

Volunteer Edition

SeniorWise
September - October 2026

Volunteers: The Constant Machine of The Senior Center

Every well-running machine depends on its gears—and The Senior Center is no different. Our volunteers are the gears that keep us moving, connecting one part to another and making all the wonderful things that happen here possible.

Every day, people give their time, energy, talents, and care to make our Senior Center a place where people feel welcome, connected, supported, and valued. Many of our volunteers are seniors themselves, and they are a wonderful example of how much we can continue to contribute to our

communities at every stage of life. Their generosity reminds us that volunteering is not simply about giving something away. It is about finding purpose, building friendships, sharing what you know, and knowing that what you do matters.

Some of our gears are easy to spot. Our **gardeners** fill our grounds with beautiful blooms. Our reception volunteers are the friendly faces and voices that welcome people through our doors. Our **Home Repair** volunteers help neighbors remain safely in their homes, while our computer and food support volunteers are there to lend a hand when it is needed most. Our amazing **chefs** create and prepare meals

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

-Margaret Mead

each month, and volunteers share their talents and enthusiasm by leading groups like **Bones and Balance, Men's Night, and Drumming.**

Other gears work behind the scenes, helping keep the bigger machine running smoothly. Our **Council on Aging Collaborative** helps us keep a pulse on the needs and concerns of all three of our towns. Our **Board of Managers** provides leadership and guidance as we shape policies and plan for the future. And our Senior Center Foundation works tirelessly through fundraising to support so many of the programs, services, and opportunities we are able to offer.

It takes a lot of moving parts to make The Senior Center work. And just like the gears in a machine, every volunteer matters. Big or small, visible or behind the scenes, each contribution connects with another to create something much bigger than any one person could create alone.

As you look through this special Volunteer Edition, take a moment to notice the names and faces of the people who help keep us moving. You may recognize a friend, a neighbor, a family member—or perhaps even yourself!

We are incredibly lucky to have an army of people who make our community our community. You are the gears that keep us turning, and we are grateful for every hour, every helping hand, every creative idea, every shared talent, and every act of kindness.

And there is always room for another gear! We are always looking for new volunteer faces. Whether you have an hour a week, a special skill to share, or simply a desire to help, there is a place for you at The Senior Center.

Thank you to every person who helps keep our little machine humming. We couldn't do it without you.



Board of Managers

**Sylvia Smith
Christine Baronas
Janice Fleuriel,
Regina Purrinton
Amy Shapiro
David Collins
Lisa Khanna**

Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud."

-Helen Dyer



Guest Chefs

**Joanne Soroka
Karen Herzog
Alan Young
Thea Costine**



Council on Aging

**Nancy Brewer
Sue Bishop,
Sylvia Smith,
Penny Spearance,
Ellen Eller,
Joanne Soroka
Lisa Khanna
Sue Shauger
Roy Rudolph
Mary Mosley
David Collins
Janice Howes**

"Volunteers do not necessarily have the time; they have the heart."

-Elizabeth Andrew



Gardeners

**Lois Bascom
Anne Mislak
Judy Sweet
Beth Bascom
Janice Fleuriel
Ellen Eller
Maggie Miklovich**

"The heart of a volunteer is never measured in size, but by the depth of the commitment to make a difference in the lives of others." -DeAnn Hollis



Home Repair

**Jim Perry
Peter Otten
Alan Young
Jim Wagener
Howard Field**

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in." -Author Unknown

Flu and COVID clinics

Lisa White, Public Health Nurse from Franklin Regional Council of Governments, is confirming two clinics to be held in the West County:

1. **Sept. 17** as part of the Resource Fair at Mohawk Trail Regional High School.
2. **Oct. 21 from 10:30-12:00** at the Senior Center in Shelburne. This clinic will have both flu shots and covid vaccine for those who cannot easily make an appointment at or get to a pharmacy or larger clinic. Pre-registration at the Senior Center is required. Participants need to fill out a form prior to the clinic and bring the form and any insurance cards on Oct. 21.
3. Public health nurses are also available to make home visits for people in need. Call Lisa White, RN, at 413-774-3167 x156 to schedule home visits.

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
Hugh Knox, Meal Site Manager
Gloria Fisher, Office Assistant
Skip Heddens, Site Maintenance

WEST COUNTY SENIOR SERVICES BOARD OF MANAGERS

Sylvia Smith, Chair, Shelburne
Christine Baronas, Shelburne
Lisa Khanna, Secretary, Buckland
Regina Purrinton, Buckland
Amy Shapiro, Vice Chair, Ashfield
David Collins, Ashfield

NEWSLETTER

SeniorWise is produced bi-monthly.

