



## “WISE GUIDE”

April showers bring May flowers—and soon our winter-weary gardens and flower beds will burst back to life with color, making snowy days feel like a distant memory!



Take a peek inside this issue to discover all the wonderful activities and events coming up over the next two months. We’re especially excited about our upcoming indoor luncheons—one featuring fun and music, and another offering a chance to learn more about aging and the opportunities it brings.

Our Councils on Aging have been busy brainstorming and are pleased to sponsor both a **Conversation Café** and a **Sweet Ice Cream Social**. And don’t forget—**Teddy’s Dance Party** continues to gain momentum, so stop by for a lively, pulse-raising good time!

**We’re also thrilled to be expanding our offerings with watercolor class and Reiki sessions**, just a few examples of how we continue to grow and create new opportunities for connection and creativity.

Don’t miss out—come join us, explore something new, and make meaningful friendships along the way!

## Senior Discounts

### Education: Greenfield

**Community College (GCC)** offers tuition and fee waivers for credit classes for individuals aged 60 or older.

**Goodwill:** Senior discounts (10-25%) are available for those 55-60+.

**Dining & Travel Restaurants:** Locations like Dairy Queen (10% off, 55+), Applebee’s (10-15%)

**Travel:** Amtrak provides a 10% discount for seniors 65+.

Always ask for a senior discount at stores in local towns as many smaller businesses offer discounts without widely advertising them. If you are a local business and would like to share your discounts for seniors, please call us at 413-625-2502.



## Social Security Defense League – A New Conversation & Advocacy Group

May 11, June 8, 4-5 p.m.

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

This group will provide a welcoming space for conversation around current concerns related to Social Security and Medicare, including proposed changes and what they could mean for seniors. Together, participants can share thoughts, ask questions,

and talk through how these issues may affect their lives and the broader community. In addition to discussion, the group may explore ways to stay informed and, for those interested, consider thoughtful, grassroots advocacy efforts.

Join us on **Monday afternoons** for connection, conversation, and community. Whether you’re looking to learn more, share your perspective, or simply listen, all are welcome.

# SeniorWise

May - June 2026



## Coffee with the Detective

Wednesday, May 6 and June 3, 12 noon to 1:30 p.m.

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

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

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

## 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.

### *A Special Thank You To...*

Eva Otten – sewing machine  
 Carol Kelshaw – free table items  
 Julie Upton- cards, books and puzzles  
 Laurie York, and Jody – eggs  
 Carla – cards  
 TRIAD – Easter hams  
 Belding Library – seed packets  
 Laura Rodley- Tea and Mason Jars

### Donations to Gift Fund

Phyllis Garland

## Senior Center Gardens

by Lois Bascom, Head Gardener

As spring brings more sunshine, melting snow and we see early flowering bulbs, our thoughts turn to the gardens here at the senior center. We have a committed team of gardeners: Beth Bascom, Lois Bascom, Janice Fleuriel, Ellen Eller, Anne Mislak, Maggie Miklovich (new to the team) and Judy Sweet.

Each of us will take a day. We'll water and weed both the patio area and in the front of the building from the day after planting in May until season's end in October when we clear out the tubs. We will be planting, weather permitting, on Saturday, May 23, in the morning (time to be announced). This is the only time we are all together until clean out day. We are on our own to come, ideally in the morning, to water and weed. We send emails to each other to share what we have done in the gardens. As coordinator, I set planting and tub clean out dates and times and use email to notify the team.

Thank you to Janice for her years with us. She will leave us at the end of June to follow other pursuits. (Note: we still need one

more gardener to water and weed on Fridays and to help on planting day.) If you are interested, please let Dot know at the center and she will pass the information on to me. I will talk to you and help you get oriented. A new person can be paired with an experienced one in the beginning.

Thank you to Atherton's in Buckland for supplying all our plants. They were ordered last fall. In the past we have planted dahlias that were donated and expect that to happen again this year. So many people appreciate these gardens and so do the butterflies!!

## 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 by calling 413-625-2502 and coordinating availability between drivers and riders. To sign up as a volunteer call us at 413-625-2502.

