

# The Golden Chronicle

*The South Hadley Council on Aging*

45 Dayton Street South Hadley, Massachusetts 01075

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



## Celebrating June

### Birthdays & Anniversaries

with the

**Berkshire Hills Music Academy!**

**TUESDAY, JUNE 6TH**

**Call to make your reservations, 538-5042**

## SPECIAL DATES

- June 1: Alzheimer's Caregiver Support Group meeting.
- June 3: S. Hadley Shredding Day
- June 6: Birthdays & Anniversaries  
~Lunch with the Berkshire Hills Music Academy  
~SHINE 9-12PM
- June 7: Water Color Demo with Tina Addison
- June 8: Blood Pressure Clinic  
12:30-2pm RN's office
- June 12: COA Board of Directors Meeting
- June 13: Memories Café  
~ Intro to Aromatherapy by Nora Zinan, RN. 10am, DR
- June 20: Mercy Home Care Lunch & Learn (11:15)  
~SHINE 9-12PM
- June 21: Tyme4spa, Time for You  
Facials with Diane Neill  
~Wear Purple for Alzheimer's



## Wear Purple on Wed. June 21st in support of Alzheimer's & Brain Awareness Month

Currently over 5.5 million Americans are living with Alzheimer's disease, a number projected to triple by the year 2050.

**On June 21st—**

the longest day of the year and a special day of action for the Alzheimer's community—

**Go purple!!** A simple way to support the cause— we are asking our members to wear **Purple** on this day of awareness.



## Chair Yoga

**DEMO**

**CLASSES**

**Mon. June 19th &**

**Thurs. June 22nd**

**9:15AM TO 9:45AM**

**Exercise Room**

**Class begins on Thursday, June 29th from 10-11am**



## Facials at the COA

Tyme4spa, Time for You

Facials with Diane Neill  
Licensed, Experienced & Insured

Every 3rd Wed of the Month starting June 21st.

\$33.00 per session

9am to 1pm

Call 538-5042 for an appt.



## Water Color Classes

Thursdays at 10am in room 2 - drop in!!

Watercolor Artist and teacher

Tina Addison offers fun and the love of painting to the COA

**Only \$4.00 per class.**

Drop-ins and beginners welcome

**Stop by the dining room on June 7th to see a demonstration of Tina's Art**



## A Note from Leslie

Hello All,

We have been busy at the center!!! The staff and I have been looking into new programs and activities to offer (Arm Chair Volleyball, anyone?) and we have lowered the cost of some old, and new, activities to make them more affordable for everyone. The very generous community donations and the yearly monetary commitment by our Friends of the South Hadley Elderly for our entertainment and “special events” make our efforts possible. There will be something new from the kitchen; Billy is introducing “Burger Bar” day this month. When you read Nancy’s pages (“Leslie, can I get three pages in the newsletter this month???”) you will see that she has a lot planned for June, too.

Please read more information on Page 3 about our “Reaching Out to the Community” initiative. Ann will be scheduling days each month to visit Hebert Place, Lathrop Village and Newton Manor to provide outreach and information on services to our elder residential communities.

June 6th will mark my 1- year anniversary at the center and it has been a great year. Thank you all for the warm wishes and the kind words. I truly enjoy being here!

I do read, and consider, all the suggestions in the Suggestion Box. Some are very entertaining. Here are a few we’ve received:

### “More Soup”

~~*Jim’s soup is very good and a special treat on Fridays. Because we receive funds for our Nutrition Program from West-Mass ElderCare, we need to follow their requirements for each meal’s nutritional component. Soup everyday would not meet the dietary needs of the program.*

### Can we get hooks in the dining room to hang-up canes?

*DONE! Thank you, Roger Duval!!*

### Could we please have a cell phone policy in the dining room—especially during meals.

~~*I don’t think we need a formal policy: Some people find it distracting if a table-mate is talking on the phone during lunch. Please be considerate of others.*

### Can the Menu be printed on black and white paper or light colored paper- it is hard to see the print on the dark paper.

