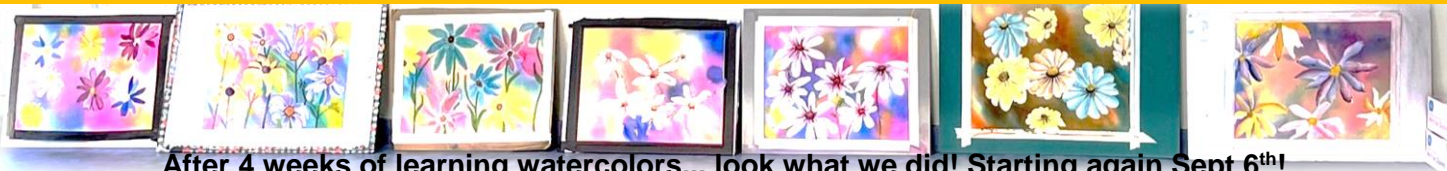


Hadley Senior Center Newsletter



After 4 weeks of learning watercolors... look what we did! Starting again Sept 6th!

Sponsored by the Friends of Hadley COA

September/October 2023

FRIENDS OF HADLEY COA

BE SURE TO SUPPORT LOCAL
BUSINESSES FEATURED IN THIS
NEWSLETTER!

THANK YOU TO ALL SPONSORS!



Holiday Luncheon with Concert

by Freddie Marion

Monday, December 11

Doors open at 11:45

Tickets available October 1st at reception - \$15

Mark your Calendars!

**SPECIAL UPCOMING FRIENDS
FUND-RAISING EVENTS:**

EDDIE FORMAN CONCERT

Sunday, October 8 @ Senior Center

Tickets \$20 in advance (seniors \$15 over 65),
\$25 at the door

OCTOBER FEST

Saturday, October 14

Tickets \$20 in advance, \$25 at the door

WINE TASTING

Friday, December 1

Tickets \$20 in advance, \$25 at the door

Hadley COA and Senior Center

46 Middle St. Hadley, MA 01035

Hours: M W F 9AM-4PM TT 9-7PM

Office: 413-586-4023

Hayley Wood, Director, ext.1

woodh@hadleyma.gov

Violet Suska, Program Coordinator, ext.2

suskav@hadleyma.gov

Lauren Hannigan, Outreach Coordinator, ext.3

hanniganl@hadleyma.gov

Katherine Abe, Administrative Assistant, ext.8

abek@hadleyma.gov

Reception Desk, ext.6

Dates to remember:

We are closed September 4 & October 9!

- Fridays with Jimmy, Bright Spot therapy dog 9/1 & 10/6
- Massage 9/1, 15, 29 & 10/13, 27
- Sing for Fun resumes 9/5 at 3:30 PM (new time)
- Watercolors with Tina starts 9/6 (8 sessions)
- Craniosacral 9/13, 27 & 10/18, 25
- Bereavement Group starts 9/8
- Art Show Opening Night 9/8
- Reiki 9/11 & 10/23
- Meditation Circle starts 9/11 (7 sessions)
- Let's Chew the Fat 9/11 & 10/16
- Building Bridges Veterans Lunch 9/13 & 10/11
- The Lunch Box 9/14 & 10/12 (preorder)
- TRIAD 9/14 & 10/12
- Haiku 9/14, 21, 28 & 10/5 (4 sessions)
- iPhone 101 9/15
- Movie Matinee 9/15 & 10/6, 13, 20
- Aging in Place 9/19
- Breakfast with Nurse 9/20 & 10/3
- Fall Prevention with Aegis Therapy 9/20
- Audiology Clinic Walk-In 9/21
- Coffee with a Cop 9/21 & 10/19
- Age and Dementia Friendly Hadley 9/21 (evening presentation)
- First Day of Fall Hike 9/22
- Men's Breakfast 9/25 & 10/30
- Art with Kit 9/25 & 10/30
- Estate Planning 9/27
- Volunteer Luncheon by Invitation 9/28
- **9/28 Center Closed Between 11 -1:30 PM**
- Birthday Ice Cream Social 9/29 & 10/27
- Lunch & Learn: UMass Sleep Study 10/2
- Lunch & Learn: Why Do We Hurt? 10/4
- Lady Bea Boat Tour & Lunch 10/5
- Eddie Forman Concert 10/8 Sun / Friends Fundraiser
- Beer Tasting 10/14 Sat / Friends Fundraiser
- Alzheimer's Walk Holyoke 10/15 Sunday
- Lunch & Learn: Understanding and Responding to Dementia Related Behaviors 10/17
- **Flu Vaccine Clinic 10/19 (details page 5)**
- Social Media Tutorial 10/20
- Retirement and Estate Financial Planning 10/24
- Senior Housing Presentation 10/25
- Eating Well 101: Fall Vegetables 10/26
- Coming up...The spices of life by HVES 11/3

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

Come and see how you can assist us!

The Senior Center needs volunteers for the following:

- Care for outdoor plants
- Providing rides in our Subaru to medical appointments, mostly outside of Hadley
- Helping serve and clean up after congregate meals
- Being a substitute for lunch prep
- Other

Please call Hayley Wood if you are interested in helping.

