15 Seat/Stand Yoga</p> <p><b>11:30 Lunch &amp; Learn</b></p> <p>12:00 Bluegrass Band</p> <p>12:30 Chair Volleyball</p> <p>1:00 Sit &amp; Sew</p> <p>1:00 Healthy B&amp;B</p> <p><b>1:00 Public Health Nurse</b></p> <p>2:00 Uplifting Karaoke</p> <p>2:15 Meditation</p> <p>4:00 Jam Session Group</p> <p>5:30 Evening Yoga</p> <p><b>White Fish w/Lemon Parsley Butter</b></p>	<p><b>6</b></p> <p>8:45 Healthy B&amp;B</p> <p>9:00 Cornhole</p> <p>9:30 Watercolor Bootcamp</p> <p>10:00 Healthy B&amp;B</p> <p>12:30 Chip Poker</p> <p>1:00 Cribbage</p> <p>1:00 Bridge</p> <p>1:00 Fiber Arts</p> <p><b>Italian Meatballs w/Penne a la Vodka Sauce</b></p>
<p><b>9</b></p> <p><b>Shine Appointments</b></p> <p>9:00 Cornhole</p> <p>9:00 Dance Fusion</p> <p>9:30 Academic Drawing</p> <p>10:00 Tai Chi &amp; Qigong</p> <p>12:30 Fitness Basics Extra</p> <p>12:30 Play Mah Jong</p> <p>1:00 Color Me Calm</p> <p>1:00 Zumba Gold</p> <p>1:30 Movie Matinee</p> <p><b>Hot Dog w/ Baked Beans</b></p>	<p><b>10</b></p> <p><b>8:20 Hearing/Speech Svcs</b></p> <p>9:00 Stretch &amp; Go</p> <p>9:45 Healthy B&amp;B</p> <p>9:45 Fitness Basics</p> <p><b>10:00 Low Vision Group</b></p> <p>11:15 Gentle Yoga</p> <p><b>11:30 Big Y Shopping</b></p> <p>12:00 Learn Mah Jong</p> <p>12:30 Pinochle</p> <p>1:00 Bingo</p> <p>1:00 Healthy B&amp;B</p> <p>2:00 Board Game Bonanza</p> <p>2:45 Intro Social/Ballroom</p> <p><b>3:00 Better Breathers Club</b></p> <p><b>Italian Herb Chicken w/Garlic Sauce</b></p>	<p><b>11</b></p> <p>8:45 Healthy B&amp;B</p> <p>9:00 Dance w/ Loryn</p> <p><b>9:00 Veterans Coffee Hour</b></p> <p>9:30 Painting w/Christiane</p> <p>10:00 Travel Club</p> <p>10:00 Small Group Training</p> <p>10:00 Healthy B&amp;B</p> <p>10:30 Music Group</p> <p>11:15 Beginner Yoga</p> <p>11:30 Trivia Club</p> <p>12:30 Play Mah Jong</p> <p><b>1:00 Snap ED Nutrition Class</b></p> <p>1:00 Beginner Line Dance</p> <p>1:00 Creative Collage</p> <p><b>Meatloaf w/ Sauce</b></p>	<p><b>12</b></p> <p>9:00 Stretch &amp; Go</p> <p><b>9:00 Tech Time</b></p> <p>9:30 Advanced Watercolors</p> <p>9:45 Healthy B&amp;B</p> <p>9:45 Fitness Basics</p> <p>10:00 Travel Club</p> <p>11:00 Ukulele</p> <p>11:15 Seat/Stand Yoga</p> <p><b>11:30 Lunch &amp; Learn Joy &amp; Cody</b></p> <p>12:00 Bluegrass Band</p> <p>12:30 Chair Volleyball</p> <p>1:00 Sit &amp; Sew</p> <p>1:00 Healthy B&amp;B</p> <p><b>1:00 Public Health Nurse</b></p> <p>2:00 Uplifting Karaoke</p> <p>2:15 Meditation</p> <p>4:00 Jam Session Group</p> <p>5:30 Evening Yoga</p> <p><b>Lasagna Roll w/ Marinara</b></p>	<p><b>13</b></p> <p>8:45 Healthy B&amp;B</p> <p>9:00 Cornhole</p> <p>9:30 Watercolor Bootcamp</p> <p>10:00 Healthy B&amp;B</p> <p>12:30 Chip Poker</p> <p>1:00 Cribbage</p> <p>1:00 Bridge</p> <p>1:00 Fiber Arts</p>  <p><b>Turkey w/Gravy</b></p>