~~*The menu from WestMass ElderCare is printed on bright paper. I spoke with Lisa Lovell from WMEC about our concerns and she will be changing the paper to pastel colors.*

### Better Bones

by Christy Maxwell, WMEC Dietitian/Nutritionist

The topic of bone health typically conjures up thoughts of calcium and vitamin D. But what about exercise? It turns out there is much more to strong bones than what we get from our diet. Research has suggested that exercise, particularly the weight-bearing type, is essential for developing strong bones. In fact, studies are now saying that exercise plays as important a role in bone health as nutrition.

Like our muscles, bone is a living tissue for which stress (in the form of physical exercise) is needed for growth and maintenance. Just as consuming extra protein without exercise will not develop your muscles, calcium without exercise will not increase your bone density. You may have heard about the studies conducted in astronauts, where extended periods in space with zero gravity led to significant bone loss. While that is an extreme situation, the end result is the same. If you don’t use it, you’ll lose it!

You may be thinking that it’s too late to start building bones now. We know that peak bone density occurs by age 30, and that hormones (particularly estrogen) play a big role in bone development. Nevertheless, studies have shown that even postmenopausal women (for whom the risk of osteoporosis is greatest), experience an increase in bone density from performing resistance exercises.

While exercise in general is beneficial for overall health, not all types are favorable for increasing bone. Weight-bearing or “resistance” exercises are needed to positively affect the bone. This refers to exercises that require you to lift weights or use your body weight. So, walking, jogging, playing tennis, dancing, climbing stairs, yoga, Thera-bands, and weight lifting are all forms of weight-bearing activity. These exercises can be modified in ways which allow those with limited ability to benefit. Although swimming and bicycling are great for the heart, they do not provide the required stress on the bone to build it.

So how much activity is needed to achieve the goal of stronger bones? The National Osteoporosis Foundation recommends that adults get 30 minutes of weight-bearing activity (walking, dancing) most days of the week. In addition, they recommend muscle-strengthening exercise (weight lifting, Thera-bands, yoga) two to three days per week, and some form of flexibility/balance training (yoga, Tai Chi, functional exercises) every day.

It is important to remember that before starting a new exercise routine, you should speak with your doctor. It may also be valuable to speak with a fitness professional or physical therapist for guidance on specific exercises that meet your current ability.



**New Series: “Aging in Place-What do I need to Know**



On Friday, June 23<sup>rd</sup> at 10:00 am, Julie Waniewski, the Director of Community Relations from Armbrook Village will be coming to our center to discuss the various lifestyle options available for seniors at her community in Westfield.

Armbrook Village is Westfield’s Newest Senior Living Community and has Received the Designation as the Best of Senior Living by senioradvisors.com for 2016 & 2017! With 122 rental apartments, they have Independent and Assisted Living, as well as their Compass Memory Care Neighborhood and the opportunity for Short Term Respite Stays. Julie will explain what these different lifestyles have to offer and who is most appropriate for each.

Armbrook offers a variety of social, cultural, educational, spiritual and vocational activities throughout the week for their residents as well as outings to local restaurants, museums, theaters, concerts, etc.

They also hold monthly events which are open to the public including their “Grab your Passport” cultural education program, Alzheimer’s Association Support Groups and a monthly Memory Café for folks and their caregivers to enjoy a nice afternoon in a comfortable environment, as well as outside speakers on variety of topics of interest to seniors.

Armbrook Village is operated by SLR (Senior Living Residences), which has been on the cutting edge of assisted living and Alzheimer’s care for 25 years. In affiliation with the Boston University’s Alzheimer’s Disease Center, SLR remains at the forefront of research-based care for seniors, especially those living with Alzheimer’s Disease, or other related dementia.

Armbrook will be providing refreshments and door prizes! Please join us for this presentation to learn more about the lifestyle options available at Armbrook Village!

**Armbrook Village | 155 North Road | Westfield, MA | (413) 568-0000**

**REACHING OUT TO THE COMMUNITY**



As part of the Council on Aging Community Outreach program Ann will be visiting Newton Manor on Wednesday June 7th @ 2:00 p.m., Hubert Place on Tuesday, June 20th @ 2:00 p.m., and Lathrop Village on Wednesday June 28th @ 2:00 p.m. Please join her in the Community Room. Refreshments will be served!

**Just a reminder.....**



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

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.