# PROGRAMS

### MISSION STATEMENT

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

### STAFF

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

### WEST COUNTY SENIOR SERVICES BOARD OF MANAGERS

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

### 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 Programs

### presentations at 12:45 lunches at noon

#### Presentation on self-care –

May 5- 12:45 presentation, then lunch at noon  
pre-register by May 1

#### Dutch lunch at noon;

May 19 12:45 presentation, then lunch at noon  
-Peter Otten presents a slide show on his  
Netherlands trip – pre-register by May 14

#### Safe driving for seniors

June 9- 2:45 presentation, then lunch at noon  
Presentation by Registry of Motor Vehicles  
on – pre-register by June 4

#### “Regicide in the Family: Finding John Dixwell”

June 23- 12:45 presentation, then lunch at noon  
Presentation by author Sarah Dixwell in her  
book – pre-register by June 18

#### Reiki Individual Sessions with Tomasin Whitaker

Tues. May 12, and Tues., June 2 – 10-11 a.m.  
Tomasin, a certified Usui Reiki practitioner  
with a background in human services and

mindfulness, recently presented an overview of Reiki at the Center. Reiki is a Japanese relaxation technique that channels universal energy to support wellbeing in body, mind and spirit. What to expect: Tomasin’s hands will rest lightly or hover over a series of energy centers in your body while you sit in a recliner while fully clothed, relaxing comfortably. A session is 35 minutes and costs \$25. Please pre-register by May 8 or by May 28 for the June session by calling The Senior Center.

#### Watercolor Painting with artist Cosima Hewes

Wed. May 6; Tues., May 12; Tues., May 26 – 2-4 p.m.

Nurture your creativity and kiss that inner critic goodbye as we break the barriers to enjoying the process. Local artist, Cosima Hewes, will guide you through the use of watercolors using music and a variety of exercises to support our creative exploration together. Focus will be on the process over product. Participants are welcome to come to one or all sessions but encouraged to come to all three as we will build on previous exercises. Materials will be provided. No painting experience needed. **Pre-register by May 1.**

#### New England Wound Care (NEW-Care) Presentation on Self-care

Tues., May 5, 12:45 following lunch  
Meet members from NEWCare and learn how to prevent, treat and manage acute and chronic wounds. This may include diabetic foot ulcers, venous ulcers, pressure wounds, surgical wounds, skin tears, burns and more. Also discussed will be helpful tips for ostomy management.

#### Conversation Café with Author Sophy Burnham

Thurs., May 21, 5:00 pm  
Join us for a light meal and conversation with Sophy Burnham, author of “The Wonder and Happiness of Being Old.” What began with the question, “What’s it like to be old?” became a thoughtful collection of letters for readers of all ages. This book meets you exactly where you are, gives you hope for what’s ahead, and appreciation for all that you have already lived through. Sophy’s talk about this book draws you into a different way of looking at one’s years and welcomes you to the gratitude that only age and insight provide. Sponsored by the Councils on Aging of Ashfield, Buckland and Shelburne (Council on Aging Collaborative). Pre-register by calling the Senior Center at 625-2502. Limit: 35 attendees

*continued on next page*



Wed., May 27

**“The Harder they Fall”** – Black outlaws backed by mostly fictionalized gangs, are involved in gunslinging and train heists. And actress Regina King becomes a total badass! 2 ¼ hrs

Tues., June 16

**“The Boss”** starring Melissa McCarthy – A wealthy woman who, after being arrested and losing her fortune, uses her assistant’s daughter’s Dandelion Girls cookie sales to return to the top. 1 ½ hrs.

## Movies The show begins at 1 p.m.

# PROGRAMS

## Reading Food Labels 101

**Monday May 11, 10:30-11:30 a.m.**

Making healthy dietary choices can help you feel your best and stay active. It can also help you lower your risk of developing some health conditions that are common among older adults. Join us for a friendly workshop at The Senior Center presented by FRCOG Cooperative Public Health Service Nurse Lisa White on the U.S. Food and Drug Administration (FDA) Nutrition Facts label found on packaged foods and beverages. Learn how to spot key ingredients, compare nutrition facts, and choose foods that support healthy aging. You'll leave feeling more confident at the grocery store and better equipped to make choices that fit your needs. A helpful note from the National Institute on Aging and the FDA is that label reading can be especially useful for older adults trying to limit sodium, saturated fat, and added sugars while getting enough fiber, calcium, vitamin D, and potassium. Hope to see you there!

