

## Movie Screenings

Movie screenings have returned to The Senior Center. Pre-packaged popcorn will be passed out during the showing. Movies and popcorn are free. There will be a **limit of 20** attendees for each movie showing. **Please call 625-2502 to pre-register by the Thursday before each showing.**

### Forrest Gump (1994)

Tuesday, January 4 at 1:00

Forrest (Tom Hanks) is a simple man with good intentions. This film follows his adventures as a soldier, shrimp boat captain, ping-pong player and college football star. The one thing Forrest struggles with is being able to help his childhood sweetheart Jenny, whose life is out of control. Will Forrest be able to help Jenny before it's too late?



### Grease (1978)

Tuesday, February 22 at 1:00

Sandy (Olivia Newton-John) and Danny (John Travolta) unexpectedly fall in love during the summer. Once they return for the school year, the two realize that they attend the same high school. With the help of their friends, can the two rekindle their romance?



### Hybrid Presentation:

**Online Safety Tips**

**In-person at the Center:**

**Monday, January 24, at 11:00**

**Virtually on Zoom:**

**Tuesday, January 25, at 11:00**

Join Robin Putnam (Events & Outreach Manager for the Massachusetts Office of Consumer Affairs and Business Regulation) for your choice of an in-person OR Zoom presentation on online safety. This presentation will discuss the important work that the Office does to protect the public from scams and identity theft. It will also cover how to be safe online whether it be on your smart device, searching the web, emailing, or using online banking. **Note that the virtual presentation will be done on Zoom to your computer at home.** Registration is required by Thursday, January 20, for both the in-person and online presentations.

### In-Person Presentation: Learn About the Age-Friendly Communities Initiative

**Tuesday, January 18 at 1:00**

Join FRCOG Nurse Meg Ryan, RN, and Life-path's Age-Friendly Program Manager, Nour Elkhataby Strauch as they discuss how local communities have committed to becoming more age friendly through AARP'S Age-Friendly network. This presentation will cover the process of joining the Age-Friendly network, benefits it brings to communities and projects done by towns across Massachusetts to help their citizens thrive. This presentation will take place at The Senior Center.



= please call  
625-2502 to pre-register  
or for more information.

### Stay Connected with The Senior Center

Email us at [sfsrctr@crocker.com](mailto:sfsrctr@crocker.com) if you would like to have our bi-monthly SeniorWise newsletter sent to your inbox. "Like" us on Facebook by searching "sfsrctr" on the Facebook search bar. Visit our website [the-senior-center.org](http://the-senior-center.org).

### Mask Policy Update:

Due to the ongoing unpredictability of COVID-19 virus cases and the vulnerable population that we serve, The Senior Center will still require both vaccinated and unvaccinated individuals to wear masks at all times while inside of our building until further notice.

## MISSION STATEMENT

The mission of the Senior Center and member Councils on Aging is to enrich the lives of residents in the community as they age by designing support networks, identifying and meeting their needs and interests, and providing services and programs in welcoming, respectful, and safe environments.

## STAFF

**Amanda Joao**, *Director*  
**Leanne Dowd**,  
*Outreach Coordinator*  
**Dot Lyman**,  
*Activities Coordinator*  
**Robert Szafran**  
*Transportation Coordinator & Van Driver*  
**Paul Labelle**, *Van Driver*  
**Peter Otten**, *Van Driver*  
**Michael Shea**, *Van Driver*  
**Hugh Knox**, *Meal Site Manager*  
**Gloria Fisher**, *Office Assistant*

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**Penny Spearance**, *Shelburne*

## NEWSLETTER

SeniorWise is produced bi-monthly. Content contributions are welcome. Layout & design by Diana Hardina

## The Senior Center

413.625.2502

sfsrctr@crocker.com

## New Website!

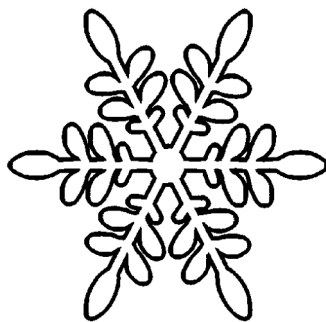
**the-senior-center.org**

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## The Senior Center's Transportation Program

