

# Senior WISE

November-December 2021



= please call to  
pre-register 625-2502 or  
for more information

**Turn your  
clocks back  
an hour on**

**November  
7th**



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with  
The Senior  
Center**

Email us at  
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Wise newsletter sent to  
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Facebook by searching  
"sfsrctr" on the Facebook  
search bar. Visit our  
website  
[the-senior-center.org](http://the-senior-center.org).

## **Mask Policy Update:**

Due to the ongoing unpredictability of COVID-19 virus cases and the vulnerable population that we serve, The Senior Center will **still require both vaccinated and unvaccinated individuals to wear masks at all times while inside of our building** regardless of updated or changed Town mask mandates until further notice.

## **Presentation: Protect Yourself from Healthcare Fraud**

**Tuesday, November 16th at 1:00**

Stop by the Center for a FREE and informative presentation by the Massachusetts Senior Medicare Patrol Program. Lucilia Prates-Ramos, the statewide director for SMP, will be hosting a discussion on how to prevent, detect and report healthcare errors, fraud and abuse. You will leave the presentation feeling like an informed and engaged healthcare consumer. Light refreshments will be served. Call us at 625-2502 to pre-register.

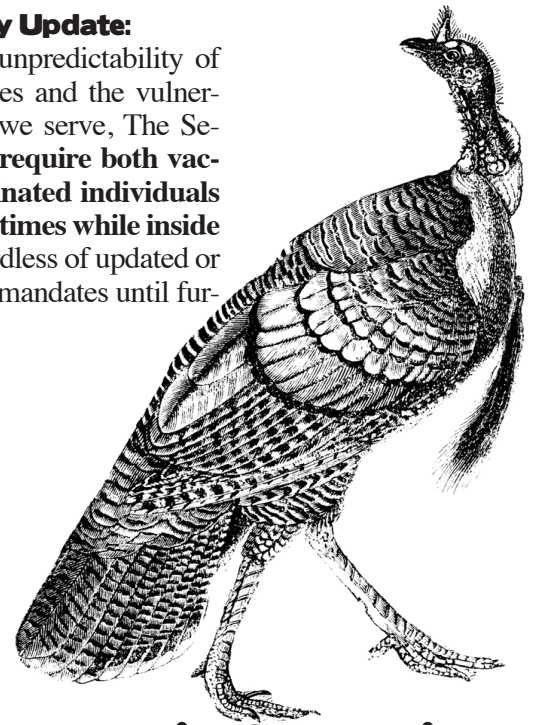
## **Presentation: Learn More About the "Real ID"**

**Wednesday, December 15th at 11:30**

The AAA of the Pioneer Valley will be at The Senior Center holding a FREE and informative presentation on the new Real ID including what it is, how to apply for it and required documents. The deadline to get your Real ID has been extended by the government until May 2, 2023. Use this presentation as an opportunity to prepare early! Attendees are welcome to bring in their documents for review by AAA representatives. Light refreshments will be served. Call us at 625-2502 to pre-register.

## **Medicare Open Enrollment takes place from October 15 – December 7, 2021**

Use this time to review your present plan and make changes if necessary. Those who are new to Medicare should enroll 3 months prior to their 65th birthday. Residents of Ashfield, Buckland and Shelburne can receive free health insurance counseling from SHINE representatives at The Senior Center by calling 625-2502. Residents from other towns can schedule a SHINE appointment through LifePath by calling 773-5555.



## **Movie Screenings**

Movie screenings have returned to The Senior Center. Pre-packaged popcorn will be passed out during the showing. Movies and popcorn are free. There will be a **limit of 20** attendees for each movie showing. **Please call 625-2502 to pre-register by the Thursday before each showing.**

### **Breakfast at Tiffany's (1961)**

**Tuesday, November 23 at 1:00**

Starring: Audrey Hepburn, George Peppard  
Based on a novel by Truman Capote, a young woman in New York City named Holly (Audrey Hepburn) meets a young male writer when he moves into her apartment building. Follow Holly's adventures in the city as she searches for love, finds trouble and learns life lessons that she will never forget.

