

The Golden Chronicle

The South Hadley Council on Aging

45 Dayton Street South Hadley, Massachusetts 01075

April 2017

Tel. (413) 538-5042 • Fax (413) 532-8206



The Humble Bees



The CT based Humble Bees will perform for us on Thursday, April 27 @ 12:15. Make your lunch reservation soon!

This Program, as well as our Marilyn Monroe program in February are supported in part by a grant from the South Hadley Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

SPECIAL DATES

- April 3: Tai Chi starts!
- April 4: Birthdays & Anniversaries Lunch
- April 5: Candidates Luncheon
- April 6: Art Class Demo
- April 7: Coffee & Conversation with Leslie
- April 10: COA Board of Directors Meeting
- April 11: Memories Café opens
- April 12: Diabetic Support Group
- April 21: Coffee & Conversation
- April 21 Volunteer Appreciation Dinner
- April 26: "Remember When" presentation at Lunch
- April 27: The Humble Bee's Entertainment after Lunch



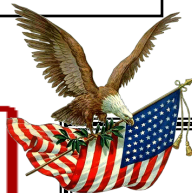
CANDIDATES' LUNCH

Wednesday, April 5th at 11am

The public is cordially invited to attend this informative event.

Lunch is optional and should be reserved by 1p.m. on Tuesday, April 4th by calling 538-5042.

Meet and mingle with the candidates running for town positions in South Hadley. Come hear what our candidates have to say!



OUR FOUNDING FATHERS

A DVD Presentation

Larry White, Jr. will facilitate the

VETERAN'S GROUP ON

APRIL 13TH AT 10AM.



A Note from Leslie

Candidates Lunch, Memories Café, Easter, Patriots Day, Grand Friends Day, Volunteer Appreciation Dinner and the Humble Bees: all part of April's events at the senior center.

Final preparations are being made to open our Memories Café on April 11th. A Memories Café is a place for people in the community with memory loss and their caregivers to come together and interact with other members of the community in a safe and supportive atmosphere. Our goal is to support people with similar experiences, who may feel isolated in their care giving, to come together and share those experiences.

A great deal of planning and preparation has gone into this program and Gerri, Peg and Maeve deserve a lot of credit. Space is limited and we are continuing to take reservations. Inquire with Leslie.

Our volunteer appreciation dinner will be held on Friday, April 21st. This dinner is by invitation only. Elvis will be in the house and we are encouraging a 50's dress theme – "Daddy-O"!! If you don't want to miss next year's "bash", sign up with Nancy to be a COA volunteer – just 12 hours a year gets you an invitation to a "boss" party! You will literally be, "on cloud 9" having a "blast"!

The new, friendly face in the center is Chad Fuller. Chad has joined us from the Senior Aide Program and we are pleased to have him. Chad will be working in the dining room and on various activities throughout the center.

Between the hours of 8am and 12:00pm, please do not use the entrance near the kitchen. Our home meals on wheels drivers use this door to load and unload their vehicles. It can get a little congested in that hallway and we don't want anyone to get hurt.

A big "thank you" to the South Hadley DPW crew who worked with us on our purge day, March 10th. With their assistance, we moved a mountain of "stuff" from the center. Thank you to the Friends group for all their help and, last but not least, our COA staff for rolling up their sleeves to get the job done. My thanks to you!

I'll be hosting Coffee and Conversation on April 7th and I hope to see you there! Leslie

Fall Prevention

By Christy Maxwell, WMEC Nutritionist

Falls are the number one reason why older adults lose their independence. It's estimated that one in four adults over 65 years old falls each year and more than 27,000 die as a result of the fall (that's 74 people every day). Multiple factors contribute to an increased risk of falling. Some of the more obvious ones include, having had a previous fall, feeling unsteady as you walk, and the loss of feeling in your feet. However, there are other factors that are linked to an increased risk of falling that are not so apparent. Medications for sleep and/or mood improvement have been associated with an increased risk of falling. The need to use your hands when pushing up from a chair or trouble stepping up onto a curb can indicate weak leg muscles, which can also increase your risk of falling.

