



Senior Wise

Sept.- October 2025
PICNIC SPREAD
 Thank you to TRIAD, Kiwanis Club, Senior Center staff and volunteers for making this day enjoyable for all!



Thank you: Sylvia Smith (District Chair), Betsy Connell (MCOA Director), Natalie Blais, Juli, Joan Livingston, Robin Lipson (AGE Director) and Rick LaPierre (Shelburne Selectboard).



How The Senior Center Makes a Difference....

SeniorWise
Sept.- October 2025

I soon found out that **tai chi is fun** to learn and makes my body feel good while I do it! A year plus later, I'm a certified Tai Chi for Arthritis instructor and the back-up instructor for Lois's daughter Beth Ann, who has been teaching our Thursday class since Lois retired (and what a wonderful class of interesting and supportive people it is!).

Now I feel stronger from the inside out, and I'm a more careful walker and gardener. This is just one of many ways the Senior Center's thoughtful and compassionate programming and staff bring lifelong gifts to those of us whose bodies are no longer keeping up with the "young'un" we still are inside—by Janice Fleuriel, Buckland

Coming Next October: A Community Haunted House—If You Dare!

The West County Senior Center is brewing up something exciting for next October—a brand-new **Haunted House event**, designed to delight and spook guests of all ages!

This one-night-only experience is planned for the Friday evening before Halloween 2026, and will bring together the senior communities of Ashfield, Buckland, and Shelburne, along with local families, students, and volunteers. With costumed actors, **themed "scare**

stations," a spooky maze, and interactive rooms for kids, we're aiming to create a fun, family-friendly night to remember. Our destination for the Haunted House will be announced this winter—so stay tuned!

In the meantime, if you're interested in volunteering or helping to plan this exciting new tradition, we'd love to hear from you. Whether you're a behind-the-scenes organizer or a dramatic ghost in the making, there's a place for you in this community-wide collaboration.

Let's make Halloween 2026 one for the (scary) storybooks!

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...

Regina Purinton – blueberries

Sylvia Smith – cocoa

Erin McKay – fruit

McCuskers Market – cake

TRIAD – bakery goods, hot dogs/ham-burgers and cookies for picnic and helping out at the picnic

Yolene Schaefer – yarn, cards

Rebecca Pratt in memory of Sue

Pratt – sewing machine

Sandy Peck - eggs

Libby Burnham - homemade birthday cards

Bev Finnevan – cat litter

Lisa Khanna –books

Valerie Utton – needlepoint patterns

Olivia Shea – flowers

Karen Herzog – food

Kiwanis Club – food and help at the annual Kiwanis picnic

Volunteers who helped out at the picnic

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.

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

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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



Zydeco band at Summer Picnic

PROGRAMS

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.

Murder, Mystery, and a Side of Laughter!

Murder Mystery Theater with appetizers, chili, and dessert

Friday, Oct. 24, 5-8:00 p.m. at Buckland-Shelburne Community Center

Minimum \$7 donation requested

Join The Senior Center for an evening of laughter, intrigue, and delicious food! The Comical Mystery Tour presents *The Killer Script*—a hilarious murder mystery where you can play detective and help solve the case... or simply sit back, relax, and enjoy the show along with tasty food. For more info and to register for this event, contact The Senior Center at 625-2502

Our Oceans- A five-part Netflix documentary series (2024) at The Senior Center

This series explores the wonder of Earth's oceans. The planet's lifeblood, oceans, hide countless mysteries - from balmy Indian waters and fiery Atlantic depths to the Ring of Fire-encircled Pacific and frigid Southern and Arctic seas.

Part 1- Pacific Ocean

Monday Sept 8, 10-11:30 a.m.

In the world's largest ocean, one mighty current brings the Pacific to life in astonishing ways, from enriching rainforests to sustaining coral reefs.

Part 2- Indian Ocean

Monday Sept 15, 10-11:30 a.m. From the minute mantis shrimp to the sperm whale, how the inhabitants of the tropical Indian Ocean use their ingenuity to find food and raise their young.

Part 3- Atlantic Ocean

Monday Sept 29, 10-11:30 a.m.

Looking at the choppy, unpredictable Atlantic Ocean, where fish and mammals must face down predators and navigate the fast-changing climate in order to survive.

