

# Hadley Senior Center Newsletter

Sponsored by the Friends of Hadley COA

March / April 2024

## FRIENDS OF THE HADLEY COA

BE SURE TO SUPPORT LOCAL  
BUSINESSES FEATURED IN THIS  
NEWSLETTER!

THANK YOU TO ALL SPONSORS!

### ROAST BEEF March 10, Sunday 4 PM

To Go Dinner cooked by our friends at the Legion. Sunday, March 10, pick up at 4PM. Tickets \$25. Sign up at reception.

### APRIL CALENDAR RAFFLE

Daily drawing of \$25 cash prizes except Thursdays, when the cash prizes will be \$50. The \$100 prize will be drawn on Tuesday, April 30 at 1PM.

### V-ONE VODKA FUNDRAISER

April 4, Thursday 6 – 7:30 PM

Tickets \$20 in advance, \$25 at the door.  
"Crafting the Finest Spring Cocktails"

### SPAGHETTI SUPPER WITH HADLEY FIRE



April 23, Tuesday, 5:00pm to 6:00pm

Hadley Fire Department's Annual Spaghetti Supper!

Limited seating, register at the Hadley COA.

For more info see page 11!

### ➤ HISTORICAL WOMEN SHOW RGB 3 / 27, see page 8

Hadley COA and Senior Center  
46 Middle St. Hadley, MA 01035

Hours: M - F 9AM - 4PM

Office: 413-586-4023

Nichelle Liquori, Director, ext.1

[liquorin@hadleyma.gov](mailto:liquorin@hadleyma.gov)

Violet Suska, Program Coordinator, ext.2

[suskav@hadleyma.gov](mailto:suskav@hadleyma.gov)

Lauren Hannigan, Outreach Coordinator, ext.3

[hanniganl@hadleyma.gov](mailto:hanniganl@hadleyma.gov)

Katherine Abe, Administrative Assistant, ext.8

[abek@hadleyma.gov](mailto:abek@hadleyma.gov)

## Dates to remember:

**We are closed April 15!**

*To avoid low turnout and cancellations, please register; for fee-based classes register in person!*

- Massage 3/1, 3/15, 3/29 and 4/12, 4/26
- Movie Matinee 3/1 and 4/12
- Election Day 3/5
- Foot Care 3/7, 3/18, 4/4, 4/17
- Fiddle Orchestra Concert 3/7
- Book Club 3/8 and 4/12
- MHC Flower Show & Lunch 3/8
- Art show Opening Night 3/8
- Roast Beef To Go 3/10
- Veterans Lunch Building Bridges 3/13 & 4/10
- Craniosacral 3/13 and 4/10
- Hearing Clinic Walk-In 3/14
- Easter Kielbasa Tasting 3/14
- Technology with Molly 3/15 and 4/19
- The Lunch Box 3/18 and 4/11
- Morning with Town Nurse 3/20 and 4/17
- Connections Café 3/20 and 4/24
- Coffee with a Cop 3/21 and 4/18
- Birthday Ice Cream Social 3/22 and 4/26
- Men's Breakfast 3/25 and 4/29
- Art with Kit 3/25 and 4/29
- Annual Chili Contest 3/26
- Historical Women Show RBG 3/27
- Walk & Talk Mondays Resumes! 4/1
- Eating Well 101: Gluten Free 4/3
- Hot Topics with Hadley Fire 4/4 "NEW"
- V-One Vodka Friends Fundraiser 4/4
- Lunch & Learn: Gender Revolution 4/5
- After 2 Tea: Prom & Graduation Photo 4/9
- UMass Healthy Eating & Wellbeing 4/9 & 16
- Pop-Up Art with Shelly 4/18
- Tag Sale 4/20
- UMass Fall Risk 4/23
- Hadley Firemen's Spaghetti Supper 4/23
- Annual Health Fair 4/24
- UMass Powering Healthy Aging 4/25
- Senior Theater Rehearsal 4/30
- UMass Shakespeare Play 5/1



**Drozdal**  
FUNERAL HOME

**SERVING FAMILIES WITH COMPASSION AND CARE**

*Lindsey Drozdal*  
DIRECTOR

FEMALE OWNED AND OPERATED  
413-584-5306  
DROZDALFUNERALHOME.COM  
120 DAMON RD. NORTHAMPTON

## Director's Note

### GIVING VOICE TO SENIOR INTERESTS & CONCERNS: DEAR NIKI

Hi All!

You all had a chance to get to know me a bit. Now, I would like to hear from you. Giving voice to senior interests & concerns. I would like to respond to your latest interests. Please drop a sentence or two on the note paper by reception desk, fold it, drop it in the bucket. I will randomly address or spotlight each one in print throughout the newsletter cycle or in person should the need arise.

- Special spots or places that intrigue you
- How do you manage? Stress/family/Health
- Topics of interest: What makes you smile?
- Current Events?
- Culture: What would you like to know?
- Challenges & Obstacles: the obvious or the unseen
- Outdoor activities/Indoor activities
- Favorite games/pass-times
- The history of....
- Music/Art/Literature
- Farming/Gardening
- Cooking/Eating
- Family Traditions
- Do you have hidden treasure; a special place or a great tip to share
- What gives you a sense of purpose?
- As you age, what makes you feel safe and secure?
- Difficulties with everyday tasks and mobility
- Hobbies & Interests
- Your secret talent
- What would you add, change or delete? Why and how
- Vacation spots/Local getaways

Thank you all for being you! I have appreciated meeting and learning from all of you over the past few months. I hope to foster the unique dynamics and diverse community that make Hadley special.

All My Best, Niki

**Please note: The Council on Aging & Senior Center will resume normal business hours of 9-4 Monday through Friday effective, March 1, 2024. All COA programing, municipal related activities, town affiliated activities will continue as always, without change. If you have any questions, please feel free to contact Niki Liquori, COA Director.**



The Hadley Council on Aging sincerely thanks the management of the Easthampton Savings Bank ESB for becoming our town's first **Age & Dementia Friendly Business.** Their efforts to help Hadley seniors to age safely are much appreciated.

## LET OUR FAMILY TAKE CARE OF YOURS



Have a Question or Want to Book a Tour?

Contact Karen Walters-Zucco by Phone (413) 339-3773 or Scan the Code:





## HADLEY SENIOR CENTER VAN SERVICE

### **THE HADLEY VAN SERVICE AND VOLUNTEER MEDICAL RIDE PROGRAM ARE FOR HADLEY RESIDENTS.**

The Hadley Senior Center van, which has a wheelchair lift, has a repeating route. The route begins at the Golden Court housing complex, travels east on Route 9/Russell Street making stops at the major shopping plazas and mall on the south side of the route, picks up passengers at the Vesta complex on Greenleaves Dr. (with stops at senior and family housing), and returns to Golden Court after stopping at shopping plazas on the north side of the route and Mountain View apartments.

Our schedule runs Monday, Wednesday and Friday 9:15am, 10:30am and 11:45am. The 11:45am loop is one way only and will not come back to pick you up.

Fares: \$2 roundtrip within Hadley, \$4 roundtrip outside of Hadley. Companions for disabled passengers ride at no cost.

Passengers who live and/or require rides to destinations a maximum of ¾ of a mile off the fixed route can be accommodated. Stops at medical offices on the route and close to the route can be scheduled ahead, assuming that they won't cause a major schedule disruption. If you are over 60 and need out of town medical rides, please contact Lauren at least 3 business days in advance at 586-4023 ext. 3; she will work with our volunteers to try and accommodate your ride.



