

THE

OPEN WEDNESDAYS UNTIL 7:00PM SEPTEMBER 2018

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.

SOUTH HADLEY SENIOR CENTER FUNDRAISER

**SATURDAY
SEPT 22ND**

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



**MUSIC BY
DAN KANE & FREDDIE MARION AND
MOOSE & THE HIGH TOPS**

BBQ DINNER

RAFFLES

PROCEEDS BENEFIT
THE NEW SENIOR CENTER
\$50/PERSON
\$10/KIDS 10 AND UNDER



**For Tickets Call
413-561-0492**



EVENINGS IN SEPTEMBER

**Wednesday, September 5th at 6:00pm
Learn about the benefits of Acupuncture**

Eva Luneta owner of Acupuncture & Oriental Medicine in South Hadley presents information about acupuncture for the relief of pain, in weight loss and for allergies relief.

**Wednesday, September 12, 5:30pm
Master Gardeners Present: Seed Harvesting
and Fall Bulb Planting**

Speakers: Chris Ryan, South Hadley Tree Warden
Marie Rohan, President of GRO South Hadley
Community Garden; Linda Young, Co-ordinator of
the COA's Mother's Garden

**Wednesday, September 19
Learn to Belly Dance Workshop, 5:30pm**

Aralia Pearl is a professional bellydancer based in the Pioneer Valley. Known for mixing a sense of humor and sass, with graceful lines and spins into her performances, Aralia will provide fun, expert instruction into the wonderful world of beginning belly dancing. RSVP 538-5042

\$2.00 suggested donation

**Wednesday, September 26 at 5:30pm
Ballot Questions #3**

Question 3 proposes to repeal the 2016 state law that banned discrimination against transgender people in places of public accommodation, such as restaurants, malls, and restrooms. Come hear speaker Erin Buzuvis, Professor at the Western New England University School of Law in Springfield discuss this ballot Question.



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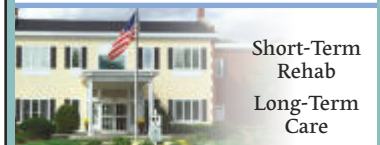
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7 Hadley Street, South Hadley, MA • (413) 536-6100



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

WHAT'S NEW...

Hospice Life Care is pleased to be offering a support group for those who have experienced the death of someone close.

Fridays

11am-12:30pm,

Sept. 26 through Nov. 16

With Bereavement Counselor
Cary Quigley M. Ed.

Grief is not an experience we can wish away by deciding to move on. Grief has its own timeline; it can show up in many ways, and can leave us unsure of our next steps. Please call Ms. Quigley at 413-887-5552 or cquigley@holyokevna.org

Our Memories Café reopens on
September 11th: 2:00pm to
3:30pm

Facilitators Peg Denault &
Diane Mc Clinton
Music Therapist Gina Willette
will provide an interactive
music program

A welcoming place for individuals
with Alzheimer's, dementia and
memory loss to visit with their
loved one or caregiver in a
supportive setting.

Activities, Camaraderie, Support
Coffee & snack For more info:
538-5042

Slogan Contest for the New Senior Center

- Drop your slogan in the slogan box on the dining room stage
- Enter as many times as you like (include your name!!)
Ballots accepted Aug. 1st to Sept. 5th.
- Judging period to narrow down to the top 6 entries:
Sept. 6th—Sept. 11th.
- Sept. 12-14th vote for your favorite entry
- The winning slogan will be unveiled at the September 22nd Fundraiser at Buttery Brook Park.



SAVE THE DATES!!!!

Wednesday Evening programming
October 3rd: Mercy Pace Program
October 17th: An Evening with the Spirits: with Rick Boisvere
9Oct 31st: Welcome trick or Treaters!! & Horror Movie Classic
November 14th: Jewelry Making Class: 5:30pm. \$2.00 donation
November 28th: Tuscany Olive Oil presentation.. \$2.00 donation
December 5th: TBA
December 19th: Holiday movie, sugar cookies & eggnog...oh, It's a Wonderful Life!!!

