

Gratitude & Trust

Having spent most of my career working in the nonprofit world, I was new to municipal government when I became Director of The Senior Center four years ago. I arrived with a wealth of experience and a vision for helping this community treasure remain strong, vibrant, and responsive to the needs of older adults. What I did not arrive with was an understanding of how towns operate.



A Note from the Director:

Learning the municipal ropes has certainly been an education.

In those early days, I thought a warrant was something the town issued if I forgot to pay my excise tax on time! Since then, I have gained a deep appreciation for the municipal process and the many people who make local government work.

Nowhere is democracy more visible than at an Annual Town Meeting. Watching residents come together to discuss priorities and make decisions about how tax dollars are spent is both fascinating and humbling. Towns must balance the needs of schools, public safety departments, infrastructure, and community services, all while being mindful of taxpayers. As someone responsible for presenting a budget, I can tell you that the process is also a little nerve-racking.

Each January, we begin gathering data about the programs and services we provide. We look at participation, evaluate what has been successful, identify areas for growth, and carefully track attendance from each of our member towns. This information has become the foundation of our annual budget process. We then attend Finance Committee and Selectboard meetings in Ashfield, Buckland, and Shelburne to present a transparent and authentic picture of our work and our goals for the coming year. If our budget moves forward, we attend each Town Meeting and are available to answer questions from residents and elected officials alike.

This year presented particular challenges. Communities everywhere are facing rising costs and difficult financial decisions. Budget season can be stressful for everyone involved, as towns work hard to maintain services while remaining fiscally responsible.

That is why I am both humbled and thrilled to share that all three member towns approved the West County Senior Services District FY27 budget.

We do not take this support for granted. We understand that every budget decision represents choices and sacrifices. The approval of our budget reflects confidence in our mission, our stewardship of public funds, and the value of the programs and services we provide to older adults throughout our district.

On behalf of our staff, volunteers, Board members, and the many seniors we serve, thank you to the residents of Ashfield, Buckland, and Shelburne for your continued trust and support. We remain committed to operating with transparency, accountability, and authenticity, and to honoring the investment you make in us through your tax dollars.

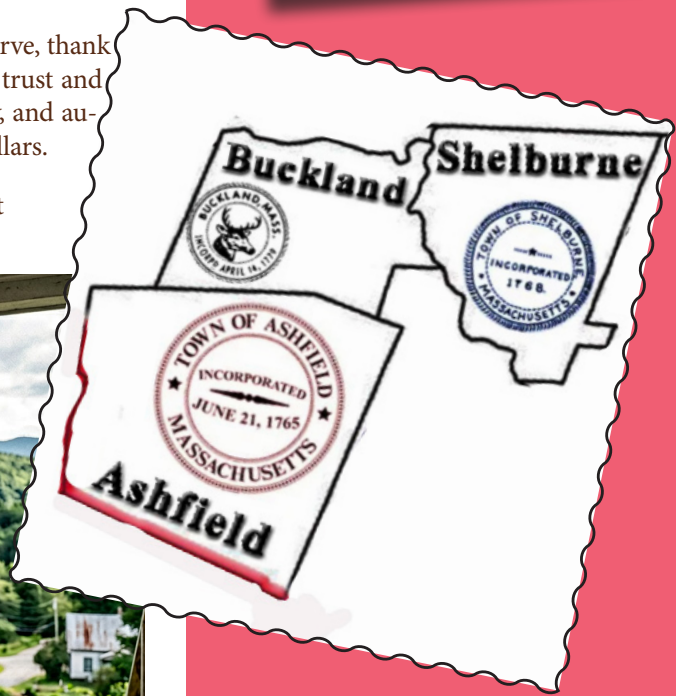
We are grateful for your confidence and look forward to continuing this important work together.

SeniorWise

July - August 2026

Senior Parking Pass

see page 10





Building Bridges Across Generations

The Civic class students from Mohawk Regional and seniors at a round table discussion

In May, The Senior Center had the pleasure of participating in a special intergenerational project with tenth-grade students from Mohawk Trail Regional High School. As part of a civics class assignment, students were challenged to develop projects that would strengthen connections within

the community. A group of students approached The Senior Center with the goal of fostering meaningful interaction between generations and helping everyone feel more comfortable learning from one another.

