

What Is Hybrid Programming?

We are thrilled to share some wonderful news with you. The Mass Executive Office of Elder Affairs has released grant funds for senior centers to provide hybrid programming, and we are excited to bring these opportunities to you! This innovative concept originated during the pandemic, when **Zoom meetings** became an essential part of our lives. Recognizing that not everyone had access to devices, the internet, or the know-how to navigate this digital landscape, the **funds** we received through the hybrid grant will help **bridge** these **technological gaps**.



Starting this month, we will be hosting computer classes every week (page 11) on a rotating basis between Taselon Computer store in Shelburne and Belding Memorial Library in Ashfield. To further support your digital journey, we will also provide iPads for loan along with tutorials. Additionally, our **Internet Café** will be open two Fridays each month, **offering extra tech support and tutorials**. For those who prefer learning from the comfort of their homes, **in-home tutorials will be available** through May.

We are also thrilled to announce the purchase of a laptop using grant funds, which will be used to facilitate Zoom activities at The Senior Center. A detailed Zoom schedule will be outlined in the next edition of the newsletter. We are committed to **ensuring that you have the tools and support needed to thrive** in the digital age. Thank you for being part of our wonderful community!



Coffee Corner w/ presentation "Common Sense First Aid"

Monday, April 8, 10-11 a.m.

This first Coffee Corner will be presented by Meg Ryan and Lisa White, Public Health Nurses. It will discuss some basic first aid that you can practice in your home. Coffee, tea and pastries will be offered. Come with questions. Pre-register please.

SeniorWise

March - April 2024



Seniors Walkers at Cowell Gym, Mon, Wed, Fri at 9 a.m.

Congratulations to the Winners of our Holiday Basket raffle:

Robert Thorndike-wreath; Ron Vight-Grinch basket; Renee Grechel-kitchen basket; Margaret Hillman-It's cold outside basket; Tiertza-Leah Schwartz-art basket; Janice Wright-wine and cheese basket; Ginna Vogt-spa basket; Sylvia Smith-game night basket.



A Celtic Celebration with Singer and Storyteller Davis Bates

Wednesday, March 27, 1 p.m.

Davis is a local storyteller who will share tales and songs from Ireland, Scotland and Wales, stories of seal folk and wee folk and sing-alongs galore. Irish desserts served. **Pre-register by March 19**

PROGRAMS

Introducing Infinity: Seniors Navigating Parental Care

Wednesday March 27th, April 24, 5:30-7 p.m.

In the journey of aging, many seniors find themselves taking on the role of caregivers for their elder parents, whether in proximity or from a distance. Recognizing the unique challenges this situation presents, seniors in our community have expressed the need for a dedicated space where they can connect and find support from peers facing similar circumstances. Welcome to "Infinity," our monthly support group designed to provide a platform for seniors navigating the complexities of caregiving, whether it be hands-on support, financial assistance, or emotional guidance. This facilitated discussion will offer valuable insights, skills, and resources to those managing the dual responsibilities of caring for their parents while navigating their own retirement and aging process.

Unlike other support groups that may focus solely on specific conditions like dementia or Alzheimer's, Infinity is tailored to address the broader spectrum of caregiving, both for those in proximity and those supporting parents from afar. As one senior aptly put it, "I visit my mom two states away, three days a week. The isolation and responsibility have impacted my relationships, as well as my attempt to figure out my own retirement. It would be good to have people to talk to and find resources. My friends are probably sick of listening to me!"

If this resonates with you, we invite you to attend our monthly meetings, held the **last Wednesday of the month from 5:30 to 7 p.m.** Let Infinity be the space where you can share experiences, gain valuable insights, and build connections with fellow seniors who understand the unique journey of parenting your parent.

We look forward to creating a supportive and understanding community together. **Please pre-register at 413-625-2502.**

Unlocking Your Next Chapter: Downsizing with Financial Savvy

Wednesday, April 10, 12-2p.m.

Light lunch served Pre-register by 4/4 Join us for an exclusive session with Cathy Roberts, a financial expert from Greenfield Savings Bank. Cathy will guide you through practical and cost-saving strategies for financing your downsizing journey. Discover innovative ways to leverage your resources and take the right steps if you're an empty nester ready to sell. In this insightful session, Cathy will share invaluable tips on utilizing your downsizing funds wisely. Learn how to enhance your property's "curb and interior appeal" with low-cost yet high-impact improvements, ensuring your home stands out in the market. Don't miss out on this opportunity to make your downsizing experience not just financially savvy but also visually compelling for potential buyers!