Director's Note

I'm very pleased to announce that our door-to-door volunteer ride and home visitation programs have been approved by the Hadley Council on Aging and are active. In July, Brenda Mockler, the Director of Nursing at O'Connell Care at Home, trained Senior Center volunteers and staff to offer light, hands-on assistance to older adults who might need help with transferring from a car to a wheelchair, or from one seat to another in a home setting. She also taught participants how to safely push someone in a wheelchair and gave tips for effective use of canes and walkers. Some of our volunteer drivers are now able to give the needed support to riders who need more than the curbside service. We still recommend that frail passengers enlist the help of companions for rides if they need physical support, but in cases where those helpers aren't available, our volunteers are trained to gently lend a hand.

A small group of volunteers is ready to make some friendly visits to Hadley older adults who desire some company. Please note that all of our volunteers get electronic background checks and are vetted by COA staff. Friendly visitors will not be providing personal care or housework, but they might engage in conversation, play cards or board games, look at photo albums together, watch a TV, read (a volunteer can read aloud to a client). Our staff encourages friendly visit volunteers to become trained Dementia Friends, offering an enhanced level of patience and awareness to people with memory loss. Speaking of volunteers: in September we will be honoring our 90+ volunteers with a special lunch at Ginger Garden, sponsored by the Friends of the Hadley COA. This is a yearly event that we always look forward to, since our volunteers make so many things possible! So far, the average number of volunteer hours per month that are logged is 360, and that is a low estimate. THANK YOU, VOLUNTEERS!

On September 21, 5:30-7:00, we are hosting an Age- and Dementia-Friendly Hadley presentation, open to Hadley residents of all ages, in order to share some of our initiative's milestones as well as ongoing goals. The presentation will be followed by a supper of homemade soups and bread. Committed guests and presenters include Town Administrator Carolyn Brennan, Rachel Senecal, the Coordinator of the Elders and Persons with Disabilities Unit for the Northwestern District Attorney's Office (talking about scams), and Amy Fyden, a member of the Age- and Dementia-Friendly Hadley working group, who will discuss red flags for financial abuse. Working group members who have been developing an Age and Dementia-Friendly Business Checklist will discuss their progress and goals. We will also talk about caregiver support.

In October, please be aware that Heidi Haghihi, RN at Cooley Dickinson and Lecturer at the Elaine Marieb College of Nursing at UMass Amherst, will give a presentation designed for caregivers of people with dementia. She will share information about symptoms of dementia as well as resources and useful tips for people in this demanding role. This will be a superb opportunity to gain some knowledge and learn about how to get more support. I look forward to seeing you soon!

With warm wishes, Hayley Wood



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HADLEY SENIOR CENTER VAN SERVICE

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 $\frac{3}{4}$ 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.

HADLEY HANDYMAN

Arlynn Henderson offers free handyman services to Hadley Seniors!

Arlynn will evaluate situations on a case by case basis to determine if he can help, but here are some general minor home repairs he can perform:

- Minor plumbing such as running toilets and faucet replacement
- Minor dry-wall repair
- Small painting projects
- Storm door removal and installation
- Smoke alarm installation (also done by Hadley Fire Dept.)
- Stair tread replacement
- Fixing a wobbly stair railing
- Short-term yard-work tasks that improve safety

Excluded are electrical work, roof work, snow removal, general yard work or cleaning.

Arlynn can purchase materials as part of the service up to \$50, and would then need reimbursement from the client.

To request assistance, call the reception desk at 586-4023 x 6.



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(413)584-8174
www.fourseasonswine.com info@fourseasonswine.com

Thank you

- ✓ Volunteer Appreciation Luncheon to honor and thank all 93 people who volunteer their services of at least 10 hours to make our senior center the vibrant destination it has become. Total number of hours volunteered @ minimum wage of \$15.00 = **\$114,045**. This contribution of time increases quality of services at the center with no impact to the town budget. Invitations have been sent for the September 28th event at Ginger Garden. If you did not receive one, or know someone that should have and did not, please talk to Violet or Jane.
Special Thanks to:
- ✓ The HSC staff is grateful for the many volunteers who teach classes, provide rides to medical appointments, serve lunch daily and special meals, decorate for the holidays, water our plants, assist us with special events—you name it, we probably have a wonderful volunteer who is handling it!
- ✓ Nora Meyer and Diann Tolpa have been especially generous (their norm) with baking cakes for our monthly Birthday Ice Cream Socials as well as serving cake and ice cream to the large group of attendees.
- ✓ Randy Johnson has been sharing his surplus produce with the community and people are very pleased to take his cukes, zukes, and peppers!
- ✓ Our new custodian Ed Koehler (new to us as our dedicated custodian, but a long-time Hadley DPW staff member) has been sharing his signature mild jalapenos and also did a marvelous job weeding our parking lot flower bed, making it easy for Hayley to finish improving it with flowers and mulch. Shout out to Andrea Goguen for the flower purchasing consultation and support!
- ✓ Mert Tomaskowicz and Nora Meyer for preparing coffee on Thursdays for the participants of Healthy Bones and Balance, now known as "Ladies of the Round Table."
- ✓ Jan Peterson, Joanne Lecca, Connie Faillace, Mert Tomaskowicz, and Diann Tolpa are consistently fantastic as servers for our monthly Lunchbox meal (cooked every month by the talented, creative, and hardworking Sue Glowatsky), and they even stay to clean up. Thanks!
- ✓ Enormous gratitude is due to Betty Faulkner and Peg Wilson who served on the COA Board for several years and retired in June. Your years of dedication made a difference. We are grateful for newly sworn in COA members, Sarah Chadwick, Jan Peterson, and Linda Michalopoulos. You are already working hard to advance our goals.
- ✓ As always, 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, providing bags of useful items for community members. Thank you 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, who recently paid for all the windows and building power washing, and to all donors who financially support the Friends, and to Jane Nevinsmith, who never stops working on behalf of the Senior Center and town of Hadley.

