

Welcome to Winter — ready or not!

The Senior Center is happy to welcome this cold and cozy season, filled with holidays, snow, and heartwarming activities. In this edition of SeniorWise, you'll discover new programs and special events sponsored by the Councils on Aging in Ashfield, Buckland, and Shelburne—both individually and through joint efforts. We're fortunate to have three dedicated COAs working together to support our senior communities. (Remember, all meetings are open to the public!)

As winter weather becomes unpredictable, please review our **Bad Weather Policy**—we follow the Mohawk School District's lead, so check the summary in this issue for details.

Did you get enough **Halloween**? No? Then you'll be glad to hear we're already planning ahead! We're forming a Haunted House Committee for next Halloween—October 2026—and we'd love your help. If you enjoy planning, designing, or simply have a passion for all things spooky, join the fun! Check out the date and full write-up in this issue for details.

We're also excited to launch our **"Warm Feet, Warm Hearts" Sock Drive** through November and December! Shelters and emergency programs are always in need of new socks, and this is a simple way to make a real difference. Look for the "shoe" collection bin at The Senior Center and help us fill it with pairs of new socks. Volunteers will deliver them directly to organizations serving those in need.

Have you received help from our **Home Repair volunteers**? We're holding a long-overdue thank-you lunch in November to celebrate these wonderful helpers. You're invited to bring a card or note of appreciation to share at the event.

It's also **Open Enrollment time!** Teddy, now a certified SHINE counselor, will be assisting seniors from all three towns with **Medicare and related forms**. Call soon to schedule your appointment. He's also available to help with **Fuel Assistance**, so check the Outreach section for more information.

Looking forward to staying active this winter? Join one of our wellness programs—**Yoga,**



grasshopper visiting our flowers

Bones & Balance, Tai Chi, or the return of our **Heart and Soles Walking Club**. We'll meet three mornings a week for indoor walks at Cowell Gym, and for those in Ashfield and upper Buckland, Sanderson Academy will also open their gym for senior walkers. And of course, the holidays wouldn't be complete without our **Holiday To-Go Meals, festive basket raffles,** and a visit from the Grinch—making the season extra Grinch-ful!

cont'd



Warm Feet, Warm Hearts!

The Senior Center is collecting new pairs of socks throughout November and December to help our neighbors in need. In early January, participating seniors will deliver the donated socks to local shelters and the Salva-

tion Army, where they'll be put to immediate good use.

Socks are one of the most requested items at shelters—especially in the cold winter months. Look for the large shoe-shaped collection box at The Senior Center and help spread warmth, one pair at a time!



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Curious—or cautious—about **Artificial Intelligence?** A guest cybersecurity expert will join us to de-mystify AI and explain how it can be used safely and simply in everyday life. You'll find details in the Programs section.



Only happy faces found at The Senior Center, especially with Ellen Eller and Teddy, Outreach around.



Joanne Soroka talks with Mike McCusker over ice cream.

“Gratitude in Action: A Home Repair Thank You Gathering”

The Senior Center’s Home Repair Program, supported by a grant from Lifepath, has made a meaningful difference for many area seniors. Through the dedication of our volunteer team, small home repairs—like fixing steps, securing railings, and other household needs—have been completed safely and kindly. To recognize their outstanding generosity and skill, The Senior Center will host a Volunteer **Appreciation Gathering on Friday, November 14, from 12-2 p.m.** We invite all seniors who have benefited from the Home Repair Program to join us as we celebrate and thank the five remarkable men whose efforts have kept our community’s homes—and hearts—a little sturdier. Light refreshments will be served.

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.

Senior Center Bad Weather Policy

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

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

The Wheels of Friendship initiative is designed to help older adults access programs, social activities, and essential resources at The Senior Center by providing door-to-door transportation through a network of volunteer drivers. This initiative encourages community engagement by enabling active seniors to support their peers through safe, reliable transportation. **How It Works**
Volunteer Drivers: Seniors and other community members sign up to provide door-to-door rides for older adults needing transportation to The Senior Center. Eligibility: Riders must be able to enter and exit a standard vehicle with minimal assistance (walkers and canes permitted; no wheelchairs or specialized mobility devices). Two-Way Service: Drivers provide both pick-up and drop-off services to ensure riders can fully participate in activities. Scheduling: Rides are arranged in advance through The Senior Center, coordinating availability between drivers and riders. Call us at 413-625-2502 to sign up as a volunteer, or as a potential participant in receiving rides.