We continue to provide curb-to-curb Van Transportation by contract with the FRTA, for residents age 60+ of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Rowe and Shelburne. Priority is for (non-emergency) medical rides and food shopping. Drivers are wearing masks and gloves; vans are sanitized often, and ridership is limited to keep proper social distancing. Please call the Center at 625-2502 to make an appointment at least 48 hours in advance or for information about reservations and fees. A short application with a copy of a photo ID is needed to be pre-approved for ridership. Fares range from \$.75-\$2.25 each way with a \$5 fare for WalMart (3rd Friday of the month). Big Y shopping (Tuesday or Thursday depending on town) is free.

**FRTA** arranges rides to out of county medical appointments. Call the FRTA at 774-2262 x163 for information and reservations and information about their fixed route between Charlemont and Greenfield with stops in Buckland and Shelburne.

**LifePath** has a volunteer escorted transportation program, Rides for Health, for active LifePath clients only. This program can provide rides for out of area medical appointments. Contact LifePath at 413-773-5555 for more information.

## Bad Weather Policy

For programs and services at The Senior Center, we have traditionally followed Mohawk School District's delay schedule. Morning services will be delayed if Mohawk has a delay. If Mohawk cancels school for the day, The Center will also be closed. The Transportation Coordinator will evaluate road conditions and if they are unsafe for van service, he will contact those who have rides scheduled with an update. Our voicemail will be updated on days with questionable weather by 7:00 a.m., so call us at 625-2502 to listen to the voicemail message for updates

*A very special thank you*  
to the following people for donating to our seniors;  
**The Senior Center Foundation**: sponsoring our November Thanksgiving "To Go" Meal which served 75

**Greenfield Savings Bank**: sponsoring our December Holiday "To Go" Meal which served 77

**Karen Herzog, Ellen Villiani & Joanne Soroka**: "To Go" Meals guest chefs  
**TRIAD, Doug & Diane Field, Ellen Jenkins, Diantha Wholey, Prudy Wholey**: food items for Thanksgiving Meal  
**Leanne Dowd, Gloria Fisher, Karen Herzog, Amanda Joao, Joan Knox, Eileen Lively, Dot Lyman, Joanne Soroka, Ellen Villiani**: cookie makers for Holiday cookie bags

**Elaine Delorme**: baskets for gift basket raffle

**Anne Judson**: game books and cards  
**Emily Gopen, Melissa James**: puzzles  
**Diane Field, Carol Smith**: cards  
**Sandy Philmeyer**: hand sanitizer  
**Sue Middleton**: toilet paper  
**Nancy Stevens**: yarn, ribbon, cards, art supplies  
**Carol Kelshaw**: flower vase

## Gift Fund

### First Congregational Church of Ashfield

Safelink Phones

**Anonymous**: Meals Program

**Vicki Rogers**: Meals Program

**Elaine Delorme**

**Arthur Newell**



## Kate Downes Deirdre Gleason

*Attorneys at Law*

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## programs



= please call 625-2502 to pre-register or for more information

### Senior Learning Network Returns

SLN programs will no longer be streaming to people's homes. Instead, programs will be shown inside of The Senior Center. Spots are limited, pre-registration required.

#### Explore St. Genevieve National Historical Park

Tuesday, January 11 at 2:00

#### Take A Look Inside California's Mitchell Caverns

Tuesday, January 25 at 2:00

#### February is Presidents' Month! Virtually Visit the National Portrait Gallery

Tuesday, February 8 at 2:00

#### Exercise Classes on Falls Cable

If you have access to 1, check out their daily listing on your TV or their website [fallscable.com](http://fallscable.com). Recordings of our exercise programs alternate weekdays at 9 a.m. with the RSVP Bones and Balance class airing **Wednesdays at 9 a.m.**

#### Drumming

Mondays at 1:00

Taught by Irene Baird. A group of drummers gather weekly to learn new drumming techniques and socialize. Space is limited. *see photos on following pages.*

#### Tai Chi for Energy

Tuesdays at 10:00 at Trinity Church

Taught by Lois Bascom. This program promotes the opportunity to relax, refresh and revitalize. It will help you acquire better health, internal energy and the ability to manage stress. Great for beginners as well as those who have been practicing for a while. Wear comfortable clothing, shoes and bring your water bottle. Lois charges \$20/month for the program. If interested in joining or for more information, call her at 625-2970 or email her: [lola621@comcast.net](mailto:lola621@comcast.net).