### **NEED HELP WITH COMPUTER OR TECH TUTORING?**

Our volunteers can help fix glitches, configure your system, and guide you on how to use your software. Make appointment for volunteers to meet with you at your home or at the center.

Want to learn more bring your own device or we have iPad and Amazon tablets available, free Wi-Fi.

To schedule home visit or meeting at the center please Call 586-4023 x 6. **Donations are welcome.**

## ***Thank you***

- ✓ The HSC staff is grateful for the many volunteers who teach classes, provide rides to medical appointments, serve and deliver lunch daily and participate with special meals, decorate for the special events, assists with social ice cream parties, care for our plants—you name it, we probably have a wonderful volunteer who is handling it! Here's the latest list of supremely helpful people we say thank you to:
- ✓ Arbors at Amherst for donating the Chocolate Basket for the Valentine's Day Raffle – Won by Carla Grabiec
- ✓ A huge debt of gratitude to Jan Peterson and Sarah Chadwick for their hard work and efforts to make our Memory Café a reality
- ✓ Again, thanks to Linda Langlais for securing donation of two sets of pool cues from Packard's of Northampton!
- ✓ Thank you to Robert McGovern from Packard's Bar of Northampton for donating pool cues!
- ✓ Mert, we all thank you for making sure we have a hot cup of coffee before we start our work day!
- ✓ A big thank you to Nora, Kit, and Carla for keeping our center organized and festive with their decorative touch.
- ✓ Linda LaDuc for her e-letter production and more!
- ✓ Thank you, Sue Glowatsky for your knowledge and your kitchen skills, an honorary member of the COA team!
- ✓ We would like to extend a thank you to all of our Brown Bag volunteers who continue to support the program despite ongoing changes to the delivery model. We appreciate your flexibility and dedication
- ✓ Thanks to Violet, Lauren, and Katherine for the wonderful Directors breakfast! Each of you play a vital role, sometimes behind the scenes, but always front and center as part of our amazing COA team
- ✓ Thank you, Ed, for all you do for us at the center
- ✓ As always, we extend thanks to the volunteers who assist the Senior Mobile Nutrition Program and the Hadley Mother's Club for their ongoing generosity, providing holiday bags of useful items for community members. Thank you to the COA Board for your guidance and the Age- and Dementia-Friendly Hadley Group for their persistent efforts and thoughtful ideas and planning. We are continually grateful for the hours of work on our behalf conducted by the Friends of the Hadley COA and to all donors who financially support the Friends, and thank you Jane Nevinsmith for your positive attitude, continued support, advocacy, and wisdom that you lend to each of us daily.

**THANK YOU**



Physical Therapy  
and Massage

Now Offering Home Visits!

413.453.9243 / tendbodyworks.com

## Feeling creative?

### ART WITH KIT: WATERCOLOR LET'S PAINT LEAVES

March 25, Monday 1 - 3 PM

In this watercolor workshop we will be mixing some fabulous greens and practicing several types of leaves and foliage. We will put them all together in a small bouquet or wreath. No experience necessary. Fee of \$5 (\$7 non-residents). Limited to 12.



### POP-UP ART WITH SHELLY

By Rochelle Shicoff, Visual Storyteller

April 18 @ 1 - 3:30 PM

Create your story and one page plus a cover pop-up book. Group will think about their story which will be any subject of their choosing. They will be introduced to a word game which will help them write their story (10 nouns and 10 unrelated adjectives) in variety of formats, like a paragraph, poem or haiku. Fee \$5, materials provided, limited to 12. Please sign up.



### ART WITH KIT: CUPCAKE LINER FLOWERS

April 29 Monday 1 - 3 PM

Create some beautiful spring flowers using colorful cupcake papers and pipe cleaners. We will be making daffodils, carnations, poppies and more. We will be using hot/cool glue guns. Please feel free to bring a glue gun if you have one as we only have 2 in the art room. Glue sticks will be provided. Fee of \$5 (\$7 NR) Limited to 12.



### CREATIVITY ROOM OPEN ART STUDIO TIME

Tuesdays and Thursdays 10 AM – 12 PM

You are invited to use our large, light-filled Creativity Room to do your own thing, using our art supplies or your own...

**Please note: For classes that have fees, payment must be made to be added to sign up lists.**

### ART STROLL / LIBRARY SURFING

MWF 9:00 – 4:00 & TTH 9:00-7:00 self-guided art viewing. Open to the public, all welcome!

## ART SHOW MARCH / APRIL

### Art by Peggy Gruen

I was born in Los Angeles and lived in California and Washington until 30 years ago, when I moved to the Pioneer Valley. I settled in Hadley 3 years ago. Photography has been my passion and artistic outlet for the last 60 years.

The photos in this show are representative of work from 2014 to the present, my two main subjects being plants and water.

I am attracted to colors, shapes, patterns, movement, sensuality, and the relationships of shapes and forms to each other. I see things not so much as WHAT they are, as maybe HOW they are and how they make me feel. Why do I have to look? What am I looking for? What is it that draws me in? Am I looking at water or into it? How does one surface blend into another? Do leaf tips know how sensuous they are; do they want to touch each other? Are the things in my world, worlds of their own? I want to be part of them. How is water so powerful and also so serene, so hard and so soft, so solid and reflective and yet transparent? How can a flower petal or a leaf be so small and so magnificent? Lastly, how can I enhance my experience? I hope you will enjoy my photos and perhaps find something truly pleasurable or unexpected, or will feel opened to new possibilities observing things.



**Opening Night** for the art show will be on **Friday, March 8** from 6-8 at the Senior Center. Refreshments by the Friends of Hadley COA.

Attention: If you are an artist, or know of a Hadley resident who is, please ask them to contact Louise Currin ([louandcecil@currin.org](mailto:louandcecil@currin.org)) if they are interested in scheduling a show.

The Hadley Senior Center newsletter is proudly printed at

**amherst copy  
& designworks**

3 Railroad Street, Hadley | [happiness@amherstcopy.com](mailto:happiness@amherstcopy.com)  
413-549-2854 | [amherstcopy.com](http://amherstcopy.com)

Self Serve Copying • Scanning • Photo Printing  
Business Cards • Stationary • Graphic Design • Signs  
and SO much more!



PHONE: 413-584-7599  
FAX: 413-585-5976  
[rizer@eatonsurvey.com](mailto:rizer@eatonsurvey.com)

**HAROLD L. EATON  
& ASSOCIATES, INC.**  
REGISTERED PROFESSIONAL LAND SURVEYORS

RANDALL E. IZER -  
235 RUSSELL STREET - PO BOX 198

PRESIDENT  
HADLEY, MA 01035



## HEALTH AND SAFETY



### FOOT CLINIC:

**March 7 & 18 and April 4 & 17**

**Fee: \$50 (Home visit \$80)** Insurance is not accepted. By appointment only 9 – 3 with Piper Sagan, the foot care RN. For in-office appointments call **586-4023 x 6**. For home visits only call **413-522-8432**.

Limited number of \$10 wellness grants, courtesy of the Friends of the Hadley COA, available to Hadley residents. Call Lauren at 586-4023 x 3 for eligibility requirements.

### DURABLE MEDICAL EQUIPMENT LOANS

We loan medical equipment: wheelchairs, walkers, rollators, shower benches, commodes, and more.

**Please call 586-4023 x 6 ahead to schedule pick up.**  
**Also available at the Sherriff's Office @ 413-582-7787.**

### SHARPS

Are accepted in approved and sealed containers only. Replacement containers are available.

