

# Senior WISE

September -October 2021



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

## Movies Return!

We will once again be showing movies inside of 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.

### The Big Lebowski (1998)

Tuesday, September 21 at 1:00

Starring: Jeff Bridges, John Goodman, Julianne Moore

Jeff Lebowski (played by Jeff Bridges) is a laid-back, easygoing burnout who just happens to share the same name with a problematic millionaire. Throughout the film, Jeff's case of mistaken identity makes things messy for him when he is encountered with kidnappings, robberies, and an arrest. This film is sure to have you on the edge of your seat, rolling with laughter and wondering what will happen to Jeff and his crew next.

### Knives Out (2019)

Tuesday, October 19 at 1:00

Starring: Daniel Craig, Chris Evans, Jamie Lee Curtis

Filmed inside of the Ames Mansion in Easton, Massachusetts. A humorous twist on the traditional murder mystery, this film follows detective Benoit Blanc (Daniel Craig) as he investigates the strange death of the patriarch of a wealthy, dysfunctional family. Though the police rule the death as a suicide, detective Blanc believes it was a murder and attempts to sniff out which family member is the killer.

## Medicare Open Enrollment



October 15 – December 7, 2021

This is a good time to review your present plan, determine if it is working for you and if not make changes. If you need assistance with health insurance options, you can receive free and confidential information from the SHINE representatives at The Senior Center. If you are new to Medicare, you should plan to enroll 3 months in advance of your 65th birthday. For SHINE appointments through The Senior Center please call 625-2502 to schedule. SHINE Counselors are also available for telephone appointments at LifePath by calling 773-5555.

## Newsletter emailed to You?

The Senior Center is beginning to rebuild our newsletter emailing list. If you would prefer to receive this newsletter to your email instead of in the U.S. mail, please email us at [sfsrctr@crocker.com](mailto:sfsrctr@crocker.com) so that we have your email address on file.



## Mask Policy Update

Due to the ongoing unpredictability of COVID-19 virus cases, The Senior Center will still require both vaccinated and unvaccinated individuals to wear masks at all times while inside of our building. Exceptions: Those who are vaccinated and participating in indoor exercise classes do not need to wear masks while exercising. Also, those who are vaccinated and attending Caregivers Support Group inside of our building do not need to wear masks during meetings.

## "Ask the Nurse" Returns!

September 28, 10:30 – noon  
October 26, 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 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.

## Come Join Us: Senior Savvy Game



Tuesday, October 5 at 1:00

The Northwestern District Attorney's Office will be hosting a free, fun and interactive quiz game at The Senior Center. This game is designed to test your knowledge about consumer issues, scams and protecting your finances. This is a great opportunity to socialize while also learning important consumer facts! Pre-packaged snacks will be served. Space is limited, so call us at 625-2502 to pre-register by Thursday, September 30.

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

## SENIOR CENTER BOARD

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**Nancy Brewer**, Vice Chair, Shelburne  
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**Sue Bishop**, Treasurer, Shelburne  
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**Janice Wright**, Ashfield  
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**Tony Jewell**, Buckland  
**Sylvia Smith**, Shelburne  
**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](http://the-senior-center.org)

Like us on Facebook:

**Shelburne Falls Senior Center**

See us on Instagram:

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## 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.

## Legal Assistance for Seniors

The Franklin County Bar Association offers a Lawyer Referral Service that connects area residents with legal representation for their needs. Recently, they received a grant from the MA Bar Foundation to assist low-income seniors with the cost of legal services. Call (413) 773-9839 for more information.

Community Legal Aid has an Elder Law Unit that advocates for low-income seniors age 60+ who need legal assistance. Their Franklin County office is located at 55 Federal Street, Greenfield. They can be reached at (855) 252-5342

## Get to Know the Shelburne Police Department!



Meet Officer Tucker Jenkins. He is one of the full-time officers within the Shelburne Police Department, and also as part of his duties, he is the liaison to The Senior Center! Officer Jenkins was born on Cape Cod and moved to the small Town of Heath, Massachusetts during elementary school. He was a graduate of Mohawk Trail Regional High school and coached both Baseball and Soccer at Mohawk after graduating. Officer Jenkins attended the reserve and intermittent police academy in the fall of 2016 where he graduated in the spring of 2017 and began his employment with the Town of Shelburne. Working part time for a couple years, he then applied and was chosen to fill the full-time patrolman position. This position was previously filled by Kurt Wilkins, who now works for the Massachusetts State Police. Tucker then attended the Western Massachusetts Full Time Police Academy in Springfield from September 2020 through his graduation in February 2021.