#### Yoga

Wednesdays at 8:30

Larry Baird teaches this hour-long class. Free for A/B/S seniors. \$10/month for seniors from other towns.

#### Free! Healthy Bones and Balance

Wednesdays at 10:00

Jane Wagener and Honey Boyden are the instructors as they have been in the past. This program is designed to increase participants' strength, mobility, flexibility, and balance.

#### Tai Chi for Arthritis and Fall Prevention

Dates: Thursdays at 9:00

Taught by Lois Bascom. The gentle, slow movements in this class help build back muscles, increase balance, strengthen the immune system, and more. Can be done seated or standing. Lois charges \$20/month for the program. Pre-registration necessary. Limit: 10.

#### Men's Night Meetings

Meetings are the 2nd Wednesday of the month, from 5-7:30. They meet in the picnic area behind The Senior Center and carpool from there. After the visits, the group usually goes somewhere for supper. If interested in attending contact the group's leader, Don Bascom, at 625-2970. January 12, February 9

#### Knitting Group

Thursdays at 10:30

Whatever your project, come join the group if you enjoy knitting (or other hand work) and great conversation!

#### BINGO

Thursdays at 12:30

Get added to the list!

## Senior Center Foundation News

By: Margaret Payne,  
President of The Senior Center Foundation

As I write this article, donations are steadily arriving in response to the Senior Center Foundation's annual fall campaign. **Have you sent your gift yet?** Please keep the Senior Center in mind in your holiday giving to insure that local seniors will get the benefit of all that we can do to make their lives brighter, healthier and safer in the year to come.

**What are your New Year's resolutions?** At the Senior Center Foundation, our **first resolution** is to deepen our partnership with the Senior Center and find new ways to collaborate. In the past, the Senior Center Foundation has provided financial support towards the Senior Center's computer upgrades, pandemic supplies and meal program funding. As the fund-raising partner of the Senior Center, we are always looking for new ways to help.

**Our second resolution** is to find more volunteers to join our mission. There are many short-term and simple tasks that we need help with as we continue our journey to help local seniors. As we continue our preparation for the major capital appeal when the time for a new or renovated Senior Center comes, don't hesitate to contact me at [mpayne1441@gmail.com](mailto:mpayne1441@gmail.com). I look forward to your comments, suggestions or skills that you wish to share.

As the new year approaches, we are hopeful that our community can finally move on from the shadows that the COVID-19 pandemic has cast. **Thank you** for your continued support during these times. We look forward to new plans and possibilities in 2022.



## Qualify for SNAP Benefits!

- 1 person household \$2147 gross monthly income
  - 2 person household \$2903. gross monthly income.
- Call Leanne at 625-2502 for SNAP benefit questions and application assistance.

## health services

### Foot Care Clinics

**January 10, 24; February 14, 28 -8:30-3:30**

Registered Nurses from Foot Care by Nurses are providing foot care clinics at the Center. Appointments take up to 30 minutes and include nail clipping, callous removal, and a foot massage. Call the Center to book an appointment at 625-2502. Cost is \$45.00 (\$35 for A/B/S residents, thanks to partial funding by the Senior Center Foundation. (Reminder: No-call no-shows will be billed fee of \$10). For home visits, \*which are the financial responsibility of the client,\* call 413-367-8369.

### Reflexology

**January 4, 18; February 8, 22 - 11:30-3:30**

Susanne Recos, certified by the American Reflexology Certification Board, is available for personal appointments at the Center. Please call to make a 30-minute appointment for her to work on your hands, or a 1-hour appointment to work on your feet. Cost for A/B/S residents is \$10 for hands, \$25 for feet. Cost for residents from other towns is \$15 for hands and \$30 for feet.