1. Begin an exercise program to improve your strength and balance
2. Have your doctor or pharmacist review your medications to see if you are taking one that may increase your risk of falling
3. Get annual eye check-ups and update your glasses to ensure proper vision
4. Be sure to have properly fitting footwear
5. Use a cane or walker if your healthcare practitioner has recommended one
6. Make your home safer by
 - A) Removing clutter and tripping hazards
 - B) Putting railings on the stairs and grab bars in the bathrooms
 - C) Make sure there is proper lighting, particularly in stairways and hallways

Don't let a fall take you down! Be proactive - anticipate areas in your home that may pose a risk and make appropriate changes.

REMEMBERING WHEN

A Fire And Fall Prevention Program For Older Adults!

Wed. April 26, 2017

Fire Prevention Officer

Jason Houle will be with us at 11 AM in the dining room for this important presentation

Handouts and Give-aways!

OUTREACH NEWS

BY ANN ANDRAS

New Series: "Aging in Place-What do I need to know?"



Benchmark Senior Living: The Atrium at Cardinal Drive & Orchard Valley at Wilbraham

The Atrium
at Cardinal Drive

*A Benchmark Senior Living Community
for the Memory Impaired*

153 Cardinal Drive • Agawam, MA 01001

413-821-9911

www.benchmarkseniorliving.com



AT WILBRAHAM
A Benchmark Senior Living Community

2387 Boston Road • Wilbraham, MA 01095

413-596-0006

www.benchmarkseniorliving.com

On Friday April 28th at 10:00am, representatives from Benchmark Senior Living including Allison Baker and Elena Leon will be coming to our center to discuss the services available in assisted living and memory care at their two communities in Western MA: The Atrium at Cardinal Drive in Agawam and Orchard Valley at Wilbraham. Allison and Elena will also provide insight and tips on how to navigate the very confusing healthcare system in regards to the many options in senior living. They will be discussing the special programs and services offered at Orchard Valley and The Atrium including residency in traditional assisted living, memory care, respite care, and the respite-by-day program. Both communities offer monthly support groups, free community educational seminars, entertainment, and social activities that are open to the public. Individuals can sign up for a complementary tour to experience the community firsthand.

Orchard Valley at Wilbraham offers assisted living and the Harbor Program of care for those with Alzheimer's disease and other memory impairments. The Atrium at Cardinal Drive is a memory-care assisted living community for those with dementia and other memory impairments. Both communities are operated by Benchmark Senior Living, based in Waltham, MA. Benchmark is the largest privately held provider of senior living services in the Northeast and is committed to setting the standard of excellence in senior housing. Benchmark operates over 50 communities in Connecticut, Massachusetts, New Hampshire, Vermont, Rhode Island and Maine.

Benchmark will be providing refreshments and a door prize! Please join us for this presentation to learn more about the services available at Benchmark Senior Living! Please call 538-5042 to register.



Just a reminder.....

Are you celebrating a birthday in the month of **April**?

If so, have you checked your Massachusetts driver's license to see if it has EXPIRED? Remember we no longer receive a reminder from the RMV.

The **Home Modification Loan Program** offered by the Massachusetts Rehabilitation Commission (MRC) offers 0% and 3% loans (up to \$30,000) to help Massachusetts homeowners make modifications to stay at home. Loans can help finance projects such as: ramps, stair lifts and wheelchair lifts, kitchen and bathroom adaptations, and home security. For more information call or see Ann.

Friends of South Hadley Elderly Corner

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Congratulations to Florence Gallivan on winning the \$100 lottery tree for paying her 2017 Friends membership by March 15. Even though the lottery tree is no longer available, we're still accepting your \$5 membership dues for 2017 – as well as any donations or memorials you wish to make. The Friends put your monies toward an annual donation to the Council on Aging that allows them to provide entertainment, birthday/anniversary lunches and other special events. We also give the meals on wheels participants a Valentine gift, provide the coffee that's available during the day, and pay for all the copies made on the copier. Throughout the years we have also made several large purchases such as the printer formerly used for the Chronicle, the library furniture, pool tables, card tables and chairs, dining room chairs, office copier and several other items .