Diana Hardina, Graphic Designer

Content contributions are welcome

THE SENIOR CENTER

413-625-2502

sfsrctr@crocker.com

WEBSITE

the-senior-center.org

Like us on Facebook:

Mainstreetshelburne

PROGRAMS

Memoir Writing Group: Come Write With Us!

Schedule for September and October: **Sept. 4, 11, 18, 25; No meeting on Oct. 2 and 9, Meeting on Oct. 16, 23, 30.**

Our Memoir Writing Group is once again open to new members! We currently have six members and space for three or four more writers. We meet Fridays from 12:00–1:30 p.m. at the Senior Center, outdoors when the weather is nice, and on Zoom during inclement winter weather. We meet for eight weeks, then take two weeks off before starting another session.

Our focus is writing memoir stories, capturing memories, experiences, and the moments that have shaped our lives. Each week, we choose a common prompt as a starting point, or writers are welcome to write whatever inspires them. After about a half hour of writing, we gather to share what we've written. Sharing is always encouraged but never required.

All levels of writing experience are welcome! Whether you enjoy prose or poetry, have been writing for years or have never considered yourself a writer, there is a place for you in our group.

Interested in joining us? Contact Juli or Dot at the Senior Center to sign up!

A special note: This year, our group published an anthology, *Writing From the Center*, featuring a selection of our members' writing. Stop by The Senior Center to take a look and get a sampling of what we do!

Coffee with the Detective

Wednesday, Sept. 2, Oct. 7, noon to 1:30 p.m.

Join us for a monthly opportunity to connect with local law enforcement in a relaxed, welcoming setting. On the first Wednesday of each month from 12:00–1:30 p.m., Detective Tucker Jenkins from the Shelburne Police Department will be at The Senior Center for informal conversation, questions, and support.

This program is designed to give seniors direct access to a familiar, approachable officer—whether you have concerns, need guidance, or simply want to learn more. Detective Jenkins will also share important information about current scams and fraud trends, offer tips on protecting yourself, and encourage early reporting of suspicious activity.

Stop by for coffee, conversation, and practical information to help keep you and our community safe.

Reflexology

1st Wednesday of every month. Sept. 2,

Oct. 7, 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.

Teddy's Dance Party Takes a Little Break!

We've had fun trying out Teddy's Dance Party over the past few months, and we're going to take a little break before bringing it back in November. We've heard from many people who are interested, and we'd love to make this a regular, lively gathering! To keep the music playing and the dance floor moving, we'll need at least six people committed to attending. If you'd like to see Teddy's Dance Party return this fall, please let us know at the Senior Center!

A Novel Idea Book Club

Wednesdays, Sept. 9, Oct. 14 – 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 at 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.

continued on next page

Movies

A Viking boy defies centuries of tradition by be-friending a dragon named Toothless.

Sept 22:

"How to Train Your Dragon"



Curse of Bridge Hollow"



A man and his daughter team up to save their town after an ancient and mischievous spirit causes Halloween decorations to come to life and wreak havoc.

Oct. 20

Shows begin at 1 p.m. Popcorn served (bring your own floss!)

"Volunteer activities can foster enormous leadership skills. The nonprofit professional volunteer world is a laboratory for self-realization."

-Madeleine Kunin

PROGRAMS

continued from page 3



Volunteer Drivers

Ellen Eller
Penny Jasmine
Michael Leach
Janice Fleuriel
Thea Costine
Carol Kelshaw

"I slept and I dreamed that life is all joy.
 I woke and I saw that life is all service.
 I served and I saw that service is joy."

-Rabindranath Tagore



Computer Tech

Brian Mauer
Jim Perry
Peter Otten

"In giving you are throwing a bridge
 across the chasm of your solitude."

-Antoine de Sainte-Exupery



Men's Night

Cal Parsons

"How wonderful that no one need
 wait a single moment to improve the
 world."

-Anne Frank

Drumming Group

Now open to new members

**Mondays at 1:00 p.m. (12:30 first Monday
 of the month)**

Taught by Irene Baird. A group of drummers gathers weekly to try new drumming techniques and learn African drumming. There is now space in the group for new people to join. Call the Center at 625-2502 if you are interested in joining the group. This group is free to Ashfield, Buckland and Shelburne residents and \$10/month for residents in other towns.

