

See you at the COA picnic

August 2018

THE

Golden Chronicle

THE SOUTH HADLEY COUNCIL ON AGING

45 Dayton St., South Hadley MA 01075

Tel. 413-538-5042 • Fax 413-532-8206

Follow us on



South Hadley Council on Aging Mission Statement

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 over age 55.

Annual COA Picnic at Buttery Brook Park

Entertainment by **Jimmy Mazz**

50/50
& Prizes

August 13th at 11:00- 1:30pm

BRING A CHAIR
OR BLANKET

Call by August 6th to reservations at 538-5042

Burgers, Hot Dogs, Baked Beans, Coleslaw, Chips, Watermelon & Corn on the Cob!!

Ride the mini-bus to & from the picnic for FREE!!

*Special, surprise dessert provided by Life Care Of Wilbraham !

Cost: Over 60: \$2.25 suggested donation ~ 60 & Under: \$6.00 Charge

Sponsored by our
FRIENDS Of
South Hadley
Elderly, Inc

Open until 7:00pm on Wednesdays

AUGUST EVENING PROGRAMS

The Senior Center has evening programming & activities planned throughout the summer months!!

Wednesday, August 1st

A Summer Movie Classic

AMERICAN GRAFFITI

* Root beer floats

Movie starts at 5:30pm

Wednesday, August 15

Make your own

Succulent Plant Terrarium

Must pre-register at 538-5042

by Wed. August 8th

\$2.00 suggested donation

Wednesday, August 8th

5:30-7pm

Stress Management Workshop

Robin Davis, M.A., CCC-SLP will present a 90-minute program. We all know that stress is harmful to our bodies and minds, but actually controlling those responses to various triggers or environments is another story. During this interactive session, we will practice a variety of techniques that will stop anxiety in its tracks to create new, more desirable outcomes and that will literally change your brain! You will walk away with hands-on strategies that will help you control your responses to stressors so that they don't control you.

Refreshments served: RSVP: 538-5042

Wednesday, August 22

Senior Game Night at the COA

Trivia, games & puzzles of all kinds.

A healthy brain is a working brain.

Wednesday, August 29

Elder Law Atty Karen Jackson

Elder Law: Tips and Traps.

Attorney Jackson will explain important, current Medicare and MassHealth rules, provide powerful tools that can help alleviate harsh financial impacts: how to pay for the nursing home, and have adequate funds for a spouse's household expenses, and reserve an inheritance for children and other beneficiaries.

A must see presentation!



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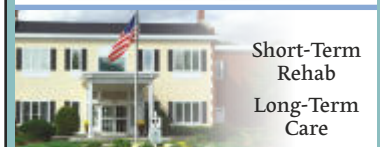
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413.885.0371 CELL



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Dr. Steven A. Markow, Optometrist

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STATE REPRESENTATIVE JOHN W. SCIBAK

P.O. Box 136, South Hadley, MA
(413) 539-6566
Fax: (413) 539-5855
John.Scibak@mahouse.gov



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South Hadley COA - South Hadley, MA 06-5294

Dear Friends,

We have two picnics at Buttery Brook happening in August and September!! Our August 13th picnic is our Annual COA Picnic Celebration with entertainment by Jimmy Mazz!! Join us 11am to 2pm at the park. Enjoy burgers, hotdogs, baked beans, coleslaw, corn on the cob, watermelon and dessert!! Ride the bus to and from the picnic for FREE!

The September 22nd picnic is a fundraiser for the New Senior Center!!! Enjoy music by Freddie Marion & Dan Kane, Moose & the High Tops, BBQ Dinner, beverages by the “Beer Guy”, raffles and more. Further information about our September picnic is on page 5!!! All are welcome!!!



The center (building) will be closed to all activities on Monday, August 13th Please join us at Buttery Brook Park for the Annual Council on Aging Picnic.



Monday Morning Fitness Center Workouts with Ryan

Certified, fitness instructor Ryan Davis will lead participants through a five-station workout utilizing a range of equipment. A focus on increasing general strength, balance, & coordination.