= please call  
**625-2502**

to pre-register or  
for more information

### "Ask the Nurse"

**Jan. 25, 10:30 – 12; Feb. 22, 10:30 - 12**

A FRCOG nurse is available at The Senior Center every 4th Tuesday of the month from 10:30 a.m. to noon. They can answer your health questions, take your blood pressure, check blood glucose levels, collect used needles and provide safe collection boxes for needle disposal. This service is provided through Buckland and Shelburne's Cooperative Public Health Service membership with FRCOG. For more information, contact Nurse Lisa White at (413) 665-1400, ext. 114.

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## outreach services

**Reminder:** The Senior Center provides Outreach Services for residents of Ashfield, Buckland and Shelburne (A/B/S) only. Residents from other towns who need help with Fuel Assistance, Health Insurance, benefits applications, homecare, housing searches, connecting to local resources, or registering for Meals on Wheels can contact LifePath at (413) 773-5555.

### Fuel Assistance

For those of you who may struggle with the expense of heating your home, now is the time to consider applying for fuel assistance. The Fuel Assistance program administered by Community Action for those with low or fixed income runs from November 1 to April 30. The program is meant to help with about 30% of your home heating expenses. If you need assistance with your application, including making copies of the required documentation, or if you have not previously applied and want to determine your eligibility contact Leanne at The Senior Center.

### SHINE

### Medicare Insurance Counseling

You can receive FREE and confidential information about your Health Insurance options from a SHINE counselor at The Senior Center. The Senior Center now has two SHINE Counselors that are available for appointments Monday through Thursday. If you are new to Medicare, you should plan to enroll 3 months in advance of your 65th birthday.

### Home Repair Program

A handyperson volunteer is available to do minor home repairs for seniors, such as replacing broken windows, small plumbing and electrical jobs and other repairs. This is a free service, available to residents of Ashfield, Buckland and Shelburne, but the senior is expected to purchase all needed parts and materials. Voluntary donations are accepted. If you have a project or if you are interested in volunteering to do home repairs, please call Leanne.

*This program is funded in part by a Title III grant from the Federal Administration for Community Living and the Massachusetts Executive Office of Elder Affairs.*





Members of our drumming group share a laugh after class

## resources

### Alzheimer's Support Services

#### Caregiver Support Group

January 3, February 7 2-3:30

A group for family members caring for a loved one with Alzheimer's disease or a related dementia meets the first Monday of the month, unless there is a Monday holiday. Outreach Coordinator Leanne Dowd and Social Worker Dianna Young facilitate the group. Please contact Leanne at 625-2502 prior to your first group attendance. Respite care is available to coincide with the group. You must sign up in advance to be assured there is adequate respite support available. There is no charge to attend.

#### The West County Memory Café

Fridays, January 21, February 18, 12:00-1:30

The Café will be held indoors at The Senior Center throughout the winter. The Café is a monthly gathering of individuals with memory loss and their care partner. Come and enjoy some lunch, an activity, socialization and meet others experiencing similar challenges. Sign up by calling Leanne at The Senior Center at 625-2502. There is no charge to attend.

*Both of these support programs are funded in part by a grant from the Federal Administration for Community Living and the MA Executive Office of Elder Affairs.*

#### Veterans' Support Services

There is a Veterans' Services representative available from Upper Pioneer Valley Veterans' Services District at The Senior Center on the first and third Tuesday of every month from 9:00 to 11:00 a.m. Call us at 625-2502 to schedule an appointment with them.

### Technology Resources

#### Technology Funds & Support Available for Seniors

The Senior Center has a technology fund, made possible by a donation from Trinity Church, to help assist seniors with technology-related expenses. The Center also offers assistance with computers and smartphones. Call us at 625-2502 for more information.

#### Free Chromebook Computer Loans

The Center has Chromebook laptops to loan out for A/B/S residents to use inside of their homes. The loan period starts at 1 week per person. Chromebooks are more user-friendly than typical laptops and are perfect for those who are unfamiliar with computers or just want to browse the web. This program is free of cost. Call us at 625-2502 to reserve a Chromebook. Made possible by LifePath's Emergency Fund program and local donors.