Men's Night Meetings

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. **Sept. 9, 3 p.m.**, trip to Eddy's Wheels; **Oct. 7 TBD**

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 12:15 p.m.

HEALTH



Exercise

"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop." -Mother Theresa

**Honey Boyden
Jane Wagener
Janet Connelly
Janice Fleurriel**



Drumming

"Volunteers wear working boots but leave a trail of angel footprints."

- Terri Guillemets

Irene Baird

"How can we expect our children to know and experience the joy of giving unless we teach them that the greater pleasure in life lies in the art of giving rather than receiving."

-James Cash Penney



Group Leaders

**Alan Young
Kathy Wall
Barbara Schauer
Linda & Jerry Dupree
Cosima Hewes**

"Everybody can be great, because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love."

-Martin Luther King, Jr.

"Ask the Nurse"

Tuesdays, Sept. 28, Oct. 26. - 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.

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.

Upcoming Foot Care Clinics

Mondays, Sept. 14, Oct. 5, (9:00 a.m.-1:00 p.m.)

Mondays, Sept. 21, 28, Oct. 19, 26, (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 residents of other towns, \$50. (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.



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diabetics,
seniors and those who just can't reach their toes.
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www.FootCarebyNurses.net
Home and clinic visits by appt. 413.367.8369

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2026 The Senior Center in Shelburne	1 Greenfield Shop Trip ☼ 8:30 NO Yoga 9-3:30 Reflexology 10:00 Healthy Bones & Bal 12- 1:30 Coffee with the Detective.	2 In-town Shop ☼ 8:30 NO Yoga 9-3:30 Reflexology 10:00 Healthy Bones & Bal 12- 1:30 Coffee with the Detective.	3 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 12:15 Bingo 5-7 Family Game Nite at Buck. Rec	4 Staff available by phone 9-3 12-1:30 Memoir Writing
7 Labor Day Senior Center closed	8 Greenfield Shop Trip ☼ 4:30-5:30 Aerobics	9 In-town Shop ☼ 8:30 Yoga 10:00 Healthy Bones & Bal. 2:30 Novel Idea Book Club at Ctr 3:00 Men's Nite trip to Eddy's Wheels	10 9:00 Tai Chi for Arthritis & Bal 9:30-5:15 Bus Trip to Kimball Farms In Westford, MA pre-reg by Sept 1 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 9/15 meal 17 Greenfield Shop Trip 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☼ 12:15 Bingo	11 Staff available by phone 9-3 10-12 Internet Café at Senior Center 12-1:30 Memoir Writing
14 9-12:30 Foot Clinic ☼ 12:30 Drumming 2:00 Caregivers Support Group Haunted House Planning 2:30-4	15 Greenfield Shop Trip ☼ 12-2 Inside Meal –baked ziti, salad, rolls, dessert ☼ 4:30-5:30 Aerobics	16 In-town Shop ☼ 8:30 Yoga 10:00 Healthy Bones & Bal 12:30-2:30 Brown Bag 3:00 Board of Managers Mtg.	18 Staff available by phone 9-3 Haunted House Helper Day! 11-2pm 12-1:30 Memoir Writing	18 Staff available by phone 9-3 Haunted House Helper Day! 11-2pm 12-1:30 Memoir Writing
21 9-3:30 Foot Clinic ☼ 1:00 Drumming	22 Greenfield Shop Trip ☼ 10:30-12:00 Ask the Nurse ☼ 1:00 Movie: "How to Train your Dragon" 4:30-5:30 Aerobics	23 In-town Shop ☼ 8:30 Yoga 10:00 Healthy Bones & Bal 10-12 Veteran's Agent	24 Greenfield Shop Trip 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal ☼ 12:15 Bingo Pre-register for 9/29 meal Library Book Delivery Dates Buckland – 9/8, 22 Arms –9/9, 23 Ashfield –9/9,23	25 Staff available by phone 9-3 12-1:30 Memory Café (fourth Friday this month) 12-1:30 Memoir Writing
28 9-3:30 Foot Clinic ☼ 1:00 Drumming Haunted House Planning 2:30-4	29 Greenfield Shop Trip ☼ 12-2 INSIDE Meal -corn chowder, BLT, dessert ☼ Music by Kline Band 4:30-5:30 Aerobics	30 In-town Shop ☼ 8:30 Yoga 10:00 Healthy Bones & Bal	☼ = Please call 625-2502 To pre-register for activities.	☼ = Please call 625-2502 To pre-register for activities.