## Calling All Ghouls and Creative Spirits!

**Monday, May 18, June 15- 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 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!

## Assisted Living 101 Presentation

**Wednesday June 24, 12:30-2 p.m.**

With Crystal DaSilva



*Mary Brooks enjoying the Irish music luncheon*

Power point presentation and pamphlets about Assisted Living options and current trends. Crystal will answer your questions and provide you with the resources needed and future opportunities.

- Definition & Benefits: Define assisted living as a blend of housing, support services, and healthcare designed to promote independence and security.
- Services Provided: Detail daily assistance (bathing, dressing, grooming, medication management) and amenities (housekeeping, dining, transportation).
- When to Move: Discuss indicators, such as safety concerns, isolation, or difficulty managing daily tasks.
- Cost & Financing: Explain pricing models (monthly rentals, fee-for-service) and funding options.

## Reflexology

**1st Wednesday of every month. May 6, June 3, 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.

## Dance Party with Teddy!

**Wednesdays, May 13; June 10, 4:15-5:15 p.m.**

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

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

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

## A Novel Idea Book Club

**Wednesdays, May 13, June 10, 2:30- 4:00 p.m.**

The Book Club meets on the second Wednesday of each month. Favorite books, authors and genres are shared by all in the group. Notes at the meeting make it possible for members to read books and authors they had not previously considered, especially after another member's sharing about what it meant to them. The novel idea is to bring one of your favorite books, a book you've just read, or information on your fa-

# HEALTH

## PROGRAMS

### Book Club cont'd

favorite author. If someone shares a book or author that interests you, the book may be shared or can be found at the library, which is open at the same time as Book Club! Come one, come all, it's a Novel Idea.

### Drumming Group

**Mondays at 1:00 p.m.**

**(12:30 first Monday of the month)**

Taught by Irene Baird. A group of drummers gathers weekly to learn new drumming techniques and socialize. 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 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. **May 13**-trip to Ramblin Man; **June 10** - trip to OESCO Orchard Supply

### Knitting Group

**Thursdays at 10:00 a.m.**

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

### Bingo!

**Thursdays at 12:15 p.m.**



Professional foot care by certified foot care nurses for diabetics.