### TOWN NURSE

**Tuesdays and Wednesdays 9AM-12PM**

Blood Pressure Clinic and more. The community is welcome to contact the Hadley public nurse @ 413-586-4023 x.4

### MORNING COFFEE WITH OUR TOWN NURSE MARCY

Enjoy sweets and morning coffee/tea with our town nurse Marcy discussing some seasonal topics, sharing information and asking questions.

**March 20, Wednesday @ 10 AM**

Fragrance sensitivity, causes, common symptoms and more

**April 17, Wednesday @ 10 AM**

Biology of stress and strategies for reduction...

Please note:

UMass Students will be around on selected Wednesdays, working with our Town Nurse and Fire Dept. possibly offering BP clinics, file of life, and more. Feel free to visit with UMass students!

All-inclusive Assisted Living,  
**Where Extras  
Come Standard**



**Linda Manor**  
Assisted Living

A Member of Berkshire Healthcare

345 Haydenville Road • Leeds, MA 01053  
413-588-3316 • [www.lindamanor.org](http://www.lindamanor.org)

*We're Perfecting the Art  
of Superior Care.*





## TRIAD NEWS

### TRIAD MEETING MARCH 14 AND APRIL 11

Group meets 6 times per year on the second Thursday of the month and is a collaboration between seniors, law enforcement, fire department DA's office and the Sheriff's Office. Interested in being a part of the group? Call Lauren at 586-4023 x3 for info.

### "NEW" HOT TOPICS WITH HADLEY FIRE

**April 4, Thursday @ 2PM**

**First Thursday of the month, starting this April**

The Hadley Fire Department is pleased to announce the start of our "Hot Topics with Hadley Fire" program. This new social hour for our seniors is made possible through our Massachusetts Senior S.A.F.E. grant. The goal is to meet and greet the fire and EMS responders who protect and serve our community, ask questions and learn more about various fire and life safety topics.

### COFFEE WITH A COP

**March 21 and April 18, third Thursday @ 2 PM**

Open to the public. Building relationships one cup at a time. Hadley police officers and the community members they serve discussing issues and learning more about each other.

### FREE COLLECTION OF DRUGS

Safely dispose of unwanted medications at the Safety Complex. No questions asked. More info, call 584-0883.

### NUMBER PLEASE: IN AN EMERGENCY, SECONDS COUNT!

Help emergency personnel quickly locate your home in an emergency. Call 586-4023 x 6 to have a red placard with reflective numbers installed (or replaced) in your front yard, close to the road. Suggested donation \$7 to defray the cost of the supplies.

### LOCK BOX PROGRAM

If you are elderly, live alone, or have a medical condition that warrants calling for help, having a box with a house key means you will get help more quickly & easily. For more info call 586-4023 x 6. Suggested donation \$30.

**Compassionate care  
is our top priority**



**Linda Manor**  
Extended Care Facility

A Member of Berkshire Healthcare

349 Haydenville Road  
Leeds, MA 01053  
**413-586-7700**  
[www.lindamanor.org](http://www.lindamanor.org)

*We're Perfecting the  
Art of Superior Care.*





**Protecting What You Care About Most**  
**Homeowners • Auto Insurance • Financial Services**

**413-665-8324**

**2 Amherst Road, Sunderland, MA 01375**

Shawn Wisley offers advisory services through AE Wealth Management, LLC (AEWM). Dale Frank offers securities through Madison Avenue Securities, LLC (MAS), member FINRA/SIPC. Dale A. Frank and MAS are not affiliated companies. Dale A. Frank and AEWM are not affiliated companies.

## OUTREACH RESOURCES

**VETERAN'S SERVICE AGENT - 413-587-1299**

**Office Hours Wednesday 9-11 AM**

**VETERANS' INITIATIVE: BUILDING BRIDGES LUNCH**

**Wednesdays, March 13 and April 10 @ Noon**

**Attention Veterans** — Come join us for lunch and help 'Building Bridges' celebrate your service. This lunch is complimentary for any veteran and a guest, and is also an opportunity to volunteer if you are interested.

### SHINE

SHINE services are available year-round, so any time you have questions about your health insurance options and Medicare, call HSC to schedule your appointment with SHINE volunteer. Please call for more information.

### OUTREACH COORDINATOR

**Lauren Hannigan 586-4023 x3**

The Fuel Assistance season ends April 30, 2024. This program provides financial assistance to help eligible households pay a portion of winter heating bills. To qualify, families have to be at 60% of the state median income or below. For families of 1 the limit is \$45,392 and for families of 2 it is \$59,359. Returning clients: please contact Lauren at 586-4023 x3 to set up an appointment after you have received your renewal packet and have gathered all needed documents. New clients: please contact Lauren for a list of needed documents. We are not taking walk in appointments.

### SENIOR MOBILE NUTRITION PROGRAM (SMNP)

SMNP is the 3rd Tuesday of the month from **12 - 1 PM**.

The collaboration is between the Hadley Senior Center and Amherst Survival Center. To sign up, call Lauren @ 586-4023 x3.

**Seniors are required to pick up the food at the Senior Center.**

**BROWN BAG PROGRAM** - Brown Bag is a monthly grocery program through The Food Bank of Western Mass. It takes place the 3rd Thursday of the month. **Bags are available to be picked up at the Senior Center after 10 am.** For details & to sign up call Lauren.

**PVTA** — To schedule a trip call toll-free **1-866-277-7741**.

Van tickets are available for purchase at our office.

A book of (20) one-way van tickets costs \$57.00.

## COMMUNITY

### FREE AARP TAXAIDE TAX SERVICES

Once again the IRS-certified AARP TaxAide Counselors are preparing tax returns at our Senior Center **through April 10** free of charge. The preparation will only be done on a same-day Drop-off basis, like last year. Call for an appointment! Our clients will be required to drop off their documents in a big sealed envelope in our secure Drop Box by the front entrance of the Hadley Senior Center between 8:00am - 9:00am the day of their appointment, then go home. There are no restrictions on town of residence, age, etc. However, if your return involves virtual currencies, rental housing, or master limited partnerships, you will need to seek advice elsewhere.

### 2024 TOWN ELECTION CALENDAR

**TOWN MEETING – THURSDAY, MAY 2, 2024**

**TOWN ELECTION – TUESDAY, MAY 21, 2024**

**Friday, March 29, 2024, 5:00 p.m.** - Last day to obtain nomination papers for Town Election

**Tuesday, April 2, 2024, 5:00 p.m.** – Last day to submit nomination papers to Registrars for certification

**Tuesday, April 16, 2024, 5:00 p.m.** – Last day to file nomination papers with Town Clerk

**Thursday, April 18, 2024, 5:00 p.m.** – Last day to withdraw nomination papers

**Friday, April 22, 2024** – Last day to register to vote for Town Meeting and Town Election 9 a.m. to 8 p.m.

**Thursday, April 25, 2024** – Last day to post warrants for Town Meeting and Town Election



**STUFF-IT STORAGE**

**OFFICE**  
Monday - Friday 10 - 6  
Saturday 10 - 4  
or by appointment

**GATE**  
24 hr. access

**SECURE:** Electronic gate access, illuminated, daily lock checks, fenced, video surveillance

**222 RUSSELL STREET**  
(Route 9) Hadley, MA 01035

**(413) 586-5120**



**CENTER FOR EXTENDED  
CARE & REHABILITATION  
AT AMHERST**

YOUR CENTER FOR SOLUTIONS

**150 UNIVERSITY DRIVE, AMHERST, MA.**

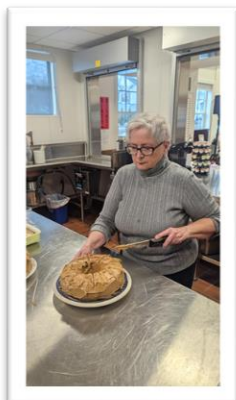
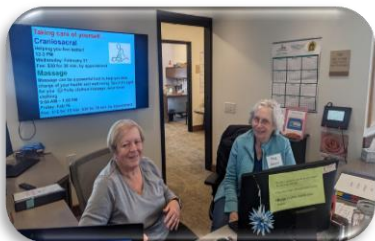
**413-256-8185**



