

Come on and Zoom Zoom Zoom Zoom Zoom Zoom!

Progress in the digital world has increased with many taking advantage of our computer classes, as well as the Internet Café. These options are available due to the Mass. Executive Office of Elder Affairs Hybrid Programming grant we received. The **i-Pads** have been delivered, set up, and are ready to go! The last weekly computer classes in May will center on how to use an i-Pad, as well as how to take a Zoom class. **Internet Café** will focus on how to access **YouTube and podcasts**. A special telehealth tutorial that will be taught on Zoom. Four i-Pads will be available for loan starting this summer. Take a class and explore the digital world!

Bones and Balance will be on Zoom starting in June. Contact The Senior Center for a link to the class so that you can join in from the comfort of home! If you live at Highland Village, the class will be held via Zoom on a Chromebook in the Community Room.



*I-pad instructor
Ian Ralph,
Tassel Computer Store*

SeniorWise

May - June 2024

Coffee Corner with presentation “Do it Yourself Home Repairs”

Monday, May 20, 10-11

Jim Perry, one of our home repair volunteers, will present this program on small home repairs you can do yourself. Coffee and breakfast pastry served. Pre-register by May 15.

Water Fitness Classes at Buckland Rec.

Session 1: Tues & Thurs June 25–July 16, (June 25 & 27 9:15–9:50) other sessions 11:20–11:55

Session 2: Tues & Thurs July 23–Aug. 15, (July 23 & 25 11:20–11:55) other sessions 9:15–9:50

The classes this year are run by Buckland Rec. Each session involves 8 classes. The cost per session is \$50 per person payable to the Town of Buckland. First come, first served. Limited to 15 participants per session. The Senior Center has copies of the registration form you can send to the Town of Buckland, or you can get it from the Town of Buckland website.

Note: In support of this venture, The Senior Center will hold a lottery for 3 free slots, one for Ashfield, one for Buckland and one for Shelburne seniors. You can submit your name in hopes of being selected for a free slot in either Session 1 or Session 2. Call the Center with your name, phone number, town of residence and session you are interested in by June 1.



Senior Center Patio Garden

Our team of gardeners have already been working in our patio garden in the rear as well as our front garden. This year they are participating in the Flowering of the Village, organized by the Bridge of Flowers committee. So, in addition to our barrels of flowers out back, the plantings in the front of the building and the window box by the front door, we are tending plants from the Bridge of Flowers while they are closed. Many plants are in the rear patio and are labeled. Daffodils from the Bridge are both in front and in the back garden. Everyone is welcome to stop by anytime during the summer and fall to see the beauty of our gardens.



PROGRAMS

May Computer Classes

May 3, 10-11 a.m. Tselon Computer Store

May 8, 2-3 p.m. Belding Library Ashfield

May 14, 3-4 p.m. Tselon Computer Store

Internet Café at The Senior Center

May 3, 10-12 p.m. and May 10, 10 a.m. to 12 p.m.

Presentation by Arbors Senior Living in Greenfield

Wednesday, May 22, 12:00 p.m.

Karen Walters-Zucco, director of marketing, will define assisted living and its evolution over time, highlighting the shift towards person-centered care and the emphasis on maintaining independence and dignity for all residents. Discussion will include the various amenities and services offered at the Arbors, importance of social engagement, the future of assisted living, the need for affordable housing options and the fostering of inclusivity and diversity within our communities. A light lunch will be served. Pre-register by May 16.

Hip Hop Chair Dance Exercise

Monday, May 6, 9:00 a.m.

Rondae Drafts, Executive Director of Music_Dance.Edu, will present this program. Participants will exercise and dance to upbeat Hip Hop music while sitting. Program is free of cost, made possible by a grant from the Shelburne Cultural Council. Pre-register by May 2. Coffee and refreshments to follow.

A Novel Idea Book Club

Wednesday May 8, June 12, 2:30- 4:00 p.m.

Favorite books, authors and genres are shared by all in the group. Notes of the meeting make it possible for members to pursue books and authors they had not previously considered, especially after another member's sharing of what it meant to them. The Book Club meets the second Wednesday of each month. The novel idea is to bring one of your favorite books or information on your favorite author. If someone shares a book or author you may be interested in, 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!