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

contact@footcarebynurses.net

www.FootCarebyNurses.net

Home and clinic visits by appt. 413.367.8369

### "Ask the Nurse"

**Tuesdays, May 26, June 23, 10:30 a.m.-12 p.m.**

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

### Happy Feet: Our Foot Clinic

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

### Foot Care Clinics

**Mondays, May 4, June 1, (9:00 a.m.-1:00 p.m.)**

**Mondays, May 11,18; June 15, 29 (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**

**June Classes Taught by Deb Yaffee**

Taught by Beth Bascom and Janice Fleuriel, the gentle, slow movements in this class help build back muscles, increase balance, strengthen the immune system and more. Can be done seated or standing. If interested in joining or for more information, call The Senior Center at 625-2502. Pre-registration necessary. Cost: \$20/month.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAY 2026</b> The Senior Center in Shelburne	<b>Library Book Delivery Dates</b> <i>Buckland – 5/5, 5/19</i> <i>Arms – 5/6, 5/20</i> <i>Ashfield – 5/6, 5/20</i>	Meals on Wheels / Lifepath Lunch	Staff available by phone 9-3 <b>10-12 Internet Café at Ctr.</b> <i>Pre-register for 5/5 meal</i>	Staff available by phone 9-3
<b>4</b> 9-1 Foot Clinic 12:30 Drumming 2:00 Caregivers Support Group	<b>5</b> Greenfield Shop Trip ☁ 12:00 <b>INSIDE</b> meal: mac and cheese, hot dogs, broccoli slaw, dessert Presentation on self-care 4:30 Aerobics	<b>6</b> In-town Shop ☁ 8:30 Yoga 9-3:30 Reflexology ☁ 10:00 Healthy Bones & Bal 12-1:30 Coffee with the Detective 2-4 Watercolor painting class ☁	<b>7</b> 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	<b>8</b> Staff available by phone 9-3 <b>May 10 Mother's Day</b>
<b>11</b> 9-3:30 Foot Clinic ☁ 10:30-11:30 Reading Food Labels 101 Presentation 1:00 Drumming 4-5 pm- Social Security Defense League	<b>12</b> Greenfield Shop Trip ☁ 10-11 Reiki Individual sessions ☁ 2-4 Watercolor painting class ☁ 4:30 Aerobics	<b>13</b> In-town Shop ☁ 8:30 Yoga 10:00 Healthy Bones & Bal 2:30 Novel Idea Book Club 4:14-5:15- Dance Party! 5:00 Men's Nite trip to Ramblin Man	<b>14</b> 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 COAs Collaborative Mtg. <i>Pre-register for 5/19 mea</i>	<b>15</b> Staff available by phone 9-3 <b>Wal-Mart Shop Trip ☁</b> <b>12-1:30 Memory Cafe ☁</b>
<b>18</b> 9-3:30 Foot Clinic ☁ 1:00 Drumming 2:30-4 Haunted House Planning Mtg	<b>19</b> Greenfield Shop Trip ☁ 12:00 <b>INSIDE</b> Dutch meal: Peter Otten presents slide show on Netherlands trip 4:30 Aerobics	<b>20</b> In-town Shop ☁ 8:30 Yoga 10:00 Healthy Bones & Bal 1-3:00 Brown Bag 3:00 Board of Directors mtg.	<b>21</b> 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 <b>5:00 Conversation Café with Author Sophy Burnham</b>	<b>22</b> Staff available by phone 9-3
<b>25</b> Memorial Day Center closed	<b>26</b> Greenfield Shop Trip ☁ 10:30-12:00 Ask the Nurse ☁ 2-4 Watercolor painting class ☁ 4:30 Aerobics	<b>27</b> In-town Shop ☁ 8:30 Yoga 10:00 Healthy Bones & Bal 10-12 Veteran's Agent 1:00 Movie "The Harder They Fall" 2 ¼ hrs	<b>28</b> 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	<b>29</b> Staff available by phone 9-3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>9-1 Foot Clinic ☞</b></p> <p><b>12:30-1:30</b> Drumming</p> <p><b>2:00</b>Caregivers Support Group</p>	<p><b>2 Greenfield Shop Trip ☞</b></p> <p><b>10-11</b> Reiki individual sessions ☞</p> <p><b>4:30-5:30</b> Aerobics</p>	<p><b>3 In-town Shop ☞</b></p> <p><b>8:30</b> Yoga</p> <p><b>9-3:30</b> Reflexology</p> <p><b>12-1:30</b> Coffee with the Detective</p> <p><b>10:00</b> Healthy Bones &amp; Bal</p>	<p>Meals on Wheels / Lifepath Lunch</p> <p><b>4 Greenfield Shop Trip ☞</b></p> <p><b>9:00</b> Tai Chi for Arthritis &amp; Bal</p> <p><b>10:00</b> Knitting Group</p> <p><b>10:00</b> Healthy B&amp;B-Ashfield</p> <p><b>11:30</b> Lifepath meal ☞</p> <p><b>12:00</b> Ashfield COA lunch</p> <p><b>12:30</b> Bingo</p> <p><i>Pre-register for 6/9 meal</i></p>	<p><b>5</b></p> <p>Staff available by phone</p> <p>9-3</p> <p><b>10-12 Internet Café</b></p>