## Hadley Senior Center Gallery



Town Nurse Marcy Fleming



Thank you Volunteers



Tech with Molly class

**The Hadley COA reserves the right to use photos of participants for publicity purposes. Participants who do not wish their photo be used must notify the center in writing.  
Thank you.**

## More Program Offerings

### CONVERSAZIONE WITH SHARON

**March 28 & April 25, Thursdays @ 3 PM**

A social gathering held for discussion of literature. One way of doing this is to gather around the fireplace with drinks and snacks to read to each other writings that we enjoy. Don't be shy. If you just want to come and be a listener, we will still enjoy each other. Limited to 12. Topics to TBA.

### TECHNOLOGY WITH MOLLY:

**March 15, Friday @ 12 PM Cyber Security**

**April 19, Friday @ 12 PM Smart TV & Streaming Services**

Molly McLoughlin, Tech Lead at Merit America and former Director of Literacy and Computer Science for Northampton public schools, will run a workshop.

Cyber Security session - talk about typical scams used with every day users when it comes to technology and ways to prevent falling victim to these scams and ways to protect your accounts. Streaming Services - exploring and explaining TV streaming choices as opposed to a traditional cable service older adults are used to.

Limited to 15. Reserve your spot.

### AFTER 2 TEA: Prom & Graduation Photos Show & Tell

**April 9, Tuesday @ 2 PM**

Your fabulous photos from your prom or graduation and its story, share & tell with your fellow participants. Please scan and email your photo to Violet [suskav@hadleyma.gov](mailto:suskav@hadleyma.gov) to be included in video presentation or bring copy to the office. Let's have some fun talking about it. Refreshments! Sign up. Limited to 20.

### SENIOR THEATER PLAY!

**Rehearsals starts April 30 @ 1PM**

**Looking for our local talents, Oscars Potential!**

We want YOU to join this new play project, title TBA.

Written and directed by Steve Henderson.

We hope you join the Hadley Senior Theater Project!

For more info and to sign up, please see Violet

Show Times TBA (tentatively **June 4<sup>th</sup>, Tuesday 2 & 4PM**)

There is no memorization and no auditioning, Anyone who wants to be in the show will be in it, It is also expected that some people will need to miss, one or two rehearsals, As long as you can make the show date, you can join the play, This is going to be a lot of fun Script will be provided, The show happens – and so does joy and camaraderie, and laughter, and friendship, and a boon to mental, social and physical well-being.

This program is supported in part by a grant from the Hadley Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

## HOW ABOUT SOME FUN?

### **FIDDLE ORCHESTRA of Western Massachusetts CONCERT** **March 7, Thursday @ 4 PM**

An amateur orchestra made up mostly of fiddle players but also players of other instruments. The orchestra plays tunes from the New England, American South, Celtic, Quebecois, and Scandinavian heritages, along with original compositions by contemporary musicians. All welcome!



### **MHC SPRING FLOWER SHOW & LUNCH VAN TRIP** **March 8, Friday @10AM**

The Mount Holyoke College Botanic Garden presents the 2024 Spring Flower Show. Thousands of spring blooms including vibrant tulips, cheery daffodils, fragrant hyacinths and freesias, and violas. Transportation is \$4 and lunch is about \$13.00 at the fabulous MHC Dining Commons. Limited to 12 people, reserve your seat early.



### **HISTORICAL WOMEN SHOW**

**Ruth Bader Ginsburg Performed by Sheryl Faye**

**March 27, Wednesday @ 2 PM**

Ruth Bader Ginsburg's life continues to be one of achievement: as a lawyer, professor of law, a judge, and then a Supreme Court justice, she stands out because she was not afraid to dissent, disapprove, and disagree with conditions of unfairness and inequality. This show is the inspiring story of how she changed her life—and ours. Please register, limited to 60. This program is supported in part by a grant from the Hadley Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

### **MEN'S BREAKFAST CLUB**

**March 25 and April 29, Mondays @ 9:30AM**

Enjoy a hearty breakfast while enjoying good conversation with others. Limited to 12, sign-up is required, cost \$4. Please arrive on time, it is hard to keep food warm for long 😊

### **UMASS PLAY**

**TWELFTH NIGHT by William Shakespeare**

**May 1, Wednesday @ 10 AM**

The Rand Theater, Bromery Center for the Arts, play directed by Milan Dragicevich  
Seeing Shakespeare performed live can be a transformative experience for audience. Tickets \$7, includes transportation. Limited to 11. Please sign up.

## **We hope you might be interested in ....**

### **EASTER KIELBASA TASTING**

**March 14, Thursday @ 12:30**

Sampling of a variety Polish Kielbasa/Sausage. If you're looking for just a small taste of Poland's traditional sausages this taste of Easter Kielbasa is just what you need! Try some Rye bread and Easter sweets too. Register, limited to 15, donation \$5.

### **ANNUAL CHILI CONTEST**

**March 26, Tuesday @ 1:30 PM**

Who makes the best Chili in Hadley? A healthy rivalry between neighbors! Bring your legendary chili for a chance to win Judges Choice Award or Audience Choice Award. Deadline to register is March 22. We need audience and testers! Refreshments provided, join us for our chili contest, suggested donation \$2.

### **EATING WELL 101: GLUTEN FREE MADE EASY**

**April 3, Wednesday @ 12:30 PM**

Make your own gluten free roll! Gluten-free eating can take time to adjust to, however, with a little practice, patience and tips, you'll be able to experience the similar textures and delicious flavors of wheat-based foods minus the gluten. Hands-on workshop, limited to 12. Fee \$5, registration required.

### **LUNCH & LEARN: GENDER REVOLUTION**

**April 5, Friday @ 12:30**

Joanna Smith, licensed mental health counselor, providing exceptional mental health services to adults, adolescents, & couples since 1997, specializing in working with the LGBTQIA community and gender affirmative care. Discussion on topics like gender identity or expression, natural variations of humanity, transphobia, homophobia, and sexism. In this talk Joanna will show the documentary, Gender Revolution, A Journey with Katie Couric. A discussion will be held after the movie. The movie is 2 hours long. Light Lunch provided. Limited to 15. Sign up!

The bank of  
hometown values.

Supporting the communities we serve  
since 1869.