Raffle tickets are available for purchase from any Director of the Friends. They are being sold at 6 for \$5; the raffle will be held the night of Volunteer Appreciation, April 21. In addition to many gift cards, baskets, and other items, the grand prize is the \$100 guaranteed lottery tree. We have sent approximately 75 letters to local businesses requesting a donation for this event. When you visit any of the businesses in Town, ask them whether they've had the opportunity to donate toward this event.

At this time we are also accepting your new and/or clean, gently-used spring and summer clothing and accessories for the Boutique. We expect the Boutique to open May 8 between 9:30 and 1:00. The full schedule will be posted in the Chronicle, various issues of the Town Reminder and on the local cable network. Hope to see you there!

Senior Travel Club News

Wednesday, June 21. Sail Boston featuring the Tall Ships in Boston Harbor. Buses full. Accepting names for "wait list" only. Call Susan Canedy 538-2106 for information.

Wednesday, July 19, Newburyport with Captain's Cruise. Before lunch, time to browse the shops or stroll the cobbled streets of beautiful, picturesque Newburyport. Dining at Michael's Harborside restaurant (famous for their lobster rolls). Sirloin tips and Chicken Marsala are alternate meal choices. A hour and a half cruise from Plum Island up the Merrimack River follows lunch. Trip concludes with a guided visit to the Maritime Museum. Cost \$103.00. Call Judy Fortier, 534-3598 for reservations.

August 27-28, Lake George and Saratoga, NY. Day 1, Lake George cruise on the Mini Ha Ha, 1 night at the Georgian Resort on Lake George, dinner and dinner show in the Lakefront Dining Room, free time in Lake George Village. Day 2, breakfast buffet at the Resort, seats for the Saratoga races, dinner at Buca di Beppo in Albany on return. Cost \$315.00. Call Susan Canedy, 536-2106.

September: A preview of a coming event--Overnight at the Irish Village Resort on Cape Cod. Day 1 features lunch at the Daniel Webster Inn, and a visit to the Sandwich Glass Museum. Dinner and Live Entertainment at the Irish Village Resort. Day 2 includes a buffet breakfast at the Irish Village, the ferry to Nantucket Island, with a narrated, guided Island tour. Lunch on your own. Cost and final September dates are being worked on and flyers will be available soon or call Judy Fortier for additional information.

Tuesday, October 17, OCTOBERFEST: Covered Bridges of New Hampshire. A guided driving tour of covered bridges ("Kissing Bridges") in Southern New Hampshire. OCTOBERFEST luncheon at the Inn at East Hill Farm in the shadow of Mount Monaduck. A stop at Randall's Farm on way home. Cost \$85.00. Call Susan Canedy 536-2106 for reservations.

Monday, November 20---Friendship Tours 40th Anniversary Celebration at the Aqua Turf. Special show at 1977 prices!! Elegant hot hors d'oeuvres, a champagne toast, gala show with John Timpanelli & Leesah Stiles. Cost \$45.00. Call Howie Walsh, 593-6286.



Welcome to the Rainbow Supper Club of Holyoke

Western Mass ElderCare, in partnership with Holyoke COA , invite all Lesbian, Gay, Bi-sexual Transgender seniors, age 60 and older, younger partners, friends and allies.

First Wednesday of the Month 5pm-7pm, dinner served at 5:30pm

Holyoke Council on Aging, 291 Pine St, Holyoke, MA

Reservations required call 413-538-9020

Or email rainbowsupperclub@wmeldercare.org

Suggested, confidential, voluntary donation of \$2.25 for those individuals age 60 years or older; \$6.00 fee for guest under the age of 60 years. We hope to see you there!



SUNDAY, MAY 7, 2017

11AM TO 3PM

**HOLYOKE – SOUTH HADLEY
RIVER ROLL + STROLL**

Music, Activities, Art, Food & Fun for All Ages. Look for the COA on the Vietnam Veterans Memorial Bridge. Bridging our two communities for a day of fun and festivities

Volunteers are needed for this event. Please email: riverrollandstroll@gmail.com if you are interested.