**SAVE THE DATE~ Outreach Series**



- June 23: Armbrook Village
- July 28: WMEC Options Counseling
- August 25: HomeWatch Caregivers
- September 29: Mercy Adult Day Health of Westfield
- October 27: Arbors of Chicopee
- November 17: Providence Place
- December 15: Glenmeadow

# Friends of South Hadley Elderly Corner

## Friends Corner

The Annual Raffle we held at Volunteer Appreciation Night was a great success! There were many gift cards, baskets and monetary donations given by our local businesses, a few "anonymous" donors and individual Friends. In addition to letters sent to the aforementioned, we want to publicly give thanks to these businesses and individuals. Listed in no particular order: Sheila Adams, Big Y, McCray's Country Creamery, Rt. 33 Pizza House, Tower Theaters, Jean Lambert, Yarde House Tavern, Berkshire Bank, Marcotte Ford, Ken Ellis, Loomis Village, Veryl's Automotive, Beers and Story, Jubenville Insurance Agency, Gail Bielenza-Pafford, Polish National Credit Union, Easthampton Savings Bank, and Arts Unlimited. If I left anyone out, I apologize. Jim Murphy was the winner of the "Guaranteed \$100 Lottery Tree."

The Boutique is up and running with our spring and summer fashions and accessories for both men and women. June dates are: the 5<sup>th</sup>, 6<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 26<sup>th</sup>, and the 27<sup>th</sup>. Those of you who have shopped here before know our prices and quality are great. "If we wouldn't buy it, we won't sell it."

## 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 536-2106 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

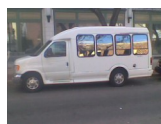
Or email [rainbowsupperclub@wmeldercare.org](mailto:rainbowsupperclub@wmeldercare.org)

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!

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

**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, HMOV Coordinator
- Ken Dawley, Mini-Bus Driver
- Hot Meals on Wheels Drivers
- Herb Baker, Maryanne Fredette ,  
Siri Lewis , Linda Callahan &  
Sal Canata
- Roger Duval, Handyman
- Eileen Burke, SHINE Coordinator
- Howie Walsh, Travel Club Chairperson
- Sheila Adams, President, Friends of S.H. Elderly
- Erin Marx, Newsletter Design



**South Hadley COA Mini-Bus Service:**



**Do you need the COA mini-bus for transportation?**

The Mini-bus runs Monday—Friday from 9am to 3pm. You can take the mini-bus to local medical appointments , grocery shopping, and transportation to and from the COA. The cost of riding the mini-bus is \$1.25 each way or \$2.50 round trip ( to and from the center is \$2.50)

**All rides must be scheduled 24 hours in advance.  
Sorry, our driver cannot assist with grocery bag delivery.  
CALL 538-5042**

**Companion/Escort Transportation Program**

**Do you need medical transportation to Doctor Appointments, OUTSIDE of South Hadley?**

**Call Ann Andras to see if you qualify to receive transportation services from our grant funded program.**

**Drivers will take you to and from a medical appointment in their own vehicle. There is no cost to you.**

**Call to learn more about this important service: 538-5042**

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.

**Alzheimer's Caregiver Support Group**

Meets the 1st Thursday of the month (call for schedule)538-5042  
10am to 11am: Conference Room

This group is facilitated by an experienced Alzheimer support facilitator and is open to individuals caring for a loved one or a friend of someone with Alzheimer's



**TREE PLANTING AT THE COA**

Monday, June 15th was proclaimed Plant Something Day by Gov. Charles Baker. Representative John Scibak was honored by the Massachusetts Flower and Nursery Growers for his support and assistance to enhance the quality of living for citizenry and the beautification of the Commonwealth. Representative Scibak chose the Council on Aging as the site for the dedication of a beautiful Ornamental Dogwood Tree! Our members joined in on the dedication to Representative Scibak.



On Thursday, May 18th, Sgt. Brian Willette, Commander of South Hadley VFW Post 3104 and Keith Buckhout from VFW Post 801 Holyoke Massachusetts lowered the faded American Flag and raised a new glorious National banner at the South Hadley Senior Center, just in time for Memorial Day.