Member FDIC  
Member DIF

  
bankesb.com | 855.527.4111

**bankE3**  
The bank of you.



## STAY IN SHAPE FOR A HEALTHY AND INDEPENDENT LIFE STYLE Exercise class schedule

**All fitness participants must sign a renewable yearly waiver to participate.**

Forms are available at the COA receptionist desk.  
Most of our programs can be found online through the town website or My Active Center [www.myactivecenter.com](http://www.myactivecenter.com)

**Clean Indoor Shoes Policy in place for exercise and fitness room. Bring a second pair with you to change into!**

Restrictions apply, by registration only, no walk-ins!  
**All subject to change without notice!**

**Walk & Talk Mondays Resumes! 4/1**

**Yoga Mon @ 11, \$5 / \$7 NR, paid in advance**

**Healthy Bones & Balance M 12:30 & Tu, W, Th: 9:30 Free**

**Moving to the Music 11 AM TU & TH Free**

**Tai Chi Class Wed @ 11 \$6 / \$8 NR, paid in advance**

**Line Dance Tuesdays & Thursdays @ 1 PM, \$5**

**Line Dance Advanced Class Thursdays 12 PM \$5**

**Yoga with Ed Fridays @ 9:15 Free**

**Fitness Center daily 9-4 by appt. Limited to 1 person or 2 people from the same household, 55 min limit**

**Ping Pong / Table Tennis Hour**  
Daily 2-3:30 Limit 2-4 people, sign-up!

**Some Classes accessible on the Local Cable Access Ch 191, check for schedule!**

Multiple classes are uploaded to the Hadley Media or YouTube page and can be accessed at any time under the Council on Aging Playlist programming tab.

[https://www.youtube.com/playlist?list=PLuAxVh4DPo5wllP8\\_STHR4ggewAb4NBRa](https://www.youtube.com/playlist?list=PLuAxVh4DPo5wllP8_STHR4ggewAb4NBRa)  
<https://www.youtube.com/watch?v=G53GFI8hnz8>

## EXPLORING THINGS TO DO...

### SING FOR FUN

**Tuesdays @ 3:00 PM**

Come sing the "oldies but goodies" with us and Rosalee Oakley at the piano we belt out songs from over 100 tunes you've probably known since childhood. No singing voice required.

### BOOK CLUB @ 10 AM

**March 8 - *Strangers in a Strange Land* by R. Heinlein**

**April 12 - *The Little Paris Bookshop* by N. George**

If any Book Club selection is appealing to you, stop by the desk at the Hadley Library, pick up a copy, and consider attending that month's meeting. Book Club meets every second Friday of the month at 10 a.m. at the Hadley Senior Center. All are welcome so if you are a reader or would like to be part of a thoughtful sharing group, please consider joining us.

### MOVIE MATINEE @ 12:30

**March 1 - *Barbie*, 2024 Oscar nominated movie**

**April 12 - TBA**

Limited to 20 people. Perhaps you would like to order our congregate lunch, please call Violet in advance!

### BILLIARDS

**Daily 9:30 - 4 PM & (some exceptions apply)**

Limited to 6 people by appointment, no walk-ins!

### NEEDLE WORK GROUP

**Mondays @ 10 am**

Limited to 12 people. Self-directed group, BYO project.

WIDE PLANK OAK, MAPLE, CHERRY, PINE OR ASH \*STRIP FLOORING \*PARQUETS

**A. DION & SON FLOOR CONTRACTORS**  
INSTALLATION - SANDING - REFINISHING  
OF HARDWOOD FLOORS Since 1941

*Complete Line Of All Types Of Hardwood Flooring*

74 RUSSELL ST. (Rt. 9)  
HADLEY

CALL: (413) 584-6170  
FAX: (413) 584-8573  
*Visit Our Display Room Today!*

\*Fully Insured

**SHANE DION** Operations Manager

**LISA SANDERSON**  
Realtor®

Cell: 413-687-1171  
Email: [LSandersonRealtor@gmail.com](mailto:LSandersonRealtor@gmail.com)  
Web: [HomesNearUs.com](http://HomesNearUs.com)

**BERKSHIRE HATHAWAY**  
HomeServices  
Realty Professionals  
3 Ferry Street  
Easthampton, MA 01027  
A member of the franchise system of BHH Affiliates, LLC

## The Hair Shop

8 River Drive, Hadley, MA 01035

413.584.6343

Open Tuesday, Wednesday, and Friday 9 to 5

Thursday 10 to 7

Saturday 9 to 2



**CHRISTOPHER HEIGHTS™**  
ASSISTED LIVING COMMUNITIES  
**Belchertown • Northampton**  
[www.christopherheights.com](http://www.christopherheights.com)

*Christopher Heights* offers unique lifestyle plans that offer socialization, worry-free pricing and supportive care. Reach out today to learn more!

Christopher Heights of *Belchertown*

Lorna Stone, 413-323-5500

Christopher Heights of *Northampton*

Lori Maldonado, 413-584-0701



**UMASS NUTRITION STUDENTS: HEALTHY EATING & WELLBEING**

**April 9 & 16, Tuesdays @ 12:30 PM (two sessions)**

An interactive session on nutrition and wellbeing and assessment. The 4/16 second session focus on healthy food preparation/demonstration. Limited to 12. Sign up!

**STEPS TO EARLIER IDENTIFICATION OF FALL RISK**

**April 23, Tuesday @ 1PM** by Douglas N Martini, PhD

Assistant Professor, Department of Kinesiology  
School of Public Health & Health Sciences UMass  
Review reasons why fall risk increases with age and how earlier identification of an increase in fall risk can improve fall prevention. One path to earlier detection accounts for the role of the brain in falls, which can better inform which type of intervention is best to delay or prevent falls.

**POWERING HEALTHY AGING: UMMASS AND THE MASS. AI AND TECHNOLOGY CENTER**

**By David Paquette PhD & Rebecca Spencer PhD**

**April 25, Thursday @ 2 PM**

Join us for an exciting journey into the realm of healthy aging! invaluable insights and strategies for promoting health as we age. understanding the future of healthy aging, including: sleep, exercise, and technology that utilizes artificial intelligence to aid the process of aging with health and wellbeing. Q&A with scientists eager to chat with you about their aging focused research.

**Supporting you in maintaining wellbeing....**

**CONNECTIONS CAFÉ**

**March 20 and April 24 from 1:30pm to 3:30pm**

We are excited to announce the start of our new Connections Café, a Memory café, for those living with dementia or memory loss and their care partner(s). It will be monthly gathering offering music, art, activities, discussions, etc. It will be a place for fun, laughter, light snacks, conversations and where connections can be made. If you know of anyone who might enjoy this, please invite them to join us. We will meet in the dining room. Walk-ins welcome!

**AUDIOLOGY CLINIC WALK-IN**

**March 14, Thursday @ 10:30**

Hosted by Florence Hearing Health Care  
Bring in your hearing aids for the onsite Audiologist to clean and check your devices. The Audiologist will also have a video otoscope, so you can see what is in your ear canal.

**ANNUAL SPRING HEALTH FAIR**

**April 24, Wednesday, 10 AM-Noon**

Several local agencies and nonprofits serving older adults will be showcasing their services and programs at our Spring Health Fair. Some participating agencies include: Oasis Senior Advisors and Highland Valley elder services. Come and find out how our community health network can be of service to you or a loved one!