Mondays 8:30-9:30am \$4.00 per class; per person

You must call in advance to reserve a spot in this class: 538-5042

Orientation in Fitness Center needed before joining the circuit workouts



Top 10 Reasons for Seniors to Shop at Farmers’ Markets
By Christy Maxwell, WMEC Nutritionist (Adapted from USDA Nutrition.gov)

1. Freshly picked, in-season produce is at its peak in flavor and nutrition. Visit the USDA “Seasonal Produce Guide” to learn what fruits and vegetables are in season.
2. Supporting local farmers helps to support your local economy. You can help new and smaller farmers be successful and save farmland in your area.
3. Fresh fruit and vegetables are full of antioxidants and phytonutrients. These components of fruits & veggies are vital for the health of our eyes, heart, and brain!
4. Visiting a farmers’ market is a great activity to do with your grandkids. Let them pick out something new to try, and help you prepare a meal or snack.
5. Supporting your local farmer’s market strengthens your community. Meet your local farmers and learn about foods grown in your area!
6. Farmers’ markets offer foods that support the *MyPlate* guidelines. Visit different booths to pick up seasonal fruits and vegetables, as well as local dairy, grain and protein products to build your healthy plate.
7. Farmers often have recommendations and tips for preparing their products. Go to “Fruits and Veggies More Matters” to find recipes that use fresh fruits and vegetables.
8. You can try a new fruit or vegetable. Have you ever tasted gooseberries or rhubarb? Many farmers’ markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious.
9. SNAP and HIP benefits are accepted at many local farmers’ markets. Learn about SNAP and HIP benefits at Farmers’ Markets, and how you can get up to an additional \$40 worth of fruits and vegetables each month.
10. Farmers’ markets are easy to find. Use the “USDA Farmers Market Search” to find one near you. Many farmers’ markets provide a mobile service and bring their produce to central locations and housing facilities.

TRAVEL CLUB & FRIENDS OF SOUTH HADLEY ELDERLY, INC

**Travel Club Hours: Wednesdays: 12pm to 1:30pm &
~ NEW HOURS ~ Thursdays: 10am to 11am**

August 20, 2018. Block Island: A visit to Block Island in the state of Rhode Island, located in the Blue Atlantic. It's a mere 12 miles by ferry from the quaint fishing village of Galilee. Once on Island, we will enjoy lunch at the National Hotel, sit on a wrap-around porch and view the harbor and Atlantic Ocean. Our trip will include an **Island Tour** which takes us along sandy beached and beautiful vistas. Cost \$99.00 - Call Dolores Giroux @ 536-2779.

September 26, 2018. Washington Irving's Tales of the NY Hudson River Valley: A theatrical program of 3 entertaining one-act plays begins your day. Directly following the show, luncheon at the Red Brook Restaurant featuring your choice of vegetable pasta, grilled chicken or grilled pork chop. After lunch, depart on a two-hour cruise on the Hudson River aboard the Rip Van Winkle. Cost \$110.00 - Call Susan Canedy @ 536-2106.

October 15, 2018. Winnepesaukee Railroad Luncheon Train. Combines historic old-fashioned charm and a friendly atmosphere with the national beauty of rolling hills, lakes and scenic mountains. We will depart on a two-hour round-trip ride aboard the Winnepesaukee Scenic Railroad. We will enjoy a Turkey dinner aboard the train. A stop at **Kellerhaus Ice Cream** in the Weirs Beach area where we will be on our own to try tasty treats. Cost \$99.00 - Call Dolores Giroux @ 536-2779.

November 8, 2018: Dreamland Wax Museum, Boston, MA. View spectacular works of art, enjoy lunch at Maggiano's Little Italy and shopping at Faneuil Hall. Cost \$90.00 - Call Howie Walsh @ 593-6286.

December 10, 2018. Aqua Turf Club, Plantsville, CT. White Christmas featuring Rob Zappulla and his 13 piece Big Band, dining and dancing. Coffee and donuts on arrival and delicious family style lunch. Cost \$95.00 - Call Howie Walsh @ 593-6286.

South Hadley Senior Travel Club is not responsible for any personal injury incurred on the trip. No refunds for cancellations within 30 days of a trip. Non refundable for NO shows the day of the trip. A \$5.00 non refundable deposit required upon signup for all trips. Full payment for all trips is due 30 days prior to trip.



Monday Canasta Club wants you to know— Any day the temperature is 90 degrees and over— Come to the center for a complementary popsicle. See Ola or an office volunteer for a ticket!