SOUTH HADLEY COA STAFF:

Leslie Hennessey, Director
Lisa Napiorkowski, Asst Director
Ann Andras, Social Serv. Coordinator
Nancy Yesu, Volunteer/Activity Coordinator
Billy Poe, Food Service Coordinator
Ola Herbert & Kathy Gallivan Office Personnel
Jim Tomlinson, Asst. Cook
Rick Dufault, HMOW Coordinator
Ken Dawley, Mini-Bus Driver
Hot Meals on Wheels Drivers
 Herb Baker, Grace Tang, Maryanne Fredette Linda Tenkate,
 & Linda Callahan
Roger Duval, Handyman
Eileen Burke, SHINE Coordinator
Howie Walsh, Travel Club Chairperson
Sheila Adams, President, Friends of S.H. Elderly
Erin Marx, Newsletter Design

Statewide Regional Workshops for Grandparents Raising Grandchildren

The Commission on the Status of Grandparents Raising Grandchildren presents this three-hour workshop for grandparents and kinship caregivers throughout the Commonwealth. There will be special guests at each workshop presenting on topics important to grandparents raising grandchildren. There will also be an information panel at each workshop which will include representatives from DCF, DTA, Masshealth, Elder Services, and more. *Breakfast pastries, coffee and tea will be provided*

Northampton 4/26/17 9:30-12:30

The Northampton Senior Center, 67 Conz Street Northampton, Ma. Special Guest: Deb Dowd-Foley **Topic: Take Care of the Caregiver**
 Please Register by contacting Colleen Pritoni
 617-748-2454 or colleen.pritoni@state.ma.us



The printing and mailing of the newsletter is made possible through Formula Grant funds, advertising and your generous support.

Transportation is available to and from the South Hadley Senior Center and destinations in town. It is provided in part by the Executive Office of Elder Affairs, Town funding and many generous donations.



Our little friends at Alphabet Soup Pre-School on Ferry Street are in need of some "older" friends to volunteer in the classrooms.

Looking for friendly volunteers to read a story, help with an activity and share a smile. Please call Erin Murphy at 437-7467.

**CELEBRATING
 Grand Friends Day
 Sign-up needed
 Thursday, April 20th at
 12:30 PM
 In the conference room**

**Area youth will be here to answer any questions about your technology—
 Bring your iPods, tablets, cell phones or laptops. Learn how to send pictures and text, message loved ones, skype with family!!**

**Tai Chi is Back on Mondays
 With a New Instructor
 And a FREE 1st Class**

Monday, April 3rd, Tai Chi will begin with a new instructor, **Denise T. Barry**. Denise has taught Tai Chi since 1986. Tai Chi strengthens one's sense of balance, increases bone density, maintains joint and muscle flexibility, lowers pressure and facilitates the circulation of Chi, the vital life force energy of the universe.

Give it a try! Only \$6.00 per class

How To Quit Smoking

If you have been thinking about quitting smoking and would like to learn more, you are invited to attend "How to Quit Smoking," a group that will meet for six weeks on Thursday's beginning on April 6th. The group will be held in the Northampton Senior Center at 67 Conz Street in Northampton, MA. It is free of charge, open to the public, (55+) and physically accessible. Registration is required. Please contact: the Northampton Senior Center at **413-587-1228**.

How to Quit Smoking (55+)

Thursdays, April 6-May 11, 2017

Northampton Senior Center from 1:00-3:00

Free of Charge, Open to the Public (55+) and Physically Accessible"

APRIL 2017

MONDAY

TUESDAY



Lunch is served

**Monday—Friday from
11:45am to 12:15pm**

**The suggested dona-
tion is \$2.25 for par-
ticipants 60 or older.
Under 60 will be
charged \$3.00**

**Make reservations by
calling 538-5042**

Our Lunch Program is
Funded by a Title III-C
Nutrition Program
Grant from
WestMass ElderCare



