



# Hadley Senior Center Newsletter

Sponsored by the Friends of Hadley COA

January / February 2022

## Highlights:

- Hadley Matters 1/6 & 2/3
- **Ugly Sweater Day, cocoa & cookies 1/10**
- The Lunch Box 1/13 & 2/10 (preorder required)
- Art Show Opening Night 1/14
- Dementia – Erase the Stigma Presentation 1/18
- Intro to Video Making 1/19
- ABC of Medical Cannabis 1/24
- Mystery Box 1/27
- Art with Kit 1/31 & 2/28
- Birthday ice cream social 1/28 & 2/25
- Men’s Breakfast 1/31& 2/28
- Celebrating Lunar New Year 2/1
- Suminigashi Art Class with Diane & Kit 2/7
- Trouble hearing on the phone? Caption call options 2/8
- Mend with a Friend 2/9
- **“Crazy Hat Day”, wear one to win a prize! 2/10**
- All About chocolate 2/14
- Sodium, too much? Presentation 2/16
- Ceramic Heart Class 2/23
- Roast Beef Dinner to GO Friends Fundraiser Sun. 2/20
- 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.
- To avoid low turnout and cancelations, please sign up in advance (including payment) for all activities. Tks
- **Please note that Hadley Senior Center is closed on January 17 and February 21!**

Dear Hadley Community,

The Friends of the Hadley Council on Aging need your support. We have enclosed an envelope to make it easier for you. On an annual basis, your contributions support: \* Newsletter printing \* Volunteer luncheon and gifts \* Yearly “My Senior Center” fee \* Seasonal decorations \* Speaker/entertainer fees \* Refreshments for events like Art openings \* First Friday with Friends \* \* Coffee with a Cop \* Ice cream social \* Walk off mats \* Landscape plantings and maintenance \* In addition, there are many little things that we finance because they are not in the COA department budget (part of the town budget). Along with our annual request for contributions, we are constantly having fund raising events that hopefully are enjoyable for all, like the calendar raffle, the Lunch Box, Roast Beef to go Dinner, sale of aprons with logo, cold seltzers at the reception desk, small things like selling greeting cards and calendars, and even the coin jar on the reception desk for people to put small change in. Furthermore, you can donate a car you no longer use or if you shop online at Amazon, select the Amazon Smile [smile.amazon.com/ch47-2960448](https://www.amazon.com/ch47-2960448) for a small percentage of your purchase price gets transferred to us. Your support in any or all of these ways helps make our center function more efficiently and comfortably. Thank you.

## Hadley COA and Senior Center

46 Middle St. Hadley, MA 01035

Hours: Mon. - Fri. 9am – 4pm

Office: 413-586-4023

Hayley Wood, Director, ext.1  
[coa@hadleyma.org](mailto:coa@hadleyma.org)

Violet Suska, Program Coordinator, ext.2  
[coaprograms@hadleyma.org](mailto:coaprograms@hadleyma.org)

Lauren Hannigan, Outreach Coordinator, ext.3  
[coaoutreach@hadleyma.org](mailto:coaoutreach@hadleyma.org)

General inquiries  
[coa@hadleyma.org](mailto:coa@hadleyma.org)

Meals on Wheels: 584-6784

Highland Valley Elder Services: 586-2000



## Friends of Hadley COA Thank you to the following business sponsors:

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**Director's Note**

I write this feeling disbelief that we are ringing in 2022! Here's an anniversary that you may not know about: the Massachusetts Triad program has now been active in Hampshire County for 30 years! Triad in Hadley is a collaboration of the Council on Aging, the Hampshire County Sheriff's Department, the Northwestern District Attorney's Office, the Hadley Fire Department, Hadley Police Department, and community members. So what do we do?

Triad volunteers and members who work for the partner departments meet monthly for most of the year to organize annual programs that enhance the safety of older adults. Hadley's active programs include: Sand for Seniors (sand buckets delivered to homes), Number Please (reflective house numbers installed at the base of driveways, close to the road to aid first responders in quickly finding an address), Lock Box (a box with an extra house key available only to fire fighters or police officers affixed to homes so that wellness checks can be conducted without breaking doors), and regular fraud prevention and consumer protection information distributed by the DA's office. Hadley's Triad group also organizes a yearly, free shredding event for seniors and a drug take back day.

In 2022 Hadley's Triad group will be organizing an anniversary celebration, so it'll be a particularly lively year. We need more community volunteers for all aspects of the work. It's not a huge commitment—monthly meetings from March to November, with opportunities to place house numbers, help with shredding events, and spread the word about what Triad does for the community. The Chair of our Triad team is Lauren Hannigan, the HCOA Outreach Coordinator. Please call her if you'd like to join! I promise you it's fun and you get the satisfying feeling of doing good.

