



Note from the Director

Guess what? Spring officially begins March 20, and our next newsletter will announce events and programs that are happening in the new Senior Center! Let us rejoice! As I write this during an ice storm, I feel grateful that we have so much to look forward to and celebrate this spring. I have a few specific things to mention.

MassHealth Senior Buy-In Program update:

Benefits of this program include the payment of the Medicare Part B premium (a savings of \$144.60 a month!) and enrollment in a state pharmaceutical assistance program called “Extra Help,” which provides discounts on prescription drug plan premiums and gives enrollees access to lower co-pays for their prescriptions if they have met a certain high spending threshold. “Extra Help,” while it lowers the cost of drugs, is not an insurance policy.

Income and asset limits for this program have gone up. If you would like to be screened for eligibility, call me with your current gross monthly income and assets, and I can let you know if you appear to be eligible.

Hadley COA and Senior Center

120 Russell St. Hadley, MA 01035

Hours: Mon. through Fri. 9am – 4pm

Office: 413-586-4023

Hayley Wood, Director

coa@hadleyma.org

Violet Suska, Program Coordinator

coaprograms@hadleyma.org

Lauren Hannigan, Outreach Coordinator

coaoutreach@hadleyma.org

General inquiries

hadleycoa.info@gmail.com

Meals on Wheels: 584-6784

Highland Valley Elder Services: 586-2000

Countable assets include all bank accounts, any home or property that is not your primary residence, secondary vehicles, trailers and RVs, and financial products like stocks, IRAs, and whole life insurance policies. If it seems likely that you’re eligible, you can schedule an appointment to complete a MassHealth application.

Weather related closures and cancellations: When there is weather that I deem risky for walking and driving, I will cancel programs, even if staff reports to work. Notifications are posted on WWLP channel 22, ABC 40, Fox 6, CBS 3, WGGB 40, WRSI 99.3 FM, and WHAI 98.3 FM. Update are also added to the home page of our website, www.hadleyma.org/council-aging. These notices occur between 8:00 and 8:30 AM. If you’re uncertain, calling the Senior Center is always a great idea; if no one answers, listen to the greeting which will announce cancellations. Please check one of these places on snowy or icy days! The town, as well, has a text and phone notification system called Nixle that I strongly encourage you to sign up for. We can sign you up at the Center on April 16, or you can register your cell phone by texting the word “Hadley” to 888-777.

Robocalls: Our database has the ability to broadcast a phone message to everyone in it. At times this is the most efficient and effective way to get the word out about something that I think is important. It’s not something I will use often. The phone number the calls come from is: 413-586-4023. I have the call text dictated twice because I have learned that people’s phone messages interrupt the first message, so repeating it is the best way to be sure the whole message is shared. If you receive one, please listen to the whole thing and only call the Senior Center if you have a question about the message shared, not to verify that it came from us—I will always be sure to identify the HSC as the source of the call.

As always, this newsletter is brimming with wonderful scheduled events, classes, programs, and other opportunities to socialize and join this vibrant community. I look forward to seeing you!

Hayley Wood

SPECIAL PROGRAMS COMING UP:

AAA's Roadwise Driver Mature Operator Program March 11 - March 25

Wednesdays from 10:00 AM - 12 PM at the Hadley Branch

Cost \$20 per person for the 3-week session. Call the center to reserve your spot. The fee payable at the AAA office at the time of class.

Designed specifically to meet older driver's needs to positively affect driving behavior and help participants learn about and adjust to age-related physical changes. The course covers topics cover: Introduction to Risk Management, Being Ready to Drive, Distractions, Drowsiness, Aggressive Driving & Road Rage, Managing Visibility, Time & Space, Alcohol & Medications, Comfort & Safety Tips, Extending Your Safe Driving Career. Registration required.

MHC Flower Show COA Van Trip March 12, Thursday @ 11:00

49th Annual Spring Flower Show: "Spring Tapestry"

The Mount Holyoke College Botanic Garden presents the 2020 Spring Flower Show. Thousands of spring blooms including vibrant tulips, cheery daffodils, fragrant hyacinths and freesias, and violas. This year's Show also features an original sculpture designed, created and installed by four MHC Art Studio students. **Transportation is \$6 and Lunch is \$12.00 plus tax at the fabulous MHC Dining Commons. Limited to 12 people, reserve you seat early.**

Social Security- Understanding Benefits by AARP Thursday, March 26 @ 3PM

Social Security is one of the most successful and effective social insurance programs in our nation's history. In this session, we will explain the facets of Social Security (retirement, survivors, and disability benefits), discuss the options for when to claim your retirement benefits, and cover implications of working while collecting benefits. This session is a good overview for anyone interested in Social Security, and is especially useful for people considering their retirement benefit claiming options. Please sign up.