#### Emergency Broadband Benefit

The Federal Communications Commission (FCC) continues to offer an Emergency Broadband Benefit to provide customers with discounted broadband services until the end of the pandemic. This benefit is limited to one monthly service discount and one device discount per household. Call us at 625-2502 to see if you are eligible.

#### Free Outdoor Wi-Fi Hotspot Locations in West County

For those of you without internet access here is a list of free Wi-Fi hotspots that are available to you with your device and from the safety of your car:

- 344 Main St, Ashfield • 32 Upper St, Buckland • 10 School St, Charlemont • 12 Main Rd, Colrain • 8 Pudding Hollow Rd, Hawley and 247 West Hawley Rd, Hawley • 18 Jacobs Rd, Heath • 1 East Main St., Town Hall, Heath • 3C School St, Monroe • 1207 Mohawk Trail, Shelburne

## meals



Paul Franz photo  
The success of the Center's "to go" meals is due to the hard work of our resident Grinch Dot Lyman, and volunteer chefs Joanne Soroka, Ellen Villani and Karen Herzog. We look forward to continuing "to go" meals in 2022.



**"To Go" Tuesday Lunches-** There will be two drive-thru lunches offered in January and two in February. (See our Activity Calendar for dates, times and menus). Pre-registration is required by calling 625-2502. Drive up in front of The Senior Center between 12-1:30 and your meal will be handed to you. You don't even have to leave your car! Cost: \$3

## food and clothing

**The Brown Bag** program is a bag of groceries for low-income adults who are age 55+ (or younger with a documented disability) and is distributed on the 3rd Wednesday of the month at the Center from 2-3:30. To apply, call the Food Bank of Western Massachusetts at 1-800-247-9632 or you can contact The Senior Center for help with the application. Upcoming Brown Bag days: January 19, February 16.

**The West County Food Pantry** located at Cowell Gym in Shelburne is open every Wednesday from 11-4. Participants are welcome to come twice a month for a grocery pick up and every week for a produce-only pick up. Both indoor and curbside pickups available. Delivery available for Shelburne and Buckland residents. Custom orders can be placed by calling 413-773-5029 ext 2.

**The West County Community Meal** at Trinity Church is a nutritious meal served every Friday night from 5:30-6. Currently, meals are being served outside the front door of the church at 17 Severance Street in a "to go" style to drivers and walkers. No reservation required. Voluntary donations accepted. Call 413-625-234 for more information.

**"To Go" Wednesday Weekly Lifepath Lunches** – Monthly menus are available at the Center. Pre-registration is required at least 48 hours from the lunch day by calling 625-2502. Drive up in front of The Senior Center and your meal will be handed to you. You do not even have to leave your car! Suggested donation: \$3.

**The Hilltown Churches Food Pantry**, located downstairs at the Congregational Church on Main Street in Ashfield, is open every other Tuesday from 3-5 p.m. The pantry is open for people to select their own groceries. Masks and social distancing are required while inside. The only requirement for accessing the food pantry is proof of residency in one of the towns that are served and a simple statement of need. The Food Pantry serves the 11 hilltowns of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe and Shelburne. There are no income requirements. The Clothes Closet at Cowell Gym is open on the 2nd and 4th Wednesdays of the month from 11-4.

### THE BAKER PHARMACY

413-625-6324

#### HOURS:

Monday–Friday 8:30am–6pm

Saturday 8:30am–3pm

Sunday Closed

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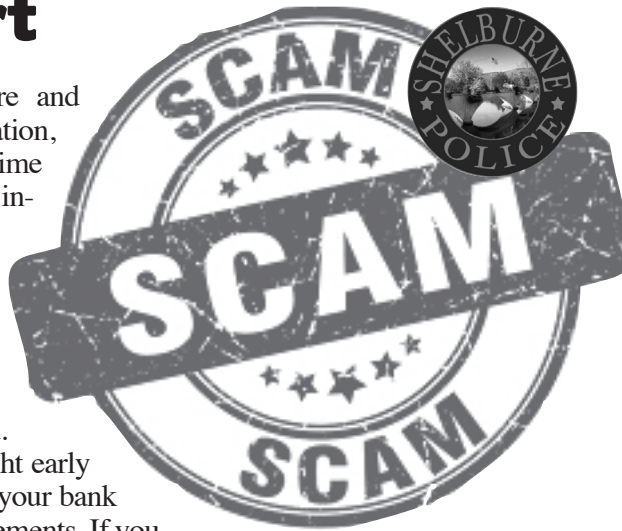
# Shelburne Police Department: Scam Alert

