

# “WISE GUIDE”



As the heat waves fade into memory, we eagerly anticipate the arrival of crisp air and the twinkling lights reflecting off the snow. At The Senior Center, we've been busy compiling what we affectionately call "**The List**" – a curated **directory of essential contacts for snow plowing, shoveling, heating oil, and more**. Do you know a reliable vendor for these services? Let us know! The List aims to be our own version of "Angie's List," providing trusted referrals for everything from caregiving services to roof contractors and fuel assistance.

We're delighted to hear that many of you enjoy the newsletter and find its contents informative. To reduce our environmental footprint, if you prefer to receive your newsletter via email rather than a hard copy, simply contact us anytime, and we'll make the switch.

**Collaboration** is the cornerstone of our success. At The Senior Center, we strive to connect you with the right services, people, and enjoyable experiences. You never know where lasting friendships and partnerships will blossom. For instance, Eric, a teacher at Mohawk's STEM class, along with Juli, will soon **meet with students to explore ways they can assist seniors with tech devices and digital social connections**. With initiatives like providing iPads for loan and hosting hybrid Zoom activities, our goal is to empower as many seniors as possible to navigate the digital universe confidently.

Our **Councils on Aging in Ashfield, Buckland, and Shelburne** have been hard at work brainstorming ways to unite seniors in their communities and organize exciting events. In this edition, you'll discover a wonderful opportunity to share sweet and amusing stories of gratitude and holiday mishaps – **because laughter is even better when shared!**

While this edition is packed with program details and resources, take a moment to note activities that pique your interest. Don't hesitate to reach out to us with questions or to sign up for events. While drop-ins are always welcome, notifying us in advance helps ensure we have ample food and resources for each gathering. Remember, **this is YOUR Center**, and your input shapes our offerings. If there's something you'd like to see or experience, please let us know!

*Juli and Mr. Colbeck, STEM instructor at Mohawk*



## Digital Corner

### Get the Zoomies!

The Senior Center remembers how disconnected we felt during the pandemic. To help keep everyone connected during bad weather, illness, transportation challenges, or for those who are homebound, some of our programs will now be offered on Zoom! If you have an email, you can easily join in. We also offer iPads for a one-week loan, so you can try out the device, connect via Zoom, and explore our hybrid programming.

The following activities will be available on Zoom: Paper Play Workshop, Bones and Balance, Never Alone Peer Support Group, and the Caregiver Support Group. If a program is available as a Zoom hybrid, it will be marked with a "Z" on the calendar.

Joining is easy! Simply call The Senior Center to request an email with the Zoom link for the activity you'd like to attend. Once the link arrives, click it, and voilà—you're connected to others at The Center.

### 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.



**Conversation Café**  
**Thanksgiving Sweets & Stories**

**Mon., Nov. 17, 6:00 p.m.**

Most of us have favorite traditions, stories, even tales of mishaps and of course gratitude. We'd love for you to come and share these stories and memories. We'll provide the sweets! Sponsored by the Council on Aging's of Ashfield, Buckland, and Shelburne.

## 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. Gifts such as greeting cards, hygiene products, and housewares, often donated by fellow seniors and their families, provide essential comforts and joy to those in need. Monetary donations are equally valuable, supporting our diverse programming, this newsletter, and addressing special needs. Your thoughtfulness and support help us create a nurturing and supportive environment for all. Thank you for your continued generosity. **THANK YOU!**

### A Special Thank You To...

**McCuskers Market**- pastry

**Carin Schaefer**, Ann Judson- cards

**Karen Herzog** – corn

**Joanne Soroka** – tomatoes

**Sharon Wilcox** – vegetables

**Marlene Field** – book

**Beth Howes** – potatoes

**Gardeners Lois Bascom, Judy Sweet,**

**Ellen Eller, Janice Fleuriel, Beth**

**Bascom, Anne Mislak**- our beautiful gardens all summer long

**Sylvia Orcutt** – kitchen utensils

**Triad** – pies for our Thanksgiving lunch

**Joanne Soroka, Karen Herzog, Ellen**

**Villani, guest chefs**, for preparing

delicious Thanksgiving and December holiday lunch

**The Senior Center Foundation**

- co-sponsoring holiday lunches

**Greenfield Savings Bank**- co-sponsoring Dec. Holiday meal

### Gift Fund Donations

**Ellen Villani**

**Jill Connolly**

## Senior Center Bad Weather Policy

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

## PROGRAMS

### Reflexology is Back!

1st Wednesday of every month Nov. 6, Dec. 4, 12:00-4:00 p.m.