Part 4- Arctic Ocean

Monday Oct 20, 10-11:30 a.m.

With temperatures mounting and sea ice melting, the creatures of the Arctic Ocean must go to new extremes to survive in a new, warmer world.

Part 5- Southern Ocean

Monday Oct 27, 10-11:30 a.m.

Looking at the most remote ocean on Earth, where the Global Ocean Current is at its most powerful and its cold waters are home to some interesting species.

The Great Ashfield Quiz

Wednesday Sept. 17, Oct. 15, 2-3:30 p.m.

Elmer's, Main Street, Ashfield

Test your knowledge, tickle your memory, and maybe learn something new at The Great Ashfield Quiz—our first-ever trivia afternoon at Elmer's Store! We'll have an hour and a half of friendly competition, tasty snacks, and plenty of laughs. Play as a team or try your luck solo—it's all in good fun. Trivia will include a "senior twist" along with fascinating Ashfield history, courtesy of our Historical Society friends. No experience necessary—just bring your curiosity and hometown pride!

Ashfield was once famous for producing what warm winter accessory in the 19th century?

Coffee Corner "Introduction to Reiki" with Tomasin Whitaker

Monday, Sept. 22, 10-11 a.m.

Presenter is a certified Usui Reiki practitioner with a background in human services and mindfulness practice. She will describe Reiki, a Japanese relaxation technique that channels universal energy to support wellbeing in body, mind and spirit and recharges the body's energetic system. She will give an overview of a Reiki treatment as well as a brief history of Reiki. She will share the five Reiki precepts for happiness and present a heart-opening exercise. Coffee and pastries to be served.

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Movies

The show begins 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



“Happy Gilmore 2”

Sept 16 – a widowed alcoholic and ex-golfer returns to professional golf to help pay for his daughter’s overseas ballet school. **2 hrs.**

“Haunted Mansion”

Oct. 21 – a woman and son enlist a motley crew of so-called spiritual experts to help rid their home of supernatural squatters. **2 hrs.**



Coffee Corner

“From Weeds to Gorgeous Gardens” Monday, Oct. 6, 10-11 a.m.

-with Lois Bascom and our Gardeners
Come meet Lois Bascom and our gardeners as they give the history of the development and sustainability of our back and front gardens. She will show the scrapbook she developed on the process of building them and will recognize the gardeners of each year. Coffee and pastries to be served.

Medicare Open Enrollment Presentation

Tues., Sept. 30, 10-11 a.m.

Presented by Teddy Doucette, Outreach Coord. and Meg Ryan, Public Health Nurse

Open enrollment is from October 15th to December 7th. Presenters will talk about the procedure and answer questions regarding Medicare.

Conversation Café: Emergency Preparedness and Community Resilience

Sept. 25, 5-7 p.m. at Mary Lyon Church, Buckland

Emergencies, Anticipated and Unanticipated – Are You Prepared?

Join the Councils on Aging of Ashfield, Buckland, and Shelburne and their towns’ emergency response personnel for a light meal and useful information on being prepared for a variety of emergencies, both anticipated and unanticipated. We also seek to answer questions you have as well as hear from you about how you have dealt with emergency situations.

uations.

Please sign up by calling The Senior Center at 625-2502.

How Can an Ombudsman Help You?

Wed., Oct. 15, 12-1 p.m.

Presenter Trevor Boeding, Ombudsman Program Director at Lifepath
October is a special time in the Ombudsman world – it’s the month we celebrate long-term care residents and their rights. The program was built to increase knowledge of the role and activities of the Ombudsman, bring awareness to important issues in long-term care, promote residents’ rights, support friends and family of long-term care residents and increase access to Ombudsman advocacy. The presenter will also speak about topics such as choosing a nursing home.

Save the Date –

Thurs., November 6, 5 p.m.

Shelburne Council on Aging Meet and Greet program at Senior Center
More details coming in Nov./Dec. news.

Reflexology

1st Wednesday of every month. Sept. 3, Oct. 1, 9 a.m.-3:30 p.m.