<p><b>16</b></p> <p><b>Shine Appointments</b>  9:00 Cornhole  9:00 Dance Fusion  9:30 Academic Drawing  10:00 Tai Chi &amp; Qigong  <b>10:00 Sci Fi Club</b>  <b>10:00 State Rep. Gomez</b>  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><b>Sweet Curry Chicken</b></p>	<p><b>17</b></p>  <p>9:00 Stretch &amp; Go  9:45 Healthy B&amp;B  9:45 Fitness Basics  <b>10:00 Brown Bag</b>  11:15 Gentle Yoga  <b>11:30 Big Y Shopping</b>  12:00 Learn Mah Jong  12:30 Pinochle  <b>12:30 Fairy Garden Workshop</b>  1:00 Bingo  1:00 Healthy B&amp;B  2:00 Board Game Bonanza  2:45 Intro Social/Ballroom</p> <p><b>Corned Beef &amp; Potato Casserole</b></p>	<p>8:45 Healthy B&amp;B  9:00 Dance w/ Loryn  <b>9:00 Office Hours Social Srvs</b>  9:30 Painting w/Christiane  10:00 Travel Club  10:00 Healthy B&amp;B  10:00 Small Group Training  10:30 Music Group  11:15 Beginner Yoga  11:30 Trivia Club  12:30 Play Mah Jong  <b>12:30 Fitness Orientation</b>  1:00 Beginner Line Dance  <b>1:00 Impaired Driving Ed Session</b>  1:00 Creative Collage  <b>1:30 Social Dance Club</b></p> <p><b>BBQ Pulled Pork</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  11:15 Seat/Stand Yoga  12:30 Chair Volleyball  <b>12:30 LGBTQ Coffee Hour</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  <b>4:00 Celtic Music and Dinner</b>  <b>4:30 Veterans Evening Social</b>  5:30 Evening Yoga</p> <p><b>Chicken Marsala</b></p>	<p><b>20</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  12:30 Chip Poker  1:00 Cribbage  1:00 Bridge  1:00 Fiber Arts</p> <p><b>Sloppy Joe</b></p>			
<p><b>23</b></p> <p><b>Shine Appointments</b>  9:00 Cornhole  9:00 Dance Fusion  9:30 Academic Drawing  10:00 Tai Chi &amp; Qigong  <b>10:00 Android Basics Pt. 1</b>  <b>11:30 Lunch &amp; Learn SHELD</b>  12:30 Fitness Basics Extra  12:30 Play Mah Jong  <b>1:00 Chair Massage</b>  1:00 Color Me Calm  1:00 Zumba Gold  1:30 Movie Matinee</p> <p><b>Beef Shepherd's Pie w/Corn</b></p>	<p><b>24</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>  12:00 Learn Mah Jong  12:30 Pinochle  1:00 Bingo  1:00 Healthy B&amp;B  2:00 Board Game Bonanza  2:45 Intro Social/Ballroom</p> <p><b>Lasagna Roll</b></p>	<p>8:45 Healthy B&amp;B  9:00 Dance w/ Loryn  9:30 Painting w/Christiane  10:00 Travel Club  10:00 Healthy B&amp;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  <b>1:00 Hip Hop SQUARE Dance</b>  <b>2:00 Books and Banter</b></p> <p><b>Bruschetta Chicken</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  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>  <b>2:00 Be a Truth Detective!</b>  2:00 Uplifting Karaoke  2:15 Meditation  4:00 Jam Session Group  5:30 Evening Yoga</p> <p><b>Swedish Meatballs</b></p>	<p><b>27</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>Chicken w/Rosemary Sauce</b></p>			
<div style="text-align: center;">  <h2>MONDAY MOVIES 1:30 PM</h2> </div> <table border="0" style="width: 100%; text-align: center;"> <tr> <td data-bbox="1154 1260 1550 1642"> <p><b>31</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>  12:00 Learn Mah Jong  12:30 Pinochle  1:00 Bingo  1:00 Healthy B&amp;B  2:00 Board Game Bonanza  2:45 Intro Social/Ballroom</p> <p><b>Chicken w/Mushroom Lemon Sauce</b></p> </td> <td data-bbox="1154 865 1550 1260"> <p>Mar. 2nd    <b>Red (2010)</b>  Action Comedy</p> <p>Mar. 9th    <b>Fried Green Tomatoes (2004)</b>  Comedy/Drama</p> </td> <td data-bbox="1154 478 1550 865"> <p>Mar. 16th    <b>Handsome Devil (2016)</b>  Comedy/Drama</p> <p>Mar. 23rd    <b>Now You See Me 2 (2016)</b>  Crime/Thriller</p> </td> </tr> </table> <p style="text-align: center;"><b>There will be no Movie Matinee on Monday, March 30.</b></p>					<p><b>31</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>  12:00 Learn Mah Jong  12:30 Pinochle  1:00 Bingo  1:00 Healthy B&amp;B  2:00 Board Game Bonanza  2:45 Intro Social/Ballroom</p> <p><b>Chicken w/Mushroom Lemon Sauce</b></p>	<p>Mar. 2nd    <b>Red (2010)</b>  Action Comedy</p> <p>Mar. 9th    <b>Fried Green Tomatoes (2004)</b>  Comedy/Drama</p>	<p>Mar. 16th    <b>Handsome Devil (2016)</b>  Comedy/Drama</p> <p>Mar. 23rd    <b>Now You See Me 2 (2016)</b>  Crime/Thriller</p>
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# 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, March 23<sup>rd</sup>, 1:00 - 3:00 PM**