### **Jumanji (1995)**

**Tuesday, December 21 at 1:00**

Starring: Robin Williams, Kirsten Dunst  
Alan Parrish (Robin Williams) has been trapped in the Jumanji board game for 26 years. As two siblings come across the supernatural board game, it releases jungle-based hazards with every turn they take. As giant mosquitos are summoned and swarms of monkeys make their way in, everyone quickly realizes that they must continue playing the wild game until the end, so that all peace can be restored and Alan can be freed.

*Ashfield • Buckland • Shelburne*

A newsletter by the Senior Center Foundation, Inc. which supports The Senior Center 7 Main Street, Shelburne Falls, MA 01370

**MISSION STATEMENT**

The mission of the Senior Center and member Councils on Aging 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**

**Amanda Joao**, *Director*

**Leanne Dowd**,  
*Outreach Coordinator*

**Dot Lyman**,  
*Activities Coordinator*

**Robert Szafran**  
*Transportation Coordinator &  
Van Driver*

**Paul Labelle**, *Van Driver*

**Peter Otten**, *Van Driver*

**Michael Shea**, *Van Driver*

**Hugh Knox**, *Meal Site Manager*

**Gloria Fisher**, *Office Assistant*

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**Penny Spearance**, *Shelburne*

**NEWSLETTER**

SeniorWise is produced bi-monthly. Content contributions are welcome. Layout & design by Diana Hardina

**The Senior Center**

413.625.2502

[sfsrctr@crocker.com](mailto:sfsrctr@crocker.com)

**New Website!**

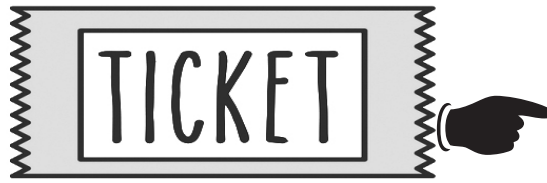
**the-senior-center.org**

Like us on Facebook:

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**Holiday Gift Basket Raffle**

**Submission Deadline: December 9**

**Drawing Date: December 14**

This year, The Senior Center will be holding a FREE Holiday Gift Basket Raffle. Available baskets and prizes will be on display inside of the Center starting Nov. 22 and visitors are welcome to stop by and check them out prior to entering the raffle drawing. 1 raffle entry per person. Winners will be contacted by phone to arrange a pickup time. Raffle tickets can be submitted in three ways:

- 1** Stop at the Center to fill out a raffle ticket.
- 2** Cut out the raffle ticket below and drop it off at the Center.
- 3** Cut out the raffle ticket below and mail it into the Center.

**The Senior Center's Transportation Program**

We continue to 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. Drivers are wearing masks and gloves; vans are sanitized often, and ridership is limited to keep proper social distancing. Please call the Center at 625-2502 to make an appointment at least 48 hours in advance or for information about reservations and fees. A short application with a copy of a photo ID is needed 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 town) is free.

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

**The Senior Center  
Holiday Gift Basket  
Raffle****Entry Submission**

Name: \_\_\_\_\_

Phone#: \_\_\_\_\_

Town: \_\_\_\_\_

Raffle entries can be filled out at, dropped off or mailed to The Senior Center (7 Main Street, Shelburne Falls, MA 01370).

1 entry per person.

Submission Deadline: December 9

Drawing Date: December 14

**Bad Weather Policy**

For programs and services at The Senior Center, we have traditionally followed Mohawk School District's delay schedule. Morning services will be delayed if Mohawk has a delay. If Mohawk cancels school for the day, the Center will also be closed. The Transportation Coordinator will evaluate road conditions and if they are unsafe for van service, he will contact those who have rides scheduled with an update. Our voicemail will be updated on days with questionable weather by 7:00 a.m., so call us at 625-2502 to listen to the voicemail message for updates.