Origami and Beyond

Wed., March 6, 13, 20, 27, April 3, 17, 24

Workshop will be led by Alan Young. Class will explore the many practical and artistic uses of paper. Beginning with an Origami vessel and wandering through many other manipulations of this medium. Experimentation and free thinking are encouraged. No prior experience is necessary and all materials will be provided.

Council on Aging Consortium - Game Night!

Thursday, March 7 (snow date March 14) 5:30

Join us for soup and snacks, and a fun evening. We will have several games available: we've got Playing Cards and Dominos, Trivial Pursuit, Bananagram, Boggle, Checkers, Scrabble, Bingo (for those feeling lucky) and Lots More—or Bring Your Own! (Call 625-2502 to Reserve a Table for Four.)

Sponsored by Ashfield, Buckland, Shelburne Councils on Aging.

Pre-register by March 4

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.
Robert Szafran, Transportation Coord. and Van Driver
Lou Peck, 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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Sue Bishop, Shelburne, Board Treasurer
Penny Spearance, Shelburne
Sylvia Smith, Shelburne

NEWSLETTER

SeniorWise is produced bi-monthly.
Content contributions are welcome
The Senior Center - 413-625-2502 - sfsrctr@crocker.com
WEBSITE
the-senior-center.org
Like us on Facebook:
Mainstreetshelburne

Cookbook Project

Looking for Recipes! The Senior Center is sponsoring the creation of a cookbook. Chapters on adapting kitchen tools, cutting down family recipes for a solo diner, and easy in-your-pantry options. Either hand write or type it, and if there is a story that goes with it, tell us in a few sentences. Drop your submission off at The Senior Center and place it in the Recipe Box in the back room. You can also email to sfsrctr@crocker.com, or mail it to us at 7 Main Street, Shelburne Falls MA 01370.

PROGRAMS

Never Alone- Support Group

Friday March 22, April 12, 26, 1:30- 3:00

The Senior Center offers a support group called Never Alone. One of the issues for those seniors who lose friends and family is isolation and loneliness. Regularly talking and listening to others also helps you put your own challenges in perspective.

Movies

Movies are free at The Senior Center. Please call 625-2502 to pre-register by the Thursday before each showing.

Shows begin at 1 p.m.

Indiana Jones & The Dial of Destiny

Wednesday, March 6

Peace by Chocolate

Wednesday, April 24

Astounding Writers

Saturdays March 2, 16 and April 6, 20, 1-2:30 P.M.

Belding Memorial Library, Ashfield

Designed to foster a creative space for writers in the area, the group provides a platform for individuals to connect with like-minded peers, exchange writing ideas, seek feedback on their works, and share insights into their writing processes. The Astounding Writers group is open to individuals of all ages and skill levels in any town who have a passion for writing.

Whether you're a seasoned wordsmith or just starting on your writing journey, this group offers an inclusive environment where participants can find inspiration, encouragement, and constructive critique.

The group will convene on the first and third Saturdays of each month. Sarah, the contact person at Belding Library, can be reached at 413-628-4414. Alternatively, Juli at The Senior Center is available at 413-625-2502 for more information about the Astounding Writers group and its scheduled meetings.

Senior Learning Network Virtual Programs

SLN programs are Zoom, interactive programs held inside The Senior Center. All programs start at 2p.m. If you wish to attend, please pre-register by calling 625-2502.

Happy Lunar New Year: Smithsonian's National Museum of Asian Art

Tues., March 5

Ring in the year of the Dragon, explore works of Asian art, entertainment, foods, symbols, and other customs of Lunar New Year.

Sacrifice, Unity and Victory-WWII Memorial/FDR Memorial

Tues., March 19

From the National Mall in Washington, DC, explore these two memorials. Focus is on the symbolism of both memorials and how this time is represented in different public spaces.

Soldiers in Skirts: Army Women in Vietnam

Tues., April 2 – initially sent to Vietnam to help train Vietnamese women for their own Corps. The program will explore women's roles as they served their country as soldiers and nurses.