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|--|---|
| <p>3 STUFFED CABBAGE 10:00 Tai Chi (Begins—1st Class Free) (Rm#5) 10:00 Music Appreciation (Rm#3) 1:00 Pinochle & Canasta (Dining Rm.) 1:00 Mah Jongg (Rm#2) 1:00 Color Me Calm (#3)</p> | <p>4 BIRTHDAY/ANNIVERSARY ROASTED PORK W/GRAVY 9:00-12:00 SHINE (Appointment Only) 9:30 Beginning Exercise (Rm#5) 11:15 Irene Plays Piano 12:45 Movie: "Singing in the Rain" (Rm#5) 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p> |
| <p>10. 10 SWEET & SOUR CHICKEN 9:30 Foot Nurse (by Appointment Only) 10:00 Tai Chi (Rm#5) 10:00 Decorating Group—Making Spring Dining Room Center- pieces with Nancy 10:00 Music Appreciation (Rm#3) 1:00 Pinochle & Canasta (Dining Rm.) 1:00 Mah Jongg (Rm#2)</p> | <p>11 VEAL PARMESAN W/PASTA 9:30 Beginning Exercise (Rm#5) 10:00-11:30 MEMORIES CAFÉ OPENS—(Call Leslie) 10:00 Easter Egg Decorating with Nancy (Limited to 6)*** 11:15 Irene Plays Piano 12:45 Movie: "Breakfast at Tiffanys" (Rm#5) 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p> |
| <p>17</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">PATRIOT'S DAY</p> | <p>18 SPAGHETTI W/MEATBALLS 9:30 Beginning Exercise (Rm#5) 10:00-11:00 Brown Bag 11:15 Irene Plays Piano 12:45 Movie: "Cast Away" (Rm#5) 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p> |
| <p>24 LIVER & ONIONS 9:30 Foot Nurse (by Appointment Only) 10:00 Tai Chi (Rm#5) 10:00 Music Appreciation (Rm#3) 1:00 Pinochle & Canasta (Dining Rm.) 1:00 Mah Jongg (Rm#2)</p> | <p>25. 25 TUNA SALAD 9:00 Newsletter Collating 9:00-12:00 SHINE (Appointment Only) 10:00 Low Vision Group (Rm #1) 11:15 Irene Plays Piano 9:30 Beginning Exercise (Rm#5) 12:45 Movie: "Say Anything" (Rm#5) 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p> |
| | <p>***See Nancy's News page for de-</p> |