You may have observed that the town of Hadley has a new community nurse, Alycia Wright, who spends most of her time at the Senior Center administering rapid COVID-19 tests, as need is demanding right now. She will be available for other nurse services on an appointment basis. Please reach out to her! You can leave a message for her on her Senior Center extension (586-4023 x4) or email her: [nurse@hadleyma.org](mailto:nurse@hadleyma.org). She will be glad to make herself available for blood pressure checks, medication management/pillbox filling, glucose screening, and B-12 injections. Weekly three hour shifts for COVID-19 tests will change from week to week. Call us for hours or check the town website: <https://www.hadleyma.org/home/news/free-walk-rapid-covid-testing-hadley-senior-center>

With Warm Wishes, *Hayley Wood*

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[arborsassistedliving.com](http://arborsassistedliving.com)



## **Hadley Senior Center Van Service**

The Hadley Senior Center van, which has a wheelchair lift, has a modified, fixed, repeating route with little variation. 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 outside of this parameter, please contact Lauren in advance at 586-4023 ext. 3, she will work with our volunteers to try and accommodate your ride.

Currently we are able to accommodate one person per row, a total of 6 passengers at any given time.



### **Weather cancellations:**

If a decision is made to cancel programs or close the Senior Center due to weather, media will be notified and participants can check the following news outlets: WWLP 22, ABC 40, Fox 6, CBS 3, and WGGW 40. The Director will also change her own greeting (which you can hear by choosing ext. 1) to reflect cancellations or closure.



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### **FIRST FRIDAY WITH FRIENDS**

**Jan 7 and Feb 4 @ 2 PM**

Mark your calendars for this upcoming Friends' Special - March 4!  
**Featuring Senator Jo Comerford and State Representative Daniel Carey** – your chance to meet representatives, share your concerns, and ask questions. All welcome! Open to the public.

### **Celebrating the Lunar New Year, Year of Tiger**

**Feb 1, Tuesday @ 12:30**

Homemade Chicken, Cashew and Long Noodles  
Fee \$5.00, sign up!



### **All about Chocolate**

**Feb 14, Monday 12:30**

If you think that chocolate is only for after dinner—think again! There are delicious savory main courses, sides, stews, snacks—even salads—that call for chocolate. Let's explore! Fee \$5.00

### **Sodium, too much?**

Workshop by Food Bank of Western Mass

**Feb 16, Wednesday @1PM**

Sodium is a mineral and is actually found in salt in the form of sodium-chloride. There is a misconception that a lot of people's salt intake comes from the salt shaker that people use at home.

In fact, 75 –80% of a person's daily salt intake comes from processed foods and foods at restaurants.

Are we consuming too much of it?

### **Thank you**

The HSC staff is grateful for the many volunteers who help us every day, including receptionists, lunch program assistants, lunch delivery drivers, and drivers who bring Hadley seniors to out of town medical appointments, TRIAD members, holiday decorators, and class instructors and group leaders. We give a special shout out Nora Meyer for her outstanding work with the monthly Lunch Box program. We extend thanks to the volunteers who assist with Brown Bag delivery and the Senior Mobile Nutrition Program, and the Hadley Mother's Club for their ongoing generosity. Thank you to the Age- and Dementia-Friendly working group for your efforts and to the COA Board for your guidance. 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.

## Feeling creative?

### Art with Kit: Watercolor Trees

January 31, Monday @ 1PM

We will be creating simple winter landscapes by experimenting with skies and evergreen trees in several ways. No experience necessary. Materials will be provided, \$5.00 fee. Limited to 10 participants. Please register early.



### Suminagashi Paper Marbling Class

Monday, February 7, 2 PM Cost \$7.00

Diane Nevinsmith & Kit Ziomek

Learn this ancient form of Japanese marbling called Suminagashi, or "ink floating". Delicate, swirled patterns were produced on paper when colors of ink were floated on the surface of the water. No experience necessary. Come and have fun. Limited to 8 people; registration required.



### Ceramic Secret Heart Class by Maryanne Bennis

February 23, Wednesday 12:30 – 3:30

"The human heart has hidden treasures, in secret kept, in silence sealed; The thoughts, the hopes, the dreams, the pleasures, whose charms were broken if revealed." – Charlotte Brontë  
Workshop participants will use basic hand-building techniques to create a secret heart. Surfaces will be decorated with colored slips drawing on personal iconography. This is the perfect class for those curious about clay or with a burning secret! No clay experience necessary. Beginner friendly, minimum tools- hand towel and a bowl or bucket to rinse hands off (and imagination)  
**Affordable – clay, tools, and firing fee \$10!**

### Art with Kit: Kandinsky's Concentric Circles

February 28, Monday @ 1PM

Create your own abstract masterpiece using acrylics, in the style of Wassily Kandinsky, the famous Russian painter. No experience necessary. Materials will be provided, \$5.00 fee. Limited to 10 participants. Please register early.



### Creativity Room Open Art Studio Time

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...