THANK YOU



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Feeling creative?

WATERCOLOR WITH TINA ADDISON

Wednesdays 1:30 -3:30 PM

Sept 6,13, 20, 27, Fee \$20 Non-resident \$24

Oct 4,11,18, 25, Fee \$20 Non-resident \$24

This group will be for the beginner to the experienced painter, classes will consist of a demonstration of techniques to be incorporated in prepared subjects. Of course, you are always welcome to "do your own thing!" Bring your own supplies. Class limited to 15.



ART WITH KIT: MASON JAR PUMPKINS

September 25, Monday 1-3 PM



Get creative and make a pumpkin out of a small mason jar. We will be painting them and adding a stem and leaves. They can be used for a flameless candle or storage. No experience necessary. Limited to 12 participants. Materials fee \$5. (non- residents \$7.)

ART WITH KIT: PAINT A SEASONAL WREATH

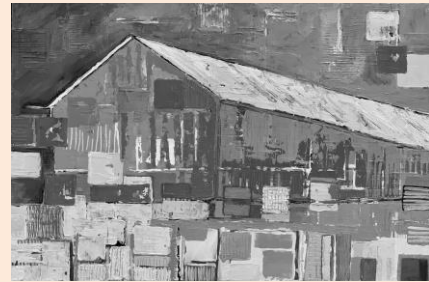
October 30, Monday 1-3 PM



This month we will use acrylics to paint a seasonal wreath on an 8 x 10 artist canvas. Create a fall wreath or look ahead to winter. No experience necessary. Materials fee \$5 (non-residents \$7). Limited to 12 participants.

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

ART SHOW FOR September / October



Featuring artist **Jo Smith** who was born into a family of artists and has been making art her whole life. "Making things is what I do, it's what I've always done. I deepen my understanding of the other parts of my life by getting into the studio and making stuff." In August 2022 she opened a Studio Gallery in Northampton, MA at 9 Market Street. This is where she paints and sells her work. If Jo isn't painting she's probably at home with her family, taking a hike with her dog or exploring the land of the Pioneer Valley on her bike. Her work is inspired by the beauty of this area and the people (and animals) who live here. Jo is also known to many as Joanna and is a psychotherapist originally trained as an Art Therapist. To learn more about Jo and her work as a therapist you can visit her other website www.jsmithlpc.com

An Opening Night for the art show will be **on Friday, September 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) if they are interested in scheduling a show.

ART STROLL / LIBRARY SURFING

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

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...

The Hadley Senior Center newsletter is proudly printed at



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HEALTH AND SAFETY

FOOT CLINIC:



September 7 & 18 and October 5 & 16

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

The community is welcome to contact the Hadley public nurse with any questions or concerns @ 413-586-4023 x.4

Breakfast with Nurse Marcy Fleming

September 20 @ 9:30 – Memory Issues

October 3 @ 9:30 – Flu Season

Casual conversation on different topics, light breakfast and complimentary blood pressure readings will be available during breakfast. Please sign up. Limited to 12.

FLU VACCINE CLINIC

October 19, Thursday 9-12

The flu vaccine for ages 2yrs and up!

By Northampton HHS Dept.

Available through Public Health

Excellence Grant Program



Scan code with your phone

Registration: We strongly suggest that people pre-register using the link

<https://home.color.com/vaccine/register/northampton>

or by calling 413-587-1314 to register over the phone.

Pre-registering saves time at the clinic and helps to plan staffing & supplies. The goal is to make the vaccine available to anyone who needs it and they will accommodate walk-ins.

Homebound Vaccines: A nursing team is able to vaccinate homebound community members who are unable to travel to a clinic setting. Please visit the link below to recommend someone for a homebound vaccine visit and a nurse will follow up with the patient directly. Appointments are typically scheduled within a week. Homebound Vaccine Link:

https://docs.google.com/forms/d/e/1FAIpQLSd5xed0Y4k7tu2W-gWYiLioF_MX0bWYSPJCHT0BNpC45uA1sA/viewform

TRIAD NEWS

TRIAD Meetings

September 14 and October 12, Thursdays at 9:30am at the Hadley Senior Center. TRIAD 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.

COFFEE WITH A COP

Third Thursday @ 2 PM

September 21 and October 19

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.

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OUTREACH RESOURCES

VETERAN'S SERVICE AGENT - 413-587-1299

Office Hours Wednesday 9-11 AM

VETERANS' INITIATIVE: BUILDING BRIDGES LUNCH

Wednesdays, September 13 & October 11 @ 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 - services for Medicare enrollees are available year-round, so any time you have questions about your health insurance options and Medicare, call HSC to request your appointment. Annual open enrollment begins October 15th!