# JUNE 2017

MONDAY

TUESDAY

**Soup of the Day  
Every Friday**

**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**



**Grocery Shop-  
ping is available  
every Wednes-  
day & Friday  
Call 538-5042 for  
reservations.**

**WEAR PURPLE DAY**

**Wednesday, June 21st**

*—In Support Alzheimer Awareness*



**Wednesday, June 21st & Thursday, June 22nd**

***Craft Day with Nancy at 10:15—Chocolate Covered Strawberries—  
Participants must bring container of fresh strawberries. Other supplies  
will be provided. Sign up by June 15th. Limited to 10 participants.***

**5 CHICKEN FAJITA**

9:30-1:00 Friends Boutique  
10:00 Tai Chi (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)  
1:00-2:30 Armchair Volleyball (Rm#5)

**6 BIRTHDAY/ANNIVERSARY  
VEAL PARMESAN W/PASTA**

9:00-12:00 SHINE (Appt. Only)  
9:30-1:00 Friends Boutique  
11:15 Berkshire Hills Performs  
12:45 Movie: "Overboard" (Rm#5)  
1:00 Bingo (Rm#2)  
1:00 Needlecraft (Rm#3)  
1:00 Arm Chair Massage (Rm #1)

**12 BURGER BAR**

9:30 Foot Nurse (by Appt. Only)  
9:30-1:00 Friends Boutique  
10:00 Decorating Group  
10:00 Tai Chi (Rm#5)  
10:00 Music Appreciation (Rm#3)  
1:00 Pinochle & Canasta (Dining Rm.)  
1:00 Mah Jongg (Rm#2)  
1:00-2:30 Armchair Volleyball (Rm#5)  
4:00 COA Board Meeting

**13 SPAGHETTI W/MEATBALLS**

9:30-1:00 Friends Boutique  
10:00-11:30 Memories Café  
10-10:45 Intro to Essential Oils for  
Health & Wellness w/Nora  
Zinan, RN  
11:15 Irene Plays Piano  
12:45 Movie: "The Proposal" (Rm#5)  
1:00 Bingo (Rm#2)  
1:00 Needlecraft (Rm#3)  
1:00 Arm Chair Massage (Rm #1)

**19 BROCCOLI & CHEESE QUICHE**

9:00-9:45 Chair Yoga Demo (Rm #5)  
9:30-1:00 Friends Boutique  
10:00 Decorating Group (4th of July)  
10:00 Tai Chi (Rm#5)  
10:00 Music Appreciation (Rm#3)  
11:30 REP. JOHN SCIBAK—DR  
1:00 Pinochle & Canasta (Dining Rm.)  
1:00 Mah Jongg (Rm#2)  
1:00 Color Me Calm (#3)  
1:00-2:30 Armchair Volleyball (Rm#5)

**20 ROAST TURKEY W/GRAVY**

9:00-12:00 SHINE (Appt. Only)  
9:30-1:00 Friends Boutique  
10:00-11:00 Brown Bag  
10:00 Low Vision Group (Rm #1)  
11:15 Mercy Home Care Lunch &  
Learn (Dining Room)  
12:45 Movie: "Somethings Gotta  
Give" (Rm #5)  
1:00 Bingo (Rm#2)  
1:00 Needlecraft (Rm#3)  
1:00 Armchair Massage (Rm #1)

**26 LASAGNA W/MEAT SAUCE**

9:30 Foot Nurse (by Appt. Only)  
9:30-1:00 Friends Boutique  
10:00 Tai Chi (Rm#5)  
10:00 Music Appreciation (Rm#3)  
1:00 Pinochle & Canasta (Dining Rm.)  
1:00 Mah Jongg (Rm#2)  
1:00-2:30 Armchair Volleyball (Rm#5)

**27 STUFFED CABBAGE W/GRAVY**

9:00 Newsletter Collating  
9:30-1:00 Friends Boutique  
11:15 Irene Plays Piano  
12:45 Movie: "Sleepless in Seattle"  
(Rm#5)  
1:00 Bingo (Rm#2)  
1:00 Needlecraft (Rm#3)  
1:00 Armchair Massage (Rm #1)