Monday Morning Personal Training 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 ONLY \$4.00
per class; per person

call to reserve 538-5042

Orientation in Fitness Center needed before joining the circuit workouts

NUTRITION

Top 10 Reasons for Seniors to Shop at
Farmers' Markets
By Christy Maxwell, WMEC Nutrition-
ist (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**

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. Following the show, luncheon at the Red Brook Restaurant featuring 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. (SOLD OUT / WAIT-LIST ONLY). We will travel to New Hampshire and the Lakes Region, including the classic town of Meredith. We will depart on a two-hour roundtrip ride aboard the Winnepesaukee Scenic Railroad. We will enjoy a complete Turkey dinner aboard the train catered by Hart's Turkey Farm. After the train ride, 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. You will love Boston's newest attraction! The Dreamland Wax Museum opened in 2017 to rave reviews. Each figure featured is a work of art. You will see World Leaders, all 45 Presidents, Boston Sports figures, movie stars & celebrities. Bring your camera and take your photo with all your favorites! Lunch will be served Family Style at Maggiano's Little Italy – featuring Appetizer & Salad, Mom's Lasagna, Chicken Parmesan, Eggplant Rollatini and desert. Then enjoy Free Time at Faneuil Hall. Cost \$90.00 - Call Howie Walsh @ 593-6286.

December 10, 2018. Aqua Turf Club, Plantsville, CT. (SOLD OUT / WAIT-LIST ONLY). 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.*



**FRIENDS OF SOUTH
HADLEY ELDERLY, INC
CORNER**

The tigers are on the prowl!

As we've been promising, the Friends of South Hadley Elderly's 2019 "Tiger Country" calendar is coming. All 14 of the tigers located throughout Town have been beautifully photographed and are in the collating and printing stages. Originally scheduled for sale in mid-October, this memorable keepsake may be available earlier. Though "paper" calendars may have gone the way of the dinosaur because of the iPads, Smart Phones, etc., this calendar will be a piece of Town memorabilia. Orders will be taken at our September 22nd New Senior Center Building Fundraiser at Buttery Brook Park for a great rate of \$10 each. Calendars must be paid for at time of purchase and/or order. Sheila Adams, 536-5316, can take your order at any time.

Through the generosity of Paper City Car Wash, 990 Main St., Holyoke the Friends have been able to purchase car wash coupons that we are selling for \$5.00 each. These coupons are available at the Senior Center or through any member of the Friends. Paper City is next to Marcotte Ford. Our next quarterly meeting will be 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. Our September 22nd Fundraiser is quickly approaching- Please support the new senior center building project—Call for tickets: 413-561-0492.



**Thank you
for sponsoring our Annual COA
Picnic Entertainment
and to**



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the delicious
desserts!**



**SOUTH HADLEY VOTES
in 2018 -**

**Let YOUR voice be heard.
State Primary: September 4th
State Election: November 6th**

**Congratulations & Welcome to
our new members of the COA
Board of Directors:
Mary Boulais
Dewey Darnell &
Linda Young**

SERVICES & INFORMATION

Support Services at the Council on Aging

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

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.

TRANSPORTATION SERVICES

To & from the Council On Aging .75 each way

Pharmacy, grocery shopping & medical appts. \$1.25
Wednesdays: CVS, Walgreens & Price Rite each way

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

Must Schedule Rides 24hr/advance.

Call 538-5042 for reservations

SENIORS ON THE GO....!

Mondays

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

ONLY \$4.00per class, per person

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

Fit & Fun at 11:15am FREE Back in Oct.

Tap Dancing /Loryn 1pm: \$3.00

Tuesdays

Beginning Exercise - 10:00

Wednesdays

Dance Class w/Ashley 9:15: Free (9/12)

Healthy Bones & Balance 10:30 Free

Thursdays

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

Beginning Exercise—10:00

Fridays

Healthy Bones & Balance 10:30, Free

Mon– Friday : The Maurice “Fitz” &
Margaret Fitzgerald Memorial Fitness
Center (call 538-5042 for orientation)

THANK YOU!!

Office Steve Fleming &
Deputy Sheriff Dave Fenton

Selectboard Member

Bruce Forcier

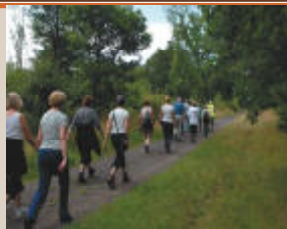
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Dept.