Three students visited the Center for a 90-minute conversation with several of our seniors. The discussion focused on how each generation uses technology and navigates the digital world. The students shared what a typical school day looks like today, demonstrating how many of their classes, assignments, research projects, and papers are completed online. For many seniors, it was fascinating to see firsthand how technology is woven into nearly every aspect of modern education.

The conversation soon turned to the challenges many older adults face when trying to keep up with rapidly changing technology. Several seniors admitted that newer devices and applications can feel intimidating and that asking for help sometimes leaves them feeling self-conscious. The students responded with kindness and encouragement, emphasizing that questions are always welcome and that learning new technology can open doors to greater independence, connection, and quality of life.

Another engaging topic was artificial intelligence. Both generations acknowledged that AI is still relatively new territory for them, and the discussion provided an opportunity to share perspectives, questions, and concerns. One topic that resonated strongly with the students was the

environmental impact of AI and the energy required to support its growing use. The exchange was thoughtful, lively, and informative, demonstrating that people of all ages are

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MISSION STATEMENT

The mission of the Senior Center and member Councils on Aging's 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

Juli Moreno, Director
Teddy Doucette, Outreach Coord.
Dot Lyman, Activities Coord.
Beverly Finnivan, Van Driver
Hugh Knox, Meal Site Manager
Gloria Fisher, Office Assistant

WEST COUNTY SENIOR SERVICES BOARD OF MANAGERS

Sylvia Smith, Chair, Shelburne
Christine Baronas, Shelburne
Lisa Khanna, Secretary, Buckland
Regina Purrinton, Buckland
Amy Shapiro, Vice Chair, Ashfield
David Collins, Ashfield

NEWSLETTER

SeniorWise is produced bi-monthly.
Content contributions are welcome

Thoughtful Gifts at The Senior Center

We are deeply grateful to our community for their generous donations, which make a significant difference in the lives of our seniors. Your thoughtfulness and support help us create a nurturing and supportive environment for all. Thank you for your continued generosity.

A Special Thank You To...

Belding Library – seed packets
Laura Rodley– Tea and Mason Jars
McCuskers and Gayle Davidson– cakes and food
Dr. Warner – Ensure
Carla Lagrusso – cards
Lori Benoit – health supplies
Peter Otten – homemade items by Eva Otten as prizes for Bingo players
Candace Curran– Air Conditioning Unit
Valerie Utton – colored pens

Donations to Gift Fund

Joan Lawless
Cie Simmurro
Colleen Lindroos

In memory of Eva Otten:

Dennis and Susan Stetson
Cheryl Faufaw
Dot Lyman
Sue Samoriski

THE SENIOR CENTER
413-625-2502

sfsrctr@crocker.com

WEBSITE

the-senior-center.org

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Mainstreetshelburne

grappling with many of the same questions about emerging technologies.

The students were articulate, engaged, and passionate about their project. Later in the month, Mohawk Regional High School hosted a public Civics Showcase, where students presented the projects they had completed throughout the year. Senior Center Director Juli Moreno was honored to serve as a community advisor and provide feedback on eight student presentations.

One of the most meaningful outcomes of the project was the realization that the common ground between generations is often much greater than people assume. Conversations revealed shared curiosity, similar concerns, and a mutual desire to learn from one another. After witnessing the thought-

Shelburne Falls and Colrain St. Railway, the booming years of the Catamount Hill Reunions and above all, one example of a courtship of this era and the love that two people shared. Frank Johnson was the man who saved Trolley No. 10 and his son, Marshall Johnson, donated it to the Shelburne Falls Trolley Museum. Find out what might well be the reason Frank Johnson saved the famous No. 10!

Social Security Defense League – Conversation & Advocacy Group
July 20, August 17, 4-5 pm

A new, community-led group is forming at the Senior Center: the Social Security Defense League—with a bit of a superhero spirit and a focus on real-life impact.

This group will provide a welcoming space for conversation around current concerns related to Social Security and Medicare, including proposed changes and what they could mean for seniors. Together, participants can share thoughts, ask questions, and talk through how these issues may affect their lives and the broader community. In addition to discussion, the group may explore ways to stay informed and, for those interested, consider thoughtful, grassroots advocacy efforts.

Birthday Card Making Workshop
Tuesday, August 4, 1- 3pm

Barbara Schauer, who sends out birthday cards for the Center, has indicated that

she is getting short on handmade birthday cards. Handmade cards are more personal than store bought cards and are greatly appreciated by those people receiving them. Please sign up to help Barbara make cards – the more the merrier and the quicker cards can be made. Bring your creative side! Pre-register by **July 29**.