Whales in North Carolina: Diversity, Distribution, Conservation

Tues., April 23

The whale center has documented 34 species of whales, dolphins, and porpoises. This area is a hotspot for cetacean diversity on a global scale and the center has displays of skeletons.

The West County Senior Advocacy Group

Monday April 8, 5-7:30 p.m.

We invite all interested individuals to become a part of our exciting new venture, The West County Senior Advocacy Group. Together, we aim to delve into crucial matters like housing, food security, and environmental issues tailored to seniors. Join us in identifying and addressing these topics to uplift the overall quality of life for seniors in our community. Your participation is invaluable in shaping a better

Drumming Group

Mondays at 1:00 (12:30 first Monday of the month)

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

Men's Night Meetings

Held the 2nd Wednesday of the month. Call Don Bascom if you would like to go (625-2970). Meet at The Senior Center and carpool.

Jim Picardi Cabinet Maker

meal included March 13

Sheriff Dept. Dog Shelter

April 10

Knitting Group

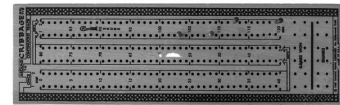
Thursdays at 10:00 a.m.

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

Game Afternoons

Bingo!

Thursdays at 12:30 p.m.



Cribbage

March 5 and April 2, 1:30-3:00 p.m.

Many people indicated that they would like to play Cribbage again. Therefore, we will offer cribbage **one Tuesday per month** at the Center. Please pre-register so we will know if we have enough people to play.

Bridge – Six people have indicated that they would like to play Bridge. We will offer **Bridge, March 20, April 16, 1:30-3**. Please call to confirm you will be attending to make sure we have at least 4 players.

HEALTH

Ask the Nurse

Tuesdays, March 26, April 23, 10:30-12

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. Each month, our nurse will focus on a specific health-related topic and provide valuable information and resources to help you maintain optimal health. These resources, tips, and guidance can prove invaluable in enhancing your overall well-being and improving your quality of life. She will also bring flu vaccines, both high-dose and regular.

This outstanding service is made possible through Buckland and Shelburne's Cooperative Public Health Service membership with FRCOG, ensuring you have access to quality healthcare right at The Senior Center.

We are proud to have nurses Lisa White and Meg Ryan as part of our team, bringing their expertise and care to serve their community. For further details and to schedule an appointment or inquire about upcoming health topics, please don't hesitate to contact Lisa White at (413) 774-3167 x 156. Embrace this opportunity to take charge of your health and let our dedicated nurse support you on your wellness journey. We look forward to seeing you at The Senior Center!



Jane Wagener and Honey Boyden

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 and Honey Boyden are the instructors for a program designed to increase participants' strength, mobility, flexibility, and balance. Happy 25 year anniversary for Bones & Balance!

Foot Care Clinics

Mondays, March 11, 25, April 22, 29, 8:30-3:30

Mondays, March 4, April 1, 8:30-12:30

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 foot massage. Call the Center to book a private appointment at 625-2502. The cost for A/B/S residents is \$35, and \$45 for residents of other towns. *This program is partially subsidized by The Senior Center Foundation and a grant from the Wells Trust Fund.* (Reminder: No-call no-shows 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.

Heart and Soles Walking Club (March only)

Mondays, Wednesdays, and Fridays, 9-10 a.m.

The Heart and Soles walking club meets at the Cowell Gym and Sanderson Academy in Ashfield, Mondays, Wednesdays, and Fridays, 9-10 a.m. It's a great way to connect with others while taking many steps in a comfortable and safe setting.

cont'd page 5

THE BAKER PHARMACY

413-625-6324

HOURS:

Monday-Friday 8:30am-8pm

Saturday 8:30am-3pm

Sunday Closed



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HEALTH

Walking Club cont'd from page 4

Bring water and discover how many laps make a mile. Pre-registration not required. Show up and walk! (Note: beginning April 1st walking will take place outside. Many people use the Arms Cemetery paths).

Live Standing Dance Class - Aerobics

Tuesdays, March and April, 4:30-5:30 at The Senior Center

This exercise class is led by Kathy Steinem. There will be a warm-up and fun aerobic movement, ending with a cool-down and stretch, all the while enjoying international music and dance movements. Pre-registration required. Cost \$20/month. Note: If The Senior Center is closed due to bad weather, there will be no class.