Officer Jenkins formerly owned a small landscaping business with his father prior to his work for the Town of Shelburne. Tucker still coaches and helps run a local high school baseball league in West County during his free time.

Contact Officer Tucker Jenkins at the non-emergency phone numbers or email below if you or someone you know could use his assistance.

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

**Dispatch 413-625-8200**

**Email: [tjenkins@townofshelburnema.gov](mailto:tjenkins@townofshelburnema.gov)**

*A very special thank you  
 to the following people for donating to our seniors;*

**Walt Owens** – hearing equipment

**Ace Mislak** – tools

**Valerie Utton** – kitchen equipment

**Pete Schreiber** – books

**Barbara Schauer** – toaster

**Helen O'Gorman** – craft materials

**Tiertza-Leah Schwartz, Donna Sarro** – recliner chair

*Gift Fund*

**Greg Cangialosi**

**The Senior Center Foundation** – Meals Program and Summer Activities at Buckland Rec. Pavilion

**Wells Trust Fund** – Reopening Expenses



# programs

## Tai Chi for Arthritis and Fall Prevention

**Thursdays at 9** at the Buckland Rec. Pavilion through **October 21**

**Thursdays at 9** at The Senior Center beginning **October 28**

Lois Bascom will be teaching this class. Tai Chi for Arthritis and Fall Prevention is the same class that has been ongoing for 4 years. The gentle, slow movements help build back muscles, increase balance, strengthen the immune system, and more. May 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.**

## Tai Chi for Rehabilitation

**Tuesdays at 10, 8-week course beginning Sept. 7** at Trinity Church

Lois Bascom will teach this course suitable for people who are recovering from illness or injury, or those who are using it as a form of self-care. It can be done seated or standing. The program emphasizes caring for the self with affirmations and special moves designed to bring harmony into the mind and body. People who have faced a physical, mental or emotional setback will learn to become calm with a special type of breathing. This program includes simple moves that are safe and easy to do, while also aiding relaxation and stress reduction. It was designed by medical doctors, physiologists, and tai chi experts. Lois is charging \$45 for the 8-week course. **Limit: 6.**

## Tai Chi for Memory

**Mondays at 10** at The Senior Center beginning **Sept. 27, 6-week course**

Lois Bascom teaches this program emphasizing body-mind integration, featuring a special acupressure massage that stimulates the hypothalamus in the brain aiding memory retention. Program is designed to help prevent memory loss and to support people who experience memory loss and their caregivers. Moves are simple, form is short, easy to learn and safe to do. Class is an hour in length, which includes socialization at gathering time and at closing time. Cost for this 6-week program is \$35. **Limit: 6.**

## Yoga

**Wednesdays at 8:30** at The Senior Center 

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

## Free! Healthy Bones & Balance

**Thursdays at 10 through October 21** at Buckland Rec. Pavilion

**Wednesdays at 10 beginning October 27** (note change of day) at The Senior Center Jane Wagener and Honey Boyden are the instructors as they have been in the past.

## Programs to do at Home free 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 with the RSVP Bones and Balance class airing Wednesdays at 9

## Pick Up Some Fun! free

The Center has various exercise classes on CD or DVD for pick up. We also have exercise weights, puzzles (new ones just arrived!), adult coloring pages and colored pencils available for pick up.



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



## French Conversations on the Lawn Every Tuesday at 2

Hosted by locals Richard and Francoise Bennett on the front lawn of their home located at 101 Main Street, Shelburne Falls. Those of all ages are welcome to come join in French conversation! Pre-registration is not required. Participants are asked to bring a folding chair.

## Men's Night Returns!

The Men's Group meets once a month on the 2nd Wednesday, from 5-7:30. They meet in the picnic area behind The Senior Center and carpool from there. In July, the men visited Wood and Barrel in Buckland. In August, the men will visit The Castle in Montague. **On Sept 8** they will visit Eddie's Wheels in Buckland (requirement-all must be vaccinated). **On Oct. 13** they will visit Trailside Vet. After the visits, the group usually goes somewhere for supper. If interested in attending contact the group's leader, Don Bascom, at 625-2970.

## Senior Learning Network

The Senior Learning Network plans to return in September with more programs, although specific dates and times are not yet available. 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.

