



Afternoon Tea
with Pat, Kathy
and Gayle

“WISE GUIDE”

Welcome, winter-weary friends! As spring begins to open its eyes, we're delighted to share a season full of fresh energy, connection, and wonderful opportunities at The Senior Center.

One of the best ways to shake off the lingering winter blues is through music, laughter, and good company. March brings a special treat with **musician and entertainer Roger Tincknell**, helping us sing our way into **St. Patrick's Day**. Beginning in April, we're excited to offer two indoor meals each month. **Luncheons** will feature delicious **homemade food** prepared by our talented volunteer chefs, paired with live music, travel presentations, and — yes — even more music! The second monthly gathering will be a **Lunch & Learn**, offering engaging and informative presentations.

We're especially looking forward to an April talk from a long-anticipated **expert on Artificial Intelligence: the myths, the realities**, and what it really means for everyday life. In the coming months, we'll also welcome representatives from the **RMV** and other relevant agencies to share practical knowledge, helpful information, and useful skills. In addition, we're sponsoring a LifePath workshop series for caregivers and their partners, focused on navigating new realities with support and understanding. And as always, our Caregiver Support Group and Memory Café remain available for caregivers and their partners seeking connection, comfort, and community along the way.

Finally, a heartfelt thank-you to our generous community. **We asked for socks — and you truly delivered!** During the holidays, we collected donations of new socks for shelters and individuals in need, and you responded in a big way. We received three full boxes, each of which found a worthy home: one went to an agency serving people experiencing homelessness or living in temporary shelters; another supported families affected by domestic abuse; and the third was donated to our very own Mary Lyon Foundation, which assists families throughout West County. We are so proud of this effort and of the way our seniors stepped up to make a meaningful impact. Let's see what we can do next, you generous community!



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 checkout procedure. Contact Juli at 413-625-2502 for more information.



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.

THANK YOU!

A Special Thank You To...

Julie Wonkka – raffle basket

Girl Scout Troop – holiday decorations

McCusker's Market – cake

Nan Fischlein – mittens

Thea Costine - paczki



Our friends, the Burns.

Donations to Gift Fund

The Wholeys- Fuel Assistance Fund

First Congregational Church of Shelburne-Fuel Assistance Fund

St. John's Episcopal Church-Fuel Assistance Fund

The Wholeys- Fuel Assistance Fund

Senior Center Bad Weather Policy

For programs and services at The Senior Center, we have traditionally followed Mohawk School District's delay schedule. If Mohawk District has a 2-hour delay The Senior Center will open at 10. If Mohawk cancels school for the day, usually the Center will also be closed. Our voicemail will be updated on days with questionable weather by 7:00am. Call us at 625-2502 and listen to the voicemail message for updates.

Wheels of Friendship: A Volunteer Driver Initiative Bringing Seniors Together, One Ride at a Time

The Wheels of Friendship initiative is designed to help older adults access programs, social activities, and essential resources at The Senior Center by providing door-to-door transportation through a network of volunteer drivers. This initiative encourages community engagement by enabling active seniors to support their peers through safe, reliable transportation.

How It Works

Volunteer Drivers: Seniors and other community members sign up to provide door-to-door rides for older adults needing transportation to The Senior Center.

Eligibility: Riders must be able to enter and exit a standard vehicle with minimal assistance (walkers and canes permitted; no wheelchairs or specialized mobility devices).

Two-Way Service: Drivers provide both pick-up and drop-off services to ensure riders can fully participate in activities.

Scheduling: Rides are arranged in advance through The Senior Center, coordinating availability between drivers and riders.

Call us at 413-625-2502 to sign up as a volunteer, or as a potential participant in receiving rides.

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

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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

PROGRAMS

Special Performances

Tuesday, March 24, 1 p.m. – Roger Tincknell “From Ireland to America” music concert. This program follows the St. Patrick’s Day luncheon. Cost for lunch is \$4. Pre-register by March 19.

Tuesday, April 14, 1 p.m. – Artificial Intelligence Tech Talk by Seth Goldstein. (Postponed from Nov. 10.) This program follows the April 14 luncheon. Cost for lunch is \$4. Pre-register by April 9.

Tuesday, April 28, 1 p.m. – Richie Davis “True Tales from Extraordinary Lives”, stories from Franklin County. This program follows the April 28 luncheon. Cost for lunch is \$4. Pre-register by April 23.