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 will be instructing this class. Bring your own exercise mat. For Seniors only. The cost is \$20 per month.

Tai Chi for Arthritis and Fall Prevention

Tuesdays and Thursdays at 9:00 at The Senior Center

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



Volunteer Corner

At The Senior Center, we consider ourselves incredibly fortunate to be supported by a dedicated army of volunteers who contribute in various ways. From cooking and gardening to home repairs, answering phones, offering rides, and assisting with shopping, our volunteers play a vital role in ensuring the smooth functioning of our center.

Our volunteers go above and beyond by opening and closing the gym on Walking days, leading activities like Bones and Balance, Drumming Circle, and providing valuable Tech Support. What makes it even more special is that each town in our Consortium is represented by seniors who selflessly dedicate their time to help their peers.

COUNCILS ON AGING

Ashfield Council on Aging

Doug Field, Wayne Wickland, Janice Wright, Mary Mosley, David Collins

There will be a brown bag luncheon on **Thursday, March 7, 12-1p.m.** First Congregational Church, 429 Main Street in Ashfield. Special speaker Aex Tinari will present: Your choices in planning meaningful, dignified, and affordable final arrangements.

April 4—details TBA

Buckland Council on Aging

Ellen Eller, Joanne Soroka, Janice Fleuriet

Shelburne Council on Aging

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

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

Together, the three towns in our Consortium have collectively provided an astonishing 1200 hours of service! In today's metrics, this translates to an equivalent donation of \$18,000 to our community. We want to express our heartfelt gratitude to all our volunteers—your dedication truly makes a significant impact on the lives of seniors in our community.

To our volunteers, we say, "Rock on!" If you're inspired by their example, consider joining us in making a difference. There are countless opportunities to contribute, and we're here to help you find the perfect niche where your skills and passion can shine.