Susanne Recos, certified American Reflexologist, returns to The Senior Center for personal appointments. She will work on your hands for ½ hour or your feet for 1 hour. Massaging hands or feet stimulates the nervous system and relaxes the body. Cost for Ashfield, Buckland, and Shelburne members: \$20 for hands, \$35 for feet. Cost for others: \$25 for hands, \$40 for feet. Payment is made directly to Susanne Recos by check, cash or credit card. Pre-registration is required.

ment is made directly to Susanne Recos by check, cash or credit card. Pre-registration is required.

A Novel Idea Book Club

Wednesday Sept. 10, Oct. 8, 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 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.

Senior Talking Points

Friday, Sept. 12, Oct. 10, 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.

Inside Mystery Meal

Tues., Oct. 28, 12-2 p.m.

This Tuesday meal will be: Inside.... a Mystery Meal.... Mystery Entertainment.... and hopefully many Mystery Outfits. We hope everyone coming to the meal will stay for the entertainment. Cost: \$4 Limit 40.
Pre-register by Oct. 23 by calling the Center.

Drumming Group

Mondays at 1:00 p.m.

(12:30 first Monday of the month)

Taught by Irene Baird. A group of drummers gathers weekly to learn new drumming techniques and socialize. Space is limited. Call the Center at 625-2502 if you are interested in joining the group.

Men's Night Meetings

The Men's Night Meetings are held the

second Wednesday of the month. Call Cal Parsons if you would like to attend (413-427-48). Meet at The Senior Center and carpool.

**Sept. 10-trip to Ashfield Hardware;
Oct. 8-trip to Eddy's Wheels.**

Knitting Group

Thursdays at 10:00 a.m.

If you enjoy knitting, crocheting or doing other handwork, come and do it

with the group. There is no telling how many scarves, dishcloths, socks and Afghans the group has finished. The conversation is good too!

Bingo!

Thursdays at 12:30 p.m.

"Ask the Nurse"

Tuesdays, Sept. 23, Oct. 28, 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. **Please note: On Oct. 28** the nurses will have flu shots and covid vaccine as available for those who cannot easily make an appointment at or get to a pharmacy or larger clinic providing vaccination services. Pre-registration with the Senior Center is required. Participants will need to fill out a form prior to the clinic and bring any insurance cards on the 28th to the Senior Center. The nurses are also available to make home visits for people in need. Please call Lisa White, RN, at 413-774-3167 x156 to schedule home visits.

Both flu and COVID shots are available at Baker's Pharmacy, Walgreens or Big Y

Happy Feet : Our Foot Clinic

Proper footcare is essential for our health and well-being. This help often prevents common issues such as falls, infections, and complications related to chronic conditions like diabetes. We are happy to partner with Foot Care by Nurses to provide foot care services by appointment.

This program is partially funded by The Senior Center Gift Fund and a grant from the Fred W. Wells Trust.

Foot Care Clinics

Mondays, Sept 8, Oct. 6, 8:30 a.m.-12:30 p.m.

Mondays, Sept. 15 and 29, Oct. 20 and 27, 8:30 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. beginning Sept. 2

This class is led by Kathy Steinem and meets every Tuesday from 4:30-5:30 at The Senior Center. The cost is \$20/month. We need a minimum of 6 people to offer the class. **Pre-register by calling the Center at 625-2502.**

Yoga

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

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

Tai Chi for Arthritis and Fall Prevention

Thursdays at 9:00 a.m.