Dementia Journey Group for Those Living with Dementia and Their Care Partners

Mondays March 2 to April 27, 10 a.m. -12:00 p.m.
Join us for an 8-session workshop for people living with early-stage dementia and their care partners to equip themselves with resources and peer connections to help navigate the journey ahead. The group will center around Ariadne Labs’ Living Well with Dementia Toolkit, providing concrete strategies for enhancing quality of life. Sessions cover essential topics such as relationships, daily living, future planning, health, and dementia supports. A light meal will be provided! Registration Required. This group is funded through a grant from the Executive Office of Aging and Independence.

Heart-Centered Reiki with Tomasin Whitaker (Postponed from Sept.)

Tuesday, April 7, 12-1 p.m.
Tomasin Whitaker is a certified Usui Reiki practitioner with a background in human services and mindfulness practice. She will describe Reiki, a Japanese relaxation technique that channels universal energy to support well-being in body, mind and spirit and recharges the body’s energetic system. She’ll give an overview of a Reiki treatment as well as a brief history of Reiki, and will share the five Reiki precepts for happiness and present heart-opening exercises.

Artificial Intelligence Tech Talk (Postponed from Nov.)

Tuesday, April 14, 1-2 p.m.
Seth Goldstein, a cybersecurity staff professional who has delivered wonderful programs addressing Artificial Intelligence (AI), will demystify the jargon, separate the facts from the media hype and share simple ways you can safely use AI in your daily life.

The Teacup Hour- Afternoon Tea

Wednesday, Mar. 4, Apr. 1, 2-3:30 p.m.
As Spring fights Winter, we’re delighted to continue our monthly gathering at The Senior Center: The Teacup Hour. Once a month, we’ll set aside a cozy afternoon to enjoy a traditional tea hour, complete with hot tea served properly, cucumber sandwiches, biscuits with cream, and other time-honored treats.

We especially welcome tea enthusiasts who

enjoy specialty or exotic blends. If you have a favorite tea you’d like to share—or would like to donate a small amount for the group—we’d love to hear from you. Join us for warmth, gracious company, and the simple pleasures of tea as we embrace comforting rituals and good conversation during the winter months. All are welcome.

Let’s Dance!

Wednesday April 8th, 4:15-5:15 p.m.
Join Teddy for Let’s Dance! A feel-good dance gathering 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.

Calling All Ghouls and Creative Spirits!

Monday, March 16 and April 6, 2:30-4:00 p.m.
The Senior Center and the West County Senior Services District are teaming up to host a Haunted House in the Fall, and we’re getting an early start to make it an

continued on next page

Mar. 17 –
“Best Parks Ever”- tour some of our National Parks

Apr. 21
“Zootopia 2”- cartoon movie. It’s vacation week -bring the grandkids if you’d like

Tuesday Movies
The show begins at 1 p.m.



unforgettable event!

We're forming a Haunted House Planning Committee and are looking for volunteers with all kinds of talent- makeup artists, builders, decorators, actors, organizers, and anyone with a creative or spooky streak! The committee will meet once a month through next summer, then every other week as we get closer to the big event in October. Enjoy fun seasonal snacks and beverages as we brainstorm ideas and start shaping this spine-tingling community event! Come be part of the frightful fun—let's make some Halloween magic together!

Reflexology

1st Wednesday of every month. March 4, April 1, 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 for feet. Payment is made directly to Susanne Recos by check, cash or credit card. Pre-registration is required.

Men's Night Meetings

The Men's Night Meetings are held on the second Wednesday of the month. Call Cal Parsons if you would like to attend (413-427-4871). Meet to carpool at The Senior Center. **March 11-Ashfield Stone; April 8-Sun and Moon.**

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!

A Novel Idea Book Club

Wednesday March 11, April 8, 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, espe-

Bingo!

Thursdays at 12:15 p.m.



cially 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.

Senior Talking Points

Friday, March 13, April 10, 1:30-3 p.m.

Every second Friday, The Senior Center offers a group called Talking Points. We meet and talk about issues with aging, interesting facts we've learned, or a shared story of independent living and empowerment. We focus on fun and laughs, and the independence of solo aging.

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 drum-

ming techniques and socialize. Space is limited. Call the Center at 625-2502 if you are interested in joining the group.

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HEALTH

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, March 2, April 6, 9:00 a.m.-12:30 p.m.

Mondays, March 16, 30, April 13, 27,

(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. Ashfield, Buckland and Shelburne seniors are charged \$40, and a new rate of \$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

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. Pre-register by calling the Center at 625-2502.



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

Taught by Beth Bascom and Janice Fleurel. 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. Because there is so much interest in the program, some participants will come Mondays and others will come Thursdays. If interested in joining or for more information, call The Senior Center at 625-2502. Pre-registration necessary. Cost: \$20/month.