## Knitting Group

**Thursdays beginning at 10:30** at Buckland Rec Pavilion through **Oct. 21**

**Thursdays starting October 28: 10:30** at The Senior Center

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

*continued on page 4*

## recreational programs



Instructors Irene and Larry Baird leading the "Ageless Waves" drumming group which has been meeting at the Buckland Rec. Pavilion on Thursdays throughout the summer.

### Drumming

**Thursdays at 11**

at Buckland Rec. Pavilion through **October 21**

**Mondays at 1**

at the Senior Center beginning **October 25**

Drumming resumed July 8 at the Buckland Rec. Class is taught by Irene Baird. Please note change of day, time and place beginning October 25.

### BINGO

**Thursdays**

through **October 21:**

Buckland Rec. Pavilion at **12:30**

From **Thursday October 28** going forward:

The Senior Center at **12:30**

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

## services

### health

#### Foot Care Clinics

**Mondays: September 20, 8:30-2:15 , September 27 from 8:30 -3:30 , October 18, 8:30 -3:30 , October 25, 8:30 -12:30**

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

**Tuesdays: September 14 11:30 -3:30 September 28, 11:30 -3:30 , October 5, 11:30 -4 , October 19, 11:30 -4**

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.



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

Taxes - Accounting - Financial Planning

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



Fresh Chef Salads from the July 27th "To Go" meal which served 55 local seniors.

## outreach services

#### Alzheimer's Caregiver Support Group

**September 13 and October 4, 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, September 17 and October 15, 12:00-1:30**

The Café will be held at the Buckland Recreation Area located at 66 Ashfield Road in Buckland. This will be a rain or shine event. 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.*





## Fall Foods: Nutrition Facts

**Apples** – Rich in antioxidants and fiber. Studies show that apples can help reduce risk of cancer, heart disease and asthma. They have also been proven to improve outcomes of Alzheimer's disease, diabetes, weight management and bone health.

**Sweet Potatoes** – Packed with vitamins A, C, B6, B5 and potassium. A good source of fiber and iron. Shown to improve blood sugar regulation and carry antibacterial / antifungal properties that protect the body from germs.

**Pumpkins** – Rich in fiber, protein, magnesium, and potassium. They help boost the body's immunity, cleanse the liver, reduce inflammation and are heart healthy.

**Butternut Squash** – High in antioxidants, especially vitamin C. Squash helps boost the immune system, maintain bone density and serve as a weight loss aid when substituted for less-healthy options.

Contact LifePath's Nutrition Program at (413) 773-5555 to see where you can access nutritional workshops near you.

## outreach services

cont'd

### Please Note:

Leanne will be out of office **throughout September and will be returning October 4th.** During this time period, staff and volunteers will work together to ensure that those who use our outreach services receive the assistance that they need. We appreciate your patience and understanding during this time.

### 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 be a big help in 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.

**NEW**

### Free Help with Money Management

LifePath's Money Management Program matches local volunteers with seniors and those with disabilities such as vision and memory difficulties, or physical disabilities. These volunteers can help you with writing checks, balancing checkbooks, sorting your bills, creating a budget, and monitoring your expenses. Each volunteer goes through a training and background check prior to joining the program. Contact Lifepath at (413) 773-5555 for more information or to register.

### 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.


### 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.

### Veterans' Services

The Upper Pioneer Valley Veterans' Services District advocates for seniors and their family members. They can assist you with questions regarding Veteran's Benefits and their Greenfield office can be reached at (413) 772-1571.

**Returning!**  There will once again be a Veterans' Services representative available at The Senior Center on the **first and third Tuesday of every month 9:00 to 11:00** Call us at 625-2502 to schedule an appointment with them.

#### ESTATE PLANNING AND ELDER LAW

**Kate Downes**

Attorney at Law

11 Main Street (413) 625-2482  
Shelburne Falls, MA 01370 katedownes@comcast.net

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## 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

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100 Fort Lucas Road  
Colrain, MA 01340

## 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?

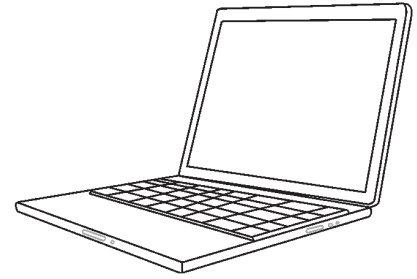
Call to schedule a FREE Chromebook loan period and pickup time. Deliveries available upon request.