Thank you, volunteers, for being the backbone of The Senior Center!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>MARCH 2024 The Senior Center in Shelburne</p> | <p>☎ = Please call 625-2502 to pre-register for all activities. No walk-ins accepted for programs or events</p> | <p>Meals on Wheels / Lifepath Lunch</p> | | |
| <p>4 8:30-12:30 Foot Clinic ☎ 9:00-10:00 – Heart and Soles Walking Club, Cowell Gym 12:30-1:30 Drumming 2:00 Caregivers Support Group</p> | <p>5 Greenfield Shop Trip ☎ 9:00 Tai Chi 1:30-3 Cribbage 2:00 SLN “Happy Lunar New Year-Smithsonian’s Nat. Museum of Asian Art” 4:30-5:30 Aerobics Buckland Library Book Delivery</p> | <p>6 In-town Shop ☎ 8:30 Yoga 9:00-10:00 – Heart and Soles Walking Club, Cowell Gym 10:00 Healthy Bones & Bal. 10-11:30 Origami 1:00 Movie: Indiana Jones & The Dial of Destiny 2-3 Computer Class at Belding Arms Library Book Delivery Ashfield Library Book Delivery</p> | <p>7 Greenfield Shop Trip ☎ 9:00 Tai Chi for Arthritis & Bal 9:30-11 Outreach Coord in Ashfield at Town Hall 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal 12:00 Ashfield COA brown bag lunch with speaker 12:30 Bingo 5:30 Conversation Café- game night-soup, dessert served 14 Greenfield Shop Trip ☎</p> | <p>1 Staff available by phone 9-3 9:00-10:00 – Heart and Soles Walking Club, Cowell Gym 10-12 Internet Café at Center Pre-register for Conversation Cafe</p> |
| <p>11 8:30-3:30 Foot Clinic ☎ 9:00-10:00 – Heart and Soles Walking Club, Cowell Gym 1:00 Drumming</p> | <p>12 Greenfield Shop Trip ☎ 9:00 Tai Chi 12-1:30 St. Pat’s to go meal Menu, traditional corned beef with potatoes, carrots, cabbage, Irish soda bread, Irish desserts 3-4 Comp. Class at Tasselon Store 4:30-5:30 Aerobics</p> | <p>13 In-town Shop ☎ 8:30 Yoga 9:00-10:00 – Heart and Soles Walking Club, Cowell Gym 10:00 Healthy Bones & Bal 10-11:30 Origami 2:30 Novel Idea Book Club at Cir 5:00 Men Nite to Jim Picardi Cabinet Maker-meal included</p> | <p>14 Greenfield Shop Trip ☎ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal 12:30 Bingo 3:00 Board of Directors mtg.</p> | <p>15 Staff available by phone 9-3 9:00-10:00 – Heart & Soles Walking Club, Cowell Gym Wal-Mart Shop Trip ☎ 12-1:30 Memory Cafe ☎</p> |
| <p>18 9:00-10:00 – Heart and Soles Walking Club, Cowell Gym 1:00 Drumming</p> | <p>19 Greenfield Shop Trip ☎ 9:00 Tai Chi 2:00 SLN “Sacrifice, Unity and Victory-WWII Memorial/FDR Memorial” 4:30-5:30 Aerobics Pre-register for 3/27 program Buckland Library Book Delivery</p> | <p>20 In-town Shop ☎ 8:30 Yoga 9:00-10:00 – Heart and Soles Walking Club, Cowell Gym 10:00 Healthy Bones & Bal. 10-11:30 Origami 1:30-3 Bridge. 1-3:30 Brown Bag Arms Library Book Delivery Ashfield Library Book Delivery</p> | <p>21 Greenfield Shop Trip ☎ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☎ 12:30 Bingo Pre-register for 3/26 meal</p> | <p>22 Staff available by phone 9-3 9:00-10:00 – Heart and Soles Walking Club, Cowell Gym 10-12 Comp. Class @Tasselon 10:00-1:00 pm Familiar Friends 1:30-3 Never Alone- Peer Support</p> |
| <p>25 8:30-3:30 Foot Clinic ☎ 9:00-10:00 – Heart and Soles Walking Club, Cowell Gym 1:00 Drumming</p> | <p>26 Greenfield Shop Trip ☎ 9:00 Tai Chi 10:30-12 Ask the Nurse ☎ 12-1:30 to go meal-Menu: beef stew, roll, dessert. 