Knitting Group

Thursdays at 10:00 a.m.

If you enjoy knitting, crocheting or doing other handwork, come and do it with the group. There is no telling how many scarves, dishcloths, socks and Afghans the group has finished. The conversation is good too!

Bingo!

Thursdays at 12:15 p.m.

Reflexology

1st Wednesday of every month.

July 1, Aug. 5, 9 a.m.-3:30 p.m.

Susanne Recos, certified American Reflexologist, returns to The Senior Center for personal appointments. She will work on your hands for ½ hour or your feet for 1 hour. Massaging hands or feet stimulates the nervous system and relaxes the body. Cost for Ashfield, Buckland, and Shelburne members: \$20 for hands, \$35 for feet. Cost for others: \$25 for hands, \$40

PROGRAMS

Special Programs

Letters from Maud

Program following lunch on **July 28, 12:45**
 “I am not going to write a very long letter. Just enough to let you know you are constantly in my thoughts and more than all to assure you that I am still caring for you.” These are a few lines from one of the many letters that Maud Purrington wrote her future husband, Frank Johnson, between the years of 1905 and 1909. These letters give a glimpse of rural life at the turn of the twentieth century, the importance of the

continued on next page

Movies

The show begins at 1 p.m.

July 21



Remarkably Bright Creature – a mystery drama starring Sally Field...an older woman finding purpose after loss. Alfred Molina is the voice of a giant Pacific octopus named Marcellus. 2 hrs.



August 18

The Devil Wears Prada 2”. Meryl Street struggles against Anne Hathaway, her former assistant turned rival executive, as they compete for advertisement revenue amid declining print media and Meryl nearing retirement. 2 hrs.

continued from page 3

for feet. Payment is made directly to Susanne Recos by check, cash or credit card. Pre-registration is required.

Coffee with the Detective

Wednesday, July 1, August 5, 12 noon to 1:30 p.m.

Join us for this opportunity to connect with local law enforcement in a relaxed, welcoming setting. On the first Wednesday of each month from 12:00–1:30 pm, Detective Tucker Jenkins from the Shelburne Police Department will be at The Senior Center for informal conversation, questions, and support.

This program is designed to give seniors direct access to a familiar, approachable officer—whether you have concerns, need guidance, or simply want to learn more. Detective Jenkins will also share important information about current scams and fraud trends, offer tips on protecting yourself, and encourage early reporting of suspicious activity.

Stop by for coffee, conversation, and practical information to help keep you and our community safe.

Calling All Ghouls and Creative Spirits!

Monday, July 20 and August 10 – 2:30–4:00 p.m.

Haunted House planning is officially underway! The Senior Center and the West County Senior Services District are hard at work preparing what promises to be an unforgettable community Haunted House this October. Our Planning Committee has already begun dreaming up spooky

scenes, frightening fun, and creative surprises, but we'd still love to welcome new volunteers to the frightful festivities. Whether you're a makeup artist, builder, decorator, actor, organizer, or simply someone with a creative streak and a love of Halloween, there's a place for you on our team.

As the big event draws closer, the excitement continues to build with regular planning meetings, seasonal snacks and beverages, and plenty of laughter along the way. Come join the fun and help us create a Halloween experience that will delight and terrify visitors of all ages. Together, let's make some Halloween magic!

Dance Party with Teddy!

Wednesday, July 8 and August 12, 4:15–5:15 p.m.

Join Teddy for a Dance Party! This feel-good dance gathering is centered on music, movement, and fun. This is your chance to enjoy music that lifts your spirits—and to help shape the soundtrack! Music requests are welcome, and playlists will be built to get you moving, toe-tapping, and boogie-ready.

There's no right or wrong way to participate. Come as you are, dance or sit, move big or small, and join the conversation when you feel like it. Whether you're there to dance the whole time or just enjoy the energy in the room, you're welcome.

Small, healthy snacks and water will be available. Bring your favorite songs, your comfortable shoes, and your sense of fun—we'll bring the music.

A Novel Idea Book Club

Wednesdays, July 8, Aug. 12 – 2:30– 4:00 p.m.