*A very special thank you*

*to the following people for donating to our seniors;*

**The Senior Center Foundation** – sponsoring our November Thanksgiving “To Go” Meal

**Judy McWilliams** – fresh kale

**Jessie Kennedy** – treats for staff

**Yoland Schaefer** – cards

**Prudy Wholey** – cards

**Linda Thompson** – thank you cards and cleaning supplies

**Ellen Eller** – candy

**Marge Ward** – books

**Maple Row Farm** – potatoes

**Barbara Marcel** – health products

**Vicki Rogers** – food

**Triad** – pumpkin pies

**Bev Neeley** – movie DVDs

**Joanne Soroka** – toaster oven

*Gift Fund*  
**George Basbas**  
**Gordon Dean**



= please call to pre-register  
625-2502 or for more information

## Yoga

Wednesdays at 8:30

Larry Baird will be teaching this hour-long class. Free for Ashfield, Buckland and Shelburne seniors. \$10/month for seniors from other towns. Pre-register by calling The Senior Center at 625-2502.

## Free! Healthy Bones & Balance

Wednesdays at 10:00

Jane Wagener and Honey Boyden are the instructors as they have been in the past. Call us at 625-2502 to pre-register and for more information.

## Tai Chi for Arthritis and Fall Prevention

Thursdays at 9:00

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. Lois has been certified to teach this program and has taught Tai Chi for 5 years at The Senior Center. Lois is charging \$20/month. If interested in joining or for more information, call The Senior Center at 625-2502. Pre-registration necessary. Limit: 10.

## Exercise Classes on Falls Cable

If you have access to Falls Cable Channel 17, check out their daily listing on your TV or their website Fallsable.com. Recordings of our exercise programs alternate weekdays at 9 a.m. with the RSVP Bones and Balance class airing Wednesdays at 9 a.m.

## Senior Learning Network

We hope to be offering The Senior Learning Network programs beginning in January. These programs will be shown indoors at The Senior Center; SLN will no longer be streaming to peoples' homes. Call us at 625-2502 for updates or check out our website the-senior-center.org.

## Drumming

Mondays at 1:00

Class is taught by Irene Baird. Please note change of day, time and place beginning October 25.



## Men's Night Meetings

November 10, December 8 5-7:30.

Group meets in the picnic area behind The Senior Center and carpool from there. After the visits, the group usually goes somewhere for supper. If interested in attending contact the group's leader, Don Bascom, at 625-2970.

## Knitting Group

Thursdays at 10:30

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

## BINGO

Thursdays at 12:30

Call the Center at 625-2502 if you would like to be added to the Bingo call list.



## Winter Safety Tips from the Shelburne Police Department

Winter can leave a beautiful landscape but can also pose challenges in our community, making ordinary tasks more of an adventure. Below are a few safety tips for how you can prepare for those cold winter days:

**1** Fireplaces, wood and pellet stoves are used regularly. Get your chimney and flue inspected by a professional to early on to ensure that all parts are in working order. Having both of these inspected and cleaned annually will give you peace of mind that using the fireplace will do nothing but keep you warm.

**2** Stock-up your pantry with bottled water, canned food items, over-the-counter medications and other essentials. Ensure that you have Vitamin-D-rich foods like tuna, salmon, milk and grains.

**3** Ask for help from neighbors, family, and friends. They can take on bigger jobs like clearing away snow and ice from your walkway and driveway. You can also contact The Senior Center for a snow cleaning referral.

**4** Lastly, no one likes driving in bad weather. If you can stay home, do it! If you are concerned about driving, ask a friend, family member or neighbor. The Senior Center also has a transportation program that could provide you with rides during uncertain times.

Call Officer Tucker Jenkins, Shelburne Police Department, at the non-emergency phone numbers if you or someone you know could use his assistance

**Office: 413-625-0304 Ext. 5**



## health services



= please call  
**625-2502**

to pre-register or  
for more information

### "Ask the Nurse"

**November 30, 10:30 – noon**

**December 28, 10:30 - noon**

Regional Public Health Nurse Lisa White, RN is returning to The Senior Center every 4th Tuesday of the month from 10:30 a.m. to noon. Lisa can answer your health questions, take your blood pressure, check blood glucose levels, collect used needles and provide safe collection boxes for needle disposal. This service is provided through Buckland and Shelburne's Cooperative Public Health Service membership with FRCOG. For more information, contact Nurse Lisa White at (413) 665-1400, ext. 114.

### Foot Care Clinics

**November 8, 22, December 13, 20  
from 8:30-3:30**

Registered Nurses from Foot Care by Nurses are providing foot care 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 an appointment at 625-2502. Cost is \$45.00 (\$35 Ashfield/Buckland/Shelburne residents, thanks to partial funding by the Senior Center Foundation. **(Reminder:** No-call no-shows will be billed a no-show fee of \$10). For home visits, \*which are the financial responsibility of the client,\* call 413-367-8369.