<p><b>8</b></p> <p><b>1:00</b> Drumming</p> <p><b>4-5 pm- Social Security</b> Defense League</p>	<p><b>9 Greenfield Shop Trip ☞</b></p> <p><b>12:00</b> <b>INSIDE Meal:</b> salad and finger rolls, chips, dessert</p> <p><b>Presentation by RMV on safe</b> driving for seniors</p> <p><b>4:30-5:30</b> Aerobics</p>	<p><b>10 In-town Shop ☞</b></p> <p><b>8:30</b> Yoga</p> <p><b>10:00</b> Healthy Bones &amp; Bal.</p> <p><b>2:30</b> Novel Idea Book Club at Ctr</p> <p><b>3:00</b> Men's Nite to Oesco Orchard Supply</p> <p><b>4:15-5:15- Dance Party!</b></p>	<p><b>11 Greenfield Shop Trip ☞</b></p> <p><b>9:00</b> Tai Chi for Arthritis &amp; Bal</p> <p><b>10:00</b> Knitting Group</p> <p><b>10:00</b> Healthy B&amp;B-Ashfield</p> <p><b>11:30</b> Lifepath meal ☞</p> <p><b>12:30</b> Bingo</p> <p><b>3:00</b> COA Collaborative Mtg.</p>	<p><b>12</b></p> <p>Staff available by phone</p> <p>9-3</p> <p><b>12-1:30 Memory Café</b></p>
<p><b>15</b></p> <p><b>8:30-3:30</b> Foot Clinic ☞</p> <p><b>1:00</b> Drumming</p> <p><b>2:30-4</b> Haunted House Planning Mtg.</p>	<p><b>16 Greenfield Shop Trip ☞</b></p> <p><b>1:00</b> Movie "<i>The Boss</i>" 1 ½ hrs.</p> <p><b>4:30-5:30</b> Aerobics</p>	<p><b>17 In-town Shop ☞</b></p> <p><b>8:30</b> Yoga</p> <p><b>10:00</b> Healthy Bones &amp; Bal.</p> <p><b>1-3:00</b> Brown Bag</p> <p><b>3:00</b> Board of Directors mtg.</p>	<p><b>18 Greenfield Shop Trip ☞</b></p> <p><b>9:00</b> Tai Chi for Arthritis &amp; Bal</p> <p><b>10:00</b> Knitting Group</p> <p><b>10:00</b> Healthy B&amp;B-Ashfield</p> <p><b>11:30</b> Lifepath meal ☞</p> <p><b>12:30</b> Bingo</p> <p><i>Pre-register for 6/23 meal</i></p>	<p><b>19</b></p> <p>Juneteenth</p> <p>Independence Day</p> <p>Senior Center Closed</p>
<p><b>22</b></p> <p><b>1:00</b> Drumming</p>	<p><b>23 Greenfield Shop Trip ☞</b></p> <p><b>10:30-12</b> Ask the Nurse ☞</p> <p><b>12:00</b> <b>INSIDE</b> meal: taco bar, Spanish rice, dessert</p> <p><b>Presentation by author Sarah Dixwell</b> Brown on her book "Regicide in the Family: Finding John Dixwell"</p> <p><b>4:30-5:30</b> Aerobics</p> <p><b>30 Greenfield Shop Trip ☞</b></p> <p><b>4:30-5:30</b> Aerobics</p>	<p><b>24 In-town Shop ☞</b></p> <p><b>8:30</b> Yoga</p> <p><b>10:00</b> Healthy Bones &amp; Bal.</p> <p><b>10-12 Veteran's Agent</b></p> <p><b>12:30-1:30</b> Presentation on Assistive Living 101</p>	<p><b>25 Greenfield Shop Trip ☞</b></p> <p><b>9:00</b> Tai Chi for Arthritis &amp; Bal</p> <p><b>10:00</b> Knitting Group</p> <p><b>10:00</b> Healthy B&amp;B-Ashfield</p> <p><b>11:30</b> Lifepath meal ☞</p> <p><b>12:30</b> Bingo</p>	<p><b>26</b></p> <p>Staff available by phone</p> <p>9-3</p> <p><b>June 21 - Father's Day</b></p>
<p><b>29</b></p> <p><b>8:30-3:30</b> Foot Clinic ☞</p> <p><b>1:00</b> Drumming</p>	<p><b>Library Book Delivery Dates</b></p> <p><b>Buckland – 6/10, 6/24</b></p> <p><b>Arms – 6/11, 3/25</b></p> <p><b>Ashfield – 6/11, 6,25</b></p>		<p>☞ = Please call 625-2502 to pre-register for all activities.</p> <p>No walk-ins accepted for programs or events</p>	<p><b>JUNE 2026</b></p> <p>The Senior Center in Shelburne</p>