The Hadley Senior Center newsletter is proudly printed at



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## Art Show for January and February

### On view: "I love Hadley"

We are proud to introduce you to our exciting project led by the Hadley Cultural Council.

"I Love Hadley," aiming to promote the beauty and magic we have in our community, is a collection of outstanding pictures of our Town submitted by our local residents. We collected over 300 beautiful, attractive, or mysterious images that showcase the landscapes of our community as hidden treasure, from our gorgeous farms and mountain ranges, to our peaceful contemplative neighborhoods. We're excited to share our town's beauty with the public, and we're hoping that the exhibit will inspire people to come and check out our beautiful natural spaces.

An **Opening Night** for the show will be on **Friday, January 14** 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)) who is scheduling the shows. Showings will be for a 2-month period.



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### Mend with a Friend

February 9, Wednesday between 11AM-1:30 PM

Lost a button? Split a seam? Need help with a hem? If you would like to learn to use one and get help with mending, here's an opportunity. We can help you with your mending or teach you how to fix clothing yourself. Thread, pins, needles, buttons, etc. will be available for use on site. Schedule a 20-minute appointment to bring your clean, well-loved garment in to repair or adjust. This is a new program for us, so have patience!

## HEALTH AND SAFETY

### Do You Need Foot Care?

**Foot Clinic: January 6 & 18**

**February 3 & 15**

**Fee: \$50 (Home visit \$80)** Insurance is not accepted. Piper Sagan, the foot care RN, 9 - 3 by appointment only. 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. New price effective as of February.

### Sharps

Are accepted in approved and sealed containers only. Replacement containers are available. Please call the center to schedule your visit.

### Free Collection of Drugs

Safely dispose of unwanted medications at the Safety Complex. No questions asked. Please call first at 584-0883.

### Durable Medical Equipment Loans

We are loaning various medical equipment like wheelchairs, rollators, shower benches, commodes, and more.

**Please call 586-4023 x6 ahead to schedule pick up.**

### Community Health Nurse Services

Alycia Wright, R.N, 586-4023 x4

Services offered: COVID-19 rapid testing, blood pressure and glucose screenings as well as health information and education. Office hours vary: please call for an appointment.

E-mail: [nurse@hadleyma.org](mailto:nurse@hadleyma.org)



## TRIAD NEWS

We will be on break until March, and if anyone is interested in volunteering for TRIAD in the spring please reach out to Lauren 586-4023 x 3.

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

Help emergency personnel quickly locate your home in an emergency. Call 586-4023 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 lock box means you will get help more quickly & easily. For more info call 586-4023.

Suggested donation \$30.

### COFFEE WITH A COP Open to the public.

**January 20 & February 17 @ 2PM**

Building relationships. One cup at a time.

Hadley police officers and the community members they serve conversing issues and learning more about each other.



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### THE HADLEY HISTORICAL SOCIETY

Located at 12 Middle St. open to visitors on the 1st and 3rd Friday of each month from 1 - 3 PM.

Visitors are welcome to browse our collection of Hadley history, photos and artifacts. We are also open by appointment, call 413-587-2623.

**The Hadley Food Pantry: Sundays from noon to 1 PM** providing a variety of nonperishable food items as well as a few personal items. Parish Center at Most Holy Redeemer Church, 120 Russell St.

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## Outreach Resources

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Office Hours Wednesday 9-11 AM

### SHINE

Medicare enrollees seeking a SHINE appointment may call HSC to schedule.

### OUTREACH CORNER

Fuel Assistance season upon us and runs until April 30, 2022. If you have applied in the past and need help, please make an appointment once you have received your notification and application from Community Action and have all of your paperwork. If you are going to apply for the first time this season please call to discuss needed documents. The income maximums this season are \$40,951 for a family of one and \$53,551 for a family of two.

All SNAP recipients continue to have HIP benefits each month. HIP is an additional \$40-\$80 each month (depending on household size) on your EBT card for fresh fruits and vegetables purchased at eligible locations. The Winter Farmer's Market at the Hampshire Mall accepts HIP benefits for many of its vendors and runs December 4, 2021 until April 2, 2022 and is open 10 am-2 pm Saturdays. They are closed Christmas and New Year's Day.

*Lauren Hannigan*

### SENIOR MOBILE NUTRITION PROGRAM (SMNP)

SMNP is the 2<sup>nd</sup> Wednesday of the month from 2-3pm. Collaboration between the Hadley Senior Center and Amherst Survival Center. **Seniors are required to pick up the food at the Senior Center.** To sign up please call Lauren at 586-4023x3.

### BROWN BAG PROGRAM

Brown Bag is a monthly grocery program through The Food Bank of Western Mass. It takes place the 3<sup>rd</sup> Thursday of the month. **Bags are available to be picked up at the Senior Center after 11am.**

**Please take ALL items in the Brown Bag each month.** Non-drivers can have theirs delivered.



Live life to the fullest in a supportive community!