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.

### NEW! 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.

#### Eligible households can receive:

- \$50/month discount for high-speed internet services
- A one-time discount of up to \$100 for a laptop, desktop computer or tablet purchased through a participating provider.

You can be eligible if: You have a household with an income at or below 135% of the federal poverty guidelines. Also, if you are approved to receive free or reduced-price school lunches or received a Federal Pell Grant during the current award year. You may also be eligible if you experience a substantial income loss since February 29, 2020 and the household had a total income in 2020 at or below \$99,000 for single filers and \$198,000 for joint filers.

Contact your current internet service provider to see if they are participating in this program. Then, call (833) 511-0311 for more information on how to apply. For help with the application process, call The Senior Center at 625-2502



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## food and clothing

### Senior Center Foundation News



Margaret Payne, President of the Senior Center Foundation and Ellen Eller, Senior Center Board member at the July 4th quilt raffle drawing.

#### Quilt Raffle Results

Thank you to everyone who participated in the Senior Center Foundation's quilt raffle at the beginning of the summer to support the programs and services of The Senior Center. A special thank you to local quilters Eileen Lively and Barbara Lagoy who made and donated the colorful quilt. On July 4th, Margaret Payne (President of the Senior Center Foundation), Ellen Eller and Nancy Brewer (Senior Center Board Members) gathered to draw the raffle winner. The winner, who is a resident of Shelburne, was then presented with their quilt prize.

#### 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.

#### 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

#### 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 Center, 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: **September 15, October 20**

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** 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.**

## meals

**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



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413-625-6324

HOURS:

Monday–Friday 8:30am–8pm  
Saturday 8:30am–3pm  
Sunday Closed

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



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

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## *Expansion Committee News*

**Information Prepared by the Senior Center Expansion Committee**

**A population study done in 2019 estimated that by year 2030, nearly 47% of residents in Ashfield, Buckland and Shelburne will be age 60 and older.** To address the current and future needs of The Senior Center, the Senior Center Expansion Committee has proposed a “Senior Services District”.

This would be a new legal entity designed to financially empower the three consortium towns. The District would be run by a board appointed by the towns to address costs needed for the Center to keep up with the growing senior population.

**The initial creation of a Senior Services District will not result in any immediate tax increases or additional financial obligations for the towns.** In the future, if a decision is made to secure funding for improvements to The Senior Center or its building, each town will need to vote directly on how to pay for its portion of the associated costs. **Forming a District could make obtaining larger state grants more possible, as the Commonwealth generally rewards regionalization projects.**

The COVID-19 pandemic has made public hearings impossible.

As a result, the Expansion Committee decided to delay voting at annual town meetings this past June. **In the future, there will be new opportunities for public comment and input from all three consortium towns.**

### **Stay Informed**

- 1)** Visit the-senior-center.org and select “Senior Center Expansion Project” on the top toolbar.
- 2)** Call The Senior Center at 625-2502 for upcoming Expansion Committee meeting dates or check the front door of the building for agenda postings.
- 3)** Look for Expansion articles in the Greenfield Recorder, The Independent, The Ashfield News and here!

Amanda Joao, Senior Center Director  
Sylvia Smith, Expansion Committee Chair  
Margaret Payne, Senior Center Foundation President