**MASSAGE THERAPY - HELPING YOU FEEL BETTER!**

**March 1, 15, 29 and April 12, 26 9:00 AM -12:30 PM**

Massage can be a powerful tool to help you take charge of your health and well-being. See if it's right for you.  
Chair or table massage 15- or 30-min, by appointment. Fully clothed massage, wear loose clothes. **Cost: 15 min \$15**

**CRANIOSACRAL**

**March 13 and April 10, Wednesdays 12-3 PM**

Biodynamic Cranial Sacral Therapy (BCST) by Lisa Davis  
Relational therapeutic technique between client and practitioner. The therapist stimulates the client's own system to initiate the changes necessary for healing. Promotes stress relief, better sleep, improved clarity of mind. All therapy is explained and permission granted before beginning the process. **Fee \$30 /30 min or \$60 for 60 min by appointment.**

**QIGONG INFUSED YOGA WITH THE CANCER CONNECTION**

**Tuesdays @ 3:30**

Class geared towards people who have struggled with cancer or for caretakers of someone who has cancer.  
Register by calling the Cancer Connection at 413 586-1642.  
Pre-registration is required. Indoor use clean shoes and medical clearance are required (forms available from the instructor or from the website

[https://www.hadley.ma.org/sites/g/files/vyhlif651/f/pages/medical\\_clearance\\_2020.docx.pdf](https://www.hadley.ma.org/sites/g/files/vyhlif651/f/pages/medical_clearance_2020.docx.pdf)



## APRIL RAFFLE TICKETS: \$10.00 EACH OR 3 FOR \$25.00

|         |         |         |
|---------|---------|---------|
| name    | name    | name    |
| phone   | phone   | phone   |
| address | address | address |

**Daily Drawings \$25, on Thursdays, \$50: \$100 prize DRAWING TUESDAY, APRIL 30 AT 1**

Bring this coupon to reception, or mail it to the Friends, PO Box 251, Hadley, Ma 01025-0251

### FRIENDS OF HADLEY COA

#### ART SHOW OPENING NIGHT –

**March 8, Friday @ 6 - 8 PM**

#### COFFEE WITH A COP

**March 21 and April 18, Thursdays @ 2 PM**

#### BIRTHDAY ICE CREAM SOCIAL- Fridays @ 2:00

**March 22 -- Ben and Ed Show**

**April 26 – Musically Married Show**

#### THE LUNCH BOX by FRIENDS @ 11:30

Homemade, limited to 40 people. Dine in! Cost \$8 prepaid. Signup deadline: the Friday before the event.

Thank you for your support of the Friends. Bon Appetite!

**March 18 -- Monday! – Corned Beef, Dessert TBA**

**April 11 – Italian Chicken & Rice Casserole, Peas, Dessert**

#### ROAST BEEF TO GO Sunday 3 / 10 – Drive by pick up at 4 PM

Friends and chefs from the Legion, including Peter Bemben, Katie Day and Stevie Devine once again will provide us with a wonderful meal (or several meals, depending on your appetite). Tickets available at reception \$25.

#### V – 1 VODKA: THURSDAY, APRIL 4, 6 – 7:30

Tickets \$20 in advance, \$25 at the door. "Crafting the Finest Spring Cocktails" ...An Evening with Paul Kozub Owner & Founder of V-One Vodka. Come hear the story of V-One Vodka and taste several Spring inspired V-One Cocktail samples. (Raffle prize tickets sold separately)

#### SPAGHETTI DINNER WITH HADLEY FIRE

**April 23, Tuesday, 5:00pm to 6:00pm**

Hadley Fire Department's Annual Spaghetti Supper! Homemade spaghetti & meatballs, salad, drinks & dessert.

A great night to enjoy a meal with neighbors and friends. Everyone is welcome. Registration is required at the Hadley COA office. Donations accepted for FD Equipment Fund. Good Food, Raffle, and Fun!

#### SENIOR CENTER COMMUNITY TAG SALE

**Saturday, April 20, 10AM – 2PM Set up Friday 4/19 from 2–4**

Rent a 5-foot-long table \$ 25 and bring those things you know someone else wants. Open to the public. Limited tables – you can share with a friend. Reserve at reception.

**Calling all Bakers:** We are looking for donations of baked goods to sell at the tag sale on April 20. If you love to please donate some of your favorite goodies to support the Friends. Please sign up and we will remind you several days before. Thank you.

### FRIENDS TRIPS FOR 2023/24

For information call Jane Nevinsmith

**413-586-4023 x 5 or 413-586-3772**

(prices are per/person double occupancy)

Payment necessary to reserve a seat.

Please sign up NOW. If enough people don't sign up 3 months in advance, the trip gets cancelled.

#### 2024 DAY TRIPS

**March 21, Thursday:** Wright's Chicken Farm & Bally's Twin River Casino \$102

**April 24, Wednesday:** The music of Elton John @ Villa Louisa, Bolton, Ct. \$116

**May 14, Tuesday:** Neil Diamond Tribute – Aqua Turf \$137

**July 24,** Thimble Island Cruise (Conn) \$139

**August 21,** Charles River Architectural Cruise

**October 15,** Culinary Institute, \$167

#### 2024 OVERNIGHT TRIPS

**July 10-12** Daniel, Sight & Sound Theatre \$654

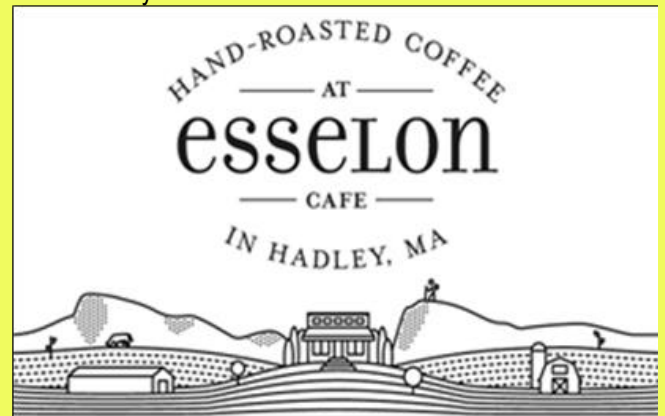
**June 17 – 21** Niagara Falls, American side \$735 p/p

**Dec. 2-4** White Mountain Hotel & Resort Christmas \$629 p/p

**For more info visit our website on your computer, tablet, or mobile phone: <https://www.friendsofhadleycoa.org/>**

#### LEAF OF LOVE

Please consider giving a "leaf of Love" to someone who is important to you, honoring that person with their name and inscription. Only \$150, their name will be a permanent part of the Hadley Senior Center.



#### APRIL CALENDAR RAFFLE

Daily drawing of \$25 cash prizes, Thursdays the cash prizes will be \$50. The \$100 prize will be drawn on Tuesday, April 30 at 1PM. If you win, your ticket is reentered for the rest of the month. In December, we had 6 names was drawn twice! Tickets are \$10 each or 3/\$25 (above) & at reception desk.

The Friends of the Hadley Council on Aging, Inc  
46 Middle Street  
Hadley, MA 01035

US POSTAGE PAID  
NONPROFIT  
PERMIT 21  
AMHERST, MA 01002

ELECTRONIC SERVICE REQUESTED

THE COUNCIL ON AGING & SENIOR CENTER  
is open Monday - Friday 9 AM - 4 PM  
Contact us: 586-4023, fax 584-9934 or  
[hadleycoa.info@gmail.com](mailto:hadleycoa.info@gmail.com)

COUNCIL ON AGING STAFF:  
COA Director: Nichelle Liquori ext.1  
Program Coordinator: Violet Suska ext.2  
Community Outreach: Lauren Hannigan ext.3  
Administrative Assistant: Katherine Abe ext.8  
Van Driver: Mark Glowatsky, Tim Huber (Substitute)

MEMBERS OF THE COUNCIL ON AGING:  
Sarah Chadwick, Glenn Clark, Linda LaDuc, Linda  
Michalopoulos Janice Peterson, David Storey,  
Rosalie Weinberg

MEMBERS OF THE FRIENDS OF HADLEY COA  
Jane Nevinsmith - Chair, 586-4023 ext.5  
Marlene Merzbach - Clerk, Susan Glowatsky – Treasurer,  
Helen Blatz, Nancy Niedziela, Ray Spezeski, Diann  
Tolpa, Kit Ziomek

**Highland Valley Elder Services**                      **586-2000**  
**Meals on Wheels**                                      **584-6784**

Congregate Meals, sponsored by Highland Valley Elder  
Services for those ages 60+, are served every day at  
11:45am, for a suggested donation of \$3. You must call  
586-4023, at least 2 days in advance to sign up for meals.