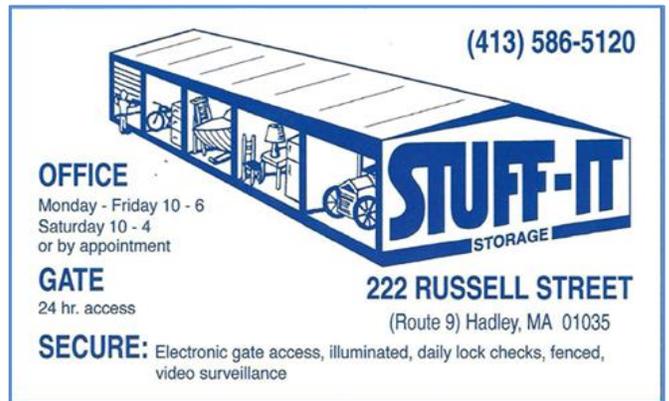
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## RESOURCES

### TAKE AND EAT WEEKEND MEALS PROGRAM

Free home delivered weekend meals for homebound seniors are available through the Take and Eat Weekend Meals Program in Hadley.

For more information or to enroll, please contact Kathleen Ryan, the program director @ 413-664-1041.

### 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.

### NEED HELP WITH YOUR COMPUTER?

Our volunteers can help fix glitches, configure your system, and guide you on how to use your software. Call first to schedule a conversation; please call 586-4023x6.

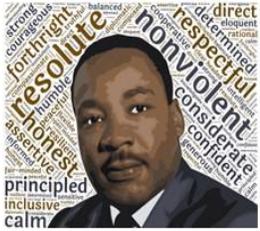
**Though there is no fee for this volunteer service, donations to the Friends of Hadley COA are welcome.**

### INDIVIDUAL / SMALL GROUP TECHNOLOGY TUTORING

services are available by appointment. Bring your own device (tablet, smartphone, etc.) or we have iPad and Amazon Fire tablets available for training as well as for use while at the center, including access to a free Wi-Fi.