Susanne Recos, certified American Reflexologist, will return 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 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.

### Heart and Soles Walking Club Returns

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

Starting Monday November 11th, the Heart and Soles walking club will meet again at the Cowell Gym. It's a great way to connect with others while taking many steps in a comfortable and safe setting. Bring water, a change of shoes to keep the gym floor clean and discover how many laps meet a mile. Pre-registration not required. Show up and walk! Donations appreciated.

### Basket Making 101

**Wednesdays, Nov. 6, 13, 20, 27, 10-11:30**

Kathy Wall will lead this workshop. Join us and make the basket pictured. This is a very friendly beginner's basket. Your finished product will make you the envy of your friends this holiday season! The kit is an \$8 kit with handles. Participants will pay at The Senior Center at the first class. Pre-register by **Nov. 1**

*Basket example for the November classes*



### MISSION STATEMENT

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

### STAFF

Juli Moreno, Director

Teddy Doucette, Outreach Coord.

Dot Lyman, Activities Coord.

Robert Szafran, Transportation Coord. and Van Driver

Lou Peck, Van Driver

Paul Labelle, Van Driver

Peter Otten, Van Driver

Michael Shea, Van Driver

Hugh Knox, Meal Site Manager

Gloria Fisher, Office Assistant

### SENIOR CENTER BOARD

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### NEWSLETTER

SeniorWise is produced bi-monthly.

Content contributions are welcome

THE SENIOR CENTER - 413-625-2502 - sfsrctr@crocker.com

### WEBSITE

the-senior-center.org

Like us on Facebook:

Mainstreetshelburne

## PROGRAMS

### Coffee Corner/speaker Carole Groman “For the Love of a Dog”

**Monday Nov. 25, 10-11am**

Carole Groman, MST, CSAMT, RP had an animal massage practice for approximately 12 years, has been a pet sitter for seven years and volunteers at the local animal shelter. She will be sharing stories and information about her varied experiences with dogs and why interacting with dogs can be so beneficial for us, emotionally and physically. Coffee and pastries served. Pre-registration preferred.

### Home Modification Options Presentation

**Tuesday November 12, 11a.m. to Noon.**

Mike Blasco, from the Franklin County Housing Authority will present options on how to complete modifications to your home, and the steps needed to make these modifications a reality. These home modifications can improve the general safety of your home, increase accessibility, and help you maintain your independence. After the presentation, he will be available for individual questions and resource sharing.

### A Novel Idea Book Club

**Wednesday Nov. 13, Dec. 11, 2:30- 4:00 p.m.**

The Book Club meets the second Wednesday of each month. Favorite books, authors and genres are shared by all in the group. Notes of 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 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.

### Never Alone- Support Group

**Friday Nov. 8, 22, Dec. 13, 27, 1:30-3 p.m.**

Every second and fourth Friday, The Senior Center offers a support group called Never Alone. The second Friday of each month, there is usually a guest speaker. Regularly talking and listening to others in the group helps to put our own challenges in perspective.

### The Source Within Me, A Fun and Creative Arts Adventure

**Wednesday November 13, 1-2:30 p.m.**

Come and have fun on a creative adventure to explore with your favorite arts modalities (visual, movement, writing, or sound making) your personal source of inner wisdom Find a way that includes looking inside with loving kindness and self-awareness and opening to the glorious answers that can come on their own just by connecting with your body and mind in this way. Focusing Oriented Expressive Arts is a focusing modality. Through focusing people come to grow in creativity and in a more loving relationship with themselves by exploring the places of layers of experience inside of themselves. This creative workshop involves more fun arts activities while finding out answers you might have felt were always there but although never found in the past can now find through the type of creative adventure you will go on in this workshop

### Movies

**Tuesday Nov. 26, and Dec. 31 - watch for a flyer on what will be shown. Shows begin at 1 p.m.**

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

### 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. **Nov. 13** trip to Brandon Split Cane Fish Poles; **Dec. 11** trip to W.M. Green Carpentry

## PROGRAMS



*Kathy Wall teaches a basket making class*

### **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 have been finished. The conversation is good too!

### **Bingo!**

**Thursdays at 12:30 p.m.**

### **Game Afternoon (Cribbage)**

**Tuesday, Nov. 12, Dec.10, 1:30-3:00 p.m.**

This group started with us playing cribbage and bridge. As people asked to play other games too, we included Scrabble, Backgammon, banana grams and a bunch of others.