Thoughtful Gifts at The Senior Center

We are deeply grateful to our community for their generous donations, which make a significant difference in the lives of our seniors. Your thoughtfulness and support help us create a nurturing and supportive environment for all. Thank you for your continued generosity.

THANK YOU!

A Special Thank You To...
Ellen Eller – food
In memory of Pauline McWilliams – cards
Susie Burger – knitting project
Joanne Schwartz – puzzles
Sylvia Smith – cards
Carol Kelshaw - food items
McCusker’s Market – food items
Mary Wickwire- Vacuum
Dee Vonn - Pet food
Diantha Wholey - butter

Donations to Gift Fund

Valerie Utton
Joan Lawless
Claire Counard
Nancy Holland



Welcome to our Treasurer for the Senior Services District, Julie Wonkka

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
Paul Labelle, Van Driver
Peter Otten, 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
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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

Heart and Soles Walking Club Returns

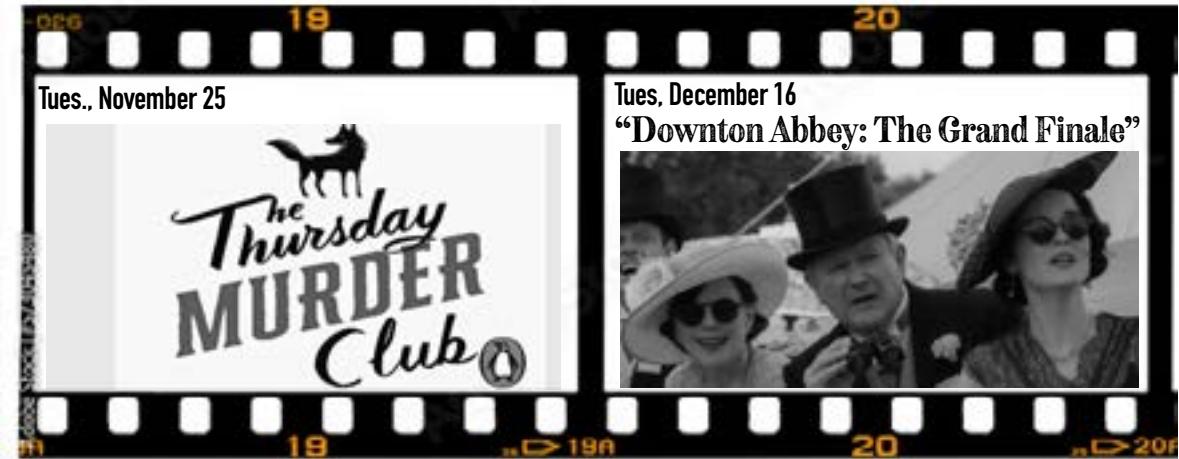
Mondays, Wednesdays, and Fridays, 9-10 a.m.
Starting Monday December 1st, the Heart and Soles walking club will meet again at Cowell Gym in Shelburne, and at Sander-son Academy in Ashfield. It’s a great way to connect with others while taking many steps in a comfortable and safe setting. Bring water, a change of shoes to keep the gym floor clean and discover how many laps make a mile. Walking Pre-registration is not required. Show up and walk! Dona-tions appreciated.

Calling All Ghouls and Creative Spirits!

Monday Nov. 17, 2:30-3:30 p.m.
The Senior Center and the West County Senior Services District are teaming up to host a Haunted House in 2026, and we’re getting an early start to make it an unfor-gettable event!
We’re forming a **Haunted House Plan-ning Committee** and are looking for volunteers with all kinds of talent- make-up artists, builders, decorators, actors, or-ganizers, 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 2026.
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!

Movies

Movies are free at The Senior Center but there is a limit of 20 attendees for each movie. Please call 625-2502 to pre-register by the Thursday before each showing. **Shows begin at 1 p.m.**



Intro to Muscle Testing

Wed., Nov. 12, 12-2p.m.
Kristine Jelstrup, Natural Health Care Practitioner, instructor at Shelburne Falls Natural Healing, will explain the history and art of muscle testing, how to ask your own body questions and how to interpret the answers. She will show how to mea-sure your energy field, which tells you a lot about your general state of health. Interest-ing, informative and a lot of fun.