FRIENDS OF SOUTH HADLEY ELDERLY, INC CORNER

As mentioned last month, the Friends group is working on a fundraiser that will be available late summer – early fall. The most definite thing I can say is “Tiger Country.” This will be the most ambitious and expensive fund raiser the Friends have done in years. All profits will be dedicated to the new Senior Center Building. As you have noticed, we have approximately 14 “tigers” scattered throughout the Town – some quirky, others whimsical, some educational and others commercial. The Friends are putting together a 2019 calendar that will incorporate all of the tigers. We are hopeful that calendars will be available in October to be sold at \$10 each. If you or anyone you know was involved in the ideas for decorating please forward them to us in order that we can put a brief caption to the appropriate tiger. Great ideas for stocking stuffers, birthday presents, teacher presents – you get the idea. As said, this is the most expensive fund-raiser we have sponsored in years – don't let us lose money on it! Additional details will follow in subsequent issues of the Chronicle and other venues.

Our next quarterly meeting will be at 1:00 on October 11 at the Senior Center. Hope to see more of our “Friends” here. We accept memberships, donations and memorials at any time during the year.

HELP WANTED SUBSTITUTE MEALS-ON-WHEELS DRIVER FOR THE COA

Are you looking for a flexible,
very part-time job?

Hours are 10 am to 1pm
Please call Leslie at 538-5042
Or apply www.southhadley.org

SERVICES & INFORMATION

Support Services at the Council on Aging

Alzheimer's Caregiver Support Group, 2nd Thurs/month at 10am Free *(Grant funded: WestMass ElderCare)

NO AUGUST MTG Memories Café, 2nd Tuesday of the month, 10am to 11:30 Free. *(Grant Funded: WestMass ElderCare)

Medical Appointment Transportation call Ann, 538-5042 Free. *(Grant Funded: WestMass ElderCare)

Veterans Support Group, 2nd Thur. of month 10am –11am Free.

Blood Pressure Screening, 2nd Thur. of month 12:30-2:00pm Free.

NEW EARS Hearing Screening with Gary Winn, H.I.S., 2nd Tues. of the month 1:00pm to 3:30pm Free.

Low Vision Group, Call Ann for information 538-5042, Ext. 206

SHINE Counseling, by appt. Call 538-5042 Free.

See you at the COA picnic

TRANSPORTATION SERVICES In Town

.75 each way

To & from the Council On Aging

\$1.25 each way

Pharmacy, grocery shopping & local
medical appointments

Wednesdays: CVS, Walgreens &
Price Rite

Make reservations with Ola between
8am to 1pm daily: 538-5042.

Rides must be scheduled 24hr in
advance.

Driver cannot assist with carrying bags.
THREE bag maximum suggested

SENIORS ON THE GO....!

FUNDRAISER

Summer Exercise, Dance, Yoga & Tap Dancing Classes

Mondays

Circuit Training with Ryan 8:30– 9:30:

\$4.00 per class, per person

Tai Chi at 10am : \$3.00 p/c

Fit & Fun at 11:15am FREE

Tap Dancing /Loryn 1pm: \$3.00

Wednesdays

Dance Class w/ Ashley 9:15: Free

Healthy Bones & Balance 10:30 Free

Thursdays

Seated & Standing Yoga at 10am: \$3.00
p/class to instructor

Fridays

Healthy Bones & Balance 10:30, Free
Mon– Friday

The Maurice “Fitz” & Margaret Fitzgerald
Memorial Fitness
Center (call 538-5042 for orientation) FREE
to all South Hadley residents
\$8.00 per month for non-residents

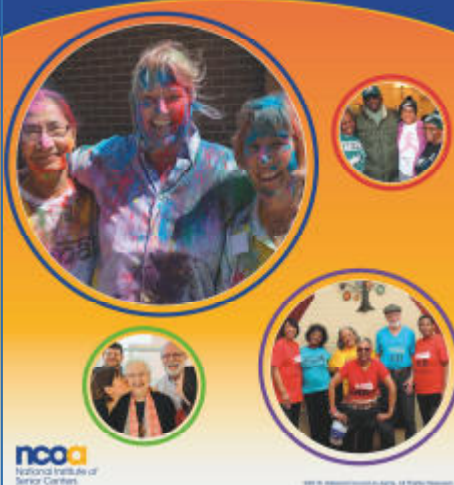
SAVE THE DATE

SUNDAY, September 16, 2018
1pm to 3pm

**A Go4Life Stroll: An All-Ages,
All-Abilities, Family-Fun Walk**
at the River-to-Range Rail Trail in
beautiful South Hadley!!!