4:30-5:30 Aerobics</p> | <p>27 In-town Shop ☎ 8:30 Yoga 9:00-10:00 – Heart and Soles Walking Club, Cowell Gym 10:00 Healthy Bones & Bal. 10-11:30 Origami 10-12 Veteran’s Agent 1:00 David Bates “A Celtic Celebration” with Irish desserts ☎</p> | <p>28 Greenfield Shop Trip ☎ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 11:30 Lifepath meal ☎ 12:30 Bing</p> | <p>29 Staff available by phone 9-3 9:00-10:00 – Heart and Soles Walking Club, Cowell Gym</p> |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| <p>1</p> <p>8:30-12:30 Foot Clinic ☁</p> <p>12:30-1:30 Drumming</p> <p>2:00 Caregivers Support Group</p> | <p>2 Greenfield Shop Trip ☁</p> <p>9:00 Tai Chi</p> <p>1:30-3 Cribbage</p> <p>2:00 SLN "Soldiers in Skirts: Army Women in Vietnam"</p> <p>3-4 Comp. Class at Tasselon Store</p> <p>4:30-5:30 Aerobics</p> | <p>3 In-town Shop ☁</p> <p>8:30 Yoga</p> <p>10:00 Healthy Bones & Bal</p> <p>10-11:30 Origami</p> | <p>Meals on Wheels / Lifepath Lunch</p> <p>4 Greenfield Shop Trip ☁</p> <p>9:00 Tai Chi for Arthritis & Bal</p> <p>9:30-11 Outreach Coord. In Ashfield at Town Hall</p> <p>10:00 Knitting Group</p> <p>10:00 Healthy B&B-Ashfield</p> <p>11:30 Lifepath meal ☁</p> <p>12:00 Ashfield COA lunch with speaker</p> <p>12:30 Bingo</p> <p>Pre-register for 4/9 & 4/10 lunches</p> <p>11 Greenfield Shop Trip ☁</p> <p>9:00 Tai Chi for Arthritis & Bal</p> <p>10:00 Knitting Group</p> <p>10:00 Healthy B&B-Ashfield</p> <p>11:30 Lifepath meal ☁</p> <p>12:30 Bingo</p> <p>3:00 Board of Directors mtg.</p> | <p>5</p> <p>Staff available by phone 9-3</p> <p>10-12 Internet Café at Ctr.</p> |
| <p>8</p> <p>10-11 Coffee Corner and Presentation on "Common Sense First Aid" by Lisa White and Meg Ryan</p> <p>1:00 Drumming</p> <p>5:00-7:30 The West County Senior Advocacy Group</p> | <p>9 Greenfield Shop Trip ☁</p> <p>9:00 Tai Chi</p> <p>12-1:30 to go meal Menu: veggie or meat quiche, bread, salad, dessert ☁</p> <p>4:30-5:30 Aerobics</p> <p>Buckland Library Book Delivery</p> | <p>10 In-town Shop ☁</p> <p>8:30 Yoga</p> <p>10:00 Healthy Bones & Bal.</p> <p>12-2 Financial Planning with ☁ Light lunch by Gr. Savings Bank</p> <p>2:30 Novel Idea Book Club at Ctr</p> <p>5:00 Men's Nite to Sheriff's Reg Dog Shelter</p> <p>Arms Library Book Delivery</p> <p>Ashfield Library Book Delivery</p> | <p>12</p> <p>Staff available by phone 9-3</p> <p>10-11 Comp. Class at Tasselon Store</p> <p>10-12 Internet Café at Center</p> <p>1:30-3 Never Alone- Peer Support</p> | |
| <p>15</p> <p>Patriots Day Senior Center Closed</p> | <p>16 Greenfield Shop Trip ☁</p> <p>9:00 Tai Chi</p> <p>1:30-3 Bridge</p> <p>4:30-5:30 Aerobics</p> | <p>17 In-town Shop ☁</p> <p>8:30 Yoga</p> <p>10:00 Healthy Bones & Bal</p> <p>10-11:30 Origami</p> <p>1-3:00 Brown Bag</p> <p>2-3 Comp. Class at Ash. Library</p> | <p>18 Greenfield Shop Trip ☁</p> <p>9:00 Tai Chi for Arthritis & Bal</p> <p>10:00 Knitting Group</p> <p>10:00 Healthy B&B-Ashfield</p> <p>11:30 Lifepath meal ☁</p> <p>12:30 Bingo</p> <p>Pre-register for 4/23 meal</p> | <p>19</p> <p>Staff available by phone 9-3</p> <p>Wal-Mart Shop Trip ☁</p> <p>12-1:30 Memory Cafe ☁</p> |
| <p>22</p> <p>8:30-3:30 Foot Clinic ☁</p> <p>1:00 Drumming</p> | <p>23 Greenfield Shop Trip ☁</p> <p>9:00 Tai Chi</p> <p>10:30-12 Ask the Nurse ☁</p> <p>12-1:30 to go meal-Menu: meatloaf, mashed potato, gravy, veggie, dessert ☁</p> <p>2:00 SLN "Whales in North Carolina: Diversity, Distribution, Conservation"</p> <p>3-4 Comp. Class at Tasselon Store</p> <p>4:30-5:30 Aerobics</p> <p>Buckland Library Book Delivery</p> | <p>24 In-town Shop ☁</p> <p>8:30 Yoga</p> <p>10:00 Healthy Bones & Bal.</p> <p>10-11:30 Origami</p> <p>10-12 Veteran's Agent</p> <p>1:00 Movie "Peace by Chocolate"</p> <p>Arms Library Book Delivery</p> <p>Ashfield Library Book Delivery</p> | <p>25 Greenfield Shop Trip ☁</p> <p>9:00 Tai Chi for Arthritis & Bal</p> <p>10:00 Knitting Group</p> <p>10:00 Healthy B&B-Ashfield</p> <p>11:30 Lifepath meal ☁</p> <p>12:30 Bingo</p> | <p>26</p> <p>Staff available by phone 9-3</p> <p>10 - 1pm Familiar Friends</p> <p>1:30-3 Never Alone- Peer Support</p> |
| <p>29</p> <p>8:30-3:30 Foot Clinic ☁</p> <p>1:00 Drumming</p> | <p>30</p> <p>Greenfield Shop Trip ☁</p> <p>9:00 Tai Chi</p> <p>4:30-5:30 Aerobics</p> | | <p>☁ = Please call 625-2502 to pre-register for all activities. No walk-ins accepted for programs or events</p> | <p>APRIL 2024</p> <p>The Senior Center in Shelburne</p> |