at The Senior Center

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.**



Brattleboro Hearing Center
BHC

Brattleboro, VT
130 Austine Drive
(802) 254-3922

Greenfield, MA
329 Conway Street
(413) 773-5119

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Labor Day Senior Ctr Closed	2 4:30-5:30 Aerobics	3 In-town Shop ☞ 8:30 Yoga 9-3:30 Reflexology 10:00 Healthy Bones & Bal.	4 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 12:30 Bingo Pre-register for 9/9 meal	5 10-12 Internet Café at Senior Center Staff available by phone 9-3
8 8:30-12:30 Foot Clinic 10-11:30- Oceans part 1 12:30 Drumming 2:00 Caregivers Support Group	9 12-1:30 TO GO Meal-Menu: corn chowder, turkey wrap, dessert 4:30-5:30 Aerobics	10 In-town Shop ☞ 8:30 Yoga 10:00 Healthy Bones & Bal. 2:30 Novel Idea Book Club at Ctr 5:00 Men's Nite trip to Ashfield Hardware	11 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal☞ 12:30 Bingo 3:00 COAs Collaborative Meeting	12 Staff available by phone 9-3 1:30-3 Senior Talking Points
15 8:30-3:30 Foot Clinic☞ 10-11:30- Oceans part 2 1:00 Drumming	16 1:00 Movie: <i>Happy Gilmore 2</i> 4:30-5:30 Aerobics	17 In-town Shop ☞ 8:30 Yoga 10:00 Healthy Bones & Bal 1-3:00 Brown Bag 2-3:30 The Great Ashfield Quiz	18 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 9/23 meal	19 Staff available by phone 9-3 Wal-Mart Shop Trip☞ 12-1:30 Memory Café☞
22 10-11 Coffee Corner: <i>Intro.</i> to Reiki by Tomasini Whitaker, Reiki Practitioner ☞ 1:00 Drumming	23 10:30-12:00 Ask the Nurse☞ 12-1:30 TO GO Meal-Menu: lasagna, garlic bread, salad, dessert 4:30-5:30 Aerobics	24 In-town Shop ☞ 8:30 Yoga 10:00 Healthy Bones & Bal 10-12 Veteran's Agent	25 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal☞ 12:30 Bingo 5-7 Conversation Café at Mary Lyon Church in Buckland	26 Staff available by phone 9-3
29 8:30-3:30 Foot Clinic 10-11:30- Oceans part 3 1:00 Drumming	30 10-11 Medicare Open Enrollment Presentation☞ 4:30-5:30 Aerobics	Library Book Delivery Dates <i>Buckland – 9/9, 9/23</i> <i>Arms – 9/10, 9/24</i> <i>Ashfield – 9/10, 9/24</i>	September 2025 The Senior Center in Shelburne	☞ = Please call 625-2502 To pre-register for activities. No walk-ins accepted for programs or events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 2025			Meals on Wheels / Lifepath Lunch	
The Senior Center in Shelburne	<i>Library Book Delivery Dates</i> <i>Buckland – 10/14, 10/28</i> <i>Arms – 10/15, 10/29</i> <i>Ashfield – 10/15, 10/29</i>	1 In-town Shop ☞ 8:30 Yoga 9-3:30 Reflexology ☞ 10:00 Healthy Bones & Bal.	2 Greenfield Shop Trip ☞ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:00 Ashfield COA luncheon 12:30 Bingo	3 Staff available by phone 9-3 10-12 Internet Café at Ctr.
6 8:30-12:30 Foot Clinic 10-11 Coffee Corner “ <i>From Weeds to Beautiful Gardens</i> ” by Lois Bascom 12:30 Drumming 2:00 Caregivers Support Group	7 Greenfield Shop Trip ☞ 12-1:30 To Go Meal –menu: butter-nut squash soup, grilled cheese sand., apple crisp 4:30-5:30 aerobics	8 In-town Shop ☞ 8:30 Yoga 10:00 Healthy Bones & Bal 2:30 Novel Idea Book Club 5:00 Men's nite trip to Eddy's Wheels	9 Greenfield Shop Trip ☞ <i>Pre-register for 10/7 meal</i> 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☞ 12:30 Bingo 3:00 COAs Collaborative mtg.	10 Staff available by phone 9-3 1:30-3 Senior Talking Points
13 Indigenous People Day Senior Center Closed	14 Greenfield Shop Trip ☞ 4:30-5:30 aerobics	15 In-town Shop ☞ 8:30 Yoga 10:00 Healthy Bones & Bal 12-1 Ombudsman Presentation 1-3:00 Brown Bag 2-3:30 The Great Ashfield Quiz	16 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	17 Staff available by phone 9-3 Wal-Mart Shop Trip ☞ 12-1:30 Memory Cafe ☞
20 8:30-3:30 Foot Clinic 10-11:30- Oceans part 4 1:00 Drumming	21 Greenfield Shop Trip ☞ 1:00 Movie: <i>Haunted Mansion</i> 4:30-5:30 aerobics <i>Pre-register for Murder Mystery 10/24</i>	22 In-town Shop ☞ 8:30 Yoga 10:00 Healthy Bones & Bal 10-12 Veteran's Agent	23 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	24 Staff available by phone 9-3 5-8:00 Murder Mystery Theater at Buck-Shel Community Center ☞
27 8:30-3:30 Foot Clinic 10-11:30- Oceans part 5 1:00 Drumming	28 Greenfield Shop Trip ☞ 10:30-12:00 Ask the Nurse ☞ 12-2:00 <i>Inside</i> Mystery Meal with Mystery Entertainment – mystery costumes encouraged limit 40 4:30-5:30 aerobics	29 In-town Shop ☞ 8:30 Yoga 10:00 Healthy Bones & Bal	<i>Pre-register for 10/28 meal</i> 30 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	31 Staff available by phone 9-3