Artificial Intelligence Tech Talk

Mon., Nov 10. 10-11:30 a.m.
Curious about the reality of Artificial Intel-ligence? Join us to hear from Seth Gold-stein, a cybersecurity staff at Greenfield Savings Bank. Seth will demystify the jar-gon, separate the facts from the media hype and share simple ways you can safely use AI in your daily life. Sweets and beverages will be provided. Call to reserve your spot today, at 413-625-2502.

Shelburne Council on Aging - Meet and Greet Program at Senior Center

Thurs., November 6, 5 p.m.
The Shelburne Council on Aging will hold a Meet and Greet event for Shelburne se-niors at the Senior Center on Thursday, No-vember 6 at 5:00 p.m. Join us and meet your Council on Aging members, hear what we can do for you, and share ideas you have for events and how we can better serve you. A light meal of soup and sandwiches will be served. Following the meal, we will have

a wonderful program on Shelburne Farm History created and presented by Carolyn Wheeler. Please plan to join us and sign up by calling the Senior Center at 625-2502.

Paper Workshop

Wednesdays, Nov. 5, 19, 26, Dec. 3, 10, 17, 2-3:30pm
Alan Young will lead this workshop. What do bookbinding, mono-printing and mac-rame have in common? Well, very little actually, but these are craft areas open to exploration in this seven-week class. The goal is to work our brains, laugh a lot and leave with a couple of useful things. No pri-or experience is needed. All materials will be provided.

Reflexology

1st Wednesday of every month.
Nov. 5, Dec 3, 9 a.m.-3:30 p.m.
Susanne Recos, certified American Reflex-ologist, 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. Pay-ment is made directly to Susanne Recos by check, cash or credit card. Pre-registration is required.

A Novel Idea Book Club

Wednesday Nov. 12, Dec. 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 on 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.

Senior Talking Points

Friday, Nov. 14, Dec. 12, 1:30-3 p.m.

Every second Friday, The Senior Center offers a group called Talking Points. We meet and talk about issues with aging, interesting facts we've learned, or a shared story of independent living and empowerment. We focus on fun and laughs, and the independence of solo aging. On Dec 12, we have a special guest, Allan Whatley, who will be discussing his experiences with alternative medicines, and as an engineer how he developed a food and supplement routine. Fascinating and free!

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.

Bingo!

Thursdays at 12:15 p.m.



Celebrating the history of the gardens and the Gardeners

Men's Night Meetings

Nov. 12-Wesco;

Dec. 10-Brandon Split Cane Fish Poles.

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.

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!

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Colrain, MA 01340

HEALTH

“Ask the Nurse”

Tuesdays, Nov. 25, Dec. 24, 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. Both flu and COVID shots are available at Baker's Pharmacy, Walgreens or Big Y.

Preventing Respiratory Sickness

Lisa White, Franklin Regional Council of Governments Cooperative Public Health Services Nurse, states that each year, respiratory viruses cause millions of illnesses and thousands of hospitalizations and deaths in the U.S. Flu and other types of respiratory viruses, including COVID-19 and respiratory syncytial virus (RSV) are spread mainly by airborne droplets released by talking, sneezing or coughing. To help protect yourself and others: 1. Get vaccinated. Vaccines are available for all major fall and winter respiratory diseases. 2. Put physical distance between yourself and others in public spaces and when you feel sick. 3. When you sneeze or cough, use a promptly disposed of tissue or the crook of your arm. 4. Handwash regularly and use a hand sanitizer when soap and water is not available. 5. Clean surfaces such as door handles and railings frequently. On September 4th, Massachusetts became the first state in the nation to guarantee insurance coverage of vaccines recommended by the state, including respiratory virus vaccines like COVID, flu and RSV. DPH Commissioner Dr. Robbie Goldstein also issued a standing order to allow pharmacies to continue to provide COVID vaccines to MA residents aged five and older.

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



Drumming class communicate through drumming

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, Nov. 3, Dec. 1, 9:00 a.m.-12:30 p.m.

Mondays, Nov. 10, 24,

Dec. 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.