Central Hampshire Veterans Services                      587-1299  
Hampshire Elder Law Program (H.E.L.P.) - civil legal  
services at no cost to income eligible elders                      586-8729  
Social Security [www.socialsecurity.gov](http://www.socialsecurity.gov)                      1-800-772-1213  
Social Security (Holyoke Office)                      1-877-480-4989  
Medicare [www.medicare.gov](http://www.medicare.gov)                      1-800-633-4227  
Medicare Beneficiary Hotline                      1-800-252-5533  
MA Med Line                      1-866-633-1617  
Elder Abuse Hotline                      1-800-922-2275  
Hadley Fire Department                      584-0874  
(Carbon monoxide alarm & smoke detector assistance)  
Hadley Housing Authority at Golden Court:                      584-3868  
**Town Nurse, Marcy Fleming, R.N. 586-4023 x.4**

**STATE SENATOR** Joanne Comerford may be reached by  
mail: State House, Boston, 24 Beacon Street MA 02133 By  
phone (617) 722-1532 or [jo.comerford@masenate.gov](mailto:jo.comerford@masenate.gov)  
and at district office (413) 367-4656

**STATE REPRESENTATIVE** Daniel R. Carey may be  
reached at [Daniel.Carey@mahouse.gov](mailto:Daniel.Carey@mahouse.gov) or (413) 529-4286  
By mail: P.O. Box 1309, Easthampton, MA 01027



| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| <div>MARCH</div>   |   | <p>ALL CLASSES REQUIRE<br/>ADVANCED<br/>REGISTRATION<br/>ALL SUBJECT TO CHANGE<br/>WITHOUT NOTICE!</p> <p>BILLIARDS BY APPT<br/>DAILY 9:30-4 PM<br/>PING PONG BY APPT<br/>DAILY 2-4 PM<br/>FITNESS ROOM OPEN<br/>DAILY BY APPT 9-4 PM</p> | <p>Daily Lunch pick-up time<br/>11 AM -12 PM<br/>\$3 lunch donation is<br/>appreciated!<br/>48 hours in advance<br/>lunch reservation required<br/>413-586-4023</p> <p>Town Nurse Hours<br/>Tuesdays &amp; Wednesdays<br/>9AM -12 PM</p> <p>Van Service MWF 9-12</p> | <p><b>1</b></p> <p>9:00 Massage<br/>9:15 Yoga<br/>12:30 Movie Matinee</p> <p><i>Feeling Sick?</i></p>  <p><b>please stay home</b></p> |
| <b>4</b>  | <b>5 Voting Day</b>   | <b>6</b>  | <b>7</b>   | <b>8</b>   |
| <p>9:15 Yoga w. Ed<br/>10:00 Needle Group<br/>11:00 Yoga<br/>12:30 Healthy Bones and<br/>Balance</p>  | <p>9:30 Healthy Bones and<br/>Balance<br/>10:00 Open Art Studio<br/>11:00 Moving to the Music<br/>1:00 Line Dance<br/>1:00 Cribbage &amp; Games<br/>3:30 Qigong Infused Yoga<br/>with Cancer Conn.</p>  | <p>9:00 VA Office Hours<br/>9:30 Healthy Bones and<br/>Balance<br/>11:00 Tai Chi<br/>1:00 Canasta<br/>2:00 Town Collector Hour</p>  | <p>9:00 Foot Care<br/>9:30 Healthy Bones and<br/>Balance<br/>10:00 Open Art Studio<br/>11:00 Moving to the Music<br/>12:00 Line Dance Adv.<br/>1:00 Line Dance<br/>4:00 Fiddle Orchestra<br/>Concert</p>   | <p>9:15 Yoga<br/>10:00 Book Club<br/>10:00 MHC Flower Show<br/>Van Trip &amp; Lunch<br/>International<br/>Women's Day</p> <p><b>Art Show Opening<br/>Night 6 PM</b></p>  |
| <b>11</b>   | <b>12</b>   | <b>13</b>   | <b>14</b>  | <b>15</b>  |
| <p>9:15 Yoga w. Ed<br/>10:00 Needle Group<br/>11:00 Yoga<br/>12:30 Healthy Bones and<br/>Balance</p>  | <p>9:30 Healthy Bones and<br/>Balance<br/>10:00 Open Art Studio<br/>10:30 COA Board<br/>11:00 Moving to the Music<br/>1:00 Line Dance<br/>1:00 Cribbage &amp; Games<br/>3:00 Sing for Fun<br/>3:30 Qigong Infused Yoga<br/>with Cancer Conn.</p>  | <p>9:00 Tax Services<br/>9:00 VA Office Hours<br/>9:30 Healthy Bones and<br/>Balance<br/>11:00 Tai Chi<br/>12:00 Craniosacral<br/>12:00 Veterans Lunch<br/>By Building Bridges<br/>1:00 Canasta<br/>2:00 Town Collector Hour</p>          | <p>9:30 Healthy Bones and<br/>Balance<br/>9:30 TRIAD<br/>10:00 Open Art Studio<br/>10:30 Hearing Clinic<br/>Walk-In<br/>11:00 Moving to the Music<br/>12:30 Easter Kielbasa<br/>Tasting<br/>12:00 Line Dance Adv.<br/>1:00 Line Dance</p>                            | <p>9:00 Massage<br/>9:15 Yoga<br/>12:00 Tech with Molly<br/>Cyber Security</p>   |
| <b>18</b>   | <b>19</b>   | <b>20</b>   | <b>21</b>  | <b>22</b>  |
| <p>9:00 Foot Care<br/>9:15 Yoga w. Ed<br/>10:00 Needle Group<br/>11:00 Yoga<br/>11:30 The Lunch Box<br/>Corned Beef<br/>12:30 Healthy Bones and<br/>Balance</p> | <p>9:30 Healthy Bones and<br/>Balance<br/>10:00 Open Art Studio<br/>11:00 Moving to the Music<br/>12:00 Senior Mobile<br/>Nutrition Pick-Up<br/>1:00 Line Dance<br/>1:00 Cribbage &amp; Games<br/>1:00 Importance of Fiber<br/>3:00 Sing for Fun<br/>3:30 Qigong Infused Yoga<br/>with Cancer Conn.</p> | <p>9:00 VA Office Hours<br/>9:30 Healthy Bones and<br/>Balance<br/>10:00 Morning w. Nurse<br/>11:00 Tai Chi<br/>1:00 Canasta<br/>1:30 Connections Cafe<br/>2:00 Town Collector Hour</p>   | <p>9:30 Healthy Bones and<br/>Balance<br/>10:00 Open Art Studio<br/>11:00 Moving to the Music<br/>11:00 Brown Bag Pick Up<br/>12:00 Line Dance Adv.<br/>1:00 Line Dance<br/>2:00 Coffee with a Cop</p>   | <p>9:15 Yoga<br/>2:00 Birthday Ice<br/>Cream Social<br/>Ben &amp; Ed Show</p>  |
| <b>25</b>   | <b>26</b>   | <b>27</b>   | <b>28</b>  | <b>29</b>  |
| <p>9:15 Yoga w. Ed<br/>9:30 Men's Breakfast<br/>10:00 Needle Group<br/>11:00 Yoga<br/>12:30 Healthy Bones and<br/>Balance<br/>1:00 Art with Kit</p>             | <p>9:30 Healthy Bones and<br/>Balance<br/>10:00 Open Art Studio<br/>11:00 Moving to the Music<br/>11:00 Friends Meeting<br/>12:30 Annual Chili Contest<br/>1:00 Line Dance<br/>1:00 Cribbage &amp; Games<br/>3:00 Sing for Fun<br/>3:30 Qigong Infused Yoga<br/>with Cancer Conn.</p>                   | <p>9:00 Tax Services<br/>9:00 VA Office Hours<br/>9:30 Healthy Bones and<br/>Balance<br/>11:00 Tai Chi<br/>1:00 Canasta<br/>2:00 Town Collector Hour<br/>2:00 One Woman Show<br/>Historical Women<br/>RBG</p>                             | <p>9:30 Healthy Bones and<br/>Balance<br/>10:00 Open Art Studio<br/>11:00 Moving to the Music<br/>12:00 Line Dance Adv.<br/>1:00 Line Dance<br/>3:00 Conversazione with<br/>Sharon</p>   | <p>9:00 Massage<br/>9:15 Yoga</p>  |