Nutrition Check Up Presentation

Wednesday, June 5, 1 p.m.

In celebration of Older Americans Month in May, the Massachusetts Executive Office of Elder Affairs (EOEA) and LifePath, would like to extend an invitation to participate in the Nutrition Check-up Event to raise awareness for keeping malnutrition at bay. Poor nutrition is common among older adults, not only among those who have been hospitalized but also among those who live at home. One out of two older adults are at risk for malnutrition. Malnutrition often leads to decreased immune system, poor wound healing, falls and fractures, digestive issues, irritability, depression, decreased quality of life, and longer hospital and rehabilitation stays.

Would you like to know how to identify the signs of malnutrition in a family member, friend, or yourself? We invite you to attend a presentation by LifePath's Nutritionist Bi-sek Hsiao, PhD, MS, RD, LDN, which will include information about the signs of malnutrition, how to prevent malnutrition, eating a healthy diet, healthy snacks, etc. We will also conduct individual malnutrition risk screenings.

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

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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

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

Infinity: Seniors Navigating Parental Care

Wednesday, May 29, June 26, 5:30-7 p.m.

In the journey of aging, many seniors find themselves taking on the role of caregivers for their 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. If this resonates with you, we invite you to attend our monthly meetings, held the last Wednesday of the month at The Senior Center from 5:30 to 7 p.m.

Basket Weaving Class

Wednesdays, June 5, 12, 26, 11:30-12:30 p.m.

This class will be taught by Kathy Wall. Have you ever thought that making a basket would be fun? Join us for Baskets 101, a series of 3 classes. We will be making a napkin basket, that will be completed at the end of the third session. The instructor has made over 175 baskets and states that you can too. Make one to enjoy yourself or give as a gift. Cost for materials is \$5 per person. Pre-register by May 23. Limit 6.

Never Alone- Support Group

Friday May 10, 24, June 14, 28, 1:30-3 p.m.

Every second and fourth Friday, 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, as well as freedom and choice. Regularly talking and listening to others helps you put your own challenges in perspective.

Movies

Tues, June 4

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.

“Mad Money”

starring Diane Keaton, Katie Holmes and Queen Latifah – an ingenious crime caper.

Senior Learning Network Virtual Programs

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

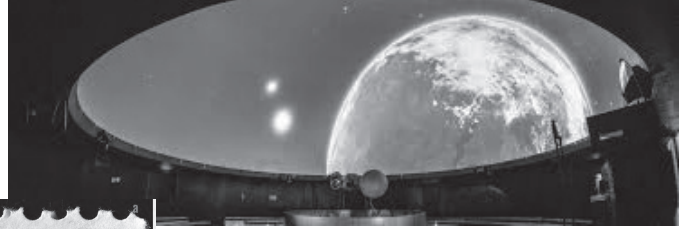
Star Lore of the Ojibwe

Treworgy Planetarium Mystic Seaport

Tuesday, May 7 "

FDR the Hobbyist!

Tuesday, May 21



Game Afternoons

Cribbage

Wednesday, May 1, Tuesday, June 11, 1:30-3 p.m.

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

Bridge

Tuesday, May 14, Tuesday, June 18, 1:30-3 p.m.

Some people have indicated that they would like to play Bridge. Please call to confirm you will be attending to make sure we have at least 4 players.

Bingo!

Thursdays at 12:30 p.m.

"EASY-READ"				
B	I	N	G	O
<small>Nos. 1 to 15</small>	<small>Nos. 16 to 30</small>	<small>Nos. 31 to 45</small>	<small>Nos. 46 to 60</small>	<small>Nos. 61 to 75</small>
2	23	43	54	71
15	26	37	56	61
10	20	FREE <small>149151</small>	58	74
3	21	40	51	72
4	18	32	53	63

Drumming Group

Mondays at 1:00 p.m.