OUTREACH

Outreach Services: The Outreach Coordinator, Teddy Doucette, provides office, home, and satellite visits. 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.

The Senior Center provides Outreach Services for residents of Ashfield, Buckland, and Shelburne. Residents from other towns who need help with Fuel Assistance, benefits applications, homeware, housing searches, connecting to local resources, or registering for Meals on Wheels can contact Lifepath at (413) 773-5555

Outreach Coordinator Ashfield and Buckland Office Hours at Town Hall

The Outreach Coordinator will be available in Ashfield at the Town Hall, the first **Thursday of each month, from 9:30-11 a.m.**, as well as in Buckland Town Hall the **second Thursday of the month, from 9-10:30 a.m.**, for drop in questions as well as resource availability. Feel free to drop in and visit or call to make an appointment for a different time. Call 413-625-2502.

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, however 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 from the Federal Administration for Community Living and the Massachusetts Executive Office of Elder Affairs.

Fraud Alerts!

To help prevent fraud, there are limits on how Medicare can contact you: 1) Medicare can't call you if you don't have a relationship with their agency. 2) Medicare can't send you emails if you haven't agreed to this form of contact. 3) Medicare can't come to your home to sell Medicare products without an invitation. 4) Medicare can't leave flyers, door hangers or leaflets on your car or at your home unless you missed a scheduled appointment

Alzheimer's and Dementia Support Services Caregiver Support Group

Mondays, March 4, April 1, 2p.m.

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. The group will meet either in-person or on Zoom, depending on the current state of COVID-19. Outreach Coordinator Ted Doucette and Social Worker Dianna Young facilitate the group. Please contact Ted at 625-2502 prior to your first group attendance. There is no charge to attend.

The West County Memory Café

Fridays, March 15, April 19, 12-1:30 p.m.

The Café is a monthly gathering of individuals with memory loss and their care partner. 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, and donations are always welcome.

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



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, usually 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 and listen to the voicemail message for updates.



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cont'd

OUTREACH

Familiar Friends

Friday March 22, April 26, 10 a.m. -1 p.m.

Respite for Caregivers to drop off their Caree for a few hours. One on one volunteers, food, entertainment, and resources will keep folks engaged for a few hours and provide the Caregivers with some needed time alone. *This program is funded through a grant by the Massachusetts Council on Aging.*

The Foundation

The Senior Center Foundation is continuing its work to **raise funds to support the activities of The Senior Center.** Our annual fall appeal brought in just over \$11,000 - so we **succeeded in providing funds for the Suddenly Senior project** to develop a podcast that will be a valuable resource for the seniors in our towns. Thank you for your gifts!

Sadly, we did fall **a bit short of the goal of \$15,500**, which would have completed the purchase of GoPro cameras to record the Center's activities outside of the building. These clips will perk up the website and advertise the increased programming offered by the Center. So if you want to support this project ...

Never Fear! It's not too late. Although we will not have a spring appeal, you can still send a belated gift to help tackle the remaining challenge of \$4,500.

Just **send a check** (marked "GoPro") to

The Senior Center Foundation, PO Box 464, Shelburne Falls MA 01370

or simply go to the

Senior Center website and click on the 'Donate' button for further instructions.

"We are always grateful, any time, for donations of any size - they are the building blocks of our vision for the future."

Margaret Payne



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A Special Thank You To...

Diane Nisotis – handmade greeting cards
John Pollard, Judy Sweet, Carol Kelshaw
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Maple Row Farm – potatoes

Meyers Family – health items

Thea Costine, Louise Deren – refreshments

Andrea Bernard – yarn

Paula deFaugeroules – yarn

Doris Johnson estate – miscellaneous items

Joanne Soroka - puzzle

Rita Jaros- home repair

GIFT FUND DONATIONS

St Johns Episcopal Church

Peter and Eva Otten

Bill and Sharon Wilcox

Karen Jones

TRANSPORTATION

We 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.

Please call the Center at 625-2502 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. Fares range from \$.75-\$2.25 each way with a \$5 fare for Walmart (3rd Friday of the month). **March 15, April 19**

Big Y shopping (Tuesday or Thursday depending on the town) is FREE.

FRTA arranges rides to out-of-county medical appointments. Call the FRTA at 774-2262x163 for information and reservations and for information regarding 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.

10 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 1:15-3.** 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: **March 20, April 17**

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 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.