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
| <b>1</b><br>9:15 Walk & Talk<br>10:00 Needle Group<br>11:00 Yoga<br>12:30 Healthy Bones and Balance   | <b>2</b><br>9:30 Healthy Bones and Balance<br>10:00 Open Art Studio<br>11:00 Moving to the Music<br>1:00 Line Dance<br>1:00 Cribbage & Games<br>3:00 Sing for Fun<br>3:30 Qigong Infused Yoga with Cancer Conn.  | <b>3</b><br>9:00 VA Office Hours<br>9:30 Healthy Bones and Balance<br>11:00 Tai Chi<br>12:30 Eating Well 101 Gluten Free<br>1:00 Canasta<br>2:00 Town Collector Hour   | <b>4</b><br>9:00 Foot Care<br>9:30 Healthy Bones and Balance<br>10:00 Open Art Studio<br>11:00 Moving to the Music<br>12:00 Line Dance Adv.<br>1:00 Line Dance<br>2:00 Hot Topics with Hadley Fire<br><b>6:00 V-One Vodka Friends' Fundraiser</b> | <b>5</b><br>9:15 Yoga<br>12:30 Lunch & Learn Gender Revolution   |
| <b>8</b><br>9:15 Walk & Talk<br>10:00 Needle Group<br>11:00 Yoga<br>12:30 Healthy Bones and Balance   | <b>9</b><br>9:30 Healthy Bones and Balance<br>10:00 Open Art Studio<br>10:30 COA Board Meeting<br>11:00 Moving to the Music<br>12:30 UMass Healthy Eating & Wellbeing<br>1:00 Line Dance<br>1:00 Cribbage & Games<br>2:00 After 2 Tea<br>3:00 Sing for Fun<br>3:30 Qigong Infused Yoga                     | <b>10</b><br>9:00 Tax Services<br>9:00 VA Office Hours<br>9:30 Healthy Bones and Balance<br>11:00 Tai Chi<br>12:00 Craniosacral<br>12:00 Veterans Lunch By Building Bridges<br>1:00 Canasta<br>2:00 Town Collector Hour                  | <b>11</b><br>9:30 Healthy Bones and Balance<br>9:30 TRIAD<br>10:00 Open Art Studio<br>11:00 Moving to the Music<br>11:30 The Lunch Box<br>12:00 Line Dance Adv.<br>1:00 Line Dance  | <b>12</b><br>9:00 Massage<br>9:15 Yoga<br>10:00 Book Club<br>12:30 Movie Matinee   |
| <b>15</b><br><b>Center Closed</b>   | <b>16</b><br>9:30 Healthy Bones and Balance<br>10:00 Open Art Studio<br>11:00 Moving to the Music<br>11:00 Friends Meeting<br>1:00 Line Dance<br>1:00 Cribbage & Games<br>12:00 Senior Mobile Nutrition Pick-Up<br>12:30 UMass Healthy Eating & Wellbeing<br>3:00 Sing for Fun<br>3:30 Qigong Infused Yoga | <b>17</b><br>9:00 Foot Care<br>9:00 VA Office Hours<br>9:30 Healthy Bones and Balance<br>10:00 Morning with Nurse<br>11:00 Tai Chi<br>1:00 Canasta<br>2:00 Town Collector Hour   | <b>18</b><br>9:30 Healthy Bones and Balance<br>10:00 Open Art Studio<br>11:00 Brown Bag Pick-Up<br>11:00 Moving to the Music<br>12:00 Line Dance Adv.<br>1:00 Art Class Pop-Up Art with Shelly<br>1:00 Line Dance<br>2:00 Coffee with a Cop       | <b>19</b><br>9:15 Yoga<br>12:00 Tech with Molly Smart TV, Streaming Services<br><br><b>Tag Sale set up 2-4PM Sale—Saturday 4/20 To benefit Friends</b>   |
| <b>22</b><br>9:15 Walk & Talk Celebrate Earth Day<br>10:00 Needle Group<br>11:00 Yoga<br>12:30 Healthy Bones and Balance                          | <b>23</b><br>9:30 Healthy Bones and Balance<br>10:00 Open Art Studio<br>11:00 Moving to the Music<br>1:00 Line Dance<br>1:00 Cribbage & Games<br>1:00 UMass Fall Risks<br>3:00 Sing for Fun<br>3:30 Qigong Infused Yoga with Cancer Conn.<br>5:00 Firemen's Spaghetti                                      | <b>24</b><br>9:00 VA Office Hours<br>9:30 Healthy Bones and Balance<br>10:00 Health Fair<br>11:00 Tai Chi<br>1:00 Canasta<br>1:30 Connections Cafe<br>2:00 Town Collector Hour   | <b>25</b><br>9:30 Healthy Bones and Balance<br>10:00 Open Art Studio<br>11:00 Moving to the Music<br>12:00 Line Dance Adv.<br>1:00 Line Dance<br>2:00 UMass Powering Healthy Aging<br>3:00 Conversazione with Sharon                              | <b>26</b><br>9:00 Massage<br>9:15 Yoga<br>2:00 Birthday Ice Cream Social Musically Married   |
| <b>29</b><br>9:15 Walk & Talk<br>9:30 Men's Breakfast<br>10:00 Needle Group<br>11:00 Yoga<br>12:30 Healthy Bones and Balance<br>1:00 Art with Kit | <b>30</b><br>9:30 Healthy Bones and Balance<br>10:00 Open Art Studio<br>11:00 Moving to the Music<br>1:00 Line Dance<br>1:00 Cribbage & Games<br>1:00 Senior Theater<br>3:00 Sing for Fun<br>3:30 Qigong Infused Yoga with Cancer Conn.  | <b>ALL CLASSES REQUIRE ADVANCED REGISTRATION ALL SUBJECT TO CHANGE WITHOUT NOTICE!</b><br><br><b>BILLIARDS BY APPT DAILY 9:30-4 PM</b><br><br><b>PING PONG BY APPT DAILY 2-4 PM</b><br><br><b>FITNESS ROOM OPEN DAILY BY APPT 9-4 PM</b> | <b>APRIL</b>  | <b>DAILY LUNCH PICK-UP TIME 11 AM -12 PM</b><br><b>\$3 LUNCH DONATION IS APPRECIATED!</b><br><b>48 HOURS IN ADVANCE LUNCH RESERVATION REQUIRED</b><br><b>413-586-4023</b><br><br><b>TOWN NURSE HOURS TUESDAYS &amp; WEDNESDAYS 9AM -12 PM</b><br><b>VAN SERVICE MWF 9-12</b> |