**Call 586-4023 x6 to schedule your session.**

**AARP TAX PREPARATION SERVICES:** The AARP TaxAide Program volunteers will be preparing tax returns at our Senior Center beginning in February with appointment scheduling time TBA. Due to Covid-19, return preparation will only be done on a same-day Drop-off basis, like last year. Our clients will NOT be permitted to enter the building; all taxpayers will be required to drop off their documents in a big sealed envelope in our secure Drop Box outside by the front entrance between 7:30am -8:30am the day of their appointment. All communication between the taxpayer and Counselors will be done by phone, clients must commit to be available by phone all day if there are questions and to pick up their tax return on the same day. A confirmation letter, detailed instruction sheet, and intake forms will be available for pick up to all scheduled participants in advance of their appointment. These documents must be completed and signed at home before paperwork is dropped off. If paperwork is incomplete it will need to be rescheduled for later in the season on another day if one is available. So please make sure you follow the instructions and fill in all items, and attach ALL required documents. Significantly, if you are filing for the Mass Circuit Breaker, you must have ALL Real Estate and Water/Sewer bills. If you cannot find them, get a printout in January from the Town Hall to put in with your tax papers!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9:00 COA Van Service 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 2:00 Ping Pong	<b>4</b> 9:30 Healthy Bones and Balance 12:30 Billiards by Appt 1:00 Line Dance 1:00 Pitch & Games 2:00 After 2 Tea / Choice Of Table Topics 2:00 Ping Pong	<b>5</b> 9:00 Veterans Office 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 1:00 Canasta 2:00 Town Collector Hour 2:00 Ping Pong	<b>6</b> 9:00 Foot Care 9:30 Healthy Bones and Balance 10:00 Open Art Studio 12:30 Billiards by Appt 1:00 Line Dance 3:00 Hadley Matters	<b>7</b> 9:00 COA Van Service 9:15 Yoga 9:00 Massage 11:00 Tai Chi 12:30 Billiards by Appt 1:00 Mahjongg Group 2:00 First Friday with Friends
<b>10</b> 9:00 COA Van Service 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 2:00 Ping Pong  <b>!Ugly Sweater Day!</b> Cookies and cocoa for all wearing ugly sweaters :)	<b>11</b> 9:30 Healthy Bones and Balance 10:30 COA Board 12:30 Billiards by Appt 1:00 Line Dance 1:00 Pitch & Games 2:00 After 2 Tea / Choice Of Table Topics 2:00 Ping Pong	<b>12</b> 9:00 Veterans Office 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 1:00 Canasta 2:00 Senior Mobile Nutrition Pick-Up 2:00 Town Collector Hour 2:00 Ping Pong	<b>13</b> 9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 The Lunch Box by Friends 12:30 Billiards by Appt 1:00 Line Dance 2:00 Ping Pong	<b>14</b> 9:00 COA Van Service 9:15 Yoga 9:30 Book Club 11:00 Tai chi 12:30 Billiards by Appt 1:00 Mahjongg Group  <b>6:00 Art Show Opening Night</b>
<b>17</b> <b>Center Closed for Holiday</b> 	<b>18</b> 9:00 Foot Care 9:30 Healthy Bones and Balance 11:00 Friends Meeting 12:30 Billiards by Appt 1:00 Line Dance 1:00 Pitch & Games 1:00 Dementia Stigma 2:00 After 2 Tea / Choice Of Table Topics 2:00 Ping Pong	<b>19</b> 9:00 Veterans Office 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 1:00 Canasta 2:00 Town Collector Hour 2:00 Ping Pong 2:00 Intro to Video Making	<b>20</b> 9:30 Healthy Bones and Balance 10:00 Open Art Studio 12:30 Billiards by Appt 1:00 Brown Bag Pick-Up 1:00 Line Dance 2:00 Coffee with a Cop 2:00 Ping Pong	<b>21</b> 9:00 COA Van Service 9:00 Massage 9:15 Yoga 11:00 Tai chi 12:30 Movie Matinee 12:30 Billiards by Appt 1:00 Mahjongg Group
<b>24</b> 9:00 COA Van Service 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 1:00 ABC of Cannabis 2:00 Ping Pong	<b>25</b> 9:30 Healthy Bones and Balance 12:30 Billiards by Appt 1:00 Line Dance 1:00 Pitch & Games 2:00 After 2 Tea / Choice Of Table Topics 2:00 Ping Pong	<b>26</b> 9:00 Veterans Office 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 1:00 Canasta 2:00 Town Collector Hour 2:00 Ping Pong	<b>27</b> 9:30 Healthy Bones and Balance 10:00 Open Art Studio 12:30 Billiards by Appt 1:00 Line Dance 2:00 Ping Pong 2:00 Mystery Box	<b>28</b> 9:00 COA Van Service 9:15 Yoga 11:00 Tai Chi 12:30 Billiards by Appt 1:00 Mahjongg Group 2:00 Birthday Ice Cream Social