A S.Hadley community
collaboration: The South Hadley
COA & Bike-Walk Committee
invite you!!

National Senior Center Month | September 2018
SENIOR CENTERS: BUILDING MOMENTUM
Growing | Learning | Giving | Connecting



SOUTH HADLEY SENIOR CENTER FUNDRAISER

**SATURDAY
SEPT 22ND**

1~6 PM (RAIN OR SHINE)
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SOUTH HADLEY**



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FRIENDS

AUGUST 2018

see you at the

MONDAY	TUESDAY	WEDNESDAY
<p>LUNCH IS SERVED—M-F 11:45-12:15 Make reservations at least 24 hours in advance by calling 538-5042. The suggested donation for lunch is \$2.25 for participants 60 or older; guests <u>under</u> 60 will be charged \$6.00— Per Federal Regulations</p>	<p>Our Lunch Program is Funded By the Federal Title III-C Older Americans Act</p>	<p>1 MINI-BUS TO MEMO 10:30 Healthy Bones & E 1:00 Mah Jongg (Rm #3) 1:00 Pitch (Rm#2) 3:00 Book Club 5:00 Movie "American C Floats (sign up by Aug</p>
<p>6 9:45 SHINE (By Appointment Only) 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5) 11:15 Fit & Fun (Rm5) 1:00 Tap Dancing (Rm#5) 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2); 1:00 Color Me Calm (Rm#3) 5:30 So. Hadley Public Library Concert Transportation</p>	<p>7 BIG Y GROCERY SHOPPING 9:30 SOCIAL STROLLERS 12:45 Movie: "Up" (2009) Rm#5 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)—(Rm#1)</p> <div data-bbox="1128 556 1323 777" style="text-align: center;">  <p>B-days & Anniv. Call to Reserve AUG. 7th</p> </div>	<p>8 MINI-BUS TO MEMO 10:30 Healthy Bones & E 1:00 Mah Jongg (Rm #3) 1:00 Pitch (Rm#2)</p>
<p>13 COA BUILDING IS CLOSED PICNIC AT BUTTERY BROOK SIGN-UP BY FRI. 8/6 (Need transportation? Ride the mini-bus for FREE)</p>	<p>14 BIG Y GROCERY SHOPPING 9:30 SOCIAL STROLLERS 10:00 NO Memories Café in August 12:45 Movie: "The Lorax" (2012) - Rm#5 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3) 1:00—3:30pm Gary Winn Hearing Screening-(Rm#1)</p>	<p>15 MINI-BUS TO MEMO 10:30 Healthy Bones & E 1:00 Mah Jongg (Rm #3) 1:00 Pitch (Rm#2) 5:00 Jewelry Making Cl</p>
<p>20 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5); 11:15 Fit & Fun (Rm5) 1:00 Tap Dancing (Rm#5); 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2) 1:00 Color Me Calm (Rm#3)</p>	<p>21 BIG Y GROCERY SHOPPING 9:30 SOCIAL STROLLERS LOW VISION GROUP (Please Call for More Information) 10:00 BROWN BAG (Rm#3) 12:45 Movie: "The Lion King" (1994) - Rm#5 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)</p>	<p>22 MINI-BUS TO MEMO 10:30 Healthy Bones & E 1:00 Mah Jongg (Rm #3) 1:00 Pitch (Rm#2) Lunch & Learn: Robin about a "Prepare for Su 5:30-7:00 Drop-in Senio</p>
<p>27 9:30 FootNurse (by appointment only) 9:45 SHINE (by Appointment Only) 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5); CRAFT DAY (Sign up by 8/23) 11:15 Fit & Fun (Rm5) 1:00 Tap Dancing (Rm#5); 1:00 Mah Jongg (Rm#2) 1:00 Pinochle & Canasta (Dining Rm)</p>	<p>28 BIG Y GROCERY SHOPPING 9:30 SOCIAL STROLLERS 12:45 Movie: "Princess Diaries" (2001)—(Rm#5) 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3) 9:00 NEWSLETTER COLLATING (Rm#3)</p>	<p>29 MINI-BUS TO MEMO 10:30 Healthy Bones & E 1:00 Mah Jongg (Rm #3) 1:00 Pitch (Rm#2) 5:30-6:30 Karen Jackso</p>