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**FLAG DAY CRAFT**

**Wednesday, June 14th**  
**Space Limited to 10 —Sign Up**  
**By June 9th**

**1 SWEDISH MEATBALLS W/GRAVY**

**9:30 Water Color Art Class (Rm#2)**  
 10:00-11:30 Travel Club (Lib. Conf. Room)  
 10:00 Alzheimer Caregiver Support (Rm#1)  
 1:00 Chip Poker (Rm#4)  
 1:00 Golden Agers (Rm#2)  
 1:00 Quilting (Rm#3);  
 1:00 Scrabble (Library)

**2 COLD HAM SALAD PLATE**

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)

**7 SALISBURY STEAKS W/GRAVY**

9:30 Grocery Shopping  
 10:00 Travel Club (Library Conf. Room)  
 10:30 Healthy Bones & Balance (Rm#5)  
**11:00 Water Color Art Demo w/Tina Addison (Dining Room)**  
 1:00 Mah Jongg (Rm#3);  
 1:00 Pitch (Rm#2)

**8 KIELBASA W/LAZY PIEROGI**

**9:30 Water Color Art Class (Rm#2)**  
 10:00-11:30 Travel Club (Lib. Conf. Room)  
**10:00 Veterans Group**  
 12:30-2:00 Blood Pressure (Nurse) Rm#1  
 1:00 Chip Poker (Rm#4)  
 1:00 Golden Agers (Rm#2)  
 1:00 Quilting (Rm#3)  
 1:00 Scrabble (Library)

**9 BAKED POLLOCK LOINS**

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)

**14 LIVER & ONIONS**

**9:00-12:00 EarMasters w/Gary Winn (Rm#1)**  
 9:30 Grocery Shopping  
**10:00 Flag Day Craft (Dining Room)**  
 10:00 Travel Club (Library Conf. Room)  
 10:30 Healthy Bones & Balance (Rm#5)  
 1:00 Mah Jongg (Rm#3);  
 1:00 Pitch (Rm#2)

**15 BBQ CHICKEN**

**9:30 Water Color Art Class (Rm#2)**  
 10:00-11:30 Travel Club (Lib. Conf. Room)  
 1:00 Chip Poker (Rm#4)  
 1:00 Golden Agers (Rm#2)  
 1:00 Quilting (Rm#3)  
 1:00 Scrabble (Library)

**16 COLD TURKEY SALAD PLATE**

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)

**21 SHEPHERDS PIE W/GRAVY**

**WEAR PURPLE DAY**

**9:00 Tyme4spa Time for You Facials w/Diane Neill**  
 9:30 Grocery Shopping  
 10:00 Travel Club (Library Conf. Room)  
**10:15 Craft Day: Chocolate Covered Strawberries (Dining Room)**  
 10:30 Healthy Bones & Balance (Rm#5)  
 1:00 Mah Jongg (Rm3), 1:00 Pitch (Rm2)

**22 OVEN FRIED CHICKEN**

**9:00-9:45 Chair Yoga Demo (Rm #5)**  
**9:30 Water Color Art Class (Rm#2)**  
 10:00-11:30 Travel Club (Lib. Conf. Room)  
**10:15 Craft Day: Chocolate Covered Strawberries (Dining Room)**  
 1:00 Chip Poker (Rm#4)  
 1:00 Golden Agers (Rm#2)  
 1:00 Quilting (Rm#3)  
 1:00 Scrabble (Library)

**23 MACARONI & CHEESE**

9:30 Grocery Shopping  
 10:00 Coffee & Conversation (DR)  
**10:00 Aging in Place Series: Armbrook Village (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)

**28 BAKED HAM W/FRUIT SAUCE**

9:30 Grocery Shopping  
 10:00 Travel Club (Library Conf. Room)  
 10:30 Healthy Bones & Balance (Rm#5)  
 1:00 Mah Jongg (Rm#3);  
 1:00 Pitch (Rm#2)

**29 SWEET & SOUR CHICKEN**

**9:30 Water Color Art Class (Rm#2)**  
 10:00-11:30 Travel Club (Lib. Conf. Room)  
**10:00-11:00 Chair Yoga Begins (Rm#5)**  
 1:00 Chip Poker (Rm#4)  
 1:00 Golden Agers (Rm#2)  
 1:00 Quilting (Rm#3)  
 1:00 Scrabble (Library)