<b>31</b> 9:00 COA Van Service 9:30 Men's Breakfast 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 1:00 Art with Kit 2:00 Ping Pong		<b>ALL SUBJECT TO CHANGE WITHOUT NOTICE!</b> <b>MASKS ARE REQUIRED</b> MANY ACTIVITIES HAVE TIME AND CAPACITY LIMITS <b>ALL CLASSES REQUIRES ADVANCED REGISTRATION</b>	<b>FITNESS ROOM OPEN DAILY BY APPT 9-3 PM</b>  <b>Feeling sick? Staying home is best!</b>	<b>LUNCH PICK-UP TIME 11 AM -12 PM</b> <b>\$3 LUNCH DONATION IS APPRECIATED!</b> <b>PLEASE CALL AT LEAST 48 HOURS IN ADVANCE FOR A LUNCH RESERVATION</b> <b>413-586-4023</b>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ALL SUBJECT TO CHANGE WITHOUT NOTICE!</b></p> <p><b>MASKS ARE REQUIRED</b></p> <p>MANY ACTIVITIES HAVE TIME AND CAPACITY LIMITS</p> <p><b>ALL CLASSES REQUIRES ADVANCED REGISTRATION</b></p>	<p><b>1</b></p> <p>9:30 Healthy Bones and Balance 11:00 Moving to the Music 12:30 Billiards by Appt 12:30 Celebrating Lunar New Year 1:00 Line Dance 1:00 Pitch &amp; Games 2:00 After 2 Tea / Choice Of Table Topics 2:00 Ping Pong</p>	<p><b>2</b></p> <p>9:00 Veterans' Office 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 1:00 Canasta 2:00 Town Collector Hour 2:00 Ping Pong</p>	<p><b>3</b></p> <p>9:00 Foot Care 9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 12:30 Billiards by Appt 1:00 Line Dance 2:00 Ping Pong 3:00 Hadley Matters</p>	<p><b>4</b></p> <p>9:00 COA Van Service 9:00 Massage 9:15 Yoga 11:00 Tai Chi 12:30 Billiards by Appt 1:00 Mahjongg Group 2:00 First Friday with Friends</p>
<p><b>7</b></p> <p>9:00 COA Van Service 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 2:00 Art Class with Diane and Kit: Suminigashi 2:00 Ping Pong</p>	<p><b>8</b></p> <p>9:30 Healthy Bones and Balance 10:30 COA Board 11:00 Moving to the Music 12:30 Billiards by Appt 1:00 Line Dance 1:00 Pitch &amp; Games 1:00 Caption Call Options 2:00 After 2 Tea / Choice Of Table Topics 2:00 Ping Pong</p>	<p><b>9</b></p> <p>9:00 Veterans' Office 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 11:00 Mend with a Friend 1:00 Canasta 2:00 Senior Mobile Nutrition Pick-Up 2:00 Town Collector Hour 2:00 Ping Pong</p>	<p><b>10</b></p> <p>9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 11:00 The Lunch Box by Friends 12:30 Billiards by Appt 1:00 Line Dance 2:00 Ping Pong <b>!Crazy Hat Day! Enter to win prize!</b></p>	<p><b>11</b></p> <p>9:00 COA Van Service 9:15 Yoga 9:30 Book Club 11:00 Tai Chi 12:30 Billiards by Appt 1:00 Mahjongg Group</p>
<p><b>14</b></p> <p>9:00 COA Van Service 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 2:00 All About Chocolate 2:00 Ping Pong</p>	<p><b>15</b></p> <p>9:00 Foot Care 9:30 Healthy Bones and Balance 11:00 Friends Meeting 11:00 Moving to the Music 12:30 Billiards by Appt 1:00 Line Dance 1:00 Pitch &amp; Games 2:00 After 2 Tea / Trivia US Presidents 2:00 Ping Pong</p>	<p><b>16</b></p> <p>9:00 Veterans' Office 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 1:00 Canasta 1:00 Sodium, too much? 2:00 Town Collector Hour 2:00 Ping Pong</p>	<p><b>17</b></p> <p>9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 12:30 Billiards by Appt 1:00 Brown Bag Pick-Up 1:00 Line Dance 2:00 Coffee with a Cop 2:00 Ping Pong</p>	<p><b>18</b></p> <p>9:00 COA Van Service 9:00 Massage 9:15 Yoga 11:00 Tai Chi 12:30 Billiards by Appt 12:30 Movie Matinee 1:00 Mahjongg Group <b>Roast Beef Dinner to Go, Sunday 2/20 Reserve yours!</b></p>
<p><b>21</b></p> <p><b>CENTER CLOSED</b></p> 	<p><b>22</b></p> <p>9:30 Healthy Bones and Balance 11:00 Moving to the Music 12:30 Billiards by Appt 1:00 Line Dance 1:00 Pitch &amp; Games 2:00 After 2 Tea / Choice Of Table Topics 2:00 Ping Pong</p>	<p><b>23</b></p> <p>9:00 Veterans' Office 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 12:30 Ceramic Heart Class 1:00 Canasta 2:00 Town Collector Hour 2:00 Ping Pong</p>	<p><b>24</b></p> <p>9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 12:30 Billiards by Appt 1:00 Line Dance 2:00 Ping Pong</p>	<p><b>25</b></p> <p>9:00 COA Van Service 9:15 Yoga 11:00 Tai Chi 12:30 Billiards by Appt 1:00 Mahjongg Group 2:00 Birthday Ice Cream Social</p>
<p><b>28</b></p> <p>9:00 COA Van Service 9:30 Men's Breakfast 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 1:00 Art with Kit 2:00 Ping Pong</p>		<p>Coming Up: <b>MARCH 2, WEDNESDAY @ 1PM</b> <b>COOKING DEMO BY CHEF FROM CAREONE AT NORTHAMPTON</b> JOIN US FOR A COOKING DEMONSTRATION AND TASTING WITH CHEF FROM CAREONE AT NORTHAMPTON. SIGN UP EARLY! (SNOW DAY MARCH 4TH)</p>	<p><b>FITNESS ROOM OPEN DAILY BY APPT 9-3 PM</b></p>  <p><b>Feeling sick? Staying home is best!</b></p>	<p>LUNCH PICK-UP TIME <b>11 AM -12 PM</b> <b>\$3 LUNCH DONATION IS APPRECIATED!</b> <b>PLEASE CALL AT LEAST 48 HOURS IN ADVANCE FOR A LUNCH RESERVATION</b> <b>413-586-4023</b></p>