The winter season is here and while it is a time of relaxation, it is unfortunately also the time of year where scam cases increase. In 2020, CNBC reported that seniors lose \$2.9 billion annually due to financial exploitation. Through education and awareness about scams, this number can be reduced.

A lot of scams can be caught early on if you remain on top of your bank account and credit card statements. If you notice unusual charges, contact your bank or credit authority immediately, as well as your local police department. Below are some examples of popular scams seen over the past months:

- **Phone calls claiming that you have an unpaid bill.** The caller will ask you for your credit card number or have you go to the store to get a gift card, then ask for that card number. Keep in mind that legitimate companies send out late payment warnings by mail and will never ask you to pay a bill using a gift card.
- **Phone calls claiming that your child or grandchild has gotten in some trouble.** The person on the phone will ask you for money in order to get them help. This situation can be stressful and cause the person who answers the phone to have a lack of good judgment. Hang-up or ask for a callback number in order to have time to verify if the call is legitimate or not.
- **Phone calls claiming that they are a representative of a charitable organization, in order to get a holiday donation out of you.** The best way to avoid these scams is to donate locally and through the mail to trusted organizations only.

*Liaison Officer Tucker Jenkins and the rest of the Shelburne Police Department wish everyone a happy and healthy holiday season.*  
If you have any questions or concerns about scams, please don't hesitate to reach out to us.



## Nutrition Tip:

### How to Reduce Sodium in the Diet

Over 70% of a person's sodium intake comes from processed foods. Too much sodium can result in high blood pressure or heart disease. Winter brings less access to fresh produce which results in consumers turning to canned vegetables. Below are some tips on how to reduce your daily sodium intake this season. Information obtained from the USDA 2020 Dietary Guidelines book.

- 1) Purchase low or no-sodium canned food options
- 2) Rinse off your canned vegetables, this can result in 40% less sodium per can
- 3) Replace sodium with herbs and spices such as garlic, ginger or parsley when flavoring dishes
- 4) For some, using a salt-substitute like potassium-chloride can be a great way to reduce sodium intake. However, potassium should be avoided by those with certain heart, liver or kidney problems. Always consult with your primary doctor before making dietary substitutions.

Officer Jenkin's  
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Senior Center Foundation, Inc.  
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## *Expansion Committee News*

### **An Update on the Expansion Project**

*By: Sylvia Smith, Chair of the Expansion Committee*

The Senior Center Expansion Project has taken steps forward these past few months. The small working group set up by our consultant P3 has met and is reviewing the draft of the ***“Senior Services District”*** taking into consideration the questions and concerns raised by the Selectboards of Ashfield, Buckland and Shelburne earlier this year. Previous comments from other meetings are included in the discussion as well.

Some sections of the proposed District agreement are being redrafted to be clearer and more detailed. We expect that a revised draft will undergo independent legal review before being presented to the Selectboards in early 2022. **A public hearing will also be scheduled in the future where residents of Ashfield, Buckland and Shelburne will be able to review the draft and share their input.**

The Senior Center Expansion Committee wishes everyone a happy new year and we look forward to more interaction with the public come 2022!