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 2026 The Senior Center in Shelburne	Library Book Delivery Dates Buckland – 10/6, 20 Arms – 10/7, 21 Ashfield – 10/7, 21		Meals on Wheels / Lifepath Lunch	
5 9-12:30 Foot Clinic☼ 12:30 Drumming 2:00 Caregivers Support Group	6 Greenfield Shop Trip☼ 4:30-5:30 aerobics	7 In-town Shop ☼ 8:30 Yoga 9-3:30 Reflexology☼ 10:00 Healthy Bones & Bal 12-1:30 Coffee with the Detective 2:30 Novel Idea Book Club 5:00 Men's nite trip	1 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 5:00 Conversation Cafe☼	2 Staff available by phone 9-3 10-12 Internet Café at Ctr. NO Memoir Writing 6:00pm Singing Seniors & Smores at Buck. Rec. 9 Staff available by phone 9-3 Haunted House Helper Day! 11-2pm NO Memoir Writing
12 Indigenous People Day Senior Center Closed	13 Greenfield Shop Trip☼ 12-1:30 Inside Meal –menu: wraps, chips, dessert ☼ 4:30-5:30 aerobics	14 In-town Shop ☼ 8:30 Yoga 10:00 Healthy Bones & Bal 12:30-2:30 Brown Bag	15 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	16 Staff available by phone 9-3 Wal-Mart Shop Trip☼ 12-1:30 Memory Cafe☼ 12-1:30 Memoir Writing
19 9-3:30 Foot Clinic☼ 1:00 Drumming	20 Greenfield Shop Trip☼ 1:00 Movie: "Curse of Bridge Hollow" 4:30-5:30 aerobics	21 In-town Shop ☼ 8:30 Yoga 10:00 Healthy Bones & Bal 10-12 Veteran's Agent 10:30-12 Flu & COVID vaccine clinic at Center – pre-register 3:00 Board of Managers mtg.	22 Greenfield Shop Trip☼ 9:00 Tai Chi for Arthritis & Bal 10:00 Knitting Group 10:00 Healthy B&B-Ashfield 11:30 Lifepath meal☼ 12:30 Bingo Pre-register for 10/27/meal	23 Staff available by phone 9-3 12-1:30 Memoir Writing 4-8pm Senior Center Haunted House held at Buckland Public Hall in Upper Buckland by Mary Lyon Church
26 9-3:30 Foot Clinic☼ 1:00 Drumming	27 Greenfield Shop Trip☼ 10:30-12:00 Ask the Nurse☼ 12-2:00 Halloween mystery lunch Music by Lighten Up group ☼ 4:30-5:30 aerobics	28 In-town Shop ☼ 8:30 Yoga 10:00 Healthy Bones & Bal	29 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	30 Staff available by phone 9-3 12-1:30 Memoir Writing



Receptionists

"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."
-Lao Tzu

**Phyllis Garland
Mary Brooks
Thea Costine
Ellen Eller**



Meal Helpers

"Volunteering is an act of heroism on a grand scale. And it matters profoundly. It does more than help people beat the odds; it changes the odds."
-Bill Clinton

**Phyllis Garland
Ellen Eller
Kim Klein**



The Foundation

"If you don't believe one person can make a difference, you have never been in bed with a mosquito."
-Anita Roddick

**David Collins
Sylvia Orcutt
Peter Otten
Margaret Payne
Renee Rastorfer**

"I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear." -Rosa Parks

HEALTH

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

Tuesdays, 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. This class will resume **Tuesday, Sept. 8**

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40 years.**



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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...

Jeannie Bruffee – eggs

Karen Herzog – ham

Jody Lewindowski – eggs

Mary Lyon Foundation – fresh produce

Joanne Soroka – fresh produce

Donations to Gift Fund

Irene Baird – In memory of Larry Baird on Fathers' Day

Sherriff Streeter

The Foundation Members to the Eva Otten Music Fund.

Thanks to donations made to the Senior Center and the Foundation in memory of Eva Otten, the Center will offer a series of music programs throughout the coming year. It was Eva's wish to support musical oriented programs, and the Center will use the money in that way. We hope you will be able to attend some of these programs.



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.

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.

HEALTH

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 our instructor. 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

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.

