Friends of Hadley COA
Thank you to the following business sponsors:
Barbara Demerski * Devine Overhead Doors * Douglas Funeral Home * Florence Bank
Be sure to support local businesses featured in this newsletter!

Please sign up soon, or the company will cancel if we do not have enough interest!
For information call Jane Nevinsmith
413-586-4023 x 5 or 413-586-3772
(prices are per/person single occupancy)
Payment necessary to reserve a seat.

May 17, Tuesday: NY, be dropped off at either Bronx Zoo or NY Botanical Gardens, $105
June 20 – 22: Lighthouses of Maine, Ogunquit, Me, includes down east clambake w/lobster $639
June 28, Tuesday: Thimble Island Cruise w/lunch $119
July 14, Thursday: Friesians of Majesty; lunch and visit to Grafton Cheese factory
July 31, Sunday: NY city boat tour with buffet lunch on boat $159
August 10, Wednesday: Jersey Tenors at Aqua Turf with lunch $119
October 3 – 5: Fall foliage bus trip and 1000 Island Tour by boat $658
November 6 – 20: New York to New Orleans repositioning cruise from $1949 plus tax
November 28 – 30: White Mountains Hotel & Resort $594
2023: October 20 – Nov 1: Escorted Viking tour Paris & the Swiss Alps. From $4699
Director’s Note

I write this less than a month after a calamity that beset residents of the Vesta Homes complex that happened in mid-January. Probably most of you know something about what happened, and several of you were directly affected. Sprinkler system pipes burst in two of the buildings, causing significant flooding, which led to the complete evacuation of both buildings: one a couple of days before the other. Summoned in the middle of the night to respond, the Hadley Fire Depart managed a safe evacuation process and transported residents to Hadley hotels. The owners of those hotels graciously took in the residents and continued to offer substantial support, in particular with their successful efforts to find other arrangements for several other guests who had prior reservations (this happened the week that UMass students returned for Spring semester, so many parents were in town). The Vesta Homes management company, Konover, responded quickly and have been working very hard to meet the needs of displaced residents and provide regular communications. Has everything been perfect? No. Have several people done all they can to remediate a difficult situation? Yes. At this writing, not all residents are back in their homes, but several have been able to return to the units with no or little damage.

At times like this we all rely on the safety net that municipal and state government can provide. This is a time to feel proud of Hadley. I am extending heartfelt gratitude to the Hadley Fire Department, Police Department, Building Commissioner, Town Administrator, Senator Joanne Comerford, Representative Dan Carey, and their staff for their sustained and varied work to keep the displaced tenants safe and in the loop of communications.

Times like this also expose rifts in the safety net. Some of those include lack of access to crisis counseling (something that I pledged to look into and am still in the process of learning about), inadequate public transportation options, and the realities faced by people living very close to the margin financially.

Meals provided by Highland Valley Elder Service’s congregate meal program, which Senior Center volunteers have been able to deliver to people at their homes and in the hotels, were a vital resource, as were weekend meals prepared by the Take & Eat Program. Food security emerged as a primary concern immediately after the first evacuation, and I will always be grateful to the local volunteers who prepare and deliver food.

I don’t know what it’s like to be living in a hotel room after being evacuated from my home. I don’t think it’s adequate to ignore that pain and be self-congratulatory about the efforts to help that were effective, but it’s also important to be able to feel some confidence in strong municipal-state-business community-volunteer efforts.

Please reach out to us if you need assistance—related to this situation or not. We are here to help and we have many allies in the work.

With Warm Wishes,

Hayley Wood
Hadley Senior Center Van Service
The Hadley Senior Center van, which has a wheelchair lift, has a 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, 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.

Plogging: Celebrate Earth Day
April 22, Friday @ 9:30 AM
Not sure how to celebrate Earth Day? Try plogging! Keeping our community beautiful. We provide bags, gloves, trash picker, and good company. Coffee and sweets after the walk. Please sign up!

FIRST FRIDAY WITH FRIENDS
March 4 & April 1 @ 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 WOMEN’S DAY
March 8, Tuesday @ 2PM
Show & Tell: Bring photos or artifacts related to women you know or admire, including yourself. Refreshments!