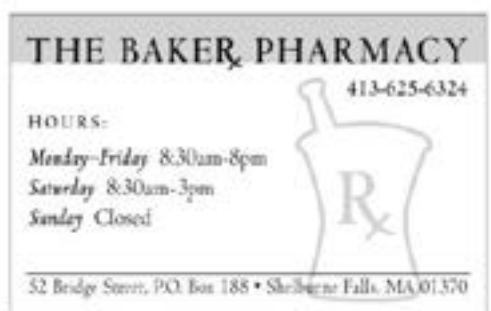
Tai Chi for Arthritis and

Fall Prevention

Mondays at 8:30 am at The Senior Center

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

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30-9:15 Tai Chi 9-1 Foot Clinic 12:30 Drumming 2:00 Caregivers Support Group 	4 4:30-5:30 Aerobics 	5 In-town Shop ☁ 8:30 Yoga 9-3:30 Reflexology 10:00 Healthy Bones & Bal. 2-3:30 Paper workshop 	6 Meals on Wheels / Lifepath Lunch 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal☁ 12:00 Ashfield COA lunch@Lake House 12:15 Bingo 5:00 Shel. COA Meet & Greet at Center 	7 10-12 Internet Café at Senior Center Staff available by phone 9-3
10 8:30-9:15 Tai Chi 10- 11:30 Artificial Intelligence Tech Talk with Seth Goldstein 9-4 Foot Clinic☁ 	11 Veteran's Day Senior Center closed 	12 In-town Shop ☁ 8:30 Yoga 10:00 Healthy Bones & Bal. 12-2 Intro. To Muscle Testing workshop 11-1 Birthday Card Making workshop☁ 2:30 Novel Idea Book Club 5:00 Men's Nite trip to Wesco 	13 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal☁ 12:15 Bingo 3:00 COAs Collaborative Meeting Pre-register for 11/18 meal 	14 Staff available by phone 9-3 1:30-3 Senior Talking Points 12-2pm- Home Repair Gratitude Event
17 8:30-9:15 Tai Chi 1:00 Drumming 2:30-3:30 Haunted House Planning Committee 	18 12-1:30 Thanksgiving To Go Meal: Menu: turkey, stuffing and all the fixings 4:30-5:30 Aerobics 	19 In-town Shop ☁ 8:30 Yoga 10:00 Healthy Bones & Bal 1-3:00 Brown Bag 2-3:30 paper workshop 3:00 Board of Managers Mtg 	20 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal☁ 12:15 Bingo 	21 Staff available by phone 9-3 Wal-Mart Shop Trip☁ 12-1:30 Memory Cafe☁
24 8:30-9:15 Tai Chi 9-4 Foot Clinic☁ 1:00 Drumming 	25 10:30-12:00 Ask the Nurse☁ 1:00 Movie “The Thursday Murder Club” 4:30-5:30 Aerobics 	26 In-town Shop ☁ 8:30 NO Yoga today 10:00 Healthy Bones & Bal 10-12 Veteran's Agent 2-3:30 paper workshop 	27 Thanksgiving Senior Center closed 	28 Senior Center closed
November 2025 The Senior Center in Shelburne 		Library Book Delivery Dates <i>Buckland – 11/11, 11/25</i> <i>Arms – 11/12, 11/26</i> <i>Ashfield – 11/12, 11/26</i> 		☁ = Please call 625-2502 To pre-register for activities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30-9:15 Tai Chi 9-1 Foot Clinic☁ 9-10 Walking at the Cowell 9-10 Walking at Sanderson 12:30 Drumming 2:00 Caregivers Support Group 	2 4:30-5:30 Aerobics 	3 In-town Shop ☁ 8:30 Yoga 9-10 Walking at the Cowell 9-10 Walking at Sanderson 9-3:30 Reflexology 10:00 Healthy Bones & Bal. 2-3:30 Paper workshop 	4 Meals on Wheels / Lifepath Lunch 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal☁ 12:15 Bingo Pre-register for 12/9 meal 	5 Staff available by phone 9-3 9-10 Walking at the Cowell 9-10 Walking at Sanderson 10-12 Internet Café at Senior Center
8 8:30-9:15 Tai Chi 9-10 Walking at the Cowell 9-10 Walking at Sanderson 1:00 Drumming 	9 12-1:30 TO GO Holiday Meal-Menu- beef with all the fixings 4:30-5:30 Aerobics 	10 In-town Shop ☁ 8:30 Yoga 9-10 Walking at the Cowell 9-10 Walking at Sanderson 10:00 Healthy Bones & Bal. 2-3:30 Paper workshop 2:30 Novel Idea Book Club at Ctr 5:00 Men's Nite trip to Brandon Split Cane Fish Poles 	11 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal☁ 12:15 Bingo 3:00 COAs Collaborative Meeting 	12 Staff available by phone 9-3 9-10 Walking at the Cowell 9-10 Walking at Sanderson 1:30-3 Senior Talking Points
15 8:30-9:15 Tai Chi 9-4 Foot Clinic☁ 9-10 Walking at the Cowell 9-10 Walking at Sanderson 1:00 Drumming 	16 1:00 Movie: “Downton Abbey: The Grand Finale” 4:30-5:30 Aerobics 	17 In-town Shop ☁ 8:30 Yoga 9-10 Walking at the Cowell 9-10 Walking at Sanderson 10:00 Healthy Bones & Bal 1-3:00 Brown Bag 2-3:30 Paper workshop 3:00 Board of Managers Mtg. 	18 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal☁ 12:15 Holiday Bingo 	19 Staff available by phone 9-3 9-10 Walking at the Cowell 9-10 Walking at Sanderson Wal-Mart Shop Trip☁ 12-1:30 Memory Cafe☁
22 8:30-9:15 Tai Chi 9-10 Walking at Sanderson 9-10 Walking at the Cowell 1:00 Drumming 	23 10:30-12:00 Ask the Nurse☁ 4:30-5:30 Aerobics Pre-register for 12/30meal 	24 In-town Shop ☁ 8:30 Yoga 9-10 Walking at the Cowell 10:00 Healthy Bones & Bal 10-12 Veteran's Agent 	25 Christmas Senior Ctr. closed 	26 Senior Center Closed
29 8:30-9:15 Tai Chi 9-10 Walking at the Cowell 9-10 Walking at Sanderson 9-4 Foot Clinic☁ 1:00 Drumming 	30 12-1:30 TO GO Meal-Menu: Thankful soup 4:30-5:30 Aerobics 	31 In-town Shop ☁ 8:30 Yoga 9-10 Walking at the Cowell 10:00 Healthy Bones & Bal 	December 2025 The Senior Center in Shelburne 	☁ = Please call 625-2502 To pre-register for activities. Library Book Delivery Dates <i>Buckland – 12/9, 12/23</i> <i>Arms – 12/10, 12/24</i> <i>Ashfield – 12/10, 12/24</i>