### Reflexology

**November 2, 16, December 14, 28  
from 11:30-3:30**

Susanne Recos, who is certified by the American Reflexology Certification Board, is available for personal appointments at the Center. Please call to make a 30-minute appointment for Susanne to work on your hands, or a 1-hour appointment to work on your feet. Cost for Ashfield/Buckland/Shelburne residents is \$10 for hands, \$25 for feet. Residents from other towns pay \$15 for hands and \$30 for feet

## outreach services

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

### Caregiver Support Group

**November 1 and December 6 from 2-3:30**

A 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 Leanne Dowd and Social Worker Dianna Young facilitate the group. Please contact Leanne at 625-2502 prior to your first group attendance. Respite care is available to coincide with the group. You must sign up in advance to be assured there is adequate respite support available. There is no charge to attend.

### The West County Memory Café

**Fridays, November 19 and  
December 17**

**12:00-1:30**

The Café will be held at the Senior Center. The Café is a monthly gathering of individuals with memory loss and their care partner. Come and enjoy some lunch, an activity, socialization and meet others experiencing similar challenges. Sign up by calling Leanne at The Senior Center at 625-2502. There is no charge to attend.

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

### Fuel Assistance

For those of you who may struggle with the expense of heating your home, now is the time to consider applying for fuel assistance. The Fuel Assistance program administered by Community Action for those with low or fixed income runs from **November 1 to April 30**. The program is meant to help with about 30 percent of your home heating expenses and can help with stretching your budget. Those who have received fuel assistance in past years should be receiving their recertification in the mail in upcoming weeks. If you need assistance with your application, including making copies of the required documentation, or if you have not previously applied and want to determine your eligibility contact Leanne at The Senior Center at 625-2502.

### SHINE Medicare Insurance Assistance



You can receive FREE and confidential information about your Health Insurance options from a SHINE counselor at The Senior Center. The Senior Center now has two SHINE Counselors – one is our Outreach Coordinator Leanne Dowd and the other is our Director Amanda Joao. Leanne and Amanda are available for phone or in-person appointments Monday through Thursday. If you are new to Medicare, you should plan to enroll 3 months in advance of your 65th birthday. Call us at 625-2502 to schedule a SHINE appointment.

### 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. Help with minor yard projects is also available throughout the fall. This is a free service, available to residents of Ashfield, Buckland and Shelburne, but 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 Leanne at 625-2502.

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

### Veterans' Support Services

There is a Veterans' Services representative available from Upper Pioneer Valley Veterans' Services District at The Senior Center on the first and third Tuesday of every month from 9:00 to 11:00 a.m. Call us at 625-2502 to schedule an appointment with them.



## Free West County Outdoor Wifi Hotspot Locations

For those of you without internet access here is a list of free WiFi hotspots that are available to you with your device and from the safety of your car.

- 344 Main St, Ashfield
- 32 Upper St, Buckland
- 10 School St, Charlemont
- 12 Main Rd, Colrain
- 8 Pudding Hollow Rd, Hawley and 247 West Hawley Rd, Hawley
- 18 Jacobs Rd, Heath
- 1 East Main St., Town Hall, Heath
- 3C School St, Monroe
- 1207 Mohawk Trail, Shelburne

## technology resources

### Technology Support and Questions



If you have questions on using your computer or smartphone, The Center has volunteers who are willing to help problem solve. Please give the Center a call at 625-2502 and specify what help you need.

### Do You Need a Computer?



Call to schedule a FREE Chromebook loan period and pickup time. Deliveries available upon request.

The Center has Chromebook laptops to loan out for members to use inside of their homes. The loan period starts at 1 week per person. Chromebooks are more user-friendly than typical laptops and are perfect for those who are unfamiliar with computers or just want to browse the web. This program is free of cost. *Made possible by LifePath's Emergency Fund program and local donors.*



### Technology Funds Available



Local seniors who need assistance with technology-related expenses are encouraged to call us at 625-2502. Technology is used everywhere nowadays and can help improve your quality of life and opportunities for communication. This fund was made possible by a donation from Trinity Church.