The Book Club meets on the second Wednesday of each month. Favorite books, authors and genres are shared by all in the group. Notes at the meeting make it possible for members to read books and authors they had not previously considered, especially after another member's sharing about what it meant to them. The novel idea is to bring one of your favorite books, a book you've just read, or information on your favorite author. If someone shares a book or author that interests you, the book may be shared or can be found at the library, which is open at the same time as Book Club! Come one, come all, it's a Novel Idea.

Drumming Group

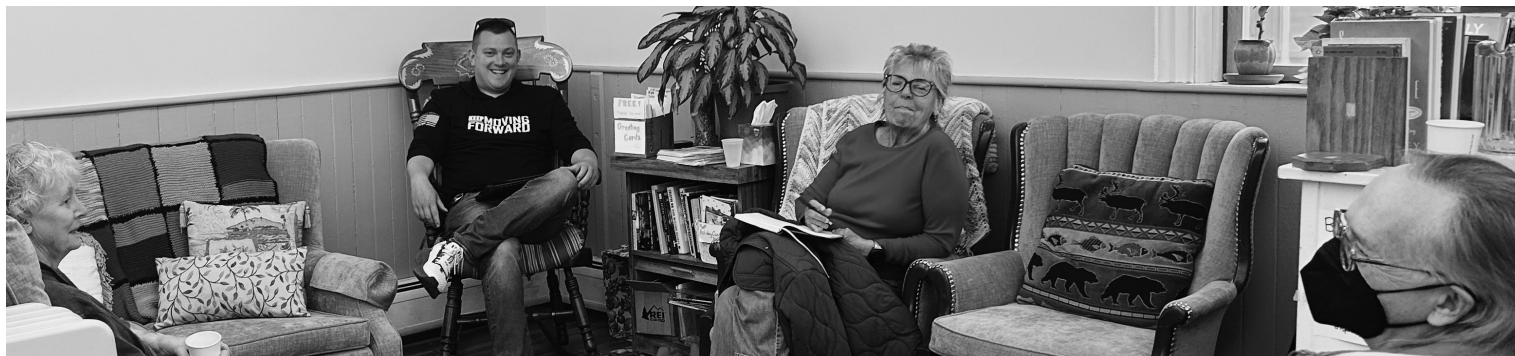
Mondays at 1:00 p.m.

(12:30 first Monday of the month)

Taught by Irene Baird. A group of drummers gathers weekly to learn new drumming techniques and socialize. Call the Center at 625-2502 if you are interested in joining the group.

Men's Night Meetings

Second Wednesday of the month. Call Cal Parsons if you would like to attend (413-427-4871). Meet to carpool at The Senior Center. Note: **The Men's Group will not meet during July and August.**



Coffee with the Detective Afternoon.

Detective Tucker Jenkins at Coffee .

HEALTH

Ask the Nurse[®]

Tuesdays, July 27, Aug. 24, 10:30 a.m.-12 p.m.

We are delighted to inform you that a dedicated FRCOG nurse is available at The Senior Center every 4th Tuesday of the month, from 10:30 a.m. to 12:00 p.m. Our nurse is here to address your health-related inquiries, provide essential medical services, and support your overall well-being. During your visit, the nurse can assist you with health-related questions, check your blood pressure, and monitor blood glucose levels. Additionally, for your convenience and safety, the nurse will collect used needles and supply secure collection boxes for proper needle disposal.

Happy Feet: Our Foot Clinic

Proper footcare is essential for our health and well-being. This help often prevents common issues such as falls, infections, and complications related to chronic conditions like diabetes. We are happy to partner with Foot Care by Nurses to provide foot care services by appointment. This program is partially funded by The Senior Center Gift Fund and a grant from the Fred W. Wells Trust.

Foot Care Clinics

Mondays, July 6, Aug. 3, (9:00 a.m.-1:00 p.m.)

Mondays, July 13, 20, Aug. 17, 31 (9:00 a.m.-3:30 p.m.)

Registered Nurses from Foot Care by Nurses provide clinics at the Center. Appointments take up to 30 minutes and include nail clipping, callous removal, and a relaxing foot massage. Call the Center to book a private appointment at 625-2502.



Professional foot care by certified foot care nurses for diabetics,

seniors and those who just can't reach their toes.

contact@footcarebynurses.net

www.FootCarebyNurses.net

Home and clinic visits by appt. 413.367.8369

FREE Day

Wed., July 29, 11-3

Drop by and look through our selection of books, puzzles, greeting cards and maybe more. You can take as many items as you wish. All items are free; bags to carry away stuff available.