"Guardians" Documentary Showing March 30, Monday @1:30

THE GUARDIANS is a revealing investigative documentary set in Las Vegas, Nevada that exposes allegations of corruption within the Nevada Guardianship and Family Court systems involving the legal kidnapping of elderly people.

The film shines a light on a lucrative business that drains seniors' life-savings and robs them of their freedoms. Victims and their families are caught in a scheme that has allowed corrupt court-appointed guardians to take total control over their healthcare and financial decisions. The film exposes the scope of the systemic abuse of some of the most vulnerable members of our society.

Springfield Museums on the Go Presents: Us & Them April 7, Tuesday @ 1 PM at the Hadley Community Senior Center

This program is free through the generous support of community donors! Supported in part by grants from the Harold Grinspoon Foundation, St. Germain Investments, and United Bank Foundation.

Participants are immersed in the experiences of local Holocaust survivors who settled in the Springfield area while examining historic cases of discrimination, identifying upstanders vs. bystanders, and tracking the progression of hate from individual acts of prejudice to genocide.

Please register.

UMass Play COA Van Trip April 15 @ 9:15 at Curtain Theater **MR. BURNS: A POST-ELECTRIC PLAY**

by Anne Washburn, songs by Michael Friedman, directed by Erin Nicole Eggers

In Anne Washburn's darkly funny, grandly operatic Mr. Burns, survivors of a nuclear apocalypse may not have much, but they have Bart Simpson, Sideshow Bob, and Gilbert and Sullivan....

Cost: \$10 Includes transportation and play ticket. Reserve your seat.

Wine Tasting April 24, Friday@ 6 -8 PM **at the Most Holy Redeemer Parish Hall**



The 5th (can you believe it?) Annual Wine Tasting by the Friends

This fundraiser is sponsored by the Arbors and Four Seasons Liquors. We will again offer a large variety samples (last year it was over 24) with information about them. There will be non-alcoholic beverages for those of you who just want to come and have a good time. The fantastic appetizers, including some gluten free options. Music and Raffle prizes including gift cards to local businesses are for sale. Tickets in advance are \$20 (buy them from Friends or Board Members) or \$25 at the door.

Upcoming Volunteer Luncheon

In a deep appreciation for volunteers that keep our senior center running we will have our annual volunteer luncheon sometimes in June. It will be at Ginger Garden again, with pre ordered lunches. Look for your invitation in mid-May. All seniors who have volunteered for 10 hours or more will be invited. Time and date to be announced. We greatly appreciate your support; we could not do it without you! **Thank you**

Do you read our Newsletter? \$25 Raffle!

Your name will be entered into \$25 Cash Raffle if you sign up for 5 or more events that you learned about from our newsletter by March 19!



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New Senior Center Update

We are planning to move to the new Senior Center in the beginning of May, after which we will be closed to the public for a few days (all programs, services, and classes will be cancelled). After reopening we are planning a four-day series of grand opening events that will include evening and weekend hours with a potluck supper kick-off in mid-May. Stay tuned for the details!

Gardening Group

We are looking for people interested in helping to care for our existing plants (they need to be repotted before we move them to the new center) and future indoor/outdoor plants. Activities would include planning, planting, maintaining future plants or beds to create welcoming appearance for all seniors and guest visiting the center. Sign up @ reception.

Karen Walters-Zucco, MPA
Executive Director and Director of Marketing

The Arbors at Amherst

130 University Drive
Amherst, MA 01002
Ph: 413-548-6800
Cell: 413-374-0534
Fax: 413-548-6888
kwalters-zucco@arborsassistedliving.com
arborsassistedliving.com



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We hope you might be interested in

Celebrating International Women's Day

Conversation with Clare Higgins

March 9, Monday @ 1:00

Six terms as Mayor of the City of Northampton and three terms on the Northampton City Council.

Since 2011, Clare Higgins has been the Executive Director at Community Action Pioneer Valley.