The South Hadley DPW &
Parks Department

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The Friends of South
Hadley Elderly
Rachel Senecal & Janice
Garrett from the NW
District Attorney's Office.
Theresa Roberts
Larry Dubois &
Lisa, Nancy, Ann., Billy,
Jim, Ola, Kathy, Paris,
Rick, Ken & Dylan!!



Henry David Thoreau said of walking,
“It is a great art to saunter.”

A Go4Life Stroll: All-Ages, All-Abilities, Family-Fun Walk

at the River-to-Range Rail Trail in beautiful S. Hadley!!!

A Community Partnership event : Bike-Walk Committee and the South Hadley
Council on Aging invite you!!

Sunday, September 16th at 1:00pm

Bachelor Brook-Stoney Brook Conservation Area
adjacent to 240 Ferry Street, South Hadley.
(one-mile accessible loop trail and small trail-head parking lot)

SEPTEMBER 2018

OPEN WEDNESDAY

| 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>A New Senior Center in S. Hadley!! See you at the September 22nd FRIEND'S Fundraiser at Buttery Brook Park For Tickets: 413-561-0492</p> | <p>COMMUNITY OUTREACH AT Newton Manor Hubert Place Lathrop Village</p> |
| <p>COA CLOSED HOLIDAY LABOR DAY</p> | <p>4 BIG Y GROCERY SHOPPING 9:30 Social Strollers 10:00 Beginning Exercise (Rm 5) 12:45 Movie: "Victoria & Abdul" (2017) Rm#5 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)</p> | <p>5 MINI-BUS TO MEMORIAL 10:30 Healthy Bones & Balance 1:00 Mah Jongg (Rm #3) 1:00 Pitch (Rm#2) 3:00 Book Club 6:00—700pm The Benevolent Room</p> |
| <p>10 9:30 Table Décor Class 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5) 11:00 Lunch & Learn with Erin—BALLOT QUESTION #3 Fit & Fun (NO CLASS UNTIL OCTOBER) 1:00 Tap Dancing (Rm#5) 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2)</p> | <p>11 BIG Y GROCERY SHOPPING 9:30 Social Strollers 10:00 Beginning Exercise (Rm 5) 10:00 MEMORIES CAFÉ (Rm#2) 11:15 Lunch & Learn Mercy Pace Program 12:15 SARAH THE FIDDLER - NO MOVIE TODAY 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3) 1:00—3:30pm Gary Winn Hearing Screening-(Rm#1)</p> | <p>12 MINI-BUS TO MEMORIAL 9:15 Dance, Dance with Me 9:30 Apple Pie Making 10:30 Healthy Bones & Balance 1:00 Mah Jongg (Rm #3) 1:00 Pitch (Rm#2) 1:00 Choralities (Dining Room) 5:30 Master Gardener Presentation</p> |
| <p>17 9:45 SHINE (By Appointment Only) 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5); 11:00 am Belly Dancing Performance (Dining Rm) 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) 4:00pm COA Board of Directors Meeting</p> | <p>18 BIG Y GROCERY SHOPPING 9:30 Social Strollers 10:00 Beginning Exercise (Rm 5) 10:00 LOW VISION GROUP (Rm#1) 10:00-11:00am BROWN BAG (Rm#3) 11:00 Lunch & Learn The Benefits of Acupuncture 12:45 Movie: "Walk the Line" (2005) - Rm#5 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)</p> | <p>19 MINI-BUS TO MEMORIAL 9:15 Dance, Dance with Me 10:30 Healthy Bones & Balance 11:00 Lunch & Learn: Information about a "Preparation Program" 1:00 Mah Jongg (Rm #3) 1:00 Choralities (Dining Room) 5:30 Learn to Belly Dance</p> |
| <p>24 9:30 FootNurse (by appointment only) 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5); 1:00 Tap Dancing (Rm#5); 1:00 Mah Jongg (Rm#2) 1:00 Pinochle & Canasta (Dining Rm)</p> | <p>25 BIG Y GROCERY SHOPPING 9:30 Social Strollers 10:00 Beginning Exercise (Rm 5) 12:45 Movie: "Buddy Holly Story" (1978)—(Rm#5) 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3) 9:00 NEWSLETTER COLLATING (Rm#3)</p> | <p>26 MINI-BUS TO MEMORIAL 9:15 Dance, Dance with Me 10:30 Healthy Bones & Balance 11:15 Berkshire Hills— 1:00 Mah Jongg (Rm #3) 1:00 Pitch (Rm#2) 1:00 Choralities (Dining Room) 5:30 Ballot Question #3</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