OUTREACH COORDINATOR

Lauren Hannigan 586-4023 x3

Fuel Assistance season is right around the corner. The Fuel Assistance season begins November 1, 2023 and 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

AARP TAX-AIDE PROGRAM VOLUNTEER OPPORTUNITY

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. And we want you to join us. Training will be done this Fall.

Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns on the computer. Basic computer skills and some experience in filing your own tax returns are helpful, along with a willingness to make a one day per week time commitment during our 10-week tax season. Hands-on training is provided in the classroom, and we have experienced Counselors to assist at all sites. Please consider whether you, or someone you know, might be willing to help this year. Fill out an application to become a part of this invaluable team @ www.mataxaide.org/Interest
For questions or additional information please email Director at D5Taxaide@comcast.net.

SPECIAL TOWN MEETING AT HOPKINS ACADEMY

October 26, Thursday @ 7pm; Last day to register to vote in town meeting is Monday, Oct 16.

HADLEY FOOD PANTRY: SUNDAYS 12 -1 PM

providing a variety of nonperishable food items as well as a few personal items. Open to any Hadley resident in need. Parish Center at Most Holy Redeemer Church, 120 Russell St.

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. Bring your own device or we have iPad and Amazon tablets available, free Wi-Fi. Call to schedule 586-4023 x6.
Though there is no fee for this volunteer service, donations are welcome.

8 WEEK GRIEF & LOSS SUPPORT GROUP Fridays 2PM

@ Hadley Senior Center facilitated by Fisher Home
We invite you to come find connections and support from other bereaved individuals who understand what the grieving experience is like, in a welcoming, confidential, and non-judgmental talking support group. Dates: September 8th, 15th, 22nd and 29th & October 6th, 13th, 20th and 27th

EARTH'S CLIMATE: PAST, PRESENT, FUTURE -LESSONS FROM ANTARCTICA

SPEAKER: Amherst College Geologist, Nicholas Holschuh
@ Hadley Public Library, 50 Middle St. **Wed. 10/4 @ 6 PM**



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Hadley Senior Center Gallery

We love All Volunteers



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.

We hope you might be interested in

TECHNOLOGY WITH MOLLY

Sept. 15 @ 11 AM iPhone 101

October 20 @ 11 AM Social Media Tutorial

Molly McLoughlin, Tech Lead at Merit America and former Director of Literacy and Computer Science for Northampton public schools, will run a workshop on iPhone Basics, how to use photos, email, FaceTime, adding apps, and security settings, and Social Media, with an emphasis on Facebook—how to post, adjust your settings to be most secure and see your friends' profiles. Limited to 10.

FALL PREVENTION by Aegis Chiropractic & Physical Therapy September 20 @ 1PM

FREE seminar with Michelle Brynda BA, PTA to assess balance and walking skills! Falls are the leading cause of injury-related deaths and serious health problems in the U.S. Aegis is here to limit this serious impact. Learn about:

*Simple movements to test balance * Hip and ankle weakness and poor posture that often leads to balance problems* Strength and flexibility movements can help counteract these problems* Proper techniques on getting up from the floor & more...

BASIC ESTATE PLANNING AND PROTECTING ASSETS FROM NURSING HOME

with Attorney G. Barry from Bacon Wilson, P.C.

September 27, Wednesday @ 2 PM

LUNCH & LEARN: UMASS SLEEP STUDY

October 2, Monday @ 12:30

The Sleep Lab Study Introduction, 15-minute excerpt from the PBS television show NOVA, featuring UMass own Dr. Rebecca Spencer! Discussion about this research having the potential to make a positive impact on the lives of older adults. Q&A.

LUNCH & LEARN: WHY DO WE HURT?

October 4, Wednesday @ 12:30

Why do we hurt? The question may be simple but the answers can be deep and complex, just like our individual life experiences. The better we can translate the signals that our bodies present, the better we can alleviate distress and live more fully.

Dr. Rafael Weidenfeld is a physical therapist specializing in chronic, persistent pain in seniors. He will provide a presentation on the basics of how to understand and manage pain as well as answer audience questions afterwards.

LIVE WELL, PREPARE WELL, RETIRE WELL THE INTERSECTION OF RETIREMENT PLANNING AND ESTATE PLANNING

October 24, Tuesday 6:00-7:00 PM

Hosted by Dale A Frank, President & Founder, Shawn Wrisley, Financial Advisor, Dale A Frank Financial, and Special Guest Presenters from The Old Colony Law firm, Attorneys Claire Crowley and Ben Palkowski for an educational workshop. Get the answers to your questions, make informed and empowering decisions for your future! Please register by October 18.

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HOW ABOUT SOME FUN?

FRIDAYS WITH JIMMY

September 1 & October 6 @ 10:15 -11:15 AM

Happening at our center! Bright Spot Dog Therapy. Bringing comfort to those who need it most. Jimmy will be visiting with his handler Suzanne. Come and visit with Jimmy!

LET'S CHEW THE FAT

Sept 11 & Oct 16 @ 2 PM

Welcome to Chew the Fat!

A starting point that offers our members a stimulating way to network, build relationships, or just chat with peers. Refreshments available!

HOW TO HAIKU

Workshop Series with Wanda Cook

Sept 14 - Oct 5 Thursdays @ 10:00

You are invited to learn how to write these tiny but powerful and moving poems. No writing experience is necessary. Bring paper and pen. Handouts and other materials will be provided.



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Lori Maldonado, 413-584-0701



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413-256-8185

Aging the best way...