## HEALTH

### **“Ask the Nurse”**

**Tues., Nov. 26, Dec. 24, 10:30-12**

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

### **Happy Feet**

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 and a grant from the Fred W. Wells grant.

### **Foot Care Clinics**

**Mondays, Nov 4, Dec. 2, 8:30-12:30**

**Mondays, Nov. 18, 25, Dec. 16, 30, 8:30-3:30**

Registered Nurses from Foot Care by Nurses provide clinics at the Center. Appointments take up to 30 minutes and include nail clipping, callous removal, and a 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 and cancel (413-625-2502) because if you do not call and do not show 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 and Honey Boyden are the instructors for this program designed to increase participants' strength, mobility, flexibility, and balance.

## HEALTH

### Live Standing Dance Class - Aerobics

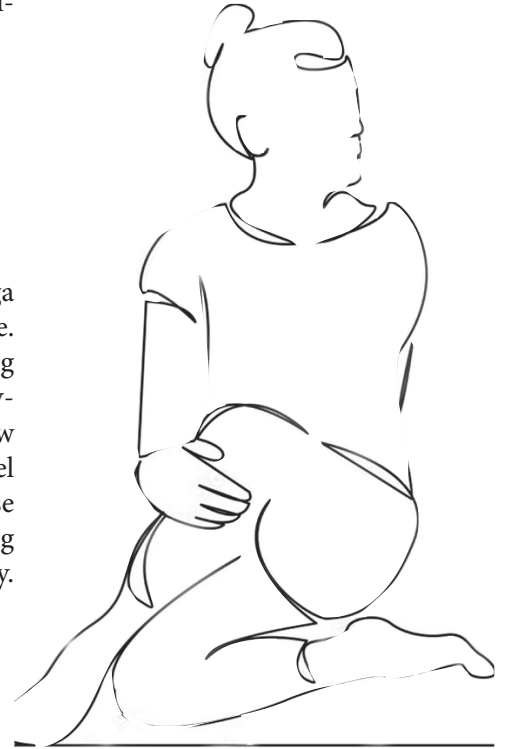
Every Tuesday, 4:30-5:30

This class will again be led by Kathy Steinem and meets at the Senior Center. Cost is \$20/month. Pre-register by calling the Center at 625-2502.

### Yoga

Wednesdays, 8:30-9:30 a.m.

Whether a beginner or expert, yoga can greatly improve your quality of life. From improving your balance, reducing pain, increasing flexibility, and improving your mood, yoga might be your new favorite exercise that doesn't even feel like exercise (but indeed, it is). Louise Legouis is instructing this class. Bring your own exercise mat. For Seniors only. The cost is \$20 per month.



### Tai Chi for Arthritis and Fall Prevention

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

Taught by Beth Bascom. 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.