On the long list of her involvements are Massachusetts Rural Services Commission, the Northampton Housing Authority, the Massachusetts Commission on the Status of Women and many more.

Let's celebrate Women's Day together.

Refreshments served. Please sign up.

After 2 Tea with an Author

March 13, Friday 2PM

A book reading and conversation on how we navigate change with Mary Lou Meddaugh.

Her book *"Navigating 5 Life Changes"*, An Odyssey of Resiliency and Hope is written for those who find themselves confronted with major life changes. Based

on personal experience through love, loss and renewal. Author hopes to inspire others in the midst of life changes to believe in themselves and trust their own wisdom, and to encourage readers to take the steps necessary to move forward – to build and embrace a life of joy and hope. Mary Lou is a Life and Business Coach and founder of Creative Coaching Methods.

Tea, sandwiches, sweets, please register.

After 2 Tea: Photo Journey of Africa

April 2, Thursday 2PM

Have you wanted to go to Africa? Do you love wild animals or wanted to see Victoria Falls? Hear about how to get there? Come to this presentation on Sharon's Howard trip made last August – "Trip of a lifetime". Sandwiches, sweets and tea, please register.

COA VAN TRANSPORTATION INFORMATION

The Council on Aging Van serves the seniors of Hadley ages 60 and older.

Please review the following before scheduling a ride:

WHEN, HOW MUCH AND WHERE

Our van operates for residents of Hadley and goes to appointments in Hadley, Amherst, Northampton and Hatfield.

It runs Monday, Wednesday and Friday from 9am until 1pm. The van does not run on the weekends, holidays or when the senior center is closed.

The cost for each way: \$1 to the senior center, \$2 within Hadley and \$3 outside of Hadley

Pick up/drop off is curb to curb.

HOW / WHEN TO SCHEDULE

Please call **586-4023** to schedule a ride.

Riders must schedule rides 4 business days in advance. All Monday trips are scheduled Wednesday prior to the trip.

Please provide your name, phone number, address for pick up, and destination address when you call.

Cancellations must be made 24 hours in advance.

If you have mobility issues please schedule your aide to assist you, they will ride free. Appointments and trips are on a first come first serve basis. Schedule as early as you can. We cannot accommodate same day requests.

SHOPPING VAN

Shopping van is \$4 round trip.

It runs Mondays from 10:30 to noon. In the case of snow days or a Monday holiday van will run on Wednesday.

The van driver is driving and cannot help with bags, buy only what you can carry.

Shopping pick up at Golden Court and Winfield are a set time with a single stop at each complex.

Shopping van will make 1 stop at a store for each person and there are no transfers.

Please sign up for shopping van four days in advance. We cannot add people that day.

The van will alternate where it stops weekly with a schedule provided.

VOLUNTEERS NEEDED!

We are currently looking for a few volunteers through the RSVP program to be part of our volunteer driver pool. Dates and details to come. Please see Lauren, Outreach Coordinator, if you are interested in driving our town sedan.

No Transportation available April 22nd!

Upcoming Programs

Arty Cards

March 3, Tuesday 12:30

In this special one-session class, Joanne Milloy will guide you how to make 5 holiday cards. No need for prior experience or artistic ability. Class is limited to 14 people. Cost: **\$12**. Please sign up.

Creative Envelopes

With Diane & Jane Nevinsmith

April 6, Monday @ 2:00

Hate to throw away those beautiful calendar pictures at the end of the year? Come & learn how to make them into attractive envelopes to brighten up your mail.

Uncomplicated, easy techniques that also can be done with wrapping paper, magazine pages, etc. Diane and Jane will be guiding you through this simple process.

Bring an old calendar if you have one.

Please sign up.

Art Workshop - Paint with Kit

April 27, Monday 1-3 PM

Join us and create your own 8 x 10 canvas wall art. We will learn how to paint simple but delightful birch trees. No special artistic skills or painting experience required! There is a materials fee of \$5.00.

Please register.

Writing Group – Memories of Our Lives

Tuesdays @ 2:00

March 3, 17, 31 & April 14, 28

If you are interested in writing about your life for yourself or others, come to the group Memories of Our Lives.

Movie Matinee Wednesdays @ 12:30

March 11, 25 & April 8, 22

If you like lunch before the movie, please call a few days in advance to order your lunch.