OUTREACH

Outreach Services: The Outreach Coordinator, Teddy Doucette, provides office, home, and satellite visits. The focus is on benefits available to seniors, as well as future planning, housing, and living environment. The coordinator is the liaison with services provided to seniors throughout West Franklin County. Call Teddy at 413-625-2502.

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

Home Repair Program

A volunteer is available to do minor home repairs for seniors, such as replacing broken windows, small plumbing and electrical jobs and other repairs. This is a free service available to residents of Ashfield, Buckland, and Shelburne; however, the senior is expected to purchase all needed parts and materials. Voluntary donations are accepted. If you have a project or if you are interested in volunteering to do home repairs, please call Ted at 625-2502. 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.

Fuel Assistance Season!

2025-2026 Fuel Assistance
Income Guidelines

1 person \$51,777

2 people \$67,709

3 people \$83,641

4 people \$99,573

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

Reminder: Medicare Open Enrollment

Don't miss your chance to review or change your Medicare coverage for 2026!

The Annual Medicare Open Enrollment Period runs October 15 – December 7 each year. If you live in Ashfield, Buckland, or Shelburne, we can help you navigate the options and fill out forms. Contact Teddy at The Senior Center to make an appointment. If you live in any other West County town, please reach out to SHINE at Lifepath: 413-773-5555 for assistance.

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.

Open Enrollment The More You Know

You may be eligible for Medicare Savings Programs (MSPs). MassHealth runs MSPs, which can help pay some or all of your Medicare costs.

If you are on Medicare and have income at or below the levels listed below, you are eligible for an MSP and could save thousands of dollars a year.

You are:

Your income is at or below:

Single Individual

\$2,935 per month

Married Couple

\$3,966 per month

Alzheimer's and Dementia Support Services

Caregiver Support Group

Mondays, Nov. 3, Dec. 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, Nov. 21, Dec. 19, 12-1:30 p.m.