MEALS

Tuesday Lunches

All meals are served inside. (See our activity calendar for dates, times, and menus.) Pre-registration is required by calling 625-2502. The meal will be served at Noon followed by a program. Capacity for meals inside is limited to 50. The cost is \$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: \$3.50

Western Mass Estate Planning

Kate Downes Deirdre Gleason
Attorneys at Law

112A State Street • (413) 625-2482 (H)
Shelburne Falls, MA 01370 • (413) 826-7700 (H)
Estate Planning and Elder Law
WesternMassEP.com



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COUNCILS ON AGING



Massachusetts
Councils On Aging

Shelburne Council on Aging

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

Buckland Council on Aging

Ellen Eller, Joanne Soroka, Lisa Khanna, Susan Shauger

Sept 2- Family Game Night at Buckland Rec, 5-7pm, pizza provided!

Oct 2- Singing Seniors with S'Mores at the Buckland Rec, 6pm start.

Ashfield Council on Aging

Mary Mosley, David Collins, Janice Howes

1st Congo Church- **Sept 3-** Lunch and personal story telling, finger sandwiches provided

Oct 1- Luncheon and talk with Highway Safety of Ashfield

The COA Collaborative, Sept. 10, Oct. 8, 3-4 p.m.

The COA Collaborative serves 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.



"The County Election,"
by George Calbe Bingham

Conversation Café: "Vote, Vote, Who's Got the Vote?"

Thurs., Oct. 1, 5:00 p.m.

This interactive presentation features museum educators in suffragette costumes who will start by displaying a painting by George Calbe Bingham entitled "The County Election" (1852), which will reveal clues about what the "voting picture" looked like in this country in the mid-19th century. The program features fictional and real profiles of Americans, many from Massachusetts, who did or did not

qualify to vote, which reveals how voting rights have changed over time and from place to place. Participants will realize that while every American over the age of 18 today has the right to vote, the story of suffrage in America is one of starts, stops, advances and reversals. The program will end with an opportunity for audience members to share their own voting experience memories. Soup, bread and dessert will be served. Sponsored by the COA Collaborative.

Pre-register by Sept. 25.

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 check-out procedure. Contact Juli at 413-625-2502 for more information.

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.

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.

Home Repair Program – New Volunteers Needed

Our group of volunteer home repair people is decreasing. Please contact Teddy if you are available to help. Volunteers are available to do minor home repairs for seniors, such as replacing broken windows, small plumbing and electrical jobs and other fixes. This is a free service available to residents of Ashfield, Buckland, and Shelburne. 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.



Alzheimer's and Dementia Support Services

Caregiver Support Group Mondays, Sept. 14, Oct. 5, 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, Sept. 18, Oct. 16, 12-1:30 p.m.

The Café is a monthly gathering of individuals with memory loss and their care partners. 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.

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The-Senior-Center.org

Our New Website! Check It Out!

Friday, October 23 • 4:00–8:00 p.m.

Buckland Public Hall, Upper Buckland, near Mary Lyon Church

Something spooky is brewing in West County! After months of planning, designing, and dreaming up scary scenes, the West County Senior Services District and Senior Center are excited to bring our First Annual Haunted House to life!

This special Halloween event is being created just for West County residents age 50 and older. We're transforming Buckland Public Hall into an evening of spooky scenes, creepy characters, surprises, and just enough fright to make you shake in your shoes! Come see what our creative crew has been cooking up—and find out what might be lurking around the corner!

HELPER BEES WANTED!

A Haunted House doesn't build itself! We're looking for people who would like to jump in and help us bring our ideas to life. Join us for our **Helper Bee workdays** in the large room at the Senior Center:

Friday, September 18 • 11:00 a.m.–1:00 p.m.

Friday, October 9 • 11:00 a.m.–1:00 p.m.

First Annual Haunted House Coming!

We'll be painting, crafting, stuffing characters, making creepy decorations, and working on props and scenes. No special experience is needed—just bring your imagination and a willingness to have some fun! Pizza and iced tea will be provided.

We're also looking for people who would enjoy helping with scene design, painting, small construction projects, decorations, costumes, makeup, or acting during the Haunted House. Have a creative talent or just want to lend a hand? We can find a spooky job for you!

Whether you can give us an hour, an afternoon, or become part of the Haunted House crew, we'd love to have you join us.

Come help us make a little Halloween magic—and a few good scares—for West County!

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.