(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

The Men's Night Meetings are held the second Wednesday of the month. Call Don Bascom if you would like to go (625-2970). Meet at the Senior Center and carpool. **May 8, 5 p.m.**-presentation at The Senior Center by Fishtale Fabricators, then trip to the Wilder House. **June 12, 5:30-p.m.**- trip to Clark Corvair.

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!

“Ask the Nurse”



Tuesdays, May 28, June 25, 10:30–12 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. 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 the community. For further details and to schedule an appointment or inquire about upcoming health topics, please don't hesitate to contact Nurse Lisa White at (413) 774-3167 x 156. Embrace this opportunity to take charge of your health and let our dedicated nurses support you on your wellness journey. We look forward to seeing you at The Senior Center!

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 this program designed to increase participants' strength, mobility, flexibility, and balance. Happy 25-year anniversary for B & B!

25th ANNIVERSARY

Live Standing Dance Class - Aerobics

**Tuesdays, May and June, 4:30–5:30 p.m. 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.

Healthy Eating 6 Week Work- shop Presented by LifePath

**Tuesdays, June 4, 11, 18, 25 July 2, 9 at 10–12:30
p.m. Trinity Church Kitchen**

For adults hoping to improve their nutrition to avoid or live well with chronic conditions, this workshop teaches nutrition basics, label-reading, meal planning, and works to overcome barriers to healthy eating for older adults, presented by Andi Waisman. Call The Senior Center to register for the series at 414-625-2502

COUNCILS ON AGING

The three COA's are holding an Ice Cream Social event!

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

Thursdays at 9:00 a.m. 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.

Ice Cream Social

to be held at Mary Lyon Church, **Friday May 17, 5:30 p.m.** scooping, live music by Small Change. Come join us for this fun event!

Ashfield Council on Aging

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

There will be a brown bag luncheon on Thursday, May 2, with Jane Willis MD presenting Integrative Medicine for Seniors. June 6, presentation by Double Edge Theater. Luncheons are 12-1 p.m. First Congregational Church, 429 Main Street in Ashfield.

Shelburne Council on Aging

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

Buckland Council on Aging

Ellen Eller, Joanne Soroka, Janice Fluerial

Foot Care Clinics

Mondays, May 13, 20, June 17, 24, 8:30-3:30 p.m.

Mondays, May 6, June 3, 8:30-12:30 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 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.**



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HOURS:

Monday-Friday 8:30am-8pm

Saturday 8:30am-3pm

Sunday Closed



52 Bridge Street, P.O. Box 188 • Shelburne Falls, MA 01370

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>May 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>1 In-town Shop ☎ 8:30 Yoga 10:00 Healthy Bones & Bal 1:30-3 Cribbage</p>	<p>Meals on Wheels / Lifepath Lunch 2 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 lunch with speaker 12:30 Bingo</p>	<p>3 Staff available by phone 9-3 10-11 Comp. Class at Taseion Store 10-12 Internet Café at Ctr.</p>
<p>6 8:30-12:30 Foot Clinic 9:00 Hip Hop Chair Dance w/ Rondae Drafts ☎ 12:30 Drumming 2:00 Caregivers Support Group</p>	<p>7 Greenfield Shop Trip ☎ 9:00 Tai Chi 12-1:30 To Go Meal Menu: macaroni and cheese, salad, dessert ☎ 2:00 SLN "Star Lore of the Ojibwe-Treoworgy Planetarium Mystic Seaport" 4:30-5:30 Aerobics Buckland Library Book Delivery</p>	<p>8 In-town Shop ☎ 8:30 Yoga 10:00 Healthy Bones & Bal. 2-3 Computer class at Beiding Lib. ☎ 2:30 Novel Idea Book Club at Ctr 5:00 Men's Nite meets at Sr. Center- presentation by Fishtale Fabricators Arms Library Book Delivery Ashfield Library Book Delivery</p>	<p>9 Greenfield Shop Trip ☎ 9:00 Tai Chi for Arthritis & Bal 9:30-11 Outreach Coord. At Buckland Town Hall 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>10 Staff available by phone 9-3 10-12 Internet Café at Center 1:30-3 Never Alone Support Group</p>
<p>13 8:30-3:30 Foot Clinic ☎ 1:00 Drumming</p>	<p>14 Greenfield Shop Trip ☎ 9:00 Tai Chi 1:30-3 Bridge 3-4 Computer class at Taseion ☎ 4:30-5:30 Aerobics</p>	<p>15 In-town Shop ☎ 8:30 NO Yoga 10:00 Healthy Bones & Bal 1-3:00 Brown Bag</p>	<p>16 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 5/21 & 22 meals</p>	<p>17 Staff available by phone 9-3 Wal-Mart Shop Trip ☎ 12-1:30 Memory Cafe ☎ 5:30 Ice cream social by COAS at Mary Lyon Church-music by Small Change</p>
<p>20 8:30-3:30 Foot Clinic ☎ 10-11 Coffee Corner and presentation by Jim Perry "Do it Yourself Home Repairs" ☎ 1:00 Drumming</p>	<p>21 Greenfield Shop Trip ☎ 9:00 Tai Chi 12-1:30 to go meal-Menu: taco bowl with chicken, chips, dessert ☎ 2:00 SLN "FDR the Hobbyist!" 4:30-5:30 Aerobics Buckland Library Book Delivery</p>	<p>22 In-town Shop ☎ 8:30 Yoga 10:00 Healthy Bones & Bal. 10-12 Veteran's Agent 12:00 Program about the Arbors Senior living programs-lite lunch served ☎ Arms Library Book Delivery Ashfield Library Book Delivery</p>	<p>23 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</p>	<p>24 Staff available by phone 9-3 10 - 1pm Familiar Friends 1:30-3 Never Alone Support Group</p>
<p>27 Memorial Day Center Closed</p>	<p>28 Greenfield Shop Trip ☎ 9:00 Tai Chi 10:30-12 Ask the Nurse ☎ 4:30-5:30 Aerobics</p>	<p>29 In-town Shop ☎ 8:30 Yoga 10:00 Healthy Bones & Bal. 5:30 Infinity- Seniors Navigating Parental Care ☎</p>	<p>30 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</p>	<p>31 Staff available by phone 9-3</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:30-12:30 Foot Clinic ☁</p> <p>12:30-1:30 Drumming</p> <p>2:00 Caregivers Support Group</p>	<p>4 Greenfield Shop Trip ☁</p> <p>9:00 Tai Chi</p> <p>10-12:30 Healthy Eating Workshop at Trinity Church kitchen presented by Lifepath</p> <p>1:00 Movie: <i>Mad Money</i></p> <p>4:30-5:30 Aerobics</p>	<p>5 In-town Shop ☁</p> <p>8:30 Yoga</p> <p>10:00 Healthy Bones & Bal</p> <p>11:30-12:30 Basket weaving class</p> <p>1:00 Nutrition Check Up presentation by Bi-sek Hsiao, nutritionist at Lifepath ☁</p>	<p>Meals on Wheels / Lifepath Lunch</p> <p>6 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 6/11 lunch</p>	<p>Staff available by phone 9-3</p> <p>10-12 Internet Café at Ctr.</p>