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Lunch & Learn with Aegis PT- Pain

March 18, Wednesday @ 12:15

Constantly needing your pain meds refilled? Did you know that physical therapy can help you ditch the opioids!

PT can help to ease your pain and avoid the opioids. PT can help you understand the cause and contributing factors to your pain and implement a comprehensive and customized plan of care to address them. In the ways that are drug-free, non-invasive, and safe. Please register.

Free Fall Screening

April 1, Wednesday 12-2 PM by Appt

Testing and assessments conducted by Aegis Physical Therapy of Hadley.

Falls and a fear of falling can diminish your ability to lead a full and independent life. Although 1 in every 4 older adults falls each year, falling is not a part of normal aging. You have the power to reduce your risk of falls.

A physical therapist can help you do so by:

- Assessing your risk for falling
- Designing an individualized plan for your fall-prevention needs
- Helping you make your home as safe as possible
- Educating you about the medical risk factors associated with falls
- Providing you with appropriate exercises and balance training
- Working with other health care professionals to address any underlying medical conditions that could increase your fall risk
- Providing you with recommendations on appropriate community programs

Join us for this free fall screening by a licensed physical therapist from Aegis Physical Therapy at Hadley Senior Center on Wednesday, April 1st 12-2 PM. Call to schedule your assessment 413-586-4023.



170 University Drive, Suite 102
Amherst, MA 01002
413.461.3530 ext.311
fax: 413.461.3532
www.aeiouhc.com

Health and Safety

Do You Need Foot Care? Piper Sagan is our Foot Care RN. **Fee: \$35 for in-office appointments and \$60 for home visits.**

Insurance is not accepted. Next clinic dates are:

Monday, March 16 & Friday, March 27

Thursday, April 16

Call 586-4023 to schedule an appointment. To schedule home visits with Piper call 413-522-8432.

Community Health Nurse Office Hours:
Wednesdays from 8am – noon, 586-2513

Sharps are accepted in approved containers only. Replacement containers are obtainable too.

Medical devices such as walkers, shower seats, commodes, etc. are available for loan. Please call senior center 586-4023 to submit a request for what you are looking for.

Please do not bring any equipment to our temporary location at 120 Russell St.

For returning and donations of any medical equipment, please call the center to schedule pick-up.

TRIAD NEWS

TRIAD /SALT Meeting

March 12 and April 9

Thursdays @ 9:30
at the Safety Complex

Number Please

In an emergency, seconds count!

Help emergency personnel quickly locate your home. Call to have a red placard with reflective numbers installed in your front yard, close to the road. A suggested donation of \$7 helps defray the cost of the materials. Call 586-4023 to have one installed or replaced if needed.

Lock Box Program

What is a lock box? It's a small box with a combination lock that holds your house key. Placed as inconspicuously as possible, emergency personnel are the only ones with the combination. If you are elderly, live alone, or have a medical condition that warrants calling for help, having a lock box means you will get help quickly, easily, and without having to repair a door or window. Call 586-4023. Suggested donation \$30.

Now 3rd Thursday of the Month

Coffee with a Cop @ 2 PM

March 19 & April 16

A great opportunity to stay connected to the Hadley Police Dept. Ask questions and meet our officers who work to keep Hadley safe!

Open to the public, all welcome.

Hadley "New" Emergency Alert System Registration

We are planning a sign-up session for this
new public safety-alerting tool - Nixle
April 16, Thursday 2-4 PM

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Wednesdays, **2-4 PM** or call 413-587-1299

SHINE

By appointment, If you desire to make a SHINE appointment, please call Hayley wood, COA director, directly to schedule one; our receptionists won't be able to make appointments for her.

Note from COA Outreach Coordinator:

Happy Spring 🌸 I hope everyone is enjoying the longer days as we swing into the spring season. I am currently working on fuel assistance applications and can take appointments until the end of the season, April 30, 2020. The income guidelines are \$37,360 for one person and \$48,855 for two people. I can assist with new applications as well as recertification. If you have already filled one out or filed an application and would like to check on the status please call Community Action at 413-774-2310 and press #1 for fuel assistance then #4 to check on the status. It will ask you to select a language then check status by entering your social security number in order to identify who you are. I am here to assist in filling out SNAP applications and review options to help you maximize your benefits.