Aging in Place with Gary Bivona, OTR/L

September 19, Tuesday @ 1PM

Adapting to changes in our physical abilities both outside and inside the home. Aging in place is a new term but not a new concept. Learn about cost effective solutions on how to adapt the home environment in order to remain in home as we age.

Age and Dementia Friendly Hadley

September 21, Thursday 5:30-7:00 PM

Open to Hadley residents of all ages, presentation on some of our initiative's milestones as well as ongoing goals. The presentation will be followed by a supper of homemade soups and bread. (More details on page 2 in Director's Note.)

Lunch & Learn: Understanding and Responding to Dementia Related Behaviors

October 17, Tuesday @ 12:30

Presented by Alzheimer's Association learn more on how behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. Light lunch served! Limited to 12.

Senior Housing Presentation: Get in the Driver's Seat: Planning Ahead for Senior Living by Oasis

October 25, Wednesday 1PM

It's never too late to plan ahead. Or too early. If you are considering a move to senior living in your future – or even if you aren't but want to be prepared just in case – now is the perfect time to start thinking about the 3 “Ds” of Planning Ahead for Senior Living: Documents, Discussions and Discovery.

Are you a caregiver for a person who has dementia?

October 26, Thursday 2-4 PM

An information session about the progression of symptoms, caregiving strategies, self-care, advance care planning, and local resources. By Heidi Haghighi, RN MSN, a Lecturer in the Elaine Marieb College of Nursing and UMass Amherst and a Nurse Case Manager at Cooley Dickinson Hospital.

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

Clean Indoor Shoes Policy in place. 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 9:15 AM, weather permitting

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 MWF 9-4 & TUTH 9-7 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 & Tu 5-6:30. 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 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

Healthy Bones & Balance class can be accessed anytime
<https://www.youtube.com/watch?v=G53GFI8hnz8>

EXPLORING MORE THINGS TO DO...

SING FOR FUN:

Group resumes in September 😊 Please note a new time, it will meet on Tuesdays @ 3:30 PM. Hope to see you all again!

FIRST DAY OF FALL HIKE at Silvio O. Conte Trail

September 22, Friday @ 10:30

Self-Drive, car pool available, contact Violet 586-4023 x2.

BOOK CLUB

Fridays @ 10 AM

September 8 - *Every Last One* by Anna Quindlen

October 13 - a western called *Hondo* by Louis L'Amour

Book Club meets every second Friday of the month at 10 a.m. at the Hadley Senior Center. Books are available each month at the main desk of the Hadley Library.

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

September 15

October 6,13,20 International Movie Month

October 20 is facilitated by the Diversity, Inclusion & Equity Committee, refreshments, Q&A...

People of a Feather: Survival in the Canadian Arctic (2011)

1 hr. 32 min. Directed and Produced by Joel Heath

Best Documentary - Berlin Film Festival

Most Popular Environmental Film - Vancouver International Film Festival

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

BILLIARDS

Daily 9:30 - 4 PM & Tu Th 5-7 PM

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

NEEDLE WORK GROUP MEETING Mondays @ 10 am

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

EATING WELL 101: Fall Vegetables

October 26, Thursday @ 12:30

Hands on cooking workshop, having fun with local seasonal vegetables! Limited to 12. Cost \$5, registration required.

CLASS COMING UP...THE SPICES OF LIFE BY HVES

November 3 @ 11:30



LISA SANDERSON
Realtor®
Cell: 413-687-1171
Email: LSandersonRealtor@gmail.com
Web: HomesNearUs.com

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Open Tuesday, Wednesday, and Friday 9 to 5

Thursday 10 to 7

Saturday 9 to 2

CARE ONE

At Northampton

TRUST IN OUR CARE

Phone: 413-586-3150

www.CareOneNorthampton.com

Please register early for all events, help us plan them!



LADY BEA BOAT TOUR & LUNCH EXCURSION

October 5, Thursday @ 10:30 AM Sail & 12 PM Lunch

Limit to 25 people. Cost \$ 22 seniors, \$25 under 65, plus the cost of your lunch

Learn more about the history of the Connecticut River? Take a cruise aboard the Lady Bea! See the full documentary featuring segments on the Mt. Tom B-17 Memorial, Holyoke Dam, Skinner State Park and the Summit House, The Dinosaur Tracks & Beneski Museum of Natural History & The Nolumbeka Project exploring the native tribes of the area! Book your adventure today. Lunch at the Boathouse 12 PM, self-drive ☺

ALZHEIMER WALK HOLYOKE



October 15, Sunday 9 AM



We are participating in the Walk to End Alzheimer's at Holyoke Community College on Sunday, October 15. Join our team! You can participate in the walk or give a donation to the Alzheimer's Association via the website (www.alz.org) scroll down to the Walk to End Alzheimer's "Find Your Local Walk" button, then follow the prompts to find the "Hadley Senior Center" team and join the walk, donate, or both). If you'd rather donate via check, we can accept and submit checks written out to the Alzheimer's Association for you. This is a very moving and lively event! Check out this great video created by Hadley Media director Alex LaMarch from last year's walk: <https://youtu.be/Vni9sdtwg8o>

MEN'S BREAKFAST CLUB

September 25 and October 30, 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 eggs warm for long ☺

Supporting you in maintaining wellbeing....