Amanda Joao, Senior Center Director  
Sylvia Smith, Expansion Committee Chair  
Margaret Payne, Senior Center Foundation President



<b>MONDAY</b> Meals on Wheels / Lunch served	<b>TUESDAY</b> Meals on Wheels / Lunch served	<b>WEDNESDAY</b> Meals on Wheels	<b>THURSDAY</b> Meals on Wheels / Lifepath Lunch	<b>FRIDAY</b> Meals on Wheels
<b>3</b> <b>12:30-1:30</b> Drumming  <b>2:00 Caregivers Support Group</b>	<b>4 Greenfield Shop Trip</b> <b>10:00</b> Tai Chi for Energy at Trinity Church <b>11:30-3:30</b> Reflexology <b>1:00 Movie Screening:</b> Forrest Gump	<b>5 In-town Shop</b> <b>8:30</b> Yoga <b>10:00</b> Healthy Bones & Bal <b>12-1:30</b> Lifepath to go meal	<b>6 Greenfield Shop Trip</b> <b>9:00</b> Tai Chi for Arthritis & Bal <b>10:30</b> Knitting Group <b>12:30</b> BINGO  <i>Pre-register for 1/11 lunch</i>	<b>7</b>  Staff available by phone
<b>10</b> <b>8:30-3:30</b> Foot Clinic  <b>1:00</b> Drumming	<b>11 Greenfield Shop Trip</b> <b>10:00</b> Tai Chi for Energy at Trinity Church  <b>12-1:30 lunch-</b> white bean chili, corn Bread, fruit salad, dessert  <b>2:00-SLN "Ste. Genevieve Nat. Historical Park"</b> the first permanent European settlement in Missouri  Buckland Library Book Delivery	<b>12 In-town Shop</b> <b>8:30</b> Yoga <b>10:00</b> Healthy Bones & Bal <b>12-1:30</b> Lifepath to go meal <b>2:30 Men's Night to tour WHA!</b>  Arms Library Book Delivery Ashfield Library Book Delivery	<b>13 Greenfield Shop Trip</b> <b>9:00</b> Tai Chi for Arthritis & Bal <b>10:30</b> Knitting Group <b>12:30</b> BINGO <b>3:30</b> Board of Directors	<b>14</b>  Staff available by phone
<b>17</b>  <b>Martin Luther King Day</b>  <b>Center Closed</b>	<b>18 Greenfield Shop Trip</b> <b>10:00</b> Tai Chi for Energy at Trinity Church <b>11:30-3:30</b> Reflexology <b>1:00 In-Person Presentation:</b> Learn About the Age-Friendly Community Initiative	<b>19 In-town Shop</b> <b>8:30</b> Yoga <b>10:00</b> Healthy Bones & Bal <b>12-1:30</b> Lifepath to go meal <b>2-3:30</b> Brown Bag	<b>20 Greenfield Shop Trip</b> <b>9:00</b> Tai Chi for Arthritis & Bal <b>10:30</b> Knitting Group <b>12:30</b> BINGO.  <i>Pre-register for 1/25 lunch</i>	<b>21</b> Staff available by phone  <b>Wal-Mart Shop</b>  <b>12-1:30</b> Memory Cafe
<b>24</b> <b>8:30-3:30</b> Foot Clinic  <b>11:00 In-Person Presentation at Center:</b> Online Safety Tips  <b>1:00</b> Drumming	<b>25 Greenfield Shop Trip</b> <b>10:00</b> Tai Chi for Energy at Trinity Church <b>10:30-12</b> Ask the Nurse <b>11:00 Virtual Presentation to your home:</b> Online Safety Tips <b>12-1:30 to go lunch-</b> mac & cheese, broccoli slaw, muffins, jello, dessert <b>2:00 SLN "Mitchell Caverns"</b> Return to these Californian caverns for a special presentation. Buckland Library Book Delivery	<b>26 In-town Shop</b> <b>8:30</b> Yoga <b>10:00</b> Healthy Bones & Bal <b>12-1:30</b> Lifepath to go meal  Arms Library Book Delivery Ashfield Library Book Delivery	<b>27 Greenfield Shop Trip</b> <b>9:00</b> Tai Chi for Arthritis & Bal <b>10:30</b> Knitting Group <b>12:30</b> BINGO  <i>Pre-register 2/1 lunch</i>	<b>28</b>  Staff available by Phone
<b>31</b>  <b>1:00</b> Drumming		<b>Happy New Year!</b>	<b>=</b> Please call 625-2502 to pre-register for all activities. No walk-ins accepted for programs or events.	<b>January 2022</b>  <b>The Senior Center In Shelburne</b>