<b>MONDAY</b> Meals on Wheels	<b>TUESDAY</b> Meals on Wheels	<b>WEDNESDAY</b> Meals on Wheels/Meal Site	<b>THURSDAY</b> Meals on Wheels	<b>FRIDAY</b> Meals on Wheels
<b>September 2021</b>  <b>The Senior Center in Shelburne</b>		<b>1 In-town Shop ☎</b> <b>8:30 Yoga ☎</b> <b>12-1:30 Lifepath to go meal ☎</b> <b>12-4 CISA Veg.</b>	<b>2 Greenfield Shop Trip ☎</b>  <b>AT BUCKLAND REC PAVILION ☎</b> 9:00 Tai Chi for Energy 10:00 Healthy Bones & Balance 10:30 Knitting Group 11-12:30 Drumming 12:30-2:00 Bingo	<b>3</b>  <b>Staff available by phone 9 - 2</b>
<b>6</b>  <b>Labor Day</b>  <b>Senior Center Closed</b>	<b>7 Greenfield Shop Trip ☎</b>  <b>9– 11:00 Veterans Services Office Hours ☎</b> <b>10:00 Tai Chi for Rehabilitation at Trinity Church ☎</b>	<b>8 In-town Shop ☎</b> <b>8:30 Yoga ☎</b> <b>12-1:30 Lifepath to go meal ☎</b> <b>12-4 CISA Veg.</b> <b>5:00 Men's Night to Eddie's Wheels ☎ (all must be vaccinated)</b>	<b>9 Greenfield Shop Trip ☎</b>  <b>AT BUCKLAND REC PAVILION ☎</b> 9:00 Tai Chi for Arthritis & Bal 10:00 Healthy Bones & Balance 10:30 Knitting Group 11-12:30 Drumming 12:30-2:00 Bingo 3:00 Board of Directors Meeting <i>Pre-register for 9/14 meal</i>	<b>10</b>  <b>Staff available by phone 9 - 2</b>
<b>13</b>  <b>2:00 Caregiver Support Group</b>	<b>14 Greenfield Shop Trip ☎</b> <b>10:00 Tai Chi for Rehabilitation at Trinity Church ☎</b> <b>11:30-3:30 Reflexology ☎</b> <b>12-1:30 Tues to go Meal ☎</b> Pasta Bolognese, corn salad, monkey bread, dessert	<b>15 In-town Shop ☎</b> <b>8:30 Yoga ☎</b> <b>12-1:30 Lifepath to go meal ☎</b> <b>12-4 CISA Veg.</b> <b>2-3:30 Brown Bag</b>	<b>16 Greenfield Shop Trip ☎</b>  <b>AT BUCKLAND REC PAVILION ☎</b> 9:00 Tai Chi for Arthritis & Bal. 10:00 Healthy Bones & Balance 10:30 Knitting Group 11-12:30 Drumming 12:30-2:00 Bingo	<b>17 Wal-Mart Shop ☎</b>  <b>Staff available by phone 9 - 2</b>  <b>12-1:30 Memory Cafe ☎</b>
<b>20</b>  <b>8:30-3:30 Foot Clinic ☎</b>	<b>21 Greenfield Shop Trip ☎</b> <b>9– 11:00 Veterans Services Office Hours ☎</b> <b>10:00 Tai Chi for Rehabilitation at Trinity Church ☎</b> <b>1:00 – Movie Screening: The Big Lebowski (1998) ☎</b>	<b>22 In-town Shop ☎</b> <b>8:30 Yoga ☎</b> <b>12-1:30 Lifepath to go meal ☎</b> <b>12-4 CISA Veg.</b>	<b>23 Greenfield Shop Trip ☎</b>  <b>AT BUCKLAND REC PAVILION ☎</b> 9:00 Tai Chi for Arthritis & Bal. 10:00 Healthy Bones & Balance 10:30 Knitting Group 11-12:30 Drumming 12:30-2:00 Bingo  <i>Pre-register for 9/28 meal</i>	<b>24</b>  <b>Staff available by phone 9 - 2</b>
<b>27</b>  <b>8:30-3:30 Foot Clinic ☎</b>  <b>10:00 Tai Chi for Memory Class begins ☎</b>	<b>28 Greenfield Shop Trip ☎</b> <b>10:00 Tai Chi for Rehabilitation at Trinity Church ☎</b> <b>10:30-12 Ask the Nurse ☎</b> <b>11:30-3:30 Reflexology ☎</b> <b>12-1:30 Tues to go Meal ☎</b> Baked potatoes with toppings, salad, dessert	<b>29 In-town Shop ☎</b> <b>8:30 Yoga ☎</b> <b>12-1:30 Lifepath to go meal ☎</b> <b>12-4 CISA Veg.</b>	<b>30 Greenfield Shop Trip ☎</b>  <b>AT BUCKLAND REC PAVILION ☎</b> 9:00 Tai Chi for Arthritis & Bal. 10:00 Healthy Bones & Balance 10:30 Knitting Group 11-12:30 Drumming 12:30-2:00 Bingo	<b>☎ Must make reservation or appointment.</b>  <b>Pre-registration is required for <u>ALL</u> programs.</b>  <b>Please call 625-2502.</b>