Also April 22nd Wednesday we will not have transportation. *Lauren Hannigan*



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Resources

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 cost is \$57.00

The Food Bank of Western Mass Brown Bag program

Provides a free bag of healthy groceries to eligible seniors once a month at local senior centers and community organizations. The food items are specifically selected to meet seniors' special dietary requirements to help them stay healthy and active. The Hadley Senior Center is a pickup location and pick up is the 3rd Thursday between 10:30 am and 3 pm. Arrangements must be made for pick up each month. Repeated failure to pick up will result in ineligibility. Call 586-4023 for more info.

Handyman: available to help with smaller chores for seniors living in their own homes. We do reserve the right to assess whether the work you seek is outside the scope or jurisdiction of work we can offer. No snow removal or yard work.

One-on-one Computer Tutorials: Steve Eagle is a volunteer from RSVP that offers free computer tutorials. Call senior center to schedule.

Need help setting up a computer? Janice Jorgensen is our volunteer making house calls on our behalf to help fix glitches or configure your system. Call us to schedule a visit, please call 586-4023. **Though there is no fee, donations to the Friends of Hadley COA are welcome.**

State Rep. Dan Carey Office Hours

Fridays March 27 & April 24 @1:00

State Representative Daniel R. Carey looks forward to meeting with his Hadley constituents.



We try to keep you busy...

Birthday Ice Cream Social

Friday at 2PM, March 27 & April 24

You are invited to our Birthday Ice Cream Social! Whether you celebrate your birthday this month or not, you are invited to our party, feel free to bring friends.

Vivacious Vibe – Men's Breakfast Club

Monday @ 9AM, March 30 & April 27

Enjoy a hearty breakfast while enjoying good conversation with others. Engaging in group activities is one way to maintain our wellbeing. Limited to 12, reservations are necessary. Suggested donation \$3.

Decluttering Group

Tuesdays @ 12:30, March 3 & April 7

Join us for an interactive conversation where we share ideas about downsizing and de-cluttering with Becky Martin

Eating Well 101

Celebrate Spring with Healthy Salads

March 19, Thursday @12:30 PM

Hands on Class, limited to 10 people, please reserve your tickets. Donation \$5 to cover the cost of ingredients.

Eating Well 101

Spring Cleaning your Gut

April 13, Monday @ 12:30

Hands-On Tips to Spring Clean Your Gut
Learn about it and fill up on fermented foods. ...
Ditch the sugar. Get friendly with fiber. Listen to your gut...Suggested donations \$5

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

Hadley COA Photo Gallery



Nora's Lunch Box Homemade Meals



Go Red for Women's Health Day - Red Borscht Sample



Wear a Crazy Hat Day – Line Dancing Class



Cookies Decorating Event with Carla Grabiec

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CENTER is open Monday through Friday 9am - 4pm.
Contact us: 586-4023 or coa@hadleyma.org

COUNCIL ON AGING STAFF:

Senior Services Director: Hayley Wood
Program Coordinator: Violet Suska
Community Outreach Coordinator: Lauren Hannigan
Van Drivers: Stanley Kroll / Kim Keegan

MEMBERS OF THE COUNCIL ON AGING:

David Storey, Elizabeth Faulkner, Glenn Clark,
Marguerite Wilson, Rosalie Weinberg, Bruce Brewer

MEMBERS OF THE FRIENDS OF HADLEY COA:

Jane Nevinsmith - Chair, Marlene Merzbach - Clerk,
Susan Glowatsky - Treasurer, Rich Holden, Connie
Mieczkowski, Nancy Niedziela, Rich Rubin, Ray
Spezeski, Karen Walters-Zucco, Hayley Wood, Kit
Ziomek.

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

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

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) 1-800-772-1213
Social Security (Holyoke Office) 1-877-480-4989
Medicare (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)
Community Health Nurse, Marge Bernard, R.N. 586-2513
Hadley Housing Authority at Golden Court: 584-3868

STATE SENATOR Joanne Comerford may be reached at
the State House, Boston, MA 02133 (617) 722-1532 or
jo.comerford@masenate.gov and at district office by mail:
PO Box 60190, Florence, MA 01062 or (413) 367-4656

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

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**And our Business Sponsors:
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Florence Bank, Ideal Movers, Karl's Site Work**

Be sure to support local businesses featured in this newsletter!

**The Friends of the Hadley Council on Aging
Thank you all for your ongoing support!**



Did you know...