Ashfield, Buckland and Shelburne seniors are charged \$40, and \$50 for residents of other towns. (Note: If you can't keep your appointment, please call 413-625-2502 and cancel because if you do not call and do not show up for the appointment you will be billed a fee of \$10, as we are still billed for your time slot.) For home visits, *which are the financial responsibility of the client, * call 413-367-8369.

Free! Healthy Bones and Balance

Wednesdays 10:00 a.m. at The Senior Center

Thursdays 10:00 a.m. at St. John's Corner, Ashfield
Jane Wagener, Janet Connolly and Honey Boyden are the instructors for this program designed to increase participants' strength, mobility, flexibility, and balance.

Live Standing Dance Class – Aerobics (NO July and August classes)

Every Tuesday, 4:30-5:30 p.m.

This class is led by Kathy Steinem and meets every Tuesday from 4:30-5:30 at The Senior Center. The cost is \$20/month. We need a minimum of 6 people to offer the class. This class will resume Tuesday, Sept. 8.

Yoga

Wednesdays, 8:30-9:30 a.m.

Whether a beginner or expert, yoga can greatly improve your quality of life. From improving your balance, reducing pain, increasing flexibility, and improving your mood, yoga might be your new favorite exercise that doesn't even feel like exercise (but indeed, it is). Louise LeGouis is instructing this class. Bring your own exercise mat. For Seniors only. The cost is \$20 per month.

Tai Chi for Arthritis and Fall Prevention

Thursdays at 9:00 a.m. at The Senior Center

There will be no Tai Chi during the month of July (announcement later for August)