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### THE BAKER PHARMACY

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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
<b>November 2024</b> The Senior Center in Shelburne	☎ = Please call 625-2502 to pre-register for all activities.	Meals on Wheels / Lifepath Lunch	10-12 Internet Café at Ctr. <i>Daylight savings time ends Nov.3</i>	
4 8:30-12:30 Foot Clinic ☎ 12:30 Drumming 2:00 Caregivers Support Group	5 Greenfield Shop Trip ☎ 4:30-5:30 Aerobics Buckland Library Book Delivery	6 In-town Shop ☎ 8:30 Yoga 10:00 Healthy Bones & Bal. 10-11:30 Basket making ☎ 12-3:30 Reflexology ☎ Arms Library Book Delivery Ashfield Library Book Delivery	7 Greenfield Shop Trip ☎ 9:00 Tai Chi for Arthritis & Bal 9:30-11 Outreach Coord. at Ashfield 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	8 1:30-3 Never Alone- Peer Support
11 Veteran's Day Senior Center Closed	12 Greenfield Shop Trip ☎ 11-12 Home Modifications Presentation & time for questions 1:30-3 Game Afternoon (cribbage) 4:30-5:30 Aerobics	13 In-town Shop ☎ 8:30 Yoga 10:00 Healthy Bones & Bal 10-11:30 Basket making 1-2:30 Creative Arts Adventure 2:30 Novel Idea Book Club at Ctr 4:50 Men's Nite to Brandon Split Cane Fish Poles	14 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. Pre-register for 11/19 meal	15 Wal-Mart Shop Trip ☎ 12-1:30 Memory Café ☎
18 8:30-3:30 Foot Clinic ☎ 1:00 Drumming 6:00 Sweets & Stories at Conversation Café	19 Greenfield Shop Trip ☎ 12-1:30 Thanksgiving to go meal ☎ Menu: sliced turkey, dressing, roasted sweet potatoes, green bean casserole, cranberry sauce/gravy, rolls, pie 4:30-5:30 Aerobics Buckland Library Book Delivery	20 In-town Shop ☎ 8:30 Yoga 10:00 Healthy Bones & Bal 10-11:30 Basket making 1:00-3:00 Brown Bag Arms Library Book Delivery Ashfield Library Book Delivery	21 Greenfield Shop Trip ☎ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☎ 12:30 Bingo Pre-register for 12/3 meal	22 1:30-3 Never Alone- Peer Support
25 8:30-3:30 Foot Clinic ☎ 9-12 SHINE Counselor 10-11 Coffee Corner, Carole Groman "For the Love of a Dog" 1:00 Drumming	26 Tues & Thurs together Greenfield Shop Trip ☎ 10:30-12 Ask the Nurse ☎ 1:00 Movie – watch for flyer 4:30-5:30 Aerobics	27 In-town Shop ☎ 8:30 Yoga 10:00 Healthy Bones & Bal. 10-11:30 Basket making 10-12 Veteran's Agent	28 Thanksgiving Day Senior Center Closed	29 Center Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 8:30-12:30 Foot Clinic ☰ 12:30 Drumming 2:00 Caregivers Support Group</p>	<p>3 Greenfield Shop Trip ☰ 12-1:30 To go meal: ☰ Menu: soup, Grilled cheese sandwich, dessert 4:30-5:30 Aerobics</p>	<p>4 In-town Shop ☰ 8:30 Yoga 10:00 Healthy Bones &amp; Bal. 12-3:30 Reflexology ☰</p>	<p>Meals on Wheels / Lifepath Lunch 5 Greenfield Shop Trip ☰ 9:00 Tai Chi for Arthritis &amp; Bal 9:30-11 Outreach Coord. In Ashfield at Town Hall 10:00 Knitting Group 10:00 Healthy B&amp;B-Ashfield 11:30 Lifepath meal ☰ 12:00 Ashfield COA lunch with speaker 12:30 Bingo</p>	<p>6 Staff available by phone 9-3 10-12 Internet Café at Ctr.</p>
<p>9 1:00 Drumming</p>	<p>10 Greenfield Shop Trip ☰ 1:30-3 Game Afternoon (Cribbage) 4:30-5:30 Aerobics Buckland Library Book Delivery</p>	<p>11 In-town Shop ☰ 8:30 Yoga 10:00 Healthy Bones &amp; Bal. 2:30 Novel Idea Book Club at Ctr 2:45 Men's Nite to Wm Green Carpentry Arms Library Book Delivery Ashfield Library Book Delivery</p>	<p>12 Greenfield Shop Trip ☰ 9:00 Tai Chi for Arthritis &amp; Bal 9:30-11 Outreach Coord. At Buckland Town Hall 10:00 Knitting Group 10:00 Healthy B&amp;B-Ashfield 11:30 Lifepath meal ☰ 12:30 Bingo 3:00 Board of Directors mtg. Pre-register for 12/17 meal</p>	<p>13 Staff available by phone 9-3 1:30-3 Never Alone- Peer Support</p>
<p>16 8:30-3:30 Foot Clinic ☰ 1:00 Drumming</p>	<p>17 Greenfield Shop Trip ☰ 12-1:30 To go Holiday meal ☰ 4:30-5:30 Aerobics Raffle deadline</p>	<p>18 In-town Shop ☰ 8:30 Yoga 10:00 Healthy Bones &amp; Bal 9:30-11 Veteran's Agent 1-3:00 Brown Bag Raffle drawing</p>	<p>19 Greenfield Shop Trip ☰ 9:00 Tai Chi for Arthritis &amp; Bal 10:00 Knitting Group 10:00 Healthy B&amp;B-Ashfield 11:30 Lifepath meal ☰ 12:30 Holiday Bingo</p>	<p>20 Staff available by phone 9-3 Wal-Mart Shop Trip ☰ 12-1:30 Memory Cafe ☰</p>
<p>23 1:00 Drumming</p>	<p>24 Greenfield Shop Trip ☰ 10:00-12:30 Ask the Nurse ☰ 4:30-5:30 Aerobics Buckland Library Book Delivery</p>	<p>25 Christmas Senior Center Closed</p>	<p>26 Greenfield Shop Trip ☰ 9:00 Tai Chi for Arthritis &amp; Bal 10:00 Knitting Group 10:00 Healthy B&amp;B-Ashfield 11:30 Lifepath meal ☰ 12:30 Bingo -New Year's Toast</p>	<p>27 Staff available by phone 9-3 1:30-3 Never Alone- Peer Support</p>
<p>30 8:30-3:30 Foot Clinic ☰ 1:00 Drumming</p>	<p>31 Greenfield Shop Trip ☰ 1:00 New Year's Movie (watch for flyer) 4:30-5:30 Aerobics</p>	<p>January 1 New Years Day Senior Center Closed</p>	<p>☰ = Please call 625-2502 to pre-register for all activities. No walk-ins accepted for programs or events</p>	<p>December 2024 The Senior Center in Shelburne</p>