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, Mar. 3<sup>rd</sup>, 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, Mar. 10<sup>th</sup>, 8:20 - 11:00 AM**

Screenings and hearing aid cleanings. **Schedule appointments at the welcome desk.**

## Low Vision Support Group

**Tuesday, Mar. 10<sup>th</sup>, 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.



## New! Better Breather's Club

**Tuesday, Mar. 10<sup>th</sup>, 3:00 PM**



If you, or someone you know, is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining us at this welcoming support group. Led by an American Lung Association trained facilitator, learn better ways to cope with your diagnosis and live life to the fullest with chronic lung disease during these free and regularly scheduled educational programs. Connect with others in this fun and enriching club! **Please register at the Welcome Desk.**

## Support for Dementia Caregivers

**Tuesday, Mar. 24<sup>th</sup>, 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

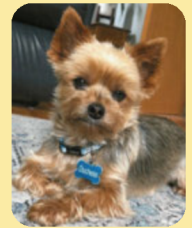
It's also a great chance to connect with other caregivers! Each month, we'll provide one-on-one support, available after meetings or by appointment.

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



**Duchess**

**Monday,  
March 2<sup>nd</sup>, 16<sup>th</sup>  
12:30 PM - 1:30 PM**



**Riley**

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



No longer listed on the calendar, but still here as scheduled with their happy wags and furry smiles!



## CREATIVE ACTIVITIES

### Monthly Centerpiece Making with Sunshine Village

Monday, Mar. 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 \*FEE \$5.00

Mondays, 9:30 AM

Learn from classically trained artist, Anne Mueller! 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

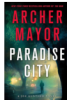
Our Science Fiction club is a gathering place for dreamers, thinkers, and explorer of all things speculative. Unravel the mysteries of distant worlds, debate bold ideas, and let creativity take flight!



### "Get a Clue" Mystery Book Club

Tuesday, Mar. 3rd, 2:30 PM

This month we'll discuss *Paradise City* by Archer Mayor. The selection for April is *The Twyford Code* by Janice Hallett.



### Books and Banter Club

Wednesday, Mar. 25th, 2:00 PM

This month we'll discuss *Prodigal Summer* by Barbara Kingsolver. The selection for April is *Before We Were Yours* by Lisa Wingate. Contact the Senior Center for hybrid options.