That the Friends fund the Council on Aging budget for things not included in the town budget? Last year, the town budget was over \$20 million dollars, and the Council on Aging Budget was \$117,000. This only covers salaries and expenses. So all of the monies we raise by memberships, fund raisers, raffles, and now the opportunity to put your name permanently in our new building go to this cause. Please consider a membership (no meetings required), buying a leaf of love for yourself or a family member, or name a part of the new building. Brass plaques will honor your donation at the appropriate location.

Greeting cards bargain corner

Need a greeting card? Buy one from us for only \$.25 and support the programs at the COA.

Do you get free greeting cards or calendars from charities? Please recycle unwanted ones with the Friends of the Hadley COA, to be sold at the center as a fundraiser.

Coin jars are located in the office at the Friends table and in the main room. Your loose change adds up and goes to the Friends. Please drop in some change (or rolled pennies) when you come. Every penny counts....thanks. We collected last year \$250!

Join us for our Friends events –**First Fridays with Friends, Coffee with a Cop** (now the 3rd Thursday of the month), **and the Birthday Ice Cream Social.**

Raffle Calendar coming up...

The semi-annual Friends Calendar raffle will be in June - watch for entry forms in late April and in you May June Newsletter.




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Fitness Class Schedule

All fitness participants *must* have a waiver and yearly physician clearance on file to take classes.

Forms are available in the COA office.

Mondays

Keep Moving Walking Club 9:30 AM (Weather permitting) will resume on March 23

Yoga 10:30 AM \$4 per class, minimum 8 people

Tuesdays and Thursdays

Healthy Bones & Balance with Betty & Co. 9:30 AM, no cost

Moving to the Music 10:45 AM with Brenda & Lynne, Full Body workout designed for seniors, no cost.

Wednesdays

Yoga Stretch, Flex and Breathe, with Ed Golding, 9:15 AM, no cost

Healthy Bones & Balance with Georgia and Elaine, 10:45 AM, no cost

Tai Chi 2:00 PM \$4 per class, minimum 8 people

Fridays

Line Dancing @10AM

Cost \$5 per class, paid monthly in advance.

Want to learn to line dance? No partner needed. It's not just country! Music from all genres to start your toes tapping!

Exercise Class Payment Policy

- Each class must have a minimum number of people signed up. This means you must sign up in advance for the class to be run.
- Each month must be paid in advance, regardless of missed or scheduled absences by participants. Again, this policy is only specific to the paid classes. Thank you to the Friends of Hadley COA for subsidizing some classes to keep prices affordable.

Wellness Funding

The Hadley Senior Center does not want anyone to be left out of the activities and offerings because of ability to pay. The Friends of the Hadley Council on Aging have provided us with a small grant to assist with activities and events. Please see Lauren in Outreach for information or to apply for assistance.

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Wednesdays 12:10 - 1:50

Additionally Tuesdays

March 3,17,31 & April 14,28

15 Minutes for \$15

Great way to reduce stress and release tension in your body!

Please call to schedule your appointment.

TREAT YOURSELF TO TYME4SPA

By Diane Neill, MA Licensed Esthetician

March 19 & April 16

Services are offered here at fabulous prices...

facials (60 min service @ \$30), microdermabrasion treatments, masks, eye & lip treatments, hand & foot treatments, etc.

To schedule your appointment, please call the center.

Nora's LUNCH BOX

We are excited to offer our new home cooked lunches on a twice a month basis.

Nora's LUNCH BOX will be offering meals for a small fee of \$5 now on **Tuesdays**

March 10, 24

& April 7, 21

Please check in the office for the menu and to sign up.

FIRST FRIDAY WITH FRIENDS 2:00

March 6, April 3 & May 1

Come down to the Center and have some refreshments & conversation. Bring a friend. Want to know the latest news? Join us for First Fridays! It's free!

Looking for our local talents

Oscars Potential!

We want YOU to join this new senior theater project:

The Haverston Mills Town Meeting

A Comedy in one act

Written and directed by Steve Henderson

Rehearsals start April 24, Friday 9 -11 am

The citizens of Haverston Mills may range from sensible to eccentric to downright zany, but they are invariably fun to watch. Now the town faces a very important decision and everyone has an opinion. If only the Town Moderator can keep it together.