**STAY IN SHAPE FOR A HEALTHY AND INDEPENDENT LIFE STYLE**

**Exercise classes schedule**

**All fitness participants must have a waiver & yearly physician clearance on file to participate.**

Forms are available at the COA receptionist desk.

**Clean Indoor Shoes Policy in place. Bring second pair with you to change into!**

Restrictions apply, by registration only, no walk-ins!

**All subject to change without notice!**

**Yoga with Elizabeth Mon @ 11, \$4 / class paid in advance**

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

**Moving to the Music Tuesday & Thursdays @11 no cost**

**Tai Chi Class with Lenny Wed @ 11 \$5 / paid in advance**

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

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

**Tai Chi with Janet Fridays@11 \$5, paid in advance**

Get stronger internally to handle stress, lessen joint pain and improve balance. Have more energy to give! Do it now, use this winter for action...

**Fitness Center 9-3 PM by Appt. Restricted to 1 person at the time or 2 people from the same household, 55 min limit**

**Ping Pong / Tennis Table Hour**

Monday – Thursday 2-3:30 PM. Limit 2-4 people, register!

**Classes accessible on the Local Cable Access Ch 191**

- Healthy Bones & Balance TU & TH @ 9 AM
- Yoga Flex & Breathe with Ed WED @ 9:15 AM
- Moving to the Music with Lynne TU & TH @ 10 AM
- Tai Chi with Michelle Wed @ 11 AM

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

<https://www.youtube.com/c/HadleyMedia/playlists>

Healthy Bones & Balance class can be accessed anytime

<https://www.youtube.com/watch?v=Gz3GFI8hnz8>

Most of our programs can be found online through the town website or My Active Center [www.myactivecenter.com](http://www.myactivecenter.com)



PHONE: 413-584-7599  
FAX: 413-585-5976  
rizer@eatonsurvey.com

**HAROLD L. EATON & ASSOCIATES, INC.**

REGISTERED PROFESSIONAL LAND SURVEYORS

RANDALL E. IZER - PRESIDENT  
235 RUSSELL STREET - PO BOX 198 HADLEY, MA 01035

**Exploring more things to do...**

**MAHJONGG GROUP**

**Fridays 1-3 PM**

Have you been thinking about learning to play Mahjongg? Join us for an introduction to this 2000-year-old game.

**BOOK CLUB**

**January 14 & February 11, Fridays @ 9:30 AM**

**MOVIE MATINEE**

**January 21 & February 18 @ 12:30 (New Time!)**

**Movies TBA**, Limited to 10 people. Perhaps you would like to order our congregate lunch, please call Violet in advance!

**BILLIARDS**

**Tuesdays, Thursdays & Fridays 12:30 -2:30 PM**

Limited to 4 people by appointment, no walk- ins!

**NEEDLE WORK GROUP MEETING Mondays @ 10 am**

Limited to 8 people. Self-directed group, bring your own project.

**LIBRARY SURFING / ART STROLL**

**Monday-Friday 9:00 – 4:00 self-guided art viewing**

**LAVENDER LUNCH LGBTQA COMMUNITY**

**January 24 & February 14 @ 12:30**

Monthly LGBTQA social. Bring your own lunch, or just come & meet the other LGBTQA seniors. Hope to see you.

**AFTER 2 TEA SOCIAL / Choice of Table Topics**

**Tuesdays @ 2 PM**

Casual discussions with peers, pick random questions to start great conversation – many to pick from, interesting, puzzling, fun!

**US PRESIDENTS TRIVIA**

**February 15, Tuesday @ 2:00**

Test your wits, have a good time with your peers! Sign up!

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**241 Russell Street Hadley (413) 586-5552**

[www.aegisphysicaltherapy.com](http://www.aegisphysicaltherapy.com)



Exercise, Eat Well  
Stay Healthy  
We Can Wait

**Czelusniak Funeral Home**  
**413-584-3583**

**More program offerings**

**Intro to Video Making**

**January 19, Wednesday @ 2:00**

Drew Hutchison, Director of Hadley Media will offer an introduction to video making. This light and informative presentation will also be used to assess interest in offering continuing classes with the goal of collaborating with interested seniors in producing short videos.

**ABC of Medical Cannabis**

**January 24, Monday @ 1PM**

By Leslie Laurie MS, Neta, the first medical cannabis dispensary in Western Mass.

What is cannabis ? How is it used ? Who is eligible to be a medical patient? What is the difference between medical cannabis and adult use cannabis? What are the different types of products available?

**Do you have trouble hearing on the phone?**

**Feb 8, Tuesday @ 1PM (Snow day Feb 9th)**

**CaptionCall** - learn about true no-cost telephone captioning. It does not charge for the captioning service, phone or mobile app, delivery, or any form of customer support! CaptionCall provides those with hearing loss a visual text display on their phones at no cost. Messages are conveyed in real time to ensure clarity, understanding and confidence. If you have hearing loss and need captions to use the phone, you are eligible for this service at no cost. See you there.

**Mystery Box - guess to win prize!**

**January 27, Thursday @ 2:00**

Guess What's in the Box, test your sensory and humor skills!

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

**Men's Breakfast Club**

**January 31 & February 28, Mondays @ 9:30AM**

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

**Massage**

**Give your body a break, relax ☺**

**January 7 & 21 and February 4 & 18 @ 8:50 AM - 1 PM**

Massages are now available twice monthly on Fridays for both chair and table massages. Chair massages are in 15 min or 30 min intervals and 60 min. table massages can be booked at either 8:50am or 12pm by appointment. Table work can address more complex issues as well as incorporate a whole-body session. Marci Ryder Licensed Massage Therapist, trained in Swedish, deep tissue, myofascial, and lymphatic drainage massage as well as kenesio taping. **15 min \$15, by appt only.**

**Dementia - Erase the Stigma**

by Laura Lavoie, PAC™ (Positive Approach to Care®) Certified Trainer, Engagement Leader and Consultant

**Jan 18, Tuesday @ 1PM (snow day Jan.20)**

With the numbers of people living with dementia growing drastically, we need to understand it. We need to accept it and embrace those affected. Come learn ways to interact, not react, in an attempt to erase the stigma of this disease. Do you find yourself wondering what to do when you come across a person you suspect may have some form of dementia? Do you have dementia? Does someone you love have Alzheimer's Disease? Or just want to know more about it? If yes, call to sign up!