<b>MONDAY</b> Meals on Wheels	<b>TUESDAY</b> Meals on Wheels	<b>WEDNESDAY</b> Meals on Wheels/Meal Site	<b>THURSDAY</b> Meals on Wheels	<b>FRIDAY</b> Meals on Wheels
<b>October 2021</b>  <b>The Senior Center in Shelburne</b>	☎ Must make reservation or appointment.  <b>Pre-registration is required for <u>ALL</u> programs.</b>  <b>Please call 625-2502.</b>			<b>1</b>  <b>Staff available by phone 9 - 2</b>
<b>4</b>  <b>10:00 Tai Chi for Memory ☎</b>  <b>2:00 Caregivers Support Group</b>	<b>5 Greenfield Shop Trip ☎</b> <b>9– 11:00 Veterans Services ☎</b>  <b>10:00 Tai Chi for Rehabilitation at Trinity Church</b>  <b>11:30-4:00 Reflexology ☎</b>  <b>1:00 - Senior Savvy Quiz Game ☎</b>	<b>6 In-town Shop ☎</b>  <b>8:30 Yoga ☎</b> <b>12-1:30 Lifepath to go meal ☎</b>	<b>7 Greenfield Shop Trip ☎</b>  <b>AT BUCKLAND REC PAVILION ☎</b> 9:00 Tai Chi for Arthritis & Bal. 10:00 Healthy Bones and Balance 10:30 Knitting Group 11-12:30 Drumming 12:30 Bingo  <i>Pre-register for 10/12 meal</i>	<b>8</b>  <b>Staff available by phone 9 - 2</b>
<b>11</b>  <b>Holiday</b>  <b>Senior Center closed</b>	<b>12 Greenfield Shop Trip ☎</b>  <b>10:00 Tai Chi for Rehabilitation at Trinity Church ☎</b>  <b>12-1:30 Tues to go Meal ☎</b> sliced pork, potato, applesauce, carrots, dessert	<b>13 In-town Shop ☎</b>  <b>8:30 Yoga ☎</b> <b>12-1:30 Lifepath to go meal ☎</b>  <b>5:00 Men's Night to Trailside Vet ☎</b>	<b>14 Greenfield Shop Trip ☎</b>  <b>AT BUCKLAND REC PAVILION ☎</b> 9:00 Tai Chi for Arthritis & Bal 10:00 Healthy Bones and Balance 10:30 Knitting Group 11-12:30 Drumming 12:30 Bingo 3:30 Board of Directors Meeting	<b>15 Wal-Mart Shop ☎</b>  <b>Staff available by phone 9 - 2</b>  <b>12-1:30 Memory Cafe ☎</b>
<b>18</b>  <b>8:30-3:30 Foot Clinic ☎</b>  <b>10:00 Tai Chi for Memory ☎</b>	<b>19 Greenfield Shop Trip ☎</b> <b>9- 11:00 Veterans Services ☎</b>  <b>10:00 Tai Chi for Rehabilitation at Trinity Church ☎</b>  <b>11:30-4:00 Reflexology ☎</b>  <b>1:00 – Movie Screening: Knives Out (2019) ☎</b>	<b>20 In-town Shop ☎</b>  <b>8:30 Yoga ☎</b> <b>12-1:30 Lifepath to go meal ☎</b> <b>2-3:30 Brown Bag</b>	<b>21 Greenfield Shop Trip ☎</b>  <b>AT BUCKLAND REC PAVILION ☎</b> 9:00 Tai Chi for Arthritis & Bal 10:00 Healthy Bones and Balance 10:30 Knitting Group 11-12:30 Drumming 12:30 Bingo  <i>Pre-register for 10/26 meal</i>	<b>22</b>  <b>Staff available by phone 9 - 2</b>
<b>25</b>  <b>8:30-3:30 Foot Clinic ☎</b> <b>10:00 Tai Chi for Memory ☎</b> <b>1:00 Drumming</b>	<b>26 Greenfield Shop Trip ☎</b>  <b>10:00 Tai Chi for Rehabilitation at Trinity Church ☎</b> <b>10:30-12 Ask the Nurse ☎</b> <b>12-1:30 Tues to go Meal ☎</b> Halloween Mystery Lunch – come in your Halloween outfits!	<b>27 In-town Shop ☎</b>  <b>8:30 Yoga ☎</b> <b>10:00 Healthy Bones &amp; Balance ☎</b> <b>12-1:30 Lifepath to go meal ☎</b>	<b>28 Greenfield Shop Trip ☎</b>  <b>9:00 Tai Chi for Arthritis &amp; Bal ☎</b> <b>10:30 Knitting Group ☎</b> <b>12:30 Bingo ☎</b>	<b>29</b>  <b>Staff available by phone 9 - 2</b>