### Pinochle

Tuesdays, 12:30 PM



### Bingo

Tuesdays, 1:00 PM

Come join us for all the fun!



### Board Game Bonanza - New Group!

Tuesdays, 2:00 PM

Join us for Scrabble or open board game time!



### Trivia Club

Wednesdays, 11:30 AM



### Craft Club: Card Making

Tuesday, Mar. 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, Mar. 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, Mar. 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, Mar. 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, Mar. 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**

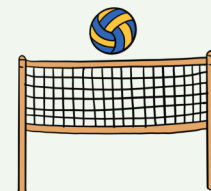
Join this fun group and test your bean-bag tossing skills!



### Chair Volleyball [FREE]

**Thursdays, 12:30 PM**

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



Sneakers or comfortable shoes REQUIRED.



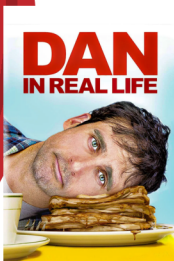
Funding from our Activity Gift Fund supplements the cost of our fee-based programs.

# 14 Friends of the South Hadley Seniors



✿♥♥✿♥♥✿ MARCH IS MEMBERSHIP MONTH! ✿♥♥✿♥♥✿

Please consider supporting the Friends of the South Hadley Seniors by becoming a member or renewing your membership today. **Membership is only \$10.** As a member you'll be supporting the Friends' outreach to our seniors. This year we'll be offering some member only benefits (free Tower Theater movies, discounted annual meeting meal, free ice cream sundaes, and more). Stop by our membership table at the Senior Center during the weeks of **March 9th & 16th (Tues, Wed, & Thurs)** to drop off your membership or to find out more about what we do. We'll have some giveaways and snacks. **All memberships received by March 31st will be entered into a raffle for a free \$50 Visa gift card. Thank you for your continued support!**



## JOIN US FOR A MOVIE AT SOUTH HADLEY'S TOWER THEATERS



**"Dan in Real Life"**  
**Monday, March 30 @ 1PM**  
**Doors Open at 12:15 PM**

The Friends of the South Hadley Seniors invite you  
to this hilarious movie at the Tower Theaters!

**Entrance fee is \$5.00 at the door** and includes a free popcorn and drink.

Register at the South Hadley Senior Center Welcome Desk.

**Stop by the Friends' membership table during the month of March  
to find out how you can see this movie on March 30th for FREE!**



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



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

- April 8, 2026: Newport Playhouse and Cabaret, Newport, RI. "Sexy Laundry".** 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. 4 day / 3 night / 7 meal trip** - 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 Huguette
- July 19 to 26, 2026: NCL Breakaway - Cruise from Boston to Nova Scotia and Bermuda** - call Huguette
- NEW: August 19, 2026: Aqua Turf, Plantsville, CT. Summer Nights Band featuring music by The Bee Gees, Frankie Valli, John Travolta, Olivia Newton-John, Frankie Avalon and Sha-Na-Na!** Cost: \$135. - call Vanessa
- NEW: September 28, 2026: Vermont Road Trip. Grandma Moses Exhibit at the Bennington Museum, Lunch and Tour @ Hildene -The Lincoln Family Home in Manchester and spectacular views along the way.** Cost \$140. - call 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**

**June Bagg**  
*Lindy (Lyndon Bagg)*

**Steve Bernier**  
*Rich Hunter*  
*Debra Bombard & Cherly Stevens*  
*Richard Dufault*

**Ronald Laferriere "Feb. 15"**  
*Hazel Laferriere*

**Maureen Murray**  
*Elizabeth Larivee*  
*South Hadley Senior Travel Club*

**Paul & Edith Papasodora**  
*John Papasodora*

**Sandra Waller**  
*Agnes Briere*

### **In Appreciation Of**

**Denise Barry, Tai Chi Class**  
*Susan Dayall*

**Eric Gallagher & Rick Dufault**  
*Joan Harp*  
*Margaret Hoffman*  
*Chester Marciniak*

**Dr. Marjorie Block**  
*Bruce and Patrice Buxton*

*George Eldridge*  
*Cynthia Benoit*  
*David Desmarais*

## **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, 3<sup>rd</sup> 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](mailto: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/>



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