## COUNCILS ON AGING

A Council on Aging (COA) in Massachusetts is a municipal agency dedicated to supporting and enhancing the quality of life for older adults within the community. COAs provide a wide range of services, including social, recreational,

health, and educational programs, as well as resources and advocacy to help seniors maintain independence and well-being. Each COA works closely with local, state, and federal organizations to address the diverse needs of the aging population.

## OUTREACH

**Outreach Services:** The Outreach Coordinator, Teddy Doucette, provides office, home, and satellite visits. The focus is on benefits available to seniors, as well as future planning, housing, and living environment. The coordinator is the liaison with services provided to seniors throughout West Franklin County. Call Teddy at 413-625-2502. The Senior Center provides Outreach Services for residents of Ashfield, Buckland and Shelburne. Residents from other towns who need help with Fuel Assistance, benefits applications, homeware, housing searches, connecting to local resources, or registering for Meals on Wheels can contact LifePath at (413) 773-5555

### Outreach Coordinator Ashfield and Buckland Office Hours at Town Halls

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, 9:30-11, 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.*

### Alzheimer's and Dementia Support Services

#### Caregiver Support Group

**Mondays, Nov. 4, Dec. 2, 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.



*COA's share more sweets and smiles at the Conversation Café*

### Shelburne Council on Aging

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

### Buckland Council on Aging

**Ellen Eller, Joanne Soroka, Janice Fleuriel**

### Ashfield Council on Aging

**Roy Rudolph, Wayne Wickland, Janice Wright, Mary Mosley, David Collins**

Cookbook author Tinky Weisblat, a.k.a. "The Diva of Deliciousness," will join the Ashfield Council on Aging pot-luck lunch on Thursday, November 7. Please bring your favorite Thanksgiving dish (roast turkey to be provided!) and enjoy a range of yummy side dishes, as well as the company of well-known local cookbook writer and entertainer, Tinky Weisblat! The lunch will be held in the Congregational Church Fellowship Hall from 11:45 to 1PM on Thursday, November 7. In addition to talking with us about her interesting career, Tinky will also be selling her cookbooks at the event. We hope to see you there!

### The West County Memory Café

**Fridays, Nov. 15, Dec. 20, 12-1:30 p.m.**

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



**Memory Café crew Ellen, Sam, Diana, Alan, and Teddy**





*Holiday meals made from scratch by our magical chefs.*

## “To Go” Tuesday Lunches

– There are two drive-thru lunches each month – one on Nov. 19, our Thanksgiving meal, Dec. 3 and our Holiday meal on Dec. 17 (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! Due to rising product costs, we have had to increase the cost to you to \$4, beginning with the September meals.