WEDNESDAY

THURSDAY

FRIDAY

| | | |
|--|--|--|
| <p>5. 5 SWEDISH MEATBALLS W/GRAVY “CANDIDATE’S LUNCHEON” 9:30 Grocery Shopping 10:00 Travel Club (Library Conf. Room) 10:30 Healthy Bones & Balance (Rm#5) 11:00 SH Candidates Meet & Greet 1:00 Mah Jongg (Rm#3) 1:00 Pitch (Rm#2) 1:00 Choralites (Dining Room)</p> | <p>6 TURKEY SALAD 9:30-11:30 NEW “Let’s Paint” Art Class Begins (1st class is free) - Rm#2 10:00-11:30 Travel Club (Lib. Conf. Room) 10:00 Beginning Exercise (Rm#5) 10:00 Alzheimer Caregiver Support (Rm#1) 1:00 Quilting (Rm#3); Scrabble (Library) 1:00 Golden Agers (Rm#2) 1:00 Chip Poker (Rm#4) 2:00 Bereavement Support Group (Rm #1)</p> | <p>7 LEMON PEPPER POLLOCK 9:30 Grocery Shopping 10:00 Coffee & Conversation with Leslie (Dining Room) 10:30 Healthy Bones & Balance (Rm#5) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p> |
| <p>12 FRENCH MEAT PIE W/GRAVY 9:30 Grocery Shopping 10:00 Travel Club (Library Conf. Room) 10:00 Easter Egg Decorating with Nancy (Limited to 6)*** 10:30 Healthy Bones & Balance (Rm#5) 1:00 Diabetic Support Group 1:00 Mah Jongg (Rm#3); 1:00 Pitch (Rm#2) 1:00 Choralites (Dining Room)</p> | <p>13 OVEN BAKED CHICKEN 9:30-11:30 “Let’s Paint” Art Class*- (Rm#2) 10:00-11:30 Travel Club (Lib. Conf. Room) 10:00 Veterans Group 10:00 Beginning Exercise (Rm#5) 12:30-2:00 Blood Pressure (Nurse) Rm#1 1:00 Quilting (Rm#3) 1:00 Golden Agers (Rm#2) 1:00 Chip Poker (Rm#4) 1:00 Scrabble (Library) 2:00 Bereavement Support Group (Rm #1)</p> | <p>14 BAKED SALMON W/LEMON 9:30 Grocery Shopping 10:00 Coffee & Conversation (Dining Room) 10:30 Healthy Bones & Balance (Rm#5) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p> |
| <p>19 BBQ CHICKEN 9:30 Grocery Shopping 10:00 Craft Day: Make a Kite for May festival—(grandparents bring your grandchildren—limited to 10 people) ** 10:00 Travel Club (Library Conf. Room) 10:30 Healthy Bones & Balance (Rm#5) 1:00 Craft Day: Make a Kite for May fes- tival—(grandparents bring your grand- children—limited to 10 people) ** 1:00 Mah Jongg (Rm#3); 1:00 Pitch (Rm#2) 1:00 Choralites (Dining Room)</p> | <p>20 ROASTED TURKEY W/GRAVY 9:30-11:30 “Let’s Paint” Art Class*- (Rm#2) 10:00 Craft Day: Make a Kite for May fes- tival—(grandparents bring your grand- children—limited to 10 people) ** 10:00-11:30 Travel Club (Lib. Conf. Room) 10:00 Beginning Exercise (Rm#5) 12:30 Grandfriend’s Day (Rm#1) 1:00 Quilting (Rm#3) 1:00 Golden Agers (Rm#2) 1:00 Chip Poker (Rm#4) 1:00 Scrabble (Library) 2:00 Bereavement Support Group (Rm #1)</p> | <p>21. CHEESE LASAGNA WITH ALFREDO SAUCE 9:30 Grocery Shopping 10:00 Coffee & Conversation (Dining Room) 10:30 Healthy Bones & Balance (Rm#5) 11:30 REP. JOHN SCIBAK—Dining Rm 1:00 Bridge (Rm#3) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library) 5:00 Volunteer Appreciation Dinner (by Invitation ONLY)</p> |
| <p>26 CHICKEN CACCIATORA 9:30 Grocery Shopping 10:00 Travel Club (Library Conf. Room) 10:30 Healthy Bones & Balance (Rm#5) 11:00 “Remember When” Lunch & Learn—Fall Prevention 1:00 Mah Jongg (Rm#3); 1:00 Pitch (Rm#2) 1:00 Choralites (Dining Room)</p> | <p>27 SHEPHERDS PIE 9:30-11:30 “Let’s Paint” Art Class*- (Rm#2) 10:00-11:30 Travel Club (Lib. Conf. Room) 10:00 Beginning Exercise (Rm#5) 12:15 “Humble Bees” Entertainment 1:00 Quilting (Rm#3) 1:00 Golden Agers (Rm#2) 1:00 Chip Poker (Rm#4) 1:00 Scrabble (Library)</p> | <p>28 BREADED POLLOCK 9:30 Grocery Shopping 10:00 Coffee & Conversation 10:00 Aging in Place Series: Benchmark Senior Living (Rm#2) 10:30 Healthy Bones & Balance (Rm#5) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p> |
| <p>**Kites for River Roll & Stroll Festival</p> | <p>*\$6 per Art Class starting April 13</p> | |

News From ~Nancy (Activity & Volunteer Coordinator)

APRIL MOVIE SERIES—
WE WILL SHOW MOVIES



That include RAIN

April 4- **“Singing in the Rain”** (1952)
staring Gene Kelly and Debbie Reynolds

April 11- **Breakfast at Tiffany’s**(1961)
staring Audrey Hepburn

April 18- **“Cast Away”** (2010)
staring Tom Hanks

April 25- **“Say Anything”** (1989)
staring John Cusack

Easter egg

decorating with Nancy



Choose either **Tuesday, April 11 at 10am or
Wednesday, April 12 at 10am**

Sign up is limited to 6 people each date and
must be signed up by Friday, April 7

so I can properly prepare supplies.

This will be a MESSY activity (using shaving
cream) so please bring an apron or old shirt to
wear to protect your clothes.