### NEW! Emergency Broadband Benefit

The Federal Communications Commission (FCC) announced an Emergency Broadband Benefit in spring to provide customers with discounted broadband services until the end of the pandemic. The Emergency Broadband Benefit is limited to one monthly service discount and one device discount per household. Call The Senior Center to see if you are eligible for this benefit.

#### Jonathan F. George Sr., CPA, CFP

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89 Main Street  
Shelburne Falls, MA 01370  
Ph: 413/625-9593  
Fx: 413/625-9461  
george@crocker.com  
www.89MainSt.com



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## meals



### About The Fire Safety Insert

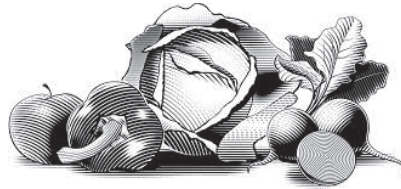
The Shelburne, Buckland and Shelburne Falls Fire Departments encourage you to review this year's fire prevention month focus: *"Learn the Sounds of Fire Safety"* discussed in the newsletter insert. Remember that your local fire departments have free smoke and carbon monoxide detectors for seniors, and we can also install them for you upon request. If you have questions about the sounds coming from your detector - such as that low battery "chirp" or any questions about fire prevention, contact each Chief at their number below: Buckland and Village residents - call Chief Herb Guyette at 625-6734. Shelburne residents - call Chief John Taylor at 625-6796. If you have an emergency, call 9-1-1.

**Drive Thru Wednesday Weekly Life-path Lunches** - monthly menus are available at The Senior Center. Pre-registration is required no later than 3:30 on Monday for the Wednesday lunch by calling 625-2502. Suggested donation: \$3. Drive up in front of The Senior Center and your meal will be handed to you. You do not even have to leave your car!

### Drive Thru Tuesday Lunches

Our drive through lunches have been a great success. We will offer two lunches in September and two in October. See the calendar for days and times. This gives us all a chance to see each other a little bit more! Preregistration is required because meals are prepackaged. Drive up in front of The Senior Center and your meal will be handed to you. You do not even have to leave your car. **Cost: \$3**

## Keeping Your Nutrition Up When Temperatures Get Low



With winter comes cold and flu season and less access to local fresh produce. This is why it is important for seniors to maintain a nutritious diet that will keep their immune systems strong enough to fight oncoming illness. Below are tips on how to maintain a nutritious diet throughout the upcoming winter season:

1) **Fill up on the produce that is available** - dark colored fruits and vegetables carry the important vitamins, fibers, antioxidants, and enzymes needed to boost immunity. Frozen produce is also an option, as long as it is stored for no longer than 1 year from purchase. For those who have difficulty consuming hard foods, steaming vegetables or making smoothies is always an option.

2) **Favor whole grains** - when cruising down the bread, cereal, or pasta aisles at the

grocery store, choose the whole wheat options. Brown rice and quinoa are great fiber-boosters.

3) **Small meals, big benefits** - it is important for seniors to maintain their weight and blood sugar levels throughout every season. Eating 5-6 small meals a day can boost your calorie intake, improve digestion, and keep insulin levels where they need to be. This can also be helpful for seniors who do not have the appetite for large meals or get bored eating a lot of the same things.

4) **Hydration is key** - proper water intake during cold months can help aid digestion and circulation, while also improving joint and muscle performance. Aiding joints and muscles during the winter is important, since many seniors do not exercise as much outdoors when it is cold out. Hydration can also aid in recovering from colds and flu. If water is too boring for you, try eating more soups, drinking real fruit juice, milk or decaffeinated coffee and tea.

