

Below is a list of programs and services that are currently offered at The Senior Center. Please contact us for more information about dates and times as they change every month. **Most of these require pre-registration by calling us at 625-2502.** Visit our website the-senior-center.org for the latest updates.

OUTREACH SERVICES

- **COVID-19 Vaccine Registration Help FREE**
 - Call us if you or someone you know is unable to schedule a vaccine appointment online. As appointments become available, we will then contact you to schedule your vaccination.
- **SHINE Health Insurance Counseling FREE**
 - Receive free and confidential information about your health insurance options. Our SHINE counselors Leanne Dowd and Larry Bezio can also help you navigate your online health insurance accounts, search for cheaper insurance options and assist with Medicare enrollment.
- **Alzheimer's & Caregiver Support FREE**
 - A support group for those caring for a loved one with Alzheimer's disease or dementia meets once a month to discuss their common experiences and offer support to one another. Facilitated by our Outreach Coordinator Leanne Dowd and Social Worker Dianna Young.
- **Medical Equipment Loans FREE**
 - The Senior Center works with the Triad Division of the Franklin County Sheriff's Office to connect local seniors with medical equipment loans. These include wheelchairs, walkers, commodes and more.
- **Fuel Assistance FREE**
 - The Fuel Assistance program runs from November 1 to April 30 annually. Those who struggle with home heating expenses can receive help to cover about 30% of the costs. We can help you learn more about the program and assist with the application process.
- **SNAP Benefit Assistance FREE**
 - SNAP benefits provide a monthly benefit to buy nutritious foods. You might qualify for SNAP benefits if your 1-person household has a \$2,127 monthly gross income or less; or if your 2-person household has a \$2,873 monthly gross income or less. We can help you learn more about the SNAP program and the application process.
- **Information / Referrals for community resources FREE**
 - Whether you are looking for recommendations for lawn services, home repairs, home health aids, legal services, assisted living, etc. we can connect you with local and trusted resources.

TRANSPORTATION SERVICES

- **Curb-to-curb Van Rides \$0.75 - \$2.25 each way**
 - Our transportation program with the FRTA requires a 1-page application and copy of your photo ID for first time rides. Our van drivers can pick you up at your house and bring you to medical appointments and other destinations. Rides must be scheduled at least 48 hours in advance of your ride day.
- **Transportation Shop trips:**
 - *Tuesdays & Thursdays:* Greenfield Big Y Plaza **FREE**
 - *Wednesdays:* Downtown Shelburne Falls **Price Varies**
 - *3rd Friday of each month:* Hadley WalMart **\$5 Roundtrip**

FOOD PROGRAMS

- **Senior Center Tuesday “To Go” Meals \$3**
 - We have been offering a few “To Go” meals each month, made in our certified kitchen. These meals are handed off drive-through style. All you need to do is call us to preregister for your meal, pull up to our building on Main Street in Shelburne Falls, and your meal will be brought out to your car.
- **LifePath Wednesday “Grab ‘n’ Go” Meals \$3**
 - Through LifePath, we are able to offer “Grab ‘n’ Go” meals every Wednesday. All you need to do is call us to preregister for your meal, pull up to our building on Main Street in Shelburne Falls, and your meal will be brought out to your car.
- **Brown Bag Program FREE**
 - This program provides a bag of groceries for low-income adults age 55+ for pickup on the 3rd Wednesday of each month. Call us to find out more information.

HEALTH CLINICS

- **Foot Care Clinics \$35 for residents of Ashfield, Buckland & Shelburne**
 - Registered Nurses from Foot Care by Nurses provide foot care clinics at our Center a few times each month. This includes nail clipping, callous removal, and foot massage. We can also connect you with a home visit if needed.
- **Reflexology Clinics \$10 for hands / \$25 for feet for residents of Ashfield, Buckland & Shelburne**
 - Susanne Recos, certified Reflexologist, holds a few appointments each month at our Center. Reflexology is a practice of applying pressure to the hands and feet to relax you and alleviate stress. 30 minute appointment for hands / 1-hour appointment for feet.

EXERCISE CLASSES

- **Outdoor Tai Chi at Trinity Church parking lot (Thursdays at 9 a.m.) \$20 per month**
 - Instructor Lois Bascom will be holding her regular Tai Chi class outdoors in the parking lot at Trinity Church in Shelburne Falls throughout the summer. Masks must be worn at all times regardless of your vaccination status and social distancing will be followed. Call us for registration details.
- **Healthy Bones & Balance on Zoom (Wednesdays at 10 a.m.) FREE**
 - Currently held on Zoom, HBB is designed to increase participants’ strength, mobility, flexibility, and balance. This is a fun way to connect with others while also improving your health. Call us for Zoom connection details.
- **Seated Tai Chi on Zoom (Tuesdays at 10 a.m.) \$20 per month**
 - Seated Tai Chi is currently being held on Zoom by instructor Lois Bascom. Tai Chi is one of the most effective exercises for mind, health and body. Benefits include strengthened legs, back and arms.

ADDITIONAL PROGRAMS

- **Outdoor Bingo FREE**
 - Activities Coordinator Dot Lyman will be hosting outdoor Bingo this summer behind our building. Masks must be worn regardless of your vaccination status and social distancing will be followed. This will be a weather-dependent activity, so contact us to be put on our Bingo list for the latest updates!
- **1-on-1 Computer Instruction FREE for residents of Ashfield, Buckland & Shelburne**
 - Clint Davis has returned to offer 1-on-1 computer instruction with PCS, Macs, iPad, iPhones, etc. There are two spots available every Thursday morning: 8:30-10 a.m. or 10-11:30 a.m.
- **Chromebook & Webcam loans FREE**
 - The Senior Center has multiple Chromebook laptops and webcams to loan out to seniors who are looking to surf the web or engage in Zoom programs. Our loan period starts off at 1 week.
- **Library book delivery service FREE**
 - We have partnered with the Arms, Ashfield and Buckland libraries to deliver books to the homebound or those who prefer not to leave their homes during COVID-19. You can call in your book orders to one of these libraries and then contact us to coordinate a delivery time.
- **Puzzles, coloring materials, books for you to pick up and bring home FREE**