"Ask the Nurse"

Tuesdays, March 24, April 28, 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.

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HOURS:

Monday-Friday 8:30am-8pm
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Sunday Closed

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9-1 Foot Clinic ☁ 10-12 Dementia Journey workshop 12:30 Drumming 2:00 Caregivers Support Group	3 4:30-5:30 Aerobics	4 In-town Shop ☁ 8:30 Yoga 9-3:30 Reflexology 10:00 Healthy Bones & Bal. 2-3:30 Afternoon Tea	5 Meals on Wheels / Lifepath Lunch 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 3/10 meal	6 Staff available by phone 9-3 10-12 Internet Café at Senior Center
9 10-12 Dementia Journey workshop 1:00 Drumming <i>Daylight saving time begins</i> March 8	10 12-1:30 TO GO Meal – chili, cornbread, dessert ☁ 4:30-5:30 Aerobics	11 In-town Shop ☁ 8:30 Yoga 10:00 Healthy Bones & Bal. 2:30 Novel Idea Book Club at Ctr 5:00 Men's Nite trip to Ashfield Stone	12 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 COAs Collaborative Meeting	13 Staff available by phone 9-3 1:30-3 Senior Talking Points
16 9-3:30 Foot Clinic ☁ 10-12 Dementia Journey workshop 1:00 Drumming 2:30- Haunted House Planning mtg.	17 1:00 Movie: <i>Best Parks Ever</i> 4:30-5:30 Aerobics	18 In-town Shop ☁ 8:30 Yoga 10:00 Healthy Bones & Bal 1-3:00 Brown Bag 3:00 Board of Managers Mtg.	19 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 3/24 meal	20 Staff available by phone 9-3 Wal-Mart Shop Trip ☁ 12-1:30 Memory Cafe ☁
23 10-12 Dementia Journey workshop 1:00 Drumming	24 10:30-12:00 Ask the Nurse ☁ 12-2 INSIDE St. Pat's Meal with Irish music by Roger Ticknell ☁ 4:30-5:30 Aerobics	25 In-town Shop ☁ 8:30 Yoga 10:00 Healthy Bones & Bal 10-12 Veteran's Agen	26 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☁ 12:15 Bingo	27 Staff available by phone 9-3
30 9-3:30 Foot Clinic ☁ 10-12 Dementia Journey workshop 1:00 Drumming	31 4:30-5:30 Aerobics	Library Book Delivery Dates Buckland – 3/10, 24 Arms – 3/11, 25 Ashfield – 3/11, 25	March 2026 The Senior Center in Shelburne	
				☁ = Please call 625-2502 To pre-register for activities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APRIL 2026 The Senior Center in Shelburne	<i>Library Book Delivery Dates</i> <i>Buckland – 4/7, 21</i> <i>Arms – 4/8, 22</i> <i>Ashfield – 4/8, 22</i>	1 In-town Shop ☰ 8:30 Yoga 9-3:30 Reflexology 10:00 Healthy Bones & Bal. 2-3:30 Afternoon Tea	Meals on Wheels / Lifepath Lunch 2 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 Staff available by phone 9-3 10-12 Internet Café at Senior Center
6 9-1 Foot Clinic ☰ 10-12 Dementia Journey workshop 12:30 Drumming 2:00 Caregivers Support Group 2:30- Haunted House Planning mtg	7 12-1 Introduction to Reiki Presenter: Tomasin Whitaker (postponed from Sept) 4:30-5:30 Aerobics	8 In-town Shop ☰ 8:30 Yoga 10:00 Healthy Bones & Bal. 2:30 Novel Idea Book Club at Ctr 5:00 Men's Nite to Sun and Moon 4:15-5:15 – Let's Dance!	9 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 COAs Collaborative Meeting Pre-register for 4/14 mea	10 Staff available by phone 9-3 1:30-3 Senior Talking Points
13 9-3:30 Foot Clinic ☰ 10-12 Dementia Journey workshop 1:00 Drumming	14 12-2 INSIDE Meal: menú- spaghetti bake, garlic bread, salad, dessert ☰ Seth Goldstein “Artificial Intelligence Tech Talk” (postponed from Nov) 4:30-5:30 Aerobics	15 In-town Shop ☰ 8:30 Yoga 10:00 Healthy Bones & Bal 1-3:00 Brown Bag 3:00 Board of Managers Mtg.	16 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☰ 12:15 Bingo	17 Staff available by phone 9-3 Wal-Mart Shop Trip ☰ 12-1:30 Memory Cafe ☰ Sat., April 18 - Square Dance at Buck-Shel Comm. Ctr 6:30 lessons; dance 7-9pm
20 Patriots Day Senior Center Closed	21 1:00 Movie: Zootopia 2 (cartoon) 4:30-5:30 Aerobics	22 In-town Shop ☰ 8:30 Yoga 10:00 Healthy Bones & Bal 10-12 Veteran's Agent	23 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 4/28 meal	24 Staff available by phone 9-3
27 9-3:30 Foot Clinic ☰ 10-12 Dementia Journey workshop 1:00 Drumming	28 10:30-12:00 Ask the Nurse 12-2 INSIDE meal- Baked potato bar, salad, dessert with presenter Richie Davis, local tales ☰ 4:30-5:30 Aerobics	29 In-town Shop ☰ 8:30 NO yoga 10:00 Healthy Bones & Bal	30 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☰ 12:15 Bingo	☰ = Please call 625-2502 To pre-register for activities.