Thank you
The HSC staff extends heartfelt thanks to the Hadley Fire Dept. for their work helping residents of Vesta Homes and other individuals in town. Special thanks are also due to Gerry and Denise Devine and Lisa West from the First Congregational Church for their ongoing involvement in the Take & Eat weekend meals program, as well as that program’s director Cathy Ryan. Thanks go out to Peter Bemben for recent acts of generosity and to Kathleen Bemben for special kindness shown to Vesta Homes residents living in hotels. Jack Yusko surprises the COA staff from time to time with wonderful gifts of food that we appreciate. The HSC staff is grateful for the many volunteers who help us every day, including receptionists, kitchen helpers who prepare special lunches and organize the kitchen, lunch delivery drivers, and drivers who bring Hadley seniors to out of town medical appointments, TRIAD members, holiday decorators, and our volunteer instructors and group leaders, including Janet Clark who has been donating her time teaching Friday’s Tai-Chi class. We give a special shout out to Susan Glowatsky for being the new lead cook for the monthly Lunchbox 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: KANDINSKY’S CONCENTRIC CIRCLES**
March 21, Monday @ 1PM
Due to popular demand we will be repeating this workshop. 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 8 participants. Please register early.

**WATER COLOR NOTECARDS WITH DIANE**
Tuesday, March 29, 2 PM  Cost $5.00
With Diane Nevinsmith
Everybody loves getting mail and a handmade card is extra special. We will create simple landscapes in watercolor to make notecards. Limited to 8 people; registration required.

**MAKE A FELTED MOUSE**
March 18, Friday @ 1:30
with Hayley
Come needle felt an adorable mouse with Hayley. All supplies provided, including wool roving for felting and scraps of sweaters and buttons, ribbon, and other notions for capes. Registration required, limited to 8 people. Materials provided, $5.00 fee.

**ART WITH KIT: WATERCOLOR TREES**
April 25, Monday @ 1PM
Join us and create an acrylic painting featuring spring birch trees. No special artistic skill or painting experience is required. Materials will be provided, $5.00 fee. Limited to 8 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...

**HOW TO CLINIC WITH GENE – Headlight Cleaning**
April 20, Wednesday @ 10 AM
Demonstration by Gene Palmer on easy, inexpensive fix for cloudy car headlight cover restoration. A 10-minute operation that anyone can do.

**Art Show for March / April**
On view: Michele Diamond
Hadley resident for last 5 years
For over 40 years I've been doing portraits in pencil and pastels. I started drawing horses at the age of 10, then progressed to people, including high school teachers, friends, children of friends, pets, bosses and later, the handsome, wizened faces of Native Americans while I lived west of the Rockies. An occasional church or cottage was commissioned too. I like working on black because it is distinctive and eye catching. Finally, wearing of the pressure of detailed pencil work, I listened to a long-held desire “let loose” and paint abstracts. The acrylic pours have excited me for the past year. I enjoy the freedom I feel and the exhilaration watching the painting emerge in front of my eyes. The mold of detailed pencil work is broken but much appreciated for the satisfaction it gave me as well as others in the past. Since “pours” are brushless, I hope to expand into painting acrylic abstracts with brushes in the future. Some of the works are done with crumpled clear wrap, balloons, straws, and even a hair dryer. My hope is you will find them colorful if not interesting.

An Opening Night for the show will be on Friday, March 11 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) who is scheduling the shows. Showings will be for a 2-month period.

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The Hadley Senior Center newsletter is proudly printed at

amherst copy & designworks
3 Railroad Street, Hadley | happiness@amherstcopy.com 413-549-2854 | amherstcopy.com

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Lorna Stone, 413-323-5500

Christopher Heights of Northampton
Lori Maldonado, 413-584-0701

**LIBRARY SURFING / ART STROLL**
Monday-Friday 9:00 – 4:00 self-guided art viewing
HEALTH AND SAFETY

Do You Need Foot Care?
Foot Clinic: March 3 & 21, April 7 & 19
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.

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 x 6 ahead to schedule pick up.