<p>10</p> <p>10-11 Coffee Corner and Presentation</p> <p>1:00 Drumming</p>	<p>11 Greenfield Shop Trip ☁</p> <p>9:00 Tai Chi</p> <p>10-12:30 Healthy Eating Workshop at Trinity Church kitchen presented by Lifepath</p> <p>12-1:30 To Go Meal Menu: spaghetti & meatballs, salad, garlic bread, dessert ☁</p> <p>1:30-3 Cribbage</p> <p>4:30-5:30 Aerobics</p> <p>Buckland Library Book Delivery</p>	<p>12 In-town Shop ☁</p> <p>8:30 Yoga</p> <p>10:00 Healthy Bones & Bal.</p> <p>11:30-12:30 Basket weaving class</p> <p>2:30 Novel Idea Book Club at Ctr</p> <p>3:30 Men's Nite to Clark Corvair</p> <p>Arms Library Book Delivery</p> <p>Ashfield Library Book Delivery</p>	<p>13 Greenfield Shop Trip ☁</p> <p>9:00 Tai Chi for Arthritis & Bal</p> <p>9:30-11 Outreach Coord. At Buckland Town Hall</p> <p>10:00 Knitting Group</p> <p>10:00 Healthy B&B-Ashfield</p> <p>11:30 Lifepath meal ☁</p> <p>12:30 Bingo</p> <p>3:00 Board of Directors mtg.</p>	<p>Staff available by phone 9-3</p> <p>10-12 Internet Café at Center</p> <p>1:30-3 Never Alone- Peer Support</p>
<p>17</p> <p>8:30-3:30 Foot Clinic ☁</p> <p>1:00 Drumming</p> <p>1:00-3:00 Brown Bag (note change of day & date)</p>	<p>18 Greenfield Shop Trip ☁</p> <p>9:00 Tai Chi</p> <p>10-12:30 Healthy Eating Workshop at Trinity Church kitchen presented by Lifepath</p> <p>1:30-3 Bridge</p> <p>4:30-5:30 Aerobics</p>	<p>19</p> <p>Juneteenth Independence Day Senior Center Closed</p>	<p>20 Greenfield Shop Trip ☁</p> <p>In-Town Shop</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 6/25 meal</p>	<p>Staff available by phone 9-3</p> <p>Wal-Mart Shop Trip ☁</p> <p>12-1:30 Memory Cafe ☁</p>
<p>24</p> <p>8:30-3:30 Foot Clinic ☁</p> <p>1:00 Drumming</p>	<p>25 Greenfield Shop Trip ☁</p> <p>9:00 Tai Chi</p> <p>10-12:30 Healthy Eating Workshop at Trinity Church kitchen presented by Lifepath</p> <p>10:30-12 Ask the Nurse ☁</p> <p>12-2 picnic lunch at Buckland Rec</p> <p>Menu: wraps (meat or veggie-choose when ordering), chips, dessert ☁ music by Steve and Tom</p> <p>4:30-5:30 Aerobics</p> <p>Buckland Library Book Delivery</p>	<p>26 In-town Shop ☁</p> <p>8:30 Yoga</p> <p>10:00 Healthy Bones & Bal.</p> <p>10-12 Veteran's Agent</p> <p>11:30-12:30 Basket weaving class</p> <p>5:30 Seniors Navigating Parental Care ☁</p> <p>Arms Library Book Delivery</p> <p>Ashfield Library Book Delivery</p>	<p>27 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>Staff available by phone 9-3</p> <p>10 - 1pm Familiar Friends</p> <p>1:30-3 Never Alone- Peer Support</p>
			<p>☁ = Please call 625-2502 to pre-register for all activities. No walk-ins accepted for programs or events</p>	<p>JUNE 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, homecare, 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, 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 through LifePath from the Federal Administration for Community Living and the Massachusetts Executive Office of Elder Affairs.