SOUP OF THE DAY EVERY FRIDAY FOR CONGREGATE MEALS AND HMOW 1ST & 3RD FRIDAY OF THE MONTH. FOR FULL MENU GO TO: WWW.SOUTHHADLEY.ORG/867/COA-LUNCH-MENU

Aug 1—American Chop Suey
 Aug 2—Tarragon Chicken
 Aug 3—Grilled Cheese & Tuna

Aug 6—BBQ Chicken
 Aug 7—French Meat Pie w/Gravy
 Aug 8—Cheese Lasagna w/Sauce
 Aug 9—Roast Turkey w/Gravy
 Aug 10—Breaded Pollock


Aug 13—PICNIC DAY
 Aug 14—Baked Ham
 Aug 15—Veal Patty w/Gravy
 Aug 16—Cold Plate: Ham
 Salad
 Aug 17—Chicken Breast
 Sandwich

Aug 20—Spaghetti & Meatballs
 Aug 21—Stuffed Cabbage
 Aug 22—Oven Baked Chicken
 Aug 23—Shepherd's Pie
 Aug 24—Baked Salmon

Aug 27—Liver & Onions
 Aug 28—Broccoli Quiche
 Aug 29—Meatloaf
 Aug 30—Beef Stew
 Aug 31—Cold Plate: Egg
 Salad

picnic!

CALENDAR

WEDNESDAY	THURSDAY	FRIDAY
<p>MORIAL DRIVE SHOPPING Balance (Rm#5)</p> <p>"Graffiti" with Root Beer (August 6th)</p>	<p>2 ICE CREAM SANDWICH DAY! </p> <p>10:00 Seated & Standing Yoga (Rm#2) 10:00 Alzheimer's Support Group (RM#1) 1:00 Chip Poker (Rm#4) 1:00 Quilting (Rm#3); 1:00 Scrabble (Library)</p>	<p>3 BIG Y GROCERY SHOPPING </p> <p>NATIONAL WATERMELON DAY!</p> <p>9:30 SOCIAL STROLLERS 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>MORIAL DRIVE SHOPPING Balance (Rm#5)</p>	<p>9 10:00 Veteran's Group Meeting 10:00 Seated & Standing Yoga (Rm#2) 12:30-2:00 Blood Pressure with Nurse 1:00 Chip Poker (Rm#4); 1:00 Scrabble 1:00 Quilting (Rm#3);</p>	<p>10 BIG Y GROCERY SHOPPING</p> <p>9:30 SOCIAL STROLLERS 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>MORIAL DRIVE SHOPPING Balance (Rm#5)</p> <p>Class with</p>	<p>16 WEAR "TIE DYE" DAY 10:00 Seated & Standing Yoga (Rm#2) 1:00 Chip Poker (Rm#4) 1:00 Quilting (Rm#3); 1:00 Scrabble (Library)</p>	<p>17 BIG Y GROCERY SHOPPING</p> <p>9:30 SOCIAL STROLLERS 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>MORIAL DRIVE SHOPPING Balance (Rm#5)</p> <p>Davis presents information Surgery, Heal Faster " Program for Game Night Dining Room)</p>	<p>23 10:00 Seated & Standing Yoga (Rm#2) 1:00 Chip Poker (Rm#4) 1:00 Quilting (Rm#3) 1:00 Scrabble (Library) 1:00 Barn Quilt Tour (Sign up by Aug. 20th)</p>	<p>24 BIG Y GROCERY SHOPPING</p> <p>9:30 SOCIAL STROLLERS 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>MORIAL DRIVE SHOPPING Balance (Rm#5)</p> <p>on—"Elder Law Presentation"</p>	<p>30 10:00 Seated & Standing Yoga (Rm#2) 1:00 Chip Poker (Rm#4) 1:00 Quilting (Rm#3) 1:00 Scrabble (Library)</p>	<p>31 BIG Y GROCERY SHOPPING</p> <p>9:30 SOCIAL STROLLERS 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>

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SOCIAL SERVICES ~ ANN'S CORNER



COMING IN SEPTEMBER.....MARK YOUR CALENDARS!