## Thursday Weekly Lifepath Lunches

– Meals are Thursdays at 11:30. Inside dining will allow up to 20 people to enjoy a hot plate meal, in the company of others. 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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**Donations of a turkey or turkey breast would be greatly appreciated for our Thanksgiving lunch. Please drop off at The Senior Center by Nov. 12. Many thanks!**

## 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 \$5.50 fare for Walmart (3rd Friday of the month).

**Big Y shopping** (on Tuesdays for Rowe, Heath, Charlemont, Buckland, Hawley, Colrain and Shelburne and on Thursdays for Ashfield, upper Buckland and Conway), is FREE. (Please note: The last week of November, there will be only one BigY shop trip for everyone on Tues., Nov. 26)

**Walmart shopping** Once a month there is a shopping trip to Wal-Mart in Hadley. Fridays, Nov. 15, Dec. 20

**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: Nov. 20, Dec. 18.

**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 is now open the 2nd and 4th Saturdays of each month.

**The Hilltown Churches Food Pantry**, located downstairs at the Congregational Church on Main Street in Ashfield, is open every other Tuesday from 3-5 p.m. The pantry allows people to select their own groceries. Masks and social distancing are required while inside. The only requirement for accessing the food pantry is proof of residency in one of the towns that are served and a simple statement of need. The Food Pantry serves the eleven hill towns of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe, and Shelburne. There are no income requirements.

## 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](mailto: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. **(Nov. 27, 10-12; Dec. 18, 9:30-11)**

## 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.

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## The Senior Center Foundation

The Foundation exists to raise additional financial support for the Senior Center. As mentioned elsewhere on our website, The Senior Center is largely supported by the money allotted by the three participating towns - Ashfield, Buckland and Shelburne Falls. The Foundation provides annual funds to supplement these tax-supported municipal funds. We get these funds through our fund-raising activities. Annually, the Senior Center Foundation contributes \$10,000 towards the Senior Center's programming budget, while also providing additional needs-based funding for local seniors' medical expenses, technology improvements and meals programs.

### Our Board

The Foundation is made up of volunteers who serve on the Board of Directors: Margaret G. Payne, President • Renee Y. Rastorfer, Secretary • Sylvia Orcutt, Vice President • Peter Otten, Treasurer • Nancy Brewer, COA Board of Director liaison, Ex-officio • Juli Moreno, Director of the Senior Center, Ex-officio

## Pet Corner: The Enduring Importance of Pets

If you have a pet that you'd like to share their picture and story, get it to Juli by email ([sfsrctr@crocker.com](mailto:sfsrctr@crocker.com)) or drop in and share. Pets, regardless of if it is a dog, cat, fish, bird, or exotic pet, enhance our lives and bring the blood pressure down. Except when they bring it up! Share the little love in your life with us.

**Meet Hank!** Joanne Soroka took in this adorable dog. "Hank AKA Boyde, Bear, Nacho and T-Rex was born in Kentucky and used to ride shot-

gun with a truck driver. He looks to be Australian Shepherd and Basset hound. His nose goes right to the ground, sniffing every time we go out, exploring his new environment. He has little, short legs, but he sure knows how to use them, especially with morning zoomies! He was surrendered to a kill shelter in Kentucky, and with a stroke of good luck ended up in a rescue here in Shelburne. He has now landed in my home, and we are both very lucky!"



*Hank, AKA T-Rex*



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## Holiday Gift Basket Raffle

We will be raffling off various themed gift baskets made by staff, COAs, Volunteers and The Foundation. Winners will be alerted by phone. To submit your entry for the raffle, please cut out and complete the ticket below. Submissions can be mailed or dropped off at the Center. Only 1 entry per person. If you need another raffle ticket for someone else in your household, call us at 625-2502 or stop in. The submission **deadline is December 17**, and the **drawing** will take place on **December 18**. Good Luck!  
Raffle entries can be filled out and dropped off or mail to The Senior Center (7 Main St, Shelburne Falls, MA 01370) 1 entry per person.

### Senior Center Holiday Gift Basket Raffle Entry Submission

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

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

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

#### 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.