*Nutritional information obtained from the MedlinePlus website, an agency of the U.S. Department of Health and Human Services*



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



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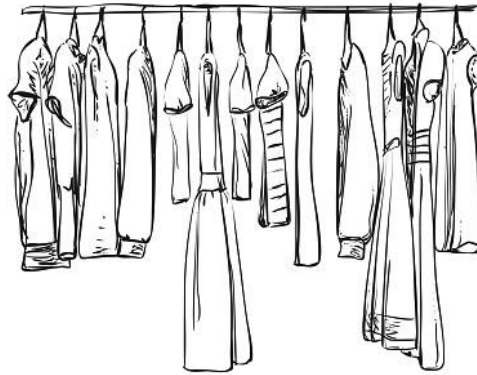
413-339-3665 • [arborsassistedliving.com](http://arborsassistedliving.com)



The **West County Food Pantry** located at Cowell Gym 51 Maple Street in Shelburne is open every Wednesday from 11-4 p.m. Participants are welcome to come twice a month for a grocery pick up and every week for a produce only pick up. You may go inside and shop in the basement with curbside pick up offered for those who prefer. Delivery is now offered to Shelburne and Buckland residents. Custom orders can be placed online at [communityaction.us/food-pantries](http://communityaction.us/food-pantries) or by calling 773-5029 ext 2.

The **Hilltown Churches Food Pantry**, traditionally located downstairs at the Congregational Church on Main Street in Ashfield, is open **every other Tuesday, 2-6** and now functions as a drive through pantry (follow signs when you enter the driveway) with pre-made bags of groceries. 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 hilltowns of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe and Shelburne. **There are no income requirements.**

## food and clothing



### **You Might Qualify for SNAP Benefits:**

**1 person household**

**\$2,127 gross monthly income**

**2 person household**

**\$2,873 gross monthly income**

Call Leanne at 625-2502 for SNAP benefit questions and application assistance.

### **Clothes Closet at Cowell Gym**

The Clothes Closet at Cowell Gym is now open on the **2nd and 4th Wednesdays of the month, 11-4**

**The Brown Bag** program is a bag of groceries specifically for low-income adults who are 55 years and older (or younger with a documented disability) and is distributed on the **third Wednesday of the month at the Cen-**

**ter, 2-3:30** To apply for the monthly bag of groceries, call the Food Bank of Western Massachusetts at **800-247-9632** or you can contact Leanne at The Senior Center for help with the application. Upcoming Brown Bag days: **November 17, December 15.**

### **Community Meal at Trinity Church**

The West County Community Meal at Trinity Church is back up and running! A hot nutritious meal is served **every Friday night 5:30-6** During the pandemic meals are being served outside the front door of the church at 17 Severance Street. It is a to-go drive up meal and as always, all are welcome including walkers with no reservation needed. Donations are accepted but not expected! Questions? Call 413-625-2341

## Senior Center Foundation News

*By: Margaret Payne*

*President of The Senior Center Foundation*

**In these pandemic times, it's clear that we need one another more than ever.** The Senior Center staff and volunteers have been working hard to continue helping seniors and rebuild programs that are so important for the health and wellbeing of our community's aging population.

**Meanwhile, The Senior Center Foundation Board has continued its focus on raising money to help The Senior Center fulfill its mission of providing critical services as well as supporting special programs and needs that arise.** In the past, besides our annual contribution to their budget, the Foundation has also helped with improving the Center's com-

puter system and providing pandemic supplies. As the holiday season approaches, the Foundation will also be funding The Senior Center's Thanksgiving "To Go" meal.

**The Senior Center Foundation's annual fall appeal will be coming to your mailbox soon.** Your generous gifts will truly help to make an impact on the lives of many seniors in our area. These gifts will also help us move closer to the goal of a larger space for The Senior Center.

The Senior Center and the Foundation are partners in this lifechanging work. Donors are also an important part of our team. Teamwork makes the dream work. **Together, we can continue making a difference in the lives of seniors for years to come.**

## *Expansion Committee News*

### **An Update on the Expansion Project**

*By: Sylvia Smith, Chair of the Expansion Committee*

The establishment of a district to fulfill the needs of the aging residents of our three member towns continues to make progress. P3, our consultant, has recalled the small working group together to address the remaining open questions of the Selectboards of the three member towns. A selectboard member from Ashfield, Buckland and Shelburne along with the Expansion Committee chair and ownership subcommittee chair are meeting regularly with the consultant to update the draft agreement for public comment.

### *What we know:*

- 1.** There is no cost to form a district.
- 2.** All annual operating costs will continue to be approved at town meetings in all three towns as has been the practice. Any future capital costs, should there be any, will also have to be approved at town meetings in **ALL** three member towns when such a need is to be addressed.