<b>MONDAY</b> Meals on Wheels / Lunch served	<b>TUESDAY</b> Meals on Wheels / Lunch served	<b>WEDNESDAY</b> Meals on Wheels	<b>THURSDAY</b> Meals on Wheels / Lifepath Lunch	<b>FRIDAY</b> Meals on Wheels
<b>February 2022</b>  <b>The Senior Center in Shelburne</b>	<b>1 Greenfield Shop Trip☎</b>  <b>10:00</b> Tai Chi for Energy at Trinity Church☎ <b>12-1:30 to go lunch-☎</b> veggie or meat lasagna( indicate when ordering), Caesar salad, garlic bread, dessert	<b>2 In-town Shop☎</b>  <b>8:30</b> Yoga <b>10:00</b> Healthy Bones & Bal. <b>12-1:30 Lifepath to go meal☎</b>	<b>3 Greenfield Shop Trip☎</b>  <b>9:00</b> Tai Chi for Arthritis & Bal <b>10:30</b> Knitting Group <b>12:30</b> Bingo	<b>4</b>  Staff available by phone 9-2
	<b>7</b>  <b>12:30-1:30</b> Drumming  <b>2:00</b> Caregivers Support Group	<b>8 Greenfield Shop Trip☎</b>  <b>10:00</b> Tai Chi for Energy at Trinity Church☎ <b>11:30-3:30 Reflexology☎</b> <b>2:00 SLN “Tour the National Portrait Gallery”</b> Celebrate President's month with a tour of presidential portraits.  <b>Buckland Library Book Delivery</b>	<b>10 Greenfield Shop Trip☎</b>  <b>9:00</b> Tai Chi for Arthritis & Bal <b>10:30</b> Knitting Group <b>12:30</b> Bingo <b>3:00 Board of Directors mtg.</b>  <i>Pre-register 2/15 lunch</i>	<b>11</b>  Staff available by phone 9-2
<b>14</b>  <b>8:30-3:30</b> Foot Clinic☎ <b>1:00</b> Drumming  <i>Happy Valentine's Day!</i>	<b>15 Greenfield Shop Trip☎</b>  <b>10:00</b> Tai Chi for Energy at Trinity Church☎ <b>12-1:30 to go lunch- ☎</b> love potion 2022 soup, salad, biscuits, red velvet cake	<b>16 In-town Shop ☎</b>  <b>8:30</b> Yoga <b>10:00</b> Healthy Bones & Bal. <b>2-3:30 Brown Bag</b> <b>12-1:30 Lifepath to go meal☎</b>	<b>17 Greenfield Shop Trip☎</b>  <b>9:00</b> Tai Chi for Arthritis & Bal <b>10:30</b> Knitting Group <b>12:30</b> Bingo	<b>18</b>  Staff available by phone 9-2  <b>Wal-Mart Shop Trip☎</b>  <b>12-1:30 Memory Cafe☎</b>
<b>21</b>  <b>President's Day Center Closed</b>	<b>22 Greenfield Shop Trip☎</b>  <b>10:00</b> Tai Chi for Energy at Trinity Church☎ <b>10:30-12 Ask the Nurse☎</b> <b>11:30-3:30 Reflexology☎</b> <b>1:00 Movie Screening: Grease☎</b>  <b>Buckland Library Book Delivery</b>	<b>23 In-town Shop ☎</b>  <b>8:30</b> Yoga <b>10:00</b> Healthy Bones & Bal. <b>12-1:30 Lifepath to go meal☎</b>  <b>Arms Library Book Delivery Ashfield Library Book Delivery</b>	<b>24 Greenfield Shop Trip☎</b>  <b>9:00</b> Tai Chi for Arthritis & Bal <b>10:30</b> Knitting Group <b>12:30</b> Bingo	<b>25</b>  Staff available by phone 9-2
<b>28</b>  <b>8:30-3:30</b> Foot Clinic ☎  <b>1:00</b> Drumming				☎ = Please call 625-2502 to pre-register for all activities. No walk-ins accepted for programs or events