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. If interested in joining or for more information, call The Senior Center at 625-2502. Pre-registration necessary. Cost: \$20/month.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JULY 2026</p> <p>The Senior Center in Shelburne</p>	<p>Library Book Delivery Dates Buckland – 7/14, 28 Arms – 7/15, 29 Ashfield – 7/15, 29</p> <p>☎ = Please call 625-2502 to pre-register for all activities. No walk-ins accepted for programs or events.</p>	<p>1 In-town Shop ☎</p> <p>8:30 Yoga 9-3:30 Reflexology 10:00 Healthy Bones & Bal 12-1:30 Coffee with the Detective 12-4 – CISA farm share pick ups</p>	<p>Meals on Wheels / Lifepath Lunch 2 Greenfield Shop Trip ☎</p> <p>9:00 NO Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☎</p> <p>12:00 Ashfield COA picnic lunch 12:15 Bingo</p>	<p>3</p> <p>Senior Center closed for 4th of July</p> <p>Trinity Church Community Meal 5:30</p>
<p>6</p> <p>9-12:30 Foot Clinic ☎</p> <p>12:30 Drumming</p> <p>2:00 Caregivers Support Group</p>	<p>7 Greenfield Shop Trip ☎</p>	<p>8 In-town Shop ☎</p> <p>8:30 Yoga 10:00 Healthy Bones & Bal. 2:30 Novel Idea Book Club at Ctr 12-4 – CISA farm share pick ups 4:15-5:15 Dance Party 5:00 NO Men's Nite</p>	<p>9 Greenfield Shop Trip ☎</p> <p>9:00 NO Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☎</p> <p>1215 Bingo</p> <p>Pre-register for 7/14 meal</p>	<p>10</p> <p>Staff available by phone 9-3</p> <p>10-12 Internet Café</p> <p>Trinity Church Community Meal 5:30</p>
<p>13</p> <p>9-3:30 Foot Clinic ☎</p> <p>1:00 Drumming</p>	<p>14 Greenfield Shop Trip ☎</p> <p>12:00 INSIDE Meal: chef salad, bread, dessert ☎ Presenter: Baystate Hearing Dept.</p>	<p>15 In-town Shop ☎</p> <p>8:30 Yoga 10:00 Healthy Bones & Bal. 12:30-2:30 Brown Bag (NEW TIME) 12-4 – CISA farm share pick ups 3:00 Board of Directors mtg.</p>	<p>16 Greenfield Shop Trip ☎</p> <p>9:00 NO Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☎</p> <p>12:15 Christmas in July Bingo</p>	<p>17</p> <p>Staff available by phone 9-3</p> <p>12-1:30 Memory Café Walmart Trip Trinity Church Community Meal 5:30</p>
<p>20</p> <p>9-3:30 Foot Clinic ☎</p> <p>1:00 Drumming</p> <p>4-5 Social Security Defense League</p> <p>2:30-4 Haunted House Planning Mtg</p>	<p>21 Greenfield Shop Trip ☎</p> <p>1:00 Movie "Remarkably Bright Creatures" 1 hr. 53 min</p>	<p>22 In-town Shop ☎</p> <p>8:30 Yoga. NO 10:00 Healthy Bones & Bal. 10-12 Veteran's Agent 12-4 – CISA farm share pick ups</p>	<p>23 Greenfield Shop Trip ☎</p> <p>9:00 NO Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☎</p> <p>12:15 Bingo</p> <p>Pre-register for 7/28 meal</p>	<p>24</p> <p>Staff available by phone 9-3</p> <p>Trinity Church Community Meal 5:30</p>
<p>27</p> <p>1:00 Drumming</p>	<p>28 Greenfield Shop Trip ☎</p> <p>10:30-12 Ask the Nurse</p> <p>12-2 Inside Meal: Pizza, Italian salad, dessert ☎ Presenter: Diantha Wholey on Shelburne Trolley "Letters From Me..."</p>	<p>29 In-town Shop ☎</p> <p>8:30 Yoga 10:00 Healthy Bones & Bal. 11-3 FREE give-away books, puzzles, cards and more 12-4 – CISA farm share pick ups</p>	<p>30 In-town Shop ☎</p> <p>9:00 NO Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☎</p> <p>12:15 Bingo</p>	<p>31</p> <p>Staff available by phone 9-3</p> <p>Trinity Church Community Meal 5:30</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 9-12:30 Foot Clinic 12:30 Drumming 2:00 Caregiver Support Group</p>	<p>4 Greenfield Shop Trip ☼ 1-3 Birthday Card Making Workshop</p>	<p>5 In-town Shop ☼ 8:30 Yoga 9-3:30 Reflexology 10:00 Healthy Bones & Bal 12-1:30 Coffee with the Detective 12-4 CISA farm share pick-ups</p>	<p>Meals on Wheels / Lifepath Lunch 6 Greenfield Shop Trip ☼ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☼ 12:00 Ashfield COA lunch 12:15 Bingo Pre-register for 8/11 Picnic</p>	<p>7 Staff available by phone 9-3 10-12 Internet Café Trinity Church Community Meal 5:30</p>
<p>10 1:00 Drumming 2:30-4 Haunted House Planning mtg.</p>	<p>11 Greenfield Shop Trip ☼ 11-2 Annual Kiwanis Picnic at Buck. Rec. 11:00 music by Awesome Possum 12:00 lunch served</p>	<p>12 In-town Shop ☼ 8:30 Yoga 10:00 Healthy Bones & Bal. 12-4 CISA farm share pick-ups 2:30 Novel Idea Book Club at Ctr 3:00 NO Men's Nite 4:15-5:15 Dance Party</p>	<p>13 Greenfield Shop Trip ☼ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☼ 12:15 Bingo 3:00 COA Collaborative Mtg.</p>	<p>14 Staff available by phone 9-3 Trinity Church Community Meal 5:30</p>
<p>17 9-3:30 Foot Clinic ☼ 1:00 Drumming 4-5 Social Security Defense League</p>	<p>18 Greenfield Shop Trip ☼ 1:00 Movie "The Devil Wears Prada 2" 1 hr. 59 min</p>	<p>19 In-town Shop ☼ 8:30 NO Yoga 10:00 Healthy Bones & Bal. 12-4 CISA farm share pick-ups 12:30-2:30 Brown Bag (NEW TIME) 3:00 Board of Directors mtg.</p>	<p>20 Greenfield Shop Trip ☼ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☼ 12:15 Bingo Pre-register for 7/25 meal</p>	<p>21 Staff available by phone 9-3 12-1:30 Memory Café Walmart Trip Trinity Church Community Meal 5:30</p>
<p>24 1:00 Drumming</p>	<p>25 Greenfield Shop Trip ☼ 10:30-12 Ask the Nurse 12:00 Inside Meal: tuna stuffed tomato, corn salad, bread, dessert ☼ Presenters:</p>	<p>26 In-town Shop ☼ 8:30 NO Yoga 10:00 Healthy Bones & Bal. 10-12 Veteran's agent 12-4 CISA farm share pick-ups</p>	<p>27 Greenfield Shop Trip ☼ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☼ 12:15 Bingo</p>	<p>28 Staff available by phone 9-3 Trinity Church Community Meal 5:30</p>
<p>31 9-12:30 Foot Clinic ☼ 1:00 Drumming</p>	<p>Library Book Delivery Dates Buckland – 8/11, 25 Arms – 8/12, 26 Ashfield – 8/12, 26</p>	<p>☼ = Please call 625-2502 to pre-register for all activities. No walk-ins accepted for programs or events</p>	<p>AUGUST 2026 The Senior Center in Shelburne</p>	<p>AUGUST 2026 The Senior Center in Shelburne</p>