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

Buckland Council on Aging

Ellen Eller, Joanne Soroka, Lisa Khanna

Buckland hosted a great music and food event at the Pavilion in June and has another coming up on September 4 from 12-3. Think about being an active member of the Buckland senior community! **Pre-register by calling The Senior Center at 625-2502.**

Ashfield Council on Aging

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

The COA meets the first Wednesday of each month at the Belding Library, 2-3 p.m. The monthly Brown Bag luncheon



Janice Wright, Ashfield COA Chair, with special guest Dave Hayes the Weather Nut!

with Speaker will be held 11:30-1pm the first Thursday of each month at the Congo Church on Main Street in Ashfield.

The COA Collaborative Sept 11, Oct 9, 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 con-

cerns 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.

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 appoint-

ments. 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. Please note: Free rides will continue until October 31.

THE BAKER PHARMACY

413-625-6324

HOURS:

Monday-Friday 8:30am-8pm

Saturday 8:30am-3pm

Sunday Closed

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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.

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.

Buckland Sweet Treats

The Buckland Council on Aging has agreed to make cookies once monthly and help Teddy visit homebound seniors to deliver Sweet Treats and check in with seniors in Buckland. Stay tuned!

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 Aging and Independence.



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, Sept 8, Oct. 6, 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.

The West County Memory Café

Fridays, Sept. 19, Oct. 17, 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.

Western Mass Estate Planning

Kate Downes Deirdre Gleason
Attorneys at Law

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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 you can contact The Senior Center for help with the application. **Sept. 17, Oct. 15**

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 access-



ing 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. **Sept. 24, Oct. 22**

You May Qualify for SNAP Benefits!

If your 1-person household has a gross monthly income of \$2,608 or less
If your 2-person household has a gross monthly income of \$3,525 or less

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Pet Corner: The Enduring Importance of Pets

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

We Need Another and a Wiser and Perhaps More Mystical Concept of Animals

“Remote from universal nature, and living by complicated artifice, man in civilization surveys the creature through the glass of his knowledge and sees thereby a feather magnified and the whole image in distortion. We patronize them for their incompleteness, for their tragic fate of having taken form so far below ourselves. And therein we err. For the animal shall not be measured by man. In a world older and more complete than ours they move finished and complete, gifted with the extensions of the senses we have never attained, living by voices we will never hear. They are not brethren, they are not underlings, they are other nations, caught with ourselves in the net of life and time, fellow prisoners of the splendor and travail of the earth.”

From The Outermost House by Henry Beston



THE SENIOR CENTER FOUNDATION

There are two easy ways to send a gift. If you like paper, you can send a check made out to 'The Senior Center Foundation', and send it to: Box 464, Shelburne Falls, MA 01370. If you'd rather use a device, go to the-senior-center.org and look for the DONATE button.

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

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SeniorWise

Sept.- Oct. 2025

The-Senior-Center.org

So Easy Dump Cakes

**3 cups fresh or frozen blueberries
1 (16.25 box golden butter, yellow or white cake mix
½ cup butter thinly sliced**

Spray 9x13 baking pan. Place fruit in bottom of pan. Sprinkle dry cake mix on top of fruit in even layer. Place sliced butter on top of cake mix. Bake 45-50 minutes at 350 degrees. Really good served with ice cream or whipped cream. Variations can be made with any kind of fruit, sometimes adding sugar and if canned fruit the syrup as well.

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.