"WEIGHT WATCHERS" IS COMING TO THE SENIOR CENTER

Beginning with an informational session on Friday, September 7th at 12:00 noon, and continuing each Friday, we will host a Weight Watchers meeting. The meetings are open to town employees and members of our community. One too many ice cream treats over the summer? September is a great time of the year to hit the reset button. Weight Watchers has a whole new program called *Freestyle*. Learn how to eat clean and healthy and still enjoy all food. Our Leader Coni will explain all the details at the September 7th meeting. Current members who would like to transfer to our meeting are welcome. To register for the informational meeting, and/or questions please call Ann at 538.5042 extension 206.



We are in need of volunteers to cover the phones on Wednesdays from 4:30-7:00pm. Can you help? You **DO NOT** need to be available every Wednesday. (We can split this among several volunteers.)



Can you help out at our picnic at Buttery Brook on Monday, August 13th? We are in need of several volunteers to help out that day. Please call Nancy Yesu Volunteer Coordinator 538-5042



FUEL ASSISTANCE 2018/2019

It doesn't seem possible that we could be thinking about the coming winter months and fuel assistance. However, many of you will be receiving your recertification paperwork any day from **Community Action!** The heating season does not officially open until November 1st. You do **not** have to wait to return your application. I am available to help. Get your recertification paperwork in early for a quicker response. For an appointment and a list of which verifying documents you will need to provide, Call Ann at 538.5042 extension 206.

LOOKING FOR— cloth measuring tapes (NO METAL), colored plastic spoons (not white),



CLEAN wooden spoons,



baseballs (any condition),



embroidery floss (any color)

CRAYONS!
CRAYONS!
CRAYONS!
CRAYONS!



(they can be in any condition)

Enjoy your city!

ValleyBike Share sets you free to explore Pioneer Valley (Amherst, UMass campus, Holyoke, Northampton, South Hadley & Springfield) on two wheels. For more information: <https://www.valleybike.org>

COMMUNITY OUTREACH WITH ANN

At 2:00 p.m.

Newton Manor—Wed, August 1st
Hubert Place—Wed, August 8th
Lathrop Village—Wed, August

Council on Aging seeks board members

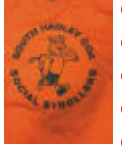
The Council on Aging is seeking applicants to serve on its board. There are three openings on the 11-member board. Each position holds a three-year term. The COA's mission is to establish policies and work with the director to provide programs and services for elders. Please fill out online application on the town's website. Visit <http://southhadley.ma.gov/692/Board-Vacancies> and click "Apply Online" in the column on the left side of the page. For a direct link, visit <http://www.southhadley.org/formcenter/selectboard-4/application-for-appointment-to-board-com-44>.

ACTIVITY/VOLUNTEER COORDINATOR PAGE

AUGUST MOVIE SERIES—
EVERY TUESDAY AT 12:45pm
 Our theme is
“INTERGENERATIONAL” movies—
BRING YOUR GRANDCHILDREN!
 August 7 “Up” (2009)
 August 14 “The Lorax” (2012)
 August 21 “The Lion King” (1994)



The COA Social Strollers are off to a great start. We are walking every Tuesday and Friday mornings at 9:00am. Join us for one or both mornings. Sign up by calling the office and asking for Nancy.



Our blueberry muffin making class resulted in some yummy treats to take home.



Thank you to Sandy K. for donating the blueberries.



Thank you to the FRIENDS of SH Elderly for sponsoring our entertainment,
JERRY NOBLE TRIO

What a treat!



JOIN US for a repeat of our Granby Barn Quilt Tour on Thursday, August 23 at 1:00pm. Ken will drive us to see the barn quilts in Granby. We will be back at approx 2:30pm. Space is limited and sign up is required by August 20. Call the office to sign up.



COMING IN AUGUST...

Come in during the day on Thursday, August 2 and have an ice cream sandwich with us!