**3.** A district is formed by **ALL** member towns approving the agreement at a town meeting followed by approval by the state legislature. We would be the first senior center district in the state and a model for other communities in a similar situation. We anticipate state support of this effort.

**4.** When the working group completes work to its satisfaction, the document will go to the public for comment.

*As we continue to say.....stay tuned! Our need is real and our work is moving forward.*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>10:00</b> Tai Chi for Memory <b>12:30</b> Drumming <b>2:00</b> Caregivers Support Group☎	<b>2 Greenfield Shop Trip☎</b> <b>9-11</b> Veteran's Agent <b>11:30-3:30</b> Reflexology☎  Buckland Library Book Delivery	<b>3 In-town Shop☎</b> <b>8:30</b> Yoga☎ <b>10:00</b> Healthy Bones & Balance☎ <b>12-1:30</b> Lifepath to go Meal☎  Arms Library Book Delivery Ashfield Library Book Delivery	<b>4 Ash/Con Greenfield Shop☎</b> <b>9:00</b> Tai Chi for Arthritis☎ <b>10:30</b> Knitting <b>12:30</b> Bingo☎  <i>Pre-register for Nov. 9 meal</i>	<b>5</b>  Staff available by phone 9-2
<b>8</b> <b>8:30-3:30</b> Foot Clinic☎ <b>10:00</b> Tai Chi for Memory <b>1:00</b> Drumming	<b>9 Greenfield Shop Trip☎</b> <b>12-1:30</b> Thanksgiving Lunch to go ☎turkey, stuffing, mashed potato, squash,cranberry sauce, bread, pumpkin pie	<b>10 In-town Shop☎</b> <b>Ash/Con Greenfield Shop☎</b> <b>8:30</b> Yoga☎ <b>10:00</b> Healthy Bones & Balance☎ <b>12-1:30</b> Lifepath to go Meal☎ <b>2:15</b> Men's Night to Catamount Storage/Vintage Traders☎	<b>11</b>  <b>Veteran's Day</b>  <b>Senior Center Closed</b>	<b>12</b>  Staff available by phone 9-2
<b>15</b>  <b>1:00</b> Drumming	<b>16 Greenfield Shop Trip☎</b> <b>9-11</b> Veteran's Agent <b>11:30-3:30</b> Reflexology ☎ <b>1:00 –Presentation:</b> Healthcare Fraud & Prevention☎  Buckland Library Book Delivery	<b>17 In-town Shop ☎</b> <b>8:30</b> Yoga ☎ <b>10:00</b> Healthy Bones & Balance☎ <b>12-1:30</b> Lifepath to go Meal☎ <b>2-3:30</b> Brown Bag  Arms Library Book Delivery Ashfield Library Book Delivery	<b>18 Ash/Con Greenfield Shop☎</b> <b>9:00</b> Tai Chi for Arthritis☎ <b>10:30</b> Knitting <b>12:30</b> Bingo☎ <b>3:30</b> Board of Directors	<b>19</b>  Staff available by phone 9-2  <b>Wal-Mart Shop Trip☎</b> <b>12-1:30</b> Memory Café☎
<b>22</b> <b>8:30-3:30</b> Foot Clinic ☎ <b>1:00</b> Drumming	<b>23 Greenfield Shop Trip☎</b>  <b>1:00</b> <b>Movie Screening:</b> Breakfast at Tiffany's☎	<b>24 In-town Shop☎</b> <b>Ash/Con Greenfield Shop☎</b> <b>8:30</b> Yoga ☎ <b>10:00</b> Healthy Bones & Balance☎ <b>12-1:30</b> Lifepath to go Meal☎	<b>25</b>  <b>Thanksgiving Day</b>  <b>Senior Center Closed</b>	<b>26</b>  Staff available by phone 9-2