You’ll need to bring 1 DOZEN

**HARDBOILED eggs and cardboard
container for transporting eggs home!**



KOI KITE DAYS! Join us

April 19th at 10am or 1pm or
April 20th at 10am. Same craft
each day. Sign up to help make a
koi fish kite for the River Roll &
Stroll event on Sunday May 7th.
***Note the kite made will stay**

**at the center to be flown as
part of the street festival. This
is a great opportunity to**

support this local event held in May.

Grandparents are encouraged to sign up
with grandkids~these dates are during school
vacation week. Event is open to everyone.

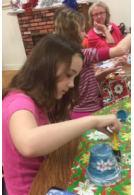
Please sign up by April 12 in office.

*****If you can’t attend but would like to help
you can take home a template to
color and return it to the center.
Call Nancy Yesu X205 for details.**





During February vacation grandparents and grandchildren came together to work on a craft project.



NEW PROGRAM!

We will be starting an art class called "Let's Paint" on Thursday mornings from 9:30-11:30am in Room 2.

Kathleen Gougion will be leading the class. Cost will be \$6/class payable at the office. Class begins April 6 (free introductory class) so please call the office ASAP if you have NOT already signed up.

TAI CHI CLASS will resume on April 3rd at 10 with new instructor (April 3rd will be a free class)



Sarah the Fiddler will be rescheduled.. Watch newsletter for the new date.



Our decorating group made the centerpieces for St Pat's day. If you'd like to join the fun we would love to have you! We will meet next on April 10th at 10:00am in the Dining Room to work on spring decorations. Please call the office if you plan to attend so we can properly prepare. We usually spend 1-1/2 hours working on the centerpieces. JOIN US!

We recently celebrated National Oreo Cookie day with an

Oreo Cookie tasting event.

We sampled 8 different flavors of Oreo cookies and picked our favorites.

Billy and Jim also made an Oreo cookie dessert to serve at lunch.



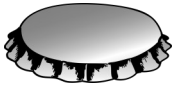

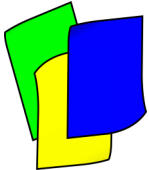
YUMMY!



Thank you for your recent donations!

We are no longer accepting plastic eggs, jelly beans, buttons or decks of cards.

LOOKING AHEAD ~ for upcoming projects

- • China tea cups and saucers
 - • Metal (not plastic) bottle caps 
 - • Clothespins -ONLY those with metal springs 
 - • Colored construction paper in new or almost new condition- 
- * *nothing faded or torn please**



**The Choralites
Delight!!
Thank you for a
wonderful *Irish-themed*
concert
on March 8th
to celebrate
St. Patrick Day!!**

Memories Cafe

Opening April 11, 2017

The Café will meet the 2nd

Tuesday of the Month

10am to 11:30am

**At the South Hadley Council on
Aging**

Call 538-5042 to inquire



- A welcoming place for people with memory loss to spend time with family or a Friend.
- Experienced Facilitators
- Friendly Atmosphere
- Support
- Activities
- Lending Library for Caregivers
- Coffee & Snack
- Stay for lunch!



~Les Dickinson for the weekly donations of Big-Y goodies!

~Don Lever for the donation of paper towels, tissues and dish soap!

~Sylvia Ollmann for the donation of soaps!

~ Jim Cosby of Jim's Auto Service for mini-bus support!

~Martha Blaney for the donation of paper towels!

~Joan Casavant for the paper towels and the dish soap!

Funding from the **Older Americans Act** through the MA Executive Office of Elder Affairs provides GRANTS FROM WESTMASS ELDERCARE, INC.

The programs include: Alzheimer's Caregivers Support Group, Chores/Snow Removal and Companion/Escort transportation.

Call the COA at 538-5042 and ask for Ann (Ext. 206) or Leslie Ext. (204) if you would like more information.

In Memoriam

WE ARE SINCERELY GRATEFUL FOR ALL OF THE DONATIONS MADE TO THE SOUTH HADLEY COA IN SUPPORT OF OUR SENIOR CENTER AND THE MANY PROGRAMS, ACTIVITIES AND SERVICES PROVIDED.

THE FOLLOWING WERE DONATIONS MADE IN MEMORY OF LOVED ONES INDICATED IN CAPS ALONG WITH DONORS LISTED IN LOWER CASE .

BETTY ANNE BELLIVEAU

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