**30 COLD EGG SALAD PLATE**

9:30 Grocery Shopping  
 10:00 Coffee & Conversation (DR)  
 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)

# News From ~Nancy (Activity & Volunteer Coordinator)

## JUNE MOVIE SERIES-

Our theme is "ROMANTIC COMEDY" movies

**June 6 - "Overboard" (1997)**

staring Goldie Hawn/Kurt Russell

**June 13 - "The Proposal" (2009) with Sandra Bullock/Ryan Reynolds**

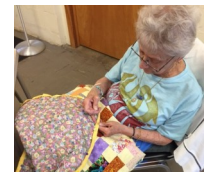
**June 20- "Something's Gotta Give" (2003) with Jack Nicholson/Diane Keaton**

**June 27- "Sleepless in Seattle" (1993) with Meg Ryan/Tom Hanks**

EVERY TUESDAY AT 12:45pm

Our Quilting Group meets on Thursdays at 1:00pm in Room 3. They are in need of quality, clean, cotton, fabric to use for an upcoming quilt fundraising project to benefit our COA.

Donations can be left in the office.



The Humble Bees entertained us last month. We can't wait to have them back again. 😊



Join us July 19th for our summer picnic.



Entertainment by Jimmy Mazz.

Featuring "Songs Across America"

Sign up in the office starting July 3rd.



Can you lend a hand?



We are in need of a Dining room helper on the 1st, 2nd, 3rd, 5th Wednesdays of the month (or any combination of these dates).

Time frame is about 9:15/9:30-12:30

We also need Home Meals on Wheels packers (no delivery) every other Thursday Time frame is 8:15/8:30-12:30

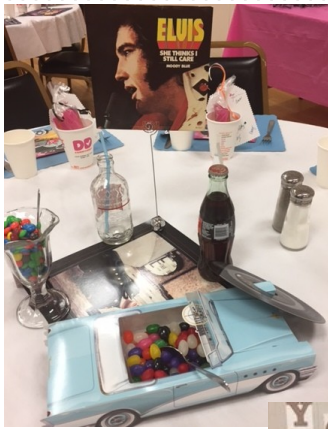
Please call Nancy Yesu X205 if you can help

BERKSHIRE HILLS will be here June 6 at 11 am to entertain us before lunch.

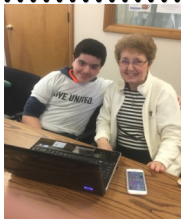
Don't miss out-they are always a hit.

Sign up for lunch in the office.





Our Volunteer  
Appreciation Dinner  
was held  
on April 21st.



Grand  
Friends  
Tech  
Day



Recently we worked with the United Way to bring local students here to assist our seniors with their various tech devices. It was so popular we plan to hold another event soon.



JOIN US IN JUNE

Tuesday, June 13 at 10am

Intro to Essential Oils. Nora Zinan, RN will teach us how to use natural oils for health and wellness. Sign up in office by Jun 9. Limited to 15 people.

Let's celebrate strawberry month by making chocolate covered strawberries. **Sign up in office by June 15.** Limited to 10 people each day. Wednesday, June 21 at 10::15 or Thursday, June 22 at 10:15 or Monday, June 26 at 10:15

\*Please bring a small container of fresh strawberries



Flag Day Craft time with Nancy

Wednesday, June 14 at 10:00. Sign up by June 7 in office



Thank you for your recent donations!

• We are in need of clean, cotton, fabric for the quilting group and Mason style jars.



~Quilter Sally Gauthier for the COFFEE quilt in the dining room.

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

~Don Lever for the donation towards the COA Canopy which we use for community events.

~ Mary Billion, Laurie Casolari & Don Lever, for their assistance at the River Roll & Stroll event

~Wayne & Marilyn Gass for the donated tickets to the South Hadley Police Association Comedy Night

~ Sarawood Nursing Home in Holyoke for the delicious snacks for our May Memories Café.