OUTREACH

Outreach Services: The Outreach Coordinator, Teddy Doucette, provides office, home, and satellite visits for those seniors living in Ashfield, Buckland, and Shelburne. The focus is on benefits available to seniors, as well as future planning, housing, and living environment. The coordinator is the liaison with services provided to seniors throughout West Franklin County. Call Teddy at 413-625-2502.

Ashfield Sweet Treats

The Outreach Coordinator will be in Ashfield **once monthly on a Tuesday** delivering baked goods to homebound and other seniors in the area.

Home Repair Program

A 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. 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 Ted at 625-2502.

This program is funded in part by a Title III grant through Lifepath from the Federal Administration for Community Living and the Massachusetts Executive Office of Aging and Independence.

Alzheimer's and Dementia Support Services

Caregiver Support Group

Mondays, July 6, Aug 3, 2 p.m.

These free resources provide emotional support, coping strategies, and educational materials to help you navigate your caregiving journey. A support 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 Ted Doucette and Social Worker Dianna Young facilitate the group. Please contact Teddy at 625-2502 prior to your first group attendance. There is no charge to attend.

The West County Memory Café

Fridays, July 17, Aug. 21, 12-1:30 p.m.

A Memory Café is a free, welcoming social gathering for people living with cognitive changes (such as Alzheimer's or dementia) and their care partners. It is a judgment-free space focused on socialization, engaging activities, and mutual support rather than medical conditions. Come and enjoy some lunch, an activity, socialization, and a chance to meet others experiencing similar challenges. Sign up by calling Teddy at The Senior Center at 625-2502. There is no charge to attend, but donations are always welcomed.

Both support programs are funded in part by a grant through Lifepath from the Federal Administration for Community Living and the Massachusetts Executive Office of Aging and Independence.

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TRANSPORTATION

FRTA provides curb-to-curb Van Transportation for residents aged 60+ of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Rowe, and Shelburne. Priority is for (non-emergency) medical rides and food shopping. Please **call FRTA at 413-774-2262 to make an appointment at least 48 hours in advance or for more information.** A short application with a copy of a photo ID needs to be pre-approved for ridership.

The Senior Center FRTA van arranges rides to out-of-county medical appointments. If your medical appointment is in Hatfield, Northampton, Florence or Leeds, call The Senior Center at 413-625-2502 to arrange an out-of-county ride.

Call the FRTA at 774-2262 x163 for information and reservations and for information regarding their fixed route between Charlemont and Greenfield with stops in Buckland and Shelburne.



The Foundation nominated at 100 Women Who Care Event

MEALS

“Inside” Tuesday Lunches

All meals are served inside except for the Picnic. (See our activity calendar for dates, times, and menus.) Pre-registration is required by calling 625-250. The meal will be served at Noon followed by a program. Limit for meals inside is 50. The cost is \$4.

Annual Kiwanis Picnic

Tues., August 11 – held at the Buckland Rec. Pavilion. Music by The Awesome Possum Band from 11-12; lunch served at 12:00. Cost: \$4 Pre-register by August 7 at 625-2502.

Thursday Weekly Lifepath Lunches

Meals are Thursdays at 11:30. Inside dining will allow up to 20 people to enjoy a hot plated meal in the company of others. Menus are available at the Center. Pre-registration is required by Mondays before 3:30 p.m. by calling 625-2502. Suggested donation: \$3.50.