Starring a cast of actors from the Hadley Senior Center

For more info and to sign up, please see Violet

Show Date & Times TBA (tentatively first week of June)

- THERE IS NO MEMORIZATION AND NO AUDITIONING
- ANYONE WHO WANTS TO BE IN THE SHOW WILL BE IN THE SHOW
- 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 (MOST LIKELY FIRST WEEK OF JUNE)
- 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.



Live life to the fullest in a supportive community!

Independent and Assisted Living, and Memory Care are all on one campus. Private pay, LTC insurance, moderate rentals and financial assistance is available. Please call or come take a tour. You will soon see how our residents are living life to the fullest.

Visit or call us at 413-586-2902 for more information.

Rockridge

25 and 37 Coles Meadow Road
Northampton, MA 01060

rockridgema.org

FRIENDS TRAVEL CLUB SPONSORED TRIPS

For information, please call **Jane at 586-3772**

April 29, Wed – Westchester Broadway Theatre, **ALL SHOOK UP**, a musical comedy built around a number of songs by Elvis Presley. It is not a biographical revue. \$122 (Lunch, show, transportation).

May 11 – 13, **Saint's and Sinner's Tour** to see the Sight and Sound Theatre production of Queen Esther. We will be staying at the Wind Creek Casino Hotel in Bethlehem. 3 days, 2 nights \$528 per person/double.

July 26 – August 3, 9 days, 8 nights on the **American Queen Mississippi River Paddle boat** SOLD OUT

September 1 – 17, **Transatlantic-repositioning cruise from Amsterdam to Boston**, SOLD OUT

September 11 – 19, **Montreal to Boston**: Motor coach to Montreal, overnight at the LE Westin Montreal, city tour, and 7 night cruise, from \$1899.

November 5 – 15, **Hawaiian Islands Cruise**. 11 days, 9 nights airfare included from \$4999.

November 12, Thursday, **Bob Hope - USO style tribute**. Price about \$100. More details TBA. (Lunch, show, transportation).

November 30, Dec 1, 2 **White Mountain Hotel and Resort**. Back by popular demand, 3 days, 2 nights at the luxury resort. Visit to the Mount Washington Observatory's Observation Weather Discovery Center in North Conway, Sleigh Ride at Nestlenook Farms, 3 shows, great meals, relaxing trip. \$509 per person double. \$100 deposit due to hold your space.

January 26 – Feb 6, 2021: **Southern Caribbean Cruise** sailing from New Jersey – from \$1499.



CHRISTOPHER HEIGHTS
of Belchertown
AN ASSISTED LIVING COMMUNITY

For information or tour
Call **Lorna Stone**
at (413)323-5500
Ask about our "No Worries Pricing"

www.christopherheights.com

99 Front Street, Belchertown, MA 01007

Community Corner

HADLEY HISTORICAL SOCIETY

SUNDAY, MARCH 22, 2020 2:00 p.m.

"Crystal Products of the Ice King: Ice Harvesting and the Natural Ice Industry in New England"

Presented by Dennis Picard, Retired Director of Storowton Village Museum

Dennis will discuss the ice harvesting industry and the tools and methods that were used in local ponds and water bodies.

SUNDAY, APRIL 19, 2020 2:00 p.m.

"The CCC in Massachusetts"

Presented by Gini Traub, Regional Educator for the Massachusetts DCR ,

Learn about the "boys" who enrolled in the Civilian Conservation Corps program, their everyday life in the camps, and their work projects at Massachusetts State Forests and Parks.

Please join us at the Hadley Historical House, 12 Middle Street

US CENSUS UPDATE

ATTN: SNOWBIRDS

Are you a "snowbird" who seasonally lives at another address? Did you know that your information should be counted at the address where you live and sleep **most of the time**? If you live in Massachusetts for most of the year, you should respond to the 2020 Census addressed to your Massachusetts household. It's important to know, **U.S. Census data is for statistical purposes only and your responses on the Census will not affect your property tax or insurance premiums.** You will be able to fill out the U.S. Census online or over the phone at your convenience in 13 different languages. Eventually, your housing unit will receive the traditional paper form if you do not self-respond using the online or phone method. This information is used for data for the next 10 years, money for state and federal programs, and your political representation. All of your information is strictly confidential and will not be shared with any federal or state agency under Title 13 of the U.S. Code. **The Census Bureau will never ask for your full Social Security Number, bank accounts, or money of any kind..**

For more Census information,
please call the Secretary of the Commonwealth's office at 1-833-MA1-2020.