PUT A DENT IN IDENTITY THEFT: **FREE**

COMMUNITY SHRED EVENT  
**Saturday, June 3, 2017**  
 Bank of America  
 Newton Street, So. Hadley  
 9:00 A.M. TO 12:00 P.M.  
 SPONSORED BY:  
 So. Hadley TRIAD/S.A.L.T. COUNCIL, and VALLEY GREEN SHREDDING  
 Residential ONLY and no limit!



**SAVE THE DATE**

July 19th is the  
**COA PICNIC**  
 with **JIMMY MAZZ**

**FALLSFEST 2017**  
**SAT, JULY 29TH**  
**Music & Arts Festival**  
[contactsh@fallsfest.com](mailto:contactsh@fallsfest.com)



**Substitute Meals on Wheel Driver Needed**

Must be available Monday—Friday from 10—12:30pm

Please call Leslie for more information  
 538-5042

**WestMass ElderCare Elder Nutrition**  
**Summer Luau Picnic**  
 With Luis Dance Machine

**THURS, JUNE 29th 11:00AM—2:30PM (lunch 12pm)**  
 Morgan Road Pavilion, 429 Morgan Rd. West Springfield

**Join us and wear your festive luau attire**  
 Suggested, Voluntary donation of \$6.00.  
 Guests under 60—\$8.00

Funding from the **Older Americans Act** through the Massachusetts Executive Office of Elder Affairs and The Administration for Community Living provide GRANTS FROM WESTMASS ELDERCARE, INC.

The programs include: Alzheimer's Caregivers Support Group, 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 .**

**BARBARA AIKEN**

Claire Bielanski  
Shirley A. Danasko

**RENE LAVERDIERE**

Tillie Laverdiere

**ROBERT MCDON-**

**ALD**  
Kathreen M. Tessier

**BARBARA LEONARD**

Jean Descant

**ROSEMARY GRIFFIN**

Donald Kelly

**DOROTHY RONDEAU**

Claire Bielanski  
Ceasar & Bernice Fernandes

**TESSIE**

**GAUDREAULT**

**TAUSCHER**

Doris Pichette

**GENE DESCANT**

Joan Descant

**PAUL ROBILLARD**

Claire Bielanski

**RALPH**

David Perwak

**WE ARE ALSO VERY GRATEFUL FOR THE DONATIONS RECENTLY RECEIVED FROM THE FOLLOWING PEOPLE:**

Helen E. Willemain  
Edward & Kathleen Kopec  
Robert & Beverly Henneman  
Lucille A. Manning  
Kathleen K. Hurley  
Ruth Enders  
Kevin & Gail Fitzgerald  
Rosemary Chicorka  
Janet Stawasz  
Fran Cyr  
Don Lever

*Thank You* **DONATIONS TO THE SOUTH HADLEY COUNCIL ON AGING:**

If you would like to make a donation to the Council on Aging to support our Center's activities, kindly check off one of the accounts listed below that you would like to have your donation go to. **If your donation is in memory of someone and you would like us to send an acknowledgement, please indicate the individual's name and address below.** PLEASE PRINT

**DONATION FROM:** \_\_\_\_\_ **ADDRESS:** \_\_\_\_\_

**Contribution in memory/honor of:** \_\_\_\_\_

**Please send Acknowledgement to:** (kindly indicate name, address & relationship): \_\_\_\_\_



- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Wherever Needed Most               | <input type="checkbox"/> Christmas Gift Card Fund | <input type="checkbox"/> New Senior Center                |
| <input type="checkbox"/> Activities Account                 | <input type="checkbox"/> Nutrition Gift Account   | <input type="checkbox"/> Mothers' Garden                  |
| <input type="checkbox"/> Caregivers Gift Account            | <input type="checkbox"/> Newsletter Account_      | <input type="checkbox"/> "Lights On"                      |
| <input type="checkbox"/> Minibus Maintenance                | <input type="checkbox"/> Services Account         | <input type="checkbox"/> Transportation Account           |
| <input type="checkbox"/> Minibus ( <i>Future Purchase</i> ) | <input type="checkbox"/> Emergency Fund           | <input type="checkbox"/> Subsidized Senior Transportation |

**Please Make Check Payable To:** South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075. Contributions are tax deductible. Donations made "In Memory/Honor" of someone **WILL** be published in the Monthly COA Newsletter.

Please check if you **DO NOT** want your name published.