Community Health Nurse Services
Alycia Wright, R.N, 586-4023 x 4
Services offered: COVID-19 rapid testing when scheduled, 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

TRIAD NEWS

TRIAD is back from winter break. We are meeting Thursday, March 10, at 9:30am and Thursday April 14, at 9:30am. If you would like to volunteer and be part of TRIAD please call Lauren at 586-4023 x 3.

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 lock box means you will get help more quickly & easily. For more info call 586-4023. Suggested donation $30.

COFFEE WITH A COP @ 2PM
Open to the public.
March 17 – Scams / Guest Speaker State Trooper Brown
April 21
Building relationships. One cup at a time.
Hadley police officers and the community members they serve conversing issues and learning more about each other.

BEWARE FLOOD-DAMAGED CARS
How to Avoid Buying a Vehicle That Has Been Through a Flood.
Used cars are in high demand, but stay away from those that have been under water. Tips for Spotting a Flood-Damaged Vehicle https://www.northeastern.com/consumer-protection/news/beware-flood-damaged-cars

FUEL ASSISTANCE ACCEPTED

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Dionflooring@gmail.com www.dionflooring.com

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COMMUNITY

NEED HELP WITH YOUR COMPUTER?
Our volunteers can help fix glitches, configure your system, and guide you on how to use your software.

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 to schedule 586-4023 x 6.

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

THE HADLEY HISTORICAL SOCIETY
Located at 12 Middle St.
Spring 2022 Open House Schedule: Saturdays 10 AM to 2 PM
March 19, April 16, May 21, June 18
Visitors are welcome to browse our collection of Hadley history, photos and artifacts.
We are also open by appointment, call 413-587-2623.

ICE HARVESTING AND THE NATURAL ICE INDUSTRY IN NEW ENGLAND presented by Hadley Historical Society
SATURDAY APRIL 9, 2022 AT 12:00 PM
At the Hadley Public Library, 50 Middle Street, Hadley
Dennis Picard, retired director of Storrowton Museum, will discuss this industry and the tools and methods that were used in local ponds and waterbodies.

THE HADLEY FOOD PANTRY: SUNDAYS 12 PM 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.

SPONSORED BY THE HADLEY CLIMATE CHANGE COMMITTEE

Town Clean-up Day - April 9
Climate Awareness Day - April 23 – speakers and discussions
Preregistration required (no fee)
Details will be available at the Senior Center in March.