MEDITATION CIRCLE WITH ERIN

September 11 - October 30

Mondays, 9:45-10:45am

7-week Meditation Course \$35 resident, \$50 non-resident
We will practice breathing, meditation, and mindfulness with time for Q & A each class. Learn how to use the breath to build awareness and cope with stress; how to be more present in the moment and apply those methods to daily life. This class will be practiced seated with some options to lay down if you wish to. Chairs, mats, and props available. Feel free to bring a blanket with you. Email questions: info@erinschifferli.com

REIKI 9 AM -12:30 PM

September 11 and October 23

How about Reiki with Stefanie Krantz, certified health/wellness coach. Reiki is a gentle form of body-work that promotes stress reduction, relaxation and health. **Cost: 15 min \$15**

MASSAGE THERAPY - HELPING YOU FEEL BETTER!

9:00 AM -1 PM Sept 1,15, 29 & Oct 13, 27

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 massages 15- or 30-min intervals, by appointment. **Cost: 15 min \$15**

CRANIOSACRAL

Wednesdays 12-3 PM

September 6 & 20 and October 18 & 25

Biodynamic Cranial Sacral Therapy (BCST) by Lisa Davis
Relational therapeutic technique between client and practitioner. The therapist gently holds the head (cranial bones), the feet, and the pelvis (sacrum), at different times, along with a certain awareness that encourages 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 at each stage. **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.hadleyma.org/sites/g/files/vyhlf651/f/pages/medical_clearance_2020.docx.pdf

AUDIOLOGY CLINIC WALK-IN

September 21, 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 with her, so you can see what is in your ear canal.

The Friends of the Hadley Council on Aging have a very active fall planned and hope you will be able to join them as they continue to raise funds to support the Senior Center. Special events are in chronological order, not order of fun or importance. They are all fun and important.

FRIENDS OF HADLEY COA

Friends Annual Meeting: Wednesday, September 27 at 3PM in the Living Room. Open to all, come hear what the friends do and how you can help.

Volunteer Luncheon: to honor all 93 people who volunteer their services of at least 10 hours to make our senior center the vibrant destination it has become. Invitations have been sent for the September 28th event at Ginger Garden. If you did not receive one, or know someone that should have and did not, please talk to Violet or Jane.

Eddie Forman Concert: Sunday October 8 from noon – 4 at the Senior Center. Outside if the weather is permitting. Bring your lawn chair. This is a fundraising event, tickets are \$20 in advance, \$15 in advance for over 65, and \$25 at the door. Food available for cash purchase. Our public safety staff has volunteered to cook the kielbasa and burgers for this event.

Oktoberfest Beer Tasting: Saturday, October 14 from 4 – 6 at the Senior Center. A fun fundraising afternoon of beer sampling put on by our friends at **4 Seasons Wine and Liquors**. Come join us for our first annual beer tasting. Sample a variety of beer and learn about different styles and methods for making beers. Tickets are available at reception \$20 in advance, \$25 at the door.

Wine Tasting: Friday, December 1 from 6 – 8 at the senior center. Our 4th annual wine tasting, another fun fundraising event put on by our friends at **4 Seasons Wine and Liquors**. Tickets are available at reception after October 1st: \$20 in advance, \$25 at the door.

December Calendar Raffle: will be in the November/December newsletter for the daily drawing of \$25 cash prizes except Tuesdays when the cash prizes will be \$50. The \$100 prize will be drawn on December 21, Thursday, during Coffee with a Cop.

Holiday Knitting Sale by the Needle Group (December)

All profits go to the Friends of Hadley COA!

COFFEE WITH A COP

September 21 and October 19 Thursdays @ 2 PM

BIRTHDAY ICE CREAM SOCIAL- Last Fridays @ 2:00

September 29 - Sing Along with Sara Snyder

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

October 27 Michael Orlen Band

ART SHOW OPENING NIGHT – Jo Smith

September 8, Friday @ 6 - 8 PM

THE LUNCH BOX by FRIENDS @ 11:30

Homemade, limited to 30 people. Dine in! Cost \$8 prepaid. Signup deadline: the Friday before the event.

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

Sept 14 Stuffed shells, salad, garlic bread, dessert TBA

Oct 12 Chicken Cordon Blue, mashed potatoes, broccoli, dessert

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.

Trips in italics are being planned. Details to follow...

DAY TRIPS

December 5 Aqua Turf: Silver Bells & Diamonds Holiday Show, \$126

2024 DAY TRIPS

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

May 14, Tuesday: Neil Diamond Tribute – Aqua Turf \$137
Thimble Island cruise (Conn)
Culinary Institute (New York)
Boston Harbor Architectural Tour
Waterfire Providence RI

2024 OVERNIGHT TRIPS

May 1 -3 Daniel, Sight & Sound Theatre
February 26 – March 7 Caribbean Cruise from NY on the Norwegian Getaway prices start at \$1379 plus \$233 in government and port fees
October 26 – November 2 Ireland Sampler – fly to Ireland, deluxe motor coach tour in Ireland \$3449
Niagara Falls
Longwood Gardens, Pennsylvania
Ottawa Light show
White Mountain Hotel and Resort Christmas 2024 TBA

For more info about Friends call 586-4023, ext.5 or visit our website on your computer, tablet, or mobile phone:
<https://www.friendsofhadleycoa.org/>

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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.