<b>29</b>  <b>1:00</b> Drumming	<b>30 Greenfield Shop Trip☎</b>  <b>10:30-12</b> Ask the Nurse☎	☎ = Must make reservation or appointment. Please call 625-2502.  <b>Pre-registration needed for ALL activities.</b>  <b>No walk-ins at this time.</b>	  <b>November 2021</b>  <b>Senior Center in Shelburne</b>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>December 2021</b> <b>Senior Center in</b> <b>Shelburne</b>	☎ Must make reservation or appointment. Please call 625-2502. <b>Pre-registration needed for ALL activities.</b>  <b>No walk-ins at this time.</b>	<b>1 In-town Shop ☎</b>  <b>8:30</b> Yoga <b>10:00</b> Healthy Bones & Balance <b>12-1:30</b> Lifepath meal to go☎	<b>2 Greenfield Shop Trip☎</b>  <b>9:00</b> Tai Chi <b>10:30</b> Knitting <b>12:15</b> Bingo  <i>Pre-register for Dec. 7 meal</i>	<b>3</b>  Staff available by phone 9-2
<b>6</b>  <b>12:30</b> Drumming  <b>2:00</b> Caregivers Support Group☎	<b>7 Greenfield Shop Trip☎</b>  <b>9-11</b> Veteran's Agent  <b>12-1:30</b> Holiday To Go Meal☎ (ham, candied sweet potatoes, green beans, salad, roll, dessert)	<b>8 In-town Shop ☎</b>  <b>8:30</b> Yoga <b>10:00</b> Healthy Bones & Balance <b>12-1:30</b> Lifepath To Go Meal☎  <b>5:00 Men's Night to Conway Wood☎</b>	<b>9 Greenfield Shop Trip☎</b>  <b>9:00</b> Tai Chi <b>10:30</b> Knitting <b>12:30</b> Bingo  <b>3:30</b> Board of Directors Mtg.  <i>*Raffle Ticket Submission Deadline*</i>	<b>10</b>  Staff available by phone 9-2
<b>13</b>  <b>8:30-3:30</b> Foot Clinic ☎  <b>1:00</b> Drumming	<b>14 Greenfield Shop Trip☎</b>  <b>11:30-3:30</b> Reflexology☎  <b>Holiday Gift Basket Raffle Drawing</b>   Buckland Library Book Delivery	<b>15 In-town Shop ☎</b>  <b>8:30</b> Yoga <b>10:00</b> Healthy Bones & Balance <b>11:30</b> <b>Presentation:</b> What You Need to Know About The Real ID☎ <b>12-1:30</b> Lifepath To Go Meal☎ <b>2-3:30</b> Brown Bag Arms Library Book Delivery Ashfield Library Book Delivery	<b>16 Greenfield Shop Trip☎</b>  <b>9:00</b> Tai Chi <b>10:30</b> Knitting <b>12:30</b> Bingo	<b>17</b>  Staff available by phone 9-2  <b>Wal-Mart Shop Trip ☎</b>  <b>12-1:30</b> Memory Cafe ☎
<b>20</b>  <b>8:30-3:30</b> Foot Clinic ☎  <b>1:00</b> Drumming	<b>21 Greenfield Shop Trip</b>  <b>9-11</b> Veteran's Agent  <b>1:00</b> <b>Movie Screening:</b> Jumanji (1995)☎	<b>22 In-town Shop ☎</b>  <b>8:30</b> Yoga <b>10:00</b> Healthy Bones & Balance <b>12-1:30</b> Lifepath To Go Meal☎	<b>23 Greenfield Shop Trip</b>  <b>9:00</b> Tai Chi <b>10:30</b> Knitting <b>12:30</b> Holiday Bingo	<b>24</b>  <b>Holiday Observance</b>  <b>Senior Center Closed</b>
<b>27</b>  <b>1:00</b> Drumming	<b>28 Greenfield Shop Trip</b>  <b>10:30-12</b> Ask the Nurse☎ <b>11:30-3:30</b> Reflexology☎  Buckland Library Book Delivery	<b>29 In-town Shop ☎</b>  <b>8:30</b> Yoga <b>10:00</b> Healthy Bones & Balance <b>12-1:30</b> Lifepath To Go Meal☎  Arms Library Book Delivery Ashfield Library Book Delivery	<b>30 Greenfield Shop Trip</b>  <b>9:00</b> Tai Chi <b>10:30</b> Knitting <b>12:30</b> <b>New Year's Bingo &amp; Toast ☎</b>	<b>31</b>  Staff available by phone 9-2