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At Northampton

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www.CareOneNorthampton.com

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scottmonuments@gmail.com

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JANUARY CALENDAR RAFFLE It's not to late to enter – daily drawings with cash prizes. Supporting the raffle calendar is a fun chance to win cash and supports the Friends. Cut out the below entry form.

**\$10 TICKET • \$10 TICKET**



**CHECKS PAYABLE TO: FRIENDS OF THE HADLEY COUNCIL ON AGING, P.O. BOX 251, HADLEY, MA 01035**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

### FRIENDS EVENTS AT THE CENTER

FIRST FRIDAY WITH FRIENDS Friday @ 2  
January 7 February 4

COFFEE WITH A COP third Thursday @ 2  
January 20 February 17

BIRTHDAY ICE CREAM SOCIAL last Friday @ 2  
January 28 February 25

ART SHOW OPENING NIGHT 2nd Friday @ 6  
January 14

Photos from the Hadley Cultural Council

### The LUNCH BOX by FRIENDS

We are excited to offer these homemade lunches once a month, limited to first 25 people signing up. Dine in! Cost \$5 in advance. Registration deadline the Friday before the event.

January 13, Thursday @ 11:30

Clam chowder, Tuna Salad Sandwich, Cole Slaw, Dessert

February 10, Thursday @ 11:30

Chicken stuffing bake, Green Beans, Cranberry Sauce, Dessert

### ROAST BEEF DINNER TO GO Sunday Feb.20

The Friends will be having a roast beef dinner to go as a fundraiser in February. Tickets are \$25 each. It will be a timed drive by pick up. Reservations limited to the first 100 tickets sold. Available at Reception.

### HADLEY MATTERS

Hadley is a "happening town." Sharon Howard will be interviewing local Hadley residents and town officials to learn more about our town:

@3 PM first Thursday of each month

January 6: Hadley DPW with Chris Okafor

February 3: Hadley Building Inspector -Tom Quinlan, Jr.

### SENIOR CENTER APRONS FUNDRAISER

Great gift for yourself or others: a new apron with the logo of our new building. \$12 each.



### Friends Trips for 2022

Call Jane Nevinsmith 413-586-4023 x 5 or H 413-586-3772  
(prices are per/person single occupancy)

Payment necessary to reserve a seat. Vaccination required.

April 6 – 8, Lancaster, Pa. Sight and Sound theater production of DAVID \$573

May 17, NY, be dropped off at either Bronx Zoo or NY Botanical Gardens \$105

June 20 – 22, Lighthouses of Maine: Ogunquit, ME, includes downeast clambake w/lobster \$639

June 28, Thimble Island Cruise w/lunch \$119

July 14, Thursday, Fresians of Majesty; lunch at the Marina and visit to Grafton Cheese factory \$135

July 31, Sunday: NY city boat tour with buffet lunch on boat \$159

August 10, Jersey Tenors at Aqua Turf with lunch \$119

October 3 – 5, Fall foliage bus trip and 1000 Island Tour boat tour \$658

November 6 – 20, New York to New Orleans repositioning cruise from \$1949 plus tax

2023: October 20 – Nov 1: Escorted Viking tour Paris & the Swiss Alps. From \$4699.



**KAREN G. JACKSON, ESQ.**

ATTORNEY AT LAW

573 Northampton Street, Holyoke, MA 01040

(413) 532-1200

www.jlawma.com • kgj@jlawma.com

THANKS TO THE KNITTING GROUP FOR  
DONATING THE PROCEEDS FROM THE SALE  
OF THEIR BEAUTIFUL  
WORK TO THE FRIENDS

**Thank you**

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

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**ELECTRONIC SERVICE REQUESTED**

THE COUNCIL ON AGING & SENIOR CENTER is open Monday through Friday 9am - 4pm. Contact us: 586-4023, fax 584-9934 or [coa@hadleyma.org](mailto:coa@hadleyma.org)

**COUNCIL ON AGING STAFF:**

Senior Services Director: Hayley Wood, ext.1  
Program Coordinator: Violet Suska ext.2  
Community Outreach: Lauren Hannigan ext.3  
Van Driver: Mark Glowatsky, Tim Huber (Substitute)

**MEMBERS OF THE COUNCIL ON AGING:**

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

**MEMBERS OF THE FRIENDS OF HADLEY COA:**

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

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.

**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](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)  
Community Health Nurse, Marge Bernard, R.N. 586-2513  
Hadley Housing Authority at Golden Court: 584-3868

**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