CISA Farm Share Program

The Senior Center will once again be working with The Atherton Farm to offer 17 farm shares to seniors through the CISA Farm Share program this summer! Those aged 60+ who meet income eligibility requirements can receive fresh local produce for at least 10 weeks throughout the summer months. The cost is a one-time fee of \$10 during enrollment. If you receive SNAP benefits the fee can be paid using your EBT card. Shares are limited and will be distributed through a lottery on June 1.

Fraud Alerts!

FYI: 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, May 6, June 3, 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 Ted at 625-2502 prior to your first group attendance. There is no charge to attend.

The West County Memory Café



Fridays, May 17, June 21, 12-1:30 p.m.

The Cafe 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, 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 MA Executive Office of Elder Affairs.

Familiar Friends

Friday, May 24, June 28, 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.*

Meals “To Go” Tuesday Lunches

There will be two drive-thru lunches in both May and June. (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

Note: on Tuesday, June 25, the meal will be a bagged picnic lunch at Buckland Rec from 12-2, with music by Steve and Tom. There will be no pickup lunches at The Senior Center.



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. Monthly menus are available at the Center. Pre-registration is required by Mondays, 3:30 p.m. by calling 625-2502. Suggested donation: \$3.

The Senior Center Foundation

About the Senior Center 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. In collaboration with the Senior Center staff and the Councils on Aging of the three supporting towns of Ashfield, Buckland and Shelburne, the Foundation works to help achieve the mission of the Senior Center which is “to enrich the lives of residents in the communities served by the Center as they age by designing networks, identifying and meeting their needs and interests, and providing services and programs in welcoming, respectful and safe environments.”



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)**.

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

Once a month there is a shopping trip to Wal-Mart in Hadley.

May 17, June 21

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.

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 1-3:00. 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: May 15, June 17 (note this change for June only).**

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

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



Veterans' Support Services

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.

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**.



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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www.BrattleboroHearing.com

Around the Towns....

Each May brings the School District's Colonial and Native People's Historical Education Programs that have been taking place for more than 25 years. One central theme is barn-loom weaving which has been ongoing since 1946 here in Buckland.



Barn-loom weaving.



A Special Thank You To...

Eileen Lavin - puzzles
 Lesley Stacey - scissors
 John Pollard - cards
 Ellen Eller - puzzles
 TRIAD - Easter hams

CJ Barnes - goodie basket
 James Rodley - soup
 Jeannie Bruffee - eggs

Gift Fund
 George BasBas

Pet Corner: The Enduring Importance of Pets

Hello, my name is Snowball and I live in Shelburne Falls. I don't remember the first year and a half of my life. My life really began when Tu-Vi came to the shelter to adopt me; I'm so happy she did. We have spent almost every minute together ever since. It's even better now that she is fully retired. I love going about town with her. We go to The Senior Center where Dot always has treats for me and everybody pets me. We also went to a tea party at a neighbor's to celebrate Chinese New Year. I also love it that I got a new winter coat. I feel cozy in it, and I attract a lot of attention. I'm a senior now, some days are better than others, but I am deeply grateful that I'm sharing my life with Tu-Vi, and her food.



Snowball

Summer Day on Buckland Common:

Saturday July 20, 2024. The Buckland Center Museum will be open while serving Buckland Blueberry Buckle. Most community groups organize the day. Concerts, food, and children's games

Pothole Pictures in Shelburne Madama Butterfly,

Giacomo Puccini
Saturday, May 11, 2024 12:55 p.m.

Memorial Hall. Capital Campaign Gala

May 18, 7:30 p.m.

Performance/Variety Show. Kick off our campaign to raise funds to renovate the Memorial Hall Theater!

Volunteer Corner

Looking for Volunteer Drivers

The Senior Center often receives requests for rides outside of our On Demand Response parameters. Many seniors in our Buckland, Shelburne and Ashfield areas need transport for medical, social, or wellness activities and appointments. If you have a valid driver's license, and can transport using your vehicle, The Senior Center will cover mileage costs. Please call Juli or Bob at 413-625-2502 for more information, and to volunteer today!



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The-Senior-Center.org

Our New Website! Check It Out!

Maple Cake

1 cup (2 sticks) butter	2 ½ cups flour
2 tsps. baking powder	½ tsp baking soda
½ cup granulated sugar	¾ cup pure maple syrup
2 eggs	1 tsp vanilla or maple extract
¾ cup sour cream	

Butter 9" square baking pan and dust with flour. Mix flour, baking powder, baking soda and pinch of salt. Beat butter, maple syrup and granulated sugar until fluffy (3-5 minutes) Add eggs, one at a time, beating well after each addition; mix in vanilla (or maple). Mix in flour mixture alternating with sour cream. Pour into prepared pan and bake at 350 degrees for about 40 minutes or until cake tester comes out clean. Let cool



in pan 10 minutes. Then leave in pan or turn out cake onto a rack to cool completely.

Frosting: 1/3 cup maple syrup, 3 T butter, 2 ½ cups confectioners' sugar.



Suddenly Senior...Now What?

Podcast and YouTube show will be available for all to enjoy this summer. Ellen Eller is hosting this new venture and has already recorded the first introductory session! How and where to listen will be announced soon.

Foundation

Julie Moreno, Senior Center Director
Sylvia Smith, Expansion Committee Chair
Margaret Payne, Senior Center Foundation President

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