# Alzheimer's and Dementia Support Services

## 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.

### Fuel Assistance Season Closing 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 residents may contact Teddy for support in the process; others can call Community Action for help at 413-774-2310

### 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.



*Fun at Memory Cafe with Jill, Teddy and Lois*

### Caregiver Support Group Mondays, May 4, June 1, 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, May 15, June 12, 12-1:30 p.m.

The Café 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.*

### Home Repair Program

A volunteer is available to do minor home repairs for seniors, such as replacing broken windows, small plumbing and electrical jobs and other repairs. This is a free service available to residents of Ashfield, Buckland, and Shelburne. The senior is expected to purchase all needed parts and materials. Voluntary donations are accepted. If you have

a project or if you are interested in volunteering to do home repairs, please call Ted at 625-2502.

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



## 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.

## 40 Hams



TRIAD and Sherriff Streeter brought us 40 hams to deliver to seniors in West County

## MEALS

### Noon Tuesday Lunches – “Inside”

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 625-250. The meal will be served at Noon followed by a program. Limit for meals inside is 50. The cost is \$4.

**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.

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You're invited to an **ICE CREAM SOCIAL** on **Thursday, June 18, at 5 p.m.**

At Mary Lyon Church in Upper Buckland. Enjoy your favorite flavors and live music! Hosted by the Councils on Aging of Ashfield, Buckland & Shelburne

### **Shelburne Council on Aging**

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

### **Buckland Council on Aging**

Ellen Eller, Joanne Soroka, Lisa Khanna, Susan Shauger

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

### **Ashfield Council on Aging**

Roy Rudolph, Mary Mosley, David Collins, Janice Howes

Meeting Wednesday May 6 and June 3, at 2 p.m. at Belding Library. Come to the luncheons the first Thursday of each month at Second Congo church in Ashfield, from 11:30-1 p.m. May 7 a discussion on Community of Ashfield, and June 4, Outreach Coordinator Teddy Doucette will share information on services and what he can do to help you!

### **The COA Collaborative,**

**May 14, June 11 3-4 p.m.**

The COA Collaborative serves 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.

## **The Foundation**

*A Personal Farewell by Margaret Payne*

Just recently I realized that I have been President of the Senior Center Foundation for 12 years. Time does fly when you are having fun. Now, I admit that there are different kinds of fun - great meals, traveling, rendezvous with friends, giggling with grand-kids, skiing, reading...I could go on and on. But one kind of fun is making a difference in your community with friends and colleagues who share your passion for improving the world instead of being one of its problems.

In 2014, when I was looking for a passion in Shelburne, my husband suggested that I join the board of the Senior Center Foundation, the fund-raising arm of the Senior Center in Shelburne. Marion Taylor had created the Foundation as a nonprofit organization, dedicated to the financial support of the Senior Center and she served as its president. So I joined.

Now, all of you who knew and have worked with Marion, will not be surprised by what happened next. Before I could blink twice, I was the president and she was a wonderfully wise and supportive board member. But that was ok.

My passion was to battle age-ism, the characteristic behaviors in our youth oriented culture that sideline seniors as not very useful anymore and therefore not worth a lot of thought or attention.....unless they are beloved family members. The staff of the Senior Center over the years, are my heroes. They have created and maintained an incredible atmosphere of welcome, respect, fun, assistance and programming to meet more needs and create a deeper community for seniors than you can shake a stick at. I have been proud to be connected to the Center and grateful for the opportunity to ask people for funds to support its amazing work.

Here's the thing: I like to ask for money. The truth is that giving to a worthy cause benefits the giver even more than the recipient. It's true. There is medical proof that giving relieves stress, calms anxiety, feeds the spirit and actually enhances physical heart health. True fact! So that's why although I am saying farewell as the President of the Senior Center Foundation, I will continue as a member of the board, and keep looking for ways to ask for gifts for the Senior Center. I want to keep my heart healthy, and by the way... can I stop by your house for a visit?

## 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 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. May 20, June 17

**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 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 from 10-12.

**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, temporary ramps, transfer benches, raised toilet seats, and more! Contact 413-774-2310, Option 4, or email [homerepairs@communityaction.us](mailto:homerepairs@communityaction.us).

### Veterans' Support Services, May 27, June 24

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

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## Mouse Peekers

Keep your eyes peeled... our tiniest visitors have quietly moved in! Little mousehole scenes have been popping up around the Center, and they're easy to miss if you're not looking closely. How many can you find? New ones may appear when you least expect it, so stay curious and enjoy the hunt!

### 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.