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, homecare, housing searches, connecting to local resources, or registering for Meals on Wheels can contact Lifepath at (413) 773-5555.

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.

Fuel Assistance Season!



2025-2026 Fuel Assistance Income Guidelines

1 person \$51,777
2 people \$67,709
3 people \$83,641
4 people \$99,573

Ashfield, Buckland and Shelburne contact Teddy for support in the process, everyone can call Community Action for help at 413-774-2310.

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; 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.

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.

Alzheimer's and Dementia Support Services



Caregiver Support Group

Mondays, March 2, April 6, 2 p.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. 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, March 20, April 17, 12-1:30 p.m.

The Cafe is a monthly gathering of individuals with memory loss and their care partners. 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.



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.



Don and Lois Bascom

Brattleboro Hearing Center

Brattleboro, VT
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MEALS

“To Go” Tuesday Lunches –

There will be one inside lunch and one To-Go lunch in March. From April to June both Tuesday meals will be held inside. (See our activity calendar for dates, times, and menus.) Pre-registration is required by calling 625-2502. For To-Go lunches, drive up in front of The Senior Center between 12-1:30 and your meal will be handed to you. For inside meals, the meal will be served at Noon followed by a program. Limit for meals inside is 50. The cost is \$4 for both inside and To-Go meals.

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

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A Council on Aging (COA) in Massachusetts is a municipal agency dedicated to supporting and enhancing the quality of life for older adults within the community. COAs provide a wide range of services, including social, recreational, health, and educational programs, as well as resources and advocacy to help seniors maintain independence and well-being. Each COA works closely with local, state, and federal organizations to address the diverse needs of the aging population

Ashfield Council on Aging

Roy Rudolph, Mary Mosley, David Collins

Meeting Wednesday March 4 and April 1, at 2pm at Belding Library.

The COA meets the first Wednesday of each month at the Belding Library, 2-3 p.m. Brown Bag luncheon held 11:30-1p.m. the first Thursday of each month at the Congregational Church on Main Street in Ashfield will be on pause throughout the winter months.

Buckland Council on Aging

Ellen Eller, Joanne Soroka, Lisa Khanna, Susan Schauger

Looking for a new Board of Manager to be considered for July, 2026.

Shelburne Council on Aging

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



Dance Aerobics on Tuesday afternoons

COUNCILS ON AGING

The COA Collaborative

The COA Collaborative, **March 12, April 9, 3-4 p.m.**

The COA Collaborative will serve as a regular, inclusive, and flexible forum where COA members from Ashfield, Buckland, and Shelburne—and potentially 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, while the formal governing structure is changing, the connection between The Senior Center and our partner towns remains strong, responsive, and rooted in shared values.



*Think Assisted Living Is
Not For You? Think Again.*



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RESOURCES

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.

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 1-3 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.

March 18, April 15

The **Clothes Closet at Cowell Gym** is open on the **2nd and 4th Wednesdays of the month from 11-3:30 p.m.** In addition, the Community Closet located at the Cowell is now open on the 2nd and 4th Saturdays of each month.

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

Veterans' Support Services

March 25, April 22

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 represen-



tative available at the Upper Pioneer Valley Veterans' Services District in Greenfield. For questions or information, you can call them directly at (413) 772-1571.

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 aged 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, temporary ramps, transfer benches, raised toilet seats, and more! Contact 413-774-2310, Option 4, or email homerepairs@communityaction.us.

You May Qualify for SNAP Benefits!