Join us the next day as we serve

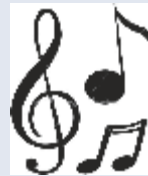
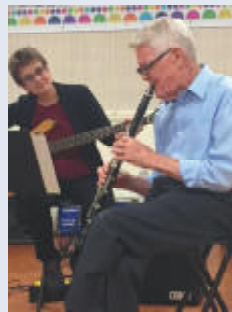


watermelon to celebrate National Watermelon

Day.

On August 16th

wear your tie die clothing.



SUMMER MYSTERY CRAFT with Nancy

Monday, August 27 at 10am
 Sign up in the office by Aug. 22



YOUR COA STAFF

South Hadley Council on Aging Staff

Herb Baker ~ Linda Callahan ~ Sal Canata ~
 Maryanne Fredette ~ Siri Lewis ~ Joe Rzeszutek,
 Drivers for our Home Meals on Wheels Program
 Ann Andras, Social Service Coordinator
 Paris Brantley, Media & Activities Coordinator
 Ken Dawley, Mini-bus Driver
 Rick Dufault, Home Meal on Wheels Coordinator
 Dylan Connolly, Dishwasher
 Kathy Gallivan, Office Personnel, Donations 
 Leslie Hennessey, Director
 Ola Herbert, Office Personnel, Transportation
 Lisa Napiorkowski, Assist. Director
 William Poe, Food Service Coordinator
 James Tomlinson, Assist. Cook
 Nancy Yesu, Program & Volunteer Coordinator

INFORMATION & UPDATES



PVTA FARE INCREASE Effective July 1st, 2018

Adult basic fare:
\$1.50
Adult Cash transfer:
\$0.25
Elderly & Disabled:
\$0.75
**Elderly & Disabled
Cash Transfer: \$0.10**
**20-pack of zone 1 tick-
ets (1 free): \$57.00**

Rainbow Supper Club of Holyoke

Western Mass ElderCare & The 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, 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

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.

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

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) for more information.



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IN MEMORIAM

AUGUST 2018 NEWSLETTER – MEMORIAL DONATIONS

WE ARE SINCERELY GRATEFUL FOR ALL OF THE DONATIONS MADE TO THE SOUTH HADLEY COA IN SUPPORT OF OUR SENIOR CENTER AND THE MANY SERVICES PROVIDED. THE FOLLOWING DONATIONS WERE MADE IN MEMORY OF LOVED ONES INDICATED IN CAPS:

CATHERINE KIRBY MALINSKI

Donna Vining

DOROTHY DOWNEY

Alvord Place Communities
Normand & Dorothy Cadieux
Paul & Jane Tardif

FLORENCE GROCHOWALSKI

Don McCullough
Joan M. Mikolajczyk
Rudy & Pat Kuc
Mater Dolorosa Society Group #141
Frank Grochowalski

KEN WILSON

Elaine Wilson

LUANNE REYNOLDS

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Bill & Alice Partanen
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Sophie Gazda

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RON LAFERIERRE

Loretta Parlengas

STANLEY KOWALAC

Lorraine & Dominic Liantonio

BERNIE & JULIA RATKIEWICZ

Bernard Ratkiewicz

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

Claire Safford

Brenda Griffin

Kathleen Hurley

Mary Jane Follett

South Hadley Dental Associates, Inc.



Marjorie S. Block, D.M.D.
Jacinthe Giroux D.D.S.

413-536-4455

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WIN A \$30.00 GIFT CARD! JOIN OUR NEWSLETTER EMAIL LIST IN 2018 AND YOU 'LL BE ENTERED IN A DRAWING FOR A \$30.00 GIFT CARD. JUST EMAIL LESLIE AT: LHENNESSEY@SOUTHHADLEYMA.GOV DRAWING DEC. 31ST. 2018

The South Hadley COA reserves the right to utilize photos of participants for publicity purposes. Participants not wanting their photo used must notify the center in writing.

Please support us by making a donation

Simply check-off the account you would like to have your donation go to. Please provide us with the necessary acknowledgement information. Please Print:

DONATION FROM: _____ ADDRESS: _____

Contribution in memory or, in honor of: _____

Please send acknowledgement to family: (kindly indicate name, address & relationship to deceased)

Name: _____ Address: _____ Relationship to deceased: _____

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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.