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

Both support programs are funded in part by a grant through Lifepath from the Federal Administration for Community Living and the Massachusetts Executive Office of Aging and Independence.



Ellen Eller and Joanne Soroka serving soup at the Emergency Management presentation

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.

MEALS

“To Go” Tuesday Lunches –

There are drive- thru lunches each month – **Nov. 18, Dec.9, 30** (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! \$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: \$4.

Donations of a turkey or turkey breast would be greatly appreciated for our Tuesday, Nov. 18 Thanksgiving lunch. Please drop off at the Senior Center by Nov.13. Many thanks!



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.

Shelburne Council on Aging

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

They will have a Meet and Greet, soup and sandwiches and a speaker from the Grange, **Thursday Nov 6, 5-7 p.m.**

THE SENIOR CENTER FOUNDATION

The work of the Senior Center is continuing, and will continue, all of the services and programs that are so important to the well-being of our seniors despite the uncertainties in all levels of our government.

The Senior Center Foundation is looking for even more ways to make sure that the Center has enough funding to keep its programs going, and to look for new ways to assure the funding and to have fun while doing it.

So the Senior Center Foundation is excited to announce our **first annual auction**. It will take place at the Community Center in Shelburne Falls on **April 25, 2026, from 5 - 8 p.m.** If you haven't gotten a 2026 calendar yet, get one so that you can mark the date for an evening of delicious appetizers, entertainment, fundraising and friend raising!

If you would like to donate an auction item, please let us know by calling the Senior Center at 413-625-2502 and leaving a message with the receptionist.

You will be hearing more about this fun project beginning in the new year so stay tuned!

Buckland Council on Aging

Ellen Eller, Joanne Soroka, Lisa Khanna, Susan Schauger

Ashfield Council on Aging

Roy Rudolph, Janice Wright, Mary Mosley, David Collins

The COA meets the first Wednesday of each month at the Belding Library, 2-3 p.m. The Thanksgiving meal will be held at the Lake House from noon to 2p.m. on November 6th. Priority for Ashfield seniors. The monthly Brown Bag luncheon held 11:30-1p.m. the first Thursday of each month at the Congregational Church on Main Street in Ashfield will be on pause throughout the winter months.

The COA Collaborative,

Nov. 13, Dec. 11, 3-4 p.m.

The COA Collaborative will serve as a regular, inclusive, and flexible forum where COA members from Ashfield, Buckland, and Shelburne—and potentially beyond—can come together to:

- Stay informed about Senior Center programming and developments.
- Share town-specific updates and concerns related to elder services.
- Exchange ideas, resources, and best practices.
- Collaborate on regional events, outreach efforts, and special projects.
- Provide support and guidance to one another in their ongoing local COA work.

This Collaborative ensures that, while the formal governing structure is changing, the connection between The Senior Center and our partner towns remains strong, responsive, and rooted in shared values.



Gardeners evaluate end of season needs for the flower gardens

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. Nov. 19, Dec. 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.**

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.

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.26, Dec. 24.**

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.

Call Ted at 625-2502 for more information on SNAP income guidelines, benefits, and application assistance.

Notes on using HIP at farmers' markets

At most farmers' markets, HIP vendors will process HIP directly at their booth. Make sure the vendor you buy from can process HIP! Not all farms participate in HIP, even at the



One of our Board of Managers, Janice, enjoying the Buckland COA event!

same farmers' market. Look for a sign with a HIP logo, or ask the vendor to be sure.

Here's how this works:

Choose the fruits and vegetables you want to buy from a farmer's booth.

When you go to pay, the farmer will send you to a centralized market manager's booth to pay.

The market manager will swipe your card and give you a receipt that shows you how much SNAP you have spent and how much HIP you have used toward your monthly cap. Take your receipt back to the farmer as proof of payment.

The farmer will then give you your produce.

Think Assisted Living Is Not For You? Think Again.

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



The-Senior-Center.org

Our New Website! Check It Out!

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Holiday Gift Basket Raffle

We will be raffling off various themed gift baskets made by staff. 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 drawing will take place on December 18



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.

Senior Center Holiday Gift Basket Raffle Entry Submission

Name: _____

Phone#: _____

Town: _____

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.

Submission Deadline: December 14 Drawing date: December 18

★ 486242389 ★