If your 1-person household has a gross monthly income of \$2,608 or less
If your 2-person household has a gross monthly income of \$3,525 or less

Senior Center Foundation, Inc.
7 Main Street P.O. Box 464
Shelburne Falls, MA 01370

SeniorWise

March- April 2026

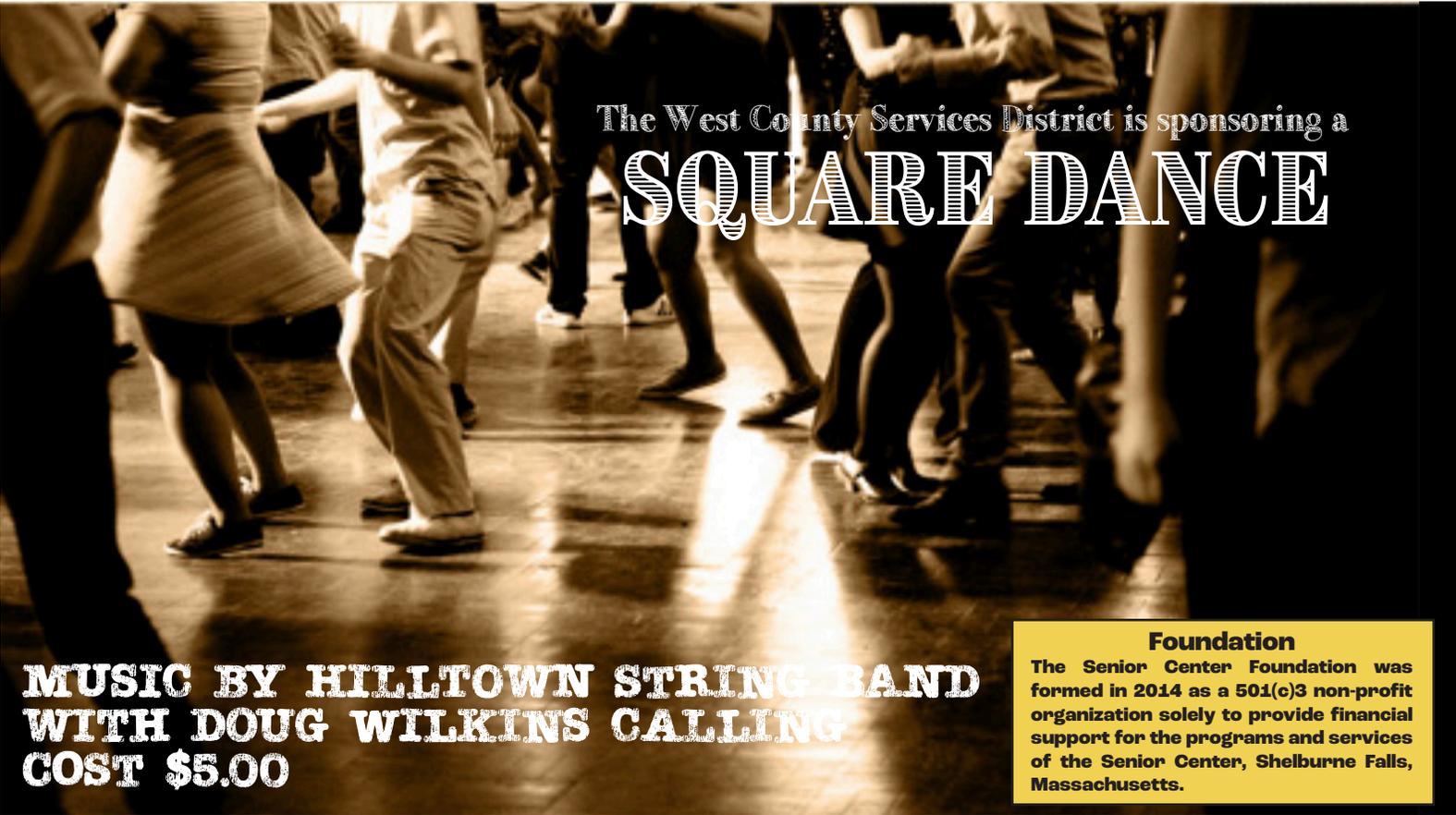
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The-Senior-Center.org

Our New Website! Check It Out!

**SAVE THE DATE
SATURDAY APRIL, 18**

**6:30 LESSONS AND 7-9 SQUARE DANCE
HELD AT BUCKLAND SHELBURNE COMMUNITY CENTER**



The West County Services District is sponsoring a
SQUARE DANCE

**MUSIC BY HILLTOWN STRING BAND
WITH DOUG WILKINS CALLING
COST \$5.00**

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.