The Clothes Closet at Cowell Gym

open on the **2nd and 4th Wednesdays of the month from 11-4.**

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 allows 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 hill towns of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe and Shelburne. There are no income requirements.

No-Cost Home Modifications Available

Community Action of the Pioneer Valley has received a grant to offer the Older Adult Home Modification Program. This program allows low-income homeowners age 62+ living in Franklin and Hampshire counties to modify their homes at no cost. These home modifications can improve the general safety of your home, increase accessibility, and help you maintain your independence. Some examples of modifications include the installation of grab bars, railings, temporary ramps, transfer benches, raised toilet seats, and more! Contact 413-774-2310 Option 4 or email homerepairs@communityaction.us.



“To Go” Tuesday Lunches –

There will be two drive-thru lunches in both March and April.

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

Thursday Weekly Lifepath Lunches – Meals are **Thursdays at 11:30.**

Inside dining will allow up to 20 people to enjoy a hot plate meal, in the company of others, with a safe distance guaranteed! Monthly menus are available at the Center. Pre-registration is required by Mondays, 3:30p.m. by calling 625-2502. Suggested donation: \$3



At Brattleboro Hearing Center your hearing healthcare is our top priority.

Our Doctors of Audiology keep up with the **latest technology** and our **research-driven practices** provide the **best possible outcomes** in the treatment of hearing loss. We're proud to offer personalized, **patient-centered care.**

We look forward to hearing from you!

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The Senior Center - Computer Class and Internet Café Schedule

February Classes are open for any tutorial on a laptop / personal computer / phone. Starting in March, the classes will be specific to Zoom, email, Telehealth, and social media. Call The Senior Center at 413-625-2502 to register for one, or multiple, classes.

MARCH

| | | | |
|-------------------------------|---------------------------------|-------------------------------|----------------------------------------------|
| Taselon Computer Store | Ashfield Belding Library | Taselon Computer Store | Internet Café Senior Center |
| 3-4 PM | 2-3 PM | 10-11 AM | 10- noon |
| Tuesday the 12th | Wednesday the 6 th | Friday the 22nd | Friday the 1 st Friday the 8th |

APRIL

| | | | |
|-------------------------------------------------|---------------------------------|-------------------------------|-----------------------------------------------|
| Taselon Computer Store | Ashfield Belding Library | Taselon Computer Store | Internet Café Senior Center |
| 3-4 PM | 2-3 PM | 10-11 AM | 10- noon |
| Tuesday the 2 nd Tuesday the 23rd | Wednesday the 17th | Friday the 12th | Friday the 5 th Friday the 12th |

Pet Corner:

The Enduring Importance of Pets as We Age

Veterans' Support Services

A Veteran's Agent will be in The Senior Center on the 4th Wednesday of each month from 10-12p.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.

You May Qualify for SNAP Benefits!

If your **1-person household** has a gross monthly income of **\$2,430 or less**.

If your **2-person household** has a gross monthly income of **\$3,287 or less**

Call Ted at 625-2502 for more information on SNAP income guidelines, benefits, and application assistance.

Ziva is a three-year-old German Shepherd Dog who was purchased before she was born during the covid crisis by the Knox family. The breeder described the expected pups as "family dogs bred for temperament and structure from a European working dog bloodline". We were glad to find a dog who was not the "American show dog type" which tend to have a sloping back that we feel can contribute to hip dysplasia so common in GSDs.

Ziva has not disappointed. She has a wonderful disposition and hasn't met a person whom she doesn't like. She makes a daily trip to Dunkin where she sits with the windows open and visits her many admirers. Although she alerts us when there

is someone at the door, her response is not aggressive, and she looks forward to getting to visit with the arrival.

Her "working dog" bloodline results in a need to be busy much of the day and she is taken hiking off leash with her pack twice a week and spends one day a week at a dog care which specializes in working dogs. As much as she loves her family (and we love her), she enjoys these activities.



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Our New Website! Check It Out!

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32 chocolate covered mint cookies

1-8oz pkg. cream cheese.

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10 drops green food coloring

1-8oz tub frozen topping

18 cupcake liners

place 1 cookie in bottom of each

crush 8 cookies

mix cream cheese until fluffy

beat in milk and food coloring

fold in 2 cups topping and crushed cookies.

Freeze 8 hours or overnight.

**Top with a dollop of whipped topping and
a cookie.**