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

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AMHERST, MA 01002

ELECTRONIC SERVICE REQUESTED

THE COUNCIL ON AGING & SENIOR CENTER is open MWF 9 AM- 4 PM and TTH 9AM - 7PM
Contact us: 586-4023, fax 584-9934,
hadleycoa.info@gmail.com

COUNCIL ON AGING STAFF:

Senior Services Director: Hayley Wood, 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 Rich Holden, Connie Mieczkowski, Nancy Niedziela, , Ray Spezeski, Diann Tolpa, Karen Walters-Zucco, Hayley Wood, 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 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)
Town Nurse, Marcy Fleming, R.N. 586-4023 x.4
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 and at district office (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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>ALL CLASSES REQUIRE ADVANCED REGISTRATION ALL SUBJECT TO CHANGE WITHOUT NOTICE! BILLIARDS BY APPT DAILY 9:30-4 PM TT 5-7 PM PING PONG BY APPT DAILY 2-4 PM TUES 5-7PM FITNESS ROOM OPEN DAILY BY APPT 9-4 PM TT 9-7 PM</p>	<p>LUNCH PICK-UP TIME 11 AM -12 PM \$3 LUNCH DONATION IS APPRECIATED! PLEASE CALL AT LEAST 48 HOURS IN ADVANCE FOR A LUNCH RESERVATION 413-586-4023</p> <p>TOWN NURSE HOURS TUESDAYS & WEDNESDAYS 9AM -12 PM</p>	<p>Join Our Team Walk or sponsor Us October 15</p> 	<p>1</p> <p>9:00 COA Van Service 9:00 Massage 9:15 Yoga 10:15 Fridays w. Jimmy</p>
<p>4</p> <p>Center Closed</p> 	<p>5</p> <p>9:30 Healthy Bones and Balance 10:00 Open Art Studio 1:00 Line Dance 1:00 Cribbage & Games 3:30 Sing for Fun 3:30 Qigong Infused Yoga with Cancer Conn.</p>	<p>6</p> <p>9:00 VA Office Hours 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 1:00 Canasta 1:30 Watercolors w. Tina</p>	<p>7</p> <p>9:00 Foot Care 9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 12:00 Line Dance Adv. 1:00 Line Dance</p>	<p>8</p> <p>9:00 COA Van Service 9:15 Yoga 10:00 Book Club 2:00 Bereavement Gr.</p> <p>Art Show Opening Night 6-8PM</p>
<p>11</p> <p>9:00 COA Van Service 9:00 Reiki 9:15 Walk & Talk 9:45 Meditation Circle 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 1:00 Let's Chew the Fat</p>	<p>12</p> <p>9:30 Healthy Bones and Balance 10:00 Open Art Studio 10:30 COA Board 1:00 Line Dance 1:00 Cribbage & Games 3:30 Sing for Fun 3:30 Qigong Infused Yoga with Cancer Conn.</p>	<p>13</p> <p>9:00 VA Office Hours 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 12:00 Craniosacral 12:00 Veterans Lunch By Building Bridges 1:00 Canasta 1:30 Watercolors w. Tina 2:00 Town Collector Hour</p>	<p>14</p> <p>9:30 Healthy Bones and Balance 9:30 TRIAD 10:00 Haiku 10:00 Open Art Studio 11:00 Moving to the Music 11:30 The Lunch Box 12:00 Line Dance Adv. 1:00 Line Dance</p>	<p>15</p> <p>9:00 COA Van Service 9:00 Massage 9:15 Yoga 11:00 iPhone 101 12:30 Movie Matinee 2:00 Bereavement Gr.</p>
<p>18</p> <p>9:00 Foot Care 9:00 COA Van Service 9:15 Walk & Talk 9:45 Mindful Meditation 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance</p>	<p>19</p> <p>9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 11:00 Friends Meeting 1:00 Line Dance 1:00 Cribbage & Games 1:00 Aging in Place 2:00 Senior Mobile Nutrition Pick-Up 3:30 Sing for Fun 3:30 Qigong Infused Yoga with Cancer Conn.</p>	<p>20</p> <p>9:00 VA Office Hours 9:30 Breakfast with Nurse— Memory 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 1:00 Canasta 1:00 Fall Prevention 1:30 Watercolors w. Tina 2:00 Town Collector Hour</p>	<p>21</p> <p>9:30 Healthy Bones and Balance 10:00 Open Art Studio 10:00 Haiku 10:30 Audiology Clinic 11:00 Moving to the Music 11:00 Brown Bag Pick-Up 12:00 Line Dance Adv. 1:00 Line Dance 2:00 Coffee with a Cop 5:30 Age Dementia Friendly Presentation</p>	<p>22</p> <p>9:00 COA Van Service 9:15 Yoga 10:00 First Day of Fall Hike 2:00 Bereavement Gr.</p>