| | <u>ASIA WEEK</u> | <u>NORTH AMERICA N WEEK</u> | <u>MIDDLE EAST WEEK</u> | <u>SOUTH AMERICA WEEK</u> |
|----------------------------|---|--|--|--|
| UNITED NATIONS WEEK | Sept. 3—CENTER IS CLOSED Sept. 4—Cold Plate: Egg Salad Sept. 5—Roast Turkey w/Gravy Sept. 6—Grilled Ham & Cheese Sandwich Sept. 7—Sweet & Sour Pork | Sept. 10—Cheese Lasagna Sept. 11—Oven Fried Chicken Sept. 12—Swedish Meatballs w/Sauce Sept. 13—BBQ Chicken Sept. 14—Breaded Pollock Fillets | Sept. 17—Chicken Breast with Yogurt Sauce Sept. 18—Veal Parmesan Sept. 19—Oven Baked Chicken Sept. 20—Beef Stew Sept. 21—Fish Sandwich | Sept. 24—Sweet & Sour Chicken Sept. 25—Liver & Onions Sept. 26—Pork Stew Sept. 27—Stuffed Shells Sept. 28—Veal Patty w/Gravy |

DAYS UNTIL 7:00PM

CALENDAR

| WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|
| <p>OUTREACH WITH ANN 12:00 P.M. 10:00 – Wed, Sept. 5th 11:00 – Wed, Sept. 12th 10:00 – Wed, Sept. 26th</p> |  | <p>Our Lunch Program is Funded By the Federal Title III-C Older Americans Act</p> |
| <p>MEMORIAL DRIVE SHOPPING Balance (Rm#5) Benefits of Acupuncture – Dining</p> | <p>6 WEAR PATRIOTS CLOTHING—Opening Day! 10:00 Seated & Standing Yoga (Rm#2) 10:00 Beginning Exercise (Rm 5) 10:00 Alzheimer's Caregiver Support Group (room 1) 12:45 Movie: Beverly Hillbillies (TV Comedy Series) 1:00 Chip Poker (Rm#4); 1:00 Scrabble 1:00 Quilting (Rm#3);</p> | <p>7 BIG Y GROCERY SHOPPING 9:30 Social Strollers 10:00 Coffee & Conversation (Dining Room) 10:30 Healthy Bones & Balance (Rm#5) 12:00 WEIGHT WATCHERS (Rm#5) 1:00 Bridge (Rm#3); 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2); 1:00 Knitting (Library)</p> |
| <p>MEMORIAL DRIVE SHOPPING Ashley Demonstration with Kathy Balance (Rm#5) Dining Room Presentation (Dining Room)</p> | <p>13 SOUTH HADLEY SPIRIT-Wear Orange & Black! 10:00 Veteran's Group Meeting 10:00 Beginning Exercise (Rm 5) 10:00 Seated & Standing Yoga (Rm#2) 12:30-2:00 Blood Pressure with Nurse 12:45 Movie: Beverly Hillbillies (TV Comedy Series) 1:00 Chip Poker (Rm#4) 1:00 Quilting (Rm#3); 1:00 Scrabble (Library)</p> | <p>14 BIG Y GROCERY SHOPPING 9:30 Social Strollers 10:00 Coffee & Conversation (Dining Room) 10:30 Healthy Bones & Balance (Rm#5) 12:00 WEIGHT WATCHERS (Rm#5) 1:00 NATIONAL COLORING DAY— (RM#1) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) ; 1:00 Knitting (Library)</p> |
| <p>MEMORIAL DRIVE SHOPPING Ashley Balance (Rm#5) Robin Davis presents information for Surgery, Heal Faster “ 1:00 Pitch (Rm#2) Discussion (Dining Room)</p> | <p>20 9:30 –12 WATERCOLOR CLASS –All Levels-Rm #3 10:00 Seated & Standing Yoga (Rm#2) 10:00 Beginning Exercise (Rm 5) 10:00 Card Making with Tammy (Dining Room) Sign-up by 9/17 12:45 Movie: Beverly Hillbillies (TV Comedy Series) 1:00 Chip Poker (Rm#4) 1:00 Quilting (Rm#3) 1:00 Scrabble (Library)</p> | <p>21 BIG Y GROCERY SHOPPING 9:30 Social Strollers 10:00 International Peace Day Project (Dining Rm) Sign-up by 9/17 10:00 Coffee & Conversation (Dining Room) 10:30 Healthy Bones & Balance (Rm#5) 12:00 WEIGHT WATCHERS (Rm#5) 1:00 Bridge (Rm#3); 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2); 1:00 Knitting (Library)</p> |
| <p>MEMORIAL DRIVE SHOPPING Ashley Balance (Rm#5) South American Music Discussion (Dining Room)</p> | <p>27 9:30-12 Watercolor Class—All Levels—Rm#3 10:00 Seated & Standing Yoga (Rm#2) 10:00 Beginning Exercise (Rm 5) 12:45 Movie: Beverly Hillbillies (TV Comedy Series) 1:00 Chip Poker (Rm#4) 1:00 Quilting (Rm#3) 1:00 Scrabble (Library)</p> | <p>28 BIG Y GROCERY SHOPPING 9:30 Social Strollers 10:00 Jewelry Class — (Rm 2) Sign-up by 9/26 10:00 Coffee & Conversation (Dining Room) 10:30 Healthy Bones & Balance (Rm#5) 12:00 WEIGHT WATCHERS (Rm#5) 11:00-12:30 Bereavement Support 1:00 Bridge (Rm#3); 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2); 1:00 Knitting (Library)</p> |