Western Mass Estate Planning

Kate Downes Deirdre Gleason
Attorneys at Law

112A State Street • (413) 625-2482 (t)
Shelburne Falls, MA 01370 • (413) 826-7700 (f)

Estate Planning and Elder Law
WesternMassEP.com

THE BAKER PHARMACY

413-625-6324

HOURS:

Monday–Friday 8:30am–8pm
Saturday 8:30am–3pm
Sunday Closed



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Susanne Recos
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Renew*

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Shelburne Council on Aging

Nancy Brewer, Suzanne Bishop, Sylvia Smith, and Penny Spearance

Updates: Meet monthly, planning speakers and events for the Fall

Buckland Council on Aging

Ellen Eller, Joanne Soroka, Lisa Khanna, Susan Shauger

Updates: Meet monthly, looking to create an accessible walking trail near Cricket Field

Ashfield Council on Aging

Mary Mosley, David Collins, Janice Howes

Updates: Meet monthly, picnic at Belding Park on July 2, noon. August lunch on the 6th with guest speaker on audio equipment at the Belding library.

Hawley Council on Aging

Sue Draves, Jen Rich, Nicole Polier
Welcome!

The COA Collaborative

July 9, 3-4 p.m. August break

The COA Collaborative serves as a regular, inclusive, and flexible forum where COA members from Ashfield, Buckland, and Shelburne—and hopefully beyond—can come together to:

- Stay informed about Senior Center programming and developments.
- Share town-specific updates and concerns related to elder services.
- Exchange ideas, resources, and best practices.
- Collaborate on regional events, outreach efforts, and special projects.
- Provide support and guidance to one another in their ongoing local COA work.

This Collaborative ensures that connection between The Senior Center and our partner towns remains strong, responsive, and rooted in shared values.



It's a Deal!

Massachusetts residents aged 62 and older can purchase a lifetime Senior Parking Pass for just \$10. This pass covers free day-use parking at most Massachusetts Department of Conservation and Recreation (DCR) parks and beaches that typically charge daily fees.



How to Get Your Massachusetts Senior Pass:

- Online: Submit your application and documentation through the Mass.gov Senior Parking Pass Portal. DCR staff will verify your eligibility before you pay the \$10 fee. Expect 3-7 weeks for processing and mail delivery.
- By Mail: Mail a photocopy of your Massachusetts driver's license (or other official proof of MA residency and age) along with a \$10 check payable to the Commonwealth of Massachusetts to:

Attn: Senior Mass Parks Pass Coordinator
DCR Mass Parks,
251 Causeway Street,
Boston, MA 02114

To qualify, you must be a permanent Massachusetts resident and at least 62 years old. You will need:

- A valid Massachusetts-issued ID (out-of-state licenses are not accepted).
- Proof of MA residency (e.g., vehicle registration or utility bill).

iPad Tablets for Loan

If you would like to borrow an iPad for a week, please call us or visit in person to complete the device check-out procedure. Contact Juli at 413-625-2502 for more information.

RESOURCES

The Brown Bag program provides a bag of groceries for low-income adults who are age 55+ (or younger with a documented disability). Brown Bags are distributed on the **3rd Wednesday of the month at the Center from 12:3-2:30 p.m.** To apply, call the Food Bank of Western Massachusetts at 1-800-247-9632 or contact The Senior Center for help with the application. **July 15, August 19**

The West County Food Pantry located at Cowell Gym in Shelburne is open every **Wednesday from 11-3:30 p.m.** Participants are welcome to come twice a month for a grocery pickup and every week for a produce-only pickup. Both indoor and curbside pickups are available. Delivery available for Shelburne and Buckland residents. Custom orders can be placed by calling 413-773-5029 ext. 2.

Veterans' Support Services

July 22, August 26

A Veteran's Agent will be in The Senior Center on the 4th Wednesday of each month from 10-12 p.m. Please call The Senior Center if you would like to see the agent here. There is also a Veterans' Services representative available at the Upper Pioneer Valley Veterans' Services District in Greenfield. For questions or information, you can call them directly at (413) 772-1571.



Judy Sweet is preparing for our blooming summer!



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Senior Center Foundation, Inc.
7 Main Street P.O. Box 464
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SeniorWise

July -August 2026

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Our New Website! Check It Out!

The Annual Picnic, sponsored by the Kiwanis Club, will be held **Tuesday, August 11** at the Buckland Rec Pavilion. Music by the Awesome Possum Band will be from **11-12**. A cookout served by the Kiwanis Club will be held at noon. Please pre-register by August 6 by calling The Senior Center at 625-2502. **Cost: \$4.**



Foundation

The Senior Center Foundation was formed in 2014 as a 501(c)3 non-profit organization solely to provide financial support for the programs and services of the Senior Center, Shelburne Falls, Massachusetts.