<p>25</p> <p>9:00 COA Van Service 9:15 Walk & Talk 9:30 Men's Breakfast 9:45 Mindful Meditation 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 1:00 Art with Kit</p>	<p>26</p> <p>9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 1:00 Line Dance 1:00 Cribbage & Games 3:30 Sing for Fun 3:30 Qigong Infused Yoga with Cancer Conn.</p>	<p>27</p> <p>9:00 VA Office Hours 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 12:00 Craniosacral 1:00 Canasta 1:30 Watercolors w. Tina 2:00 Town Collector Hour 2:00 Estate Planning</p>	<p>28</p> <p>9:30 Healthy Bones and Balance 10:00 Haiku</p> <p>Center Closed between 11-1:30 PM Volunteer Appreciation Luncheon</p>	<p>29</p> <p>9:00 COA Van Service 9:00 Massage 9:15 Yoga 2:00 Bereavement Gr. 2:00 Birthday Ice Cream Social Sing Along w. Sara Sponsored by the Hadley Cultural Council</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 COA Van Service 9:15 Walk & Talk 9:45 Mindful Meditation 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 12:30 Lunch & Learn UMass Sleep Study	3 9:30 Breakfast with Nurse Flu Season 9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 1:00 Line Dance 1:00 Cribbage & Games 3:30 Sing for Fun 3:30 Qigong Infused Yoga with Cancer Conn.	4 9:00 VA Office Hours 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 12:30 Lunch & Learn: Why Do We Hurt ? 1:00 Canasta 1:30 Watercolors w. Tina 2:00 Town Collector Hour	5 9:00 Foot Care 9:30 Healthy Bones and Balance 10:00 Open Art Studio 10:00 Haiku 10:30 Lady Bea & Lunch 11:00 Moving to the Music 12:00 Line Dance Adv. 1:00 Line Dance	6 9:00 COA Van Service 9:15 Yoga 10:15 Fridays w. Jimmy 12:30 International Movie 2:00 Bereavement Gr.
9	10	11	12	13
Center Closed 	9:30 Healthy Bones and Balance 10:00 Open Art Studio 10:30 COA Board 11:00 Moving to the Music 1:00 Line Dance 1:00 Cribbage & Games 3:30 Sing for Fun 3:30 Qigong Infused Yoga with Cancer Conn.	9:00 VA Office Hours 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 12:00 Veterans Lunch By Building Bridges 1:00 Canasta 1:30 Watercolors w. Tina	9:30 Healthy Bones and Balance 9:30 TRIAD 10:00 Open Art Studio 11:00 Moving to the Music 11:30 The Lunch Box 12:00 Line Dance Adv. 1:00 Line Dance	9:00 COA Van Service 9:00 Massage 9:15 Yoga 10:00 Book Club 12:30 International Movie 2:00 Bereavement Gr. Beer Tasting Friends' Fundraiser 10/14 Alzheimer Walk 10/15
16	17	18	19	20
9:00 Foot Care 9:00 COA Van Service 9:15 Walk & Talk 9:45 Mindful Meditation 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 1:00 Let's Chew the Fat	9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 11:00 Friends Meeting 12:30 Lunch & Learn: by Alzheimer's Ass. 1:00 Line Dance 1:00 Cribbage & Games 2:00 Senior Mobile Nutrition Pick-Up 3:30 Sing for Fun 3:30 Qigong Infused Yoga with Cancer Conn.	9:00 VA Office Hours 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 12:00 Craniosacral 1:00 Canasta 1:30 Watercolors w. Tina	9:00 Flu Vaccine Clinic 9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 11:00 Brown Bag Pick-Up 12:00 Line Dance Adv. 1:00 Line Dance 2:00 Coffee with a Cop	9:00 COA Van Service 9:15 Yoga 11:00 Social Media 101 12:30 International Movie 2:00 Bereavement Gr.
23	24	25	26	27
9:00 Reiki 9:00 COA Van Service 9:15 Walk & Talk 9:45 Mindful Meditation 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance	9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 1:00 Line Dance 1:00 Cribbage & Games 3:30 Sing for Fun 3:30 Qigong Infused Yoga with Cancer Conn. 6:00 Retirement & Estate Planning	9:00 VA Office Hours 9:00 COA Van Service 9:30 Healthy Bones and Balance 11:00 Tai Chi 12:00 Craniosacral 1:00 Canasta 1:00 Senior Housing 1:30 Watercolors w. Tina 2:00 Town Collector Hour	9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 12:00 Line Dance Adv. 12:30 Eating Well 101 Fall Vegetables 1:00 Line Dance	9:00 COA Van Service 9:00 Massage 9:15 Yoga 2:00 Bereavement Gr. 2:00 Birthday Ice Cream Social Michael Orlen Band
30	31			
9:00 COA Van Service 9:15 Walk & Talk 9:30 Men's Breakfast 9:45 Mindful Meditation 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 1:00 Art with Kit	9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 1:00 Line Dance 1:00 Cribbage & Games 3:30 Sing for Fun 3:30 Qigong Infused Yoga with Cancer Conn.		ALL CLASSES REQUIRE ADVANCED REGISTRATION ALL SUBJECT TO CHANGE WITHOUT NOTICE! BILLIARDS BY APPT DAILY 9:30-4 PM TT 5-7 PM PING PONG BY APPT DAILY 2-4 PM TUES 5-7PM FITNESS ROOM OPEN DAILY BY APPT 9-4 PM TT 9-7 PM	LUNCH PICK-UP TIME 11 AM -12 PM \$3 LUNCH DONATION IS APPRECIATED! PLEASE CALL AT LEAST 48 HOURS IN ADVANCE FOR A LUNCH RESERVATION 413-586-4023 Town Nurse Hours Tuesdays & Wednesdays 9AM -12 PM