**B-days & Anniv.
Call to Reserve
SEPT. 7th**



SOCIAL SERVICES ~ ANN'S CORNER

Need **Help**
with your Medicare
Plan Comparisons
for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During the annual Medicare Open Enrollment, you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call now to schedule your SHINE appointment any time during the Open Enrollment from **October 15 through December 7th!**

REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

To schedule a SHINE appointment with our volunteer counselor call the main office at 538.5042.

WW WEIGHT WATCHERS

Informational Meeting on Friday, September 7th at 12 noon in Room # 5. You are invited to come and hear all about the new plan called "FreeStyle"! A Weight Watchers leader will be here to share all the details. Call Ann at 538.5042 ext. 206 for more information and to register for the informational.

FUEL ASSISTANCE 2018~2019

I am available by appointment to assist with your Fuel Assistance re-certification. The season officially begins November 1st. For the new guidelines and what documents you will need to bring to your appointment call Ann at 538.5042 ext. 206 New, first time applicants cannot apply until mid October. Watch the newsletter for up-dates.



LOW VISION GROUP

The Massachusetts Association for the Blind and Visually Impaired (Mabvi) in partnership with The Massachusetts Commission for the Blind (mcb) and The South Hadley Council On Aging is sponsoring an on-going series of small group settings to be held at the "South Hadley Council On Aging for anyone who has concerns about changes in their vision. These groups are designed to promote confidence and independence by providing information on a vast array of resources such as adaptive devices and low vision aids available to individuals on every level of sight loss. Participants will learn about local, state and federal programs and services and have the opportunity to share their personal experiences and tips and suggestions addressing everyday challenges due to vision loss. There is no charge to attend and, in most cases, transportation is available.

Please join us for the first in this series which will feature Valley Eye Radio with the announcement of an exciting and innovative project.

Date: Tuesday, September 18, 2018

Time: 10:00 to noon

Location: South Hadley Council On Aging 45 Dayton Street, South Hadley

For more information, please call: Ann Andras (South Hadley COA) at (413) 536-5042 Extension 206 or Laurie Werle (MABVI) at (617) 926-4268

ACTIVITY/VOLUNTEER COORDINATOR PAGE

SEPTEMBER MOVIE SERIES-

"Random requests month"

EVERY TUESDAY AT 12:45pm

Sept. 4- "Victoria & Abdul" (2017)

September 11- NO MOVIE- Sarah the

Fiddler performs in the dining room at 12

Sept.18- "Walk The Line" (2005)

Sept. 25 -"The Buddy Holly Story" (1978)

LOOKING FOR- Measuring cups,
(both dry and liquid) measuring spoons

HULA HOOPS!