VOLUNTEERS NEEDED FOR WEIGHT TRAINING STUDY!

What is this study? We are weight training older adults to understand the effect of different exercise programs on skeletal muscle function.

Do you qualify? Healthy, non-smoker, not exercising heavily, 65 to 75 years old and willing to undergo tests for body composition and muscle function including a biopsy and electrical stimulation.

How much time is required? Approximately 4 months: 3 days/week, one-hour exercise sessions + 12 hours total of (non-consecutive) testing.

For your participation, you will receive: Guided, one-on-one exercise training; scientific data on your muscle strength and body composition, and \$500 upon completion.

Please Contact: Brayden Woods 413-545-6084, umasschamp@gmail.com

DATES TO REMEMBER

March

- 3 **Tu Super Tuesday Voting Day**
- 3 Tu Chair Massage by Appt
- 3 Tu Writing Group 2:00
- 3 Tu Decluttering 12:30
- 3 Tu Arty Cards Class 12:30
- 6 Fr First Friday with Friends 2:00
- 9 Mo AARP Tax Services by Appt only
- 9 Mo Celebrating Womens' Day 1:00
- 10 Tu Nora's Lunch Box 11:45
- 11 We AAA Mature Driver Class Starts 3 sessions
- 11 We Movie Matinee 12:15
- 12 Th TRIAD 9:30
- 12 Th COA VAn Trip MHC Flower Show 11:00
- 13 Fr Book Club 9:30
- 13 Fr After 2 Tea with Author 2:00
- 16 Th Foot Care Clinic by Appt.
- 17 Tu Chair Massage by Appt
- 17 Tu Writing Group 2:00
- 18 We Lunch & Learn with Aegis- Pain 12:15
- 19 Th Tyme4Spa Services by Appt.
- 19 Th Coffee w. a Cop 2:00
- 19 Th Brown Bag Pick-up 10:30
- 19 Th Eating Well Celebrating Spring Salads 12:30
- 24 Tu Nora's Lunch Box 11:45
- 25 We Movie Matinee 12:15
- 26 Th Social Security-Understanding Benefits 3:00
- 27 Fr Foot Care by Appt
- 27 Fr Rep. Carey Hours 1:00
- 27 Fr Birthday Ice Cream Social 2:00
- 30 Mo Lady Bugs Meet / "Guardians" Documentary
- 30 Mo VV Men's Breakfast 9:00
- 31 Tu Chair Massage by Appt
- 31 Tu Writing Group 2:00

**Daylight saving time in Massachusetts
will begin at 2:00 AM on
Sunday, March 8!**

April

- 1 We Balance Screening by Aegis PT by Appt
- 2 Th Foot Care by Appt
- 2 Th After 2 Tea Photo Journey Africa 2:00
- 3 Fr First Friday with Friends 2:00
- 6 Mo AARP Tax Services by Appt only
- 6 Mo Creative Envelopes 2:00
- 7 Tu Museum on the Go: Us & Them 1:00
- 7 Tu Decluttering Group 12:30
- 7 Tu Nora's Lunch Box 11:45
- 8 We Movie Matinee 12:15
- 12 Th TRIAD 9:30
- 10 Fr Book Club 9:30
- 13 Th Eating Well Spring Cleaning your Gut 12:30
- 14 **Tu Town Elections Day**
- 14 Tu Chair Massage by Appt
- 14 Tu Writing Group 2:00
- 15 We UMass Play COA Van Trip 9:15
- 16 Th Foot Care Clinic by Appt.
- 16 Th Coffee with a Cop 2:00
- 16 Th Tyme4Spa Services by Appt.
- 16 Th Brown Bag Pick Up 10:30
- 20 **Mo Center Closed Patriots Day**
- 21 Tu Nora's Lunch Box 11:45
- 22 We Movie Matinee 12:15
- 24 Fr Senior Theater Project Starts 9:00
- 24 Fr Rep. Carey Hours 1:00
- 24 Fr Birthday Ice Cream Social 2:00
- 27 Mo VV Men's Breakfast Club 9:00
- 27 Mo Art Workshop Paint with Kit 1:00
- 28 Tu Chair Massage by Appt
- 28 Tu Senior Theater Project 1:00
- 28 Tu Writing Group 2:00