German beer steins (minus the beer)

Football & Baseballs

(in any condition)

Bags of candy corn

Baby food jars (empty)



NEW PROGRAM!

Beginning in Sept. we will be showing a classic tv program on Thursdays at 12:45 in Room 5. September's series will be "The Beverly Hillbillies"

SEPTEMBER IS INTERNATIONAL MONTH- We will celebrate

Asia-the week of Sept 3

North America-the week of Sept 10

Middle East-the week of Sept 17

South America-the week of Sept 24

During the month we will feature food and activities from the various cultures.

Pay close attention to the calendar for specifics

including- Sarah the Fiddler on

Tuesday, Sept 11 following lunch.

Berkshire Hills Music Academy with South American music on Wednesday 9/26



Show your Patriots pride as we celebrate



opening day on Thursday, Sept 6th. Anyone wearing Patriots clothing will be entered to a raffle to win a small prize.

Project Linus



Our knitting and quilting groups are currently working on a blanket project for Project Linus.

If you are unavailable to come into the center but would still like to help with this project please

contact Nancy Yesu, Program & Volunteer Coordinator. 538-5042, ext. 205



COMING IN OCTOBER:

Thursday, Oct. 11

Trip to McCray's Farm for mini golf & lunch

Celebrate national pasta day making homemade ravioli with Nancy on

October 15 at 9:00am

(Sign up Sept 1 space is limited)

Craft class with Nancy Monday, October 22

at 10am & Pumpkin carving for tabletop

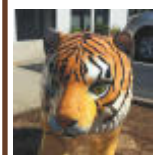
centerpieces on Monday, Oct 29 at 9:30

Apple pie baking demo and tasting- Join Kathy as she shows us how to make a perfect crust. Participants will leave with a copy of the recipe for a two crusted pie. This pie won the "Best Apple Pie in New England" contest. There will be a tasting at the end of the demo. **Wednesday, Sept 12 @9:30am in Dining Room Space is limited- must sign up in advance by Sept 10**



Our knitting group recently made a donation of 477 knitted squares to

Project Amigo. Sam Brown came to the Center to pick up the donations that will be made into blankets for needy children.



Show your South Hadley spirit by wearing orange & black on Thursday, Sept 13th.



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, Editor of Golden Chronicle
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 tickets (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

SEPTEMBER 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:

ALBERT J. CARRIER

Janet Brunelle

ALEXINA SCHWALM

Lathrop Village Tenants Association

DR. CENGIZ KAYI

Carol Kayi

CHARLES W. MARTIN, JR.

Mary Pat Howe

CHET TOWNE

Nancy L. Towne

DON & BARB LEONARD

Joan Descant

FRAN COLLINS

Nancy L. Towne

FRAN CYR

Carol A. Griffin

GENE DESCANT

Joan Descant

JUSTINE CHAMPAGNE

Irene Champagne

KEN ELLIS

Nancy L. Towne
Chet & Joanne Trybus

MARGE CHAGNON

Lathrop Village Tenants Association

MARY ST. GERMAIN

Carol A. Griffin

MOLLY BENNETT

Ed & Gerri Bennett

MONA BRIERE

Cribbage Sunshine Club

NANCY CLARKE

Lathrop Village Tenants Association

RICHARD "DICK" CYR

Mr. & Mrs. Howard Walsh
Kathy Gallivan

REGINA THERIAULT

Noella Loiselle

RONALD LAFERRIERE

Lathrop Village Tenants Association

SHIRILEY LAROCHE

Nancy L. Towne

TOM TETLOW

Irene Tetlow

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

Chuck & Terry Malone
Edward & Kathleen Kopec
Kathleen Hurley
Mary Boulais
Nancy Archambault
Jack Brady

South Hadley
Dental Associates, Inc.



Marjorie S. Block, D.M.D.

413-536-4455

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scarpenter@lpiseniors.com or (800) 477-4574 x6348





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45 DAYTON ST.
SOUTH HADLEY, MA 01075**

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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)

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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.