SAVE THE DATE: SATURDAY, MAY 7
Joint Fun/Fundraising Day: The Library and the Senior Center
Tag sale, bake sale, book sale, raffle, music & good company.
Details available in mid-April.
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<td>9:30 Healthy Bones and Balance&lt;br&gt;10:00 Open Art Studio&lt;br&gt;11:00 Moving to the Music&lt;br&gt;12:30 Billiards by Appt&lt;br&gt;1:00 Line Dance&lt;br&gt;2:00 Ping Pong</td>
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<tr>
<td>Feeling sick? Staying home is best!</td>
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<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
<td>FRIDAY</td>
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<tr>
<td>ALL SUBJECT TO CHANGE WITHOUT NOTICE!</td>
<td>WELCOME</td>
<td>LUNCH PICK-UP TIME</td>
<td>FITNESS ROOM</td>
<td>9:00 COA Van Service</td>
</tr>
<tr>
<td>MASKS ARE REQUIRED</td>
<td>please be good</td>
<td>11 AM - 12 PM</td>
<td>OPEN DAILY BY APPT</td>
<td>9:00 Massage</td>
</tr>
<tr>
<td>MANY ACTIVITIES HAVE TIME AND CAPACITY LIMITS</td>
<td>APRIL</td>
<td>$3 LUNCH DONATION IS APPRECIATED!</td>
<td>9:30 PM</td>
<td>9:15 Yoga</td>
</tr>
<tr>
<td>ALL CLASSES REQUIRE ADVANCED REGISTRATION</td>
<td></td>
<td>PLEASE CALL AT LEAST 48 HOURS IN ADVANCE FOR A LUNCH RESERVATION</td>
<td>Feeling sick? Staying home is best!</td>
<td>11:00 Tai Chi</td>
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<td>413-686-4023</td>
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<td>12:30 Billiards by Appt</td>
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<tr>
<td>9:00 COA Van Service</td>
<td>9:00 Tax Services by Appt</td>
<td>9:00 Veterans' Office</td>
<td>9:00 Foot Care</td>
<td>9:00 COA Van Service</td>
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<tr>
<td>10:00 Needle Group</td>
<td>9:30 Healthy Bones and Balance</td>
<td>9:00 COA Van Service</td>
<td>9:30 Healthy Bones and Balance</td>
<td>9:15 Yoga</td>
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<tr>
<td>11:00 Yoga</td>
<td>10:30 COA Board</td>
<td>9:30 Healthy Bones and Balance</td>
<td>10:00 Open Art Studio</td>
<td>9:30 Yoga</td>
</tr>
<tr>
<td>12:30 Healthy Bones and Balance</td>
<td>11:00 Moving to the Music</td>
<td>11:00 Tai Chi</td>
<td>11:00 Moving to the Music</td>
<td>9:30 Dock Club</td>
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<tr>
<td>2:00 Ping Pong</td>
<td>12:30 Billiards by Appt</td>
<td>12:30 Billiards by Appt</td>
<td>12:30 Billiards by Appt</td>
<td>11:00 Tai Chi</td>
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<td></td>
<td>1:00 Line Dance</td>
<td>1:00 Line Dance</td>
<td>1:00 Line Dance</td>
<td>12:30 Billiards by Appt</td>
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<tr>
<td></td>
<td>1:00 Cribbage &amp; Games</td>
<td>1:00 Mediterranean Diet</td>
<td>1:00 Prediabetes</td>
<td>1:00 Mahjongg Group</td>
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<tr>
<td></td>
<td>1:00 Senior Theater</td>
<td>2:00 Senior Mobile Nutrition Pick-Up</td>
<td>1:00 Line Dance</td>
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<tr>
<td></td>
<td>2:00 Ping Pong</td>
<td>2:00 Town Collector Hour</td>
<td>2:00 Ping Pong</td>
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<td>11</td>
<td>12</td>
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<tr>
<td>9:00 COA Van Service</td>
<td>9:30 Healthy Bones and Balance</td>
<td>9:00 Veterans' Office</td>
<td>9:30 Healthy Bones and Balance</td>
<td>9:00 COA Van Service</td>
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<tr>
<td>10:00 Needle Group</td>
<td>11:00 Friends Meeting</td>
<td>9:00 COA Van Service</td>
<td>10:00 Open Art Studio</td>
<td>9:00 Massage</td>
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<tr>
<td>11:00 Yoga</td>
<td>11:00 Moving to the Music</td>
<td>9:30 Healthy Bones and Balance</td>
<td>11:00 Moving to the Music</td>
<td>9:15 Yoga</td>
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<tr>
<td>12:30 Healthy Bones and Balance</td>
<td>12:30 Billiards by Appt</td>
<td>11:00 Tai Chi</td>
<td>11:30 The Lunch Box by Friends</td>
<td>11:00 Tai Chi</td>
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<tr>
<td>2:00 Ping Pong</td>
<td>1:00 Line Dance</td>
<td>1:00 Canasta</td>
<td>12:30 Billiards by Appt</td>
<td>12:30 Billiards by Appt</td>
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<td></td>
<td>1:00 Cribbage &amp; Games</td>
<td>1:00 Mediterranean Diet</td>
<td>1:00 Prediabetes</td>
<td>1:00 Mahjongg Group</td>
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<td>1:00 Senior Theater</td>
<td>2:00 Senior Mobile Nutrition Pick-Up</td>
<td>1:00 Line Dance</td>
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<td>2:00 Ping Pong</td>
<td>2:00 Town Collector Hour</td>
<td>2:00 Ping Pong</td>
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<td>18</td>
<td>19</td>
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<tr>
<td>CENTER CLOSED FOR HOLIDAY</td>
<td>9:00 Foot Care</td>
<td>9:00 Veterans' Office</td>
<td>9:30 Healthy Bones and Balance</td>
<td>9:00 COA Van Service</td>
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<td></td>
<td>9:00 Tax Services by Appt</td>
<td>9:00 COA Van Service</td>
<td>10:00 Open Art Studio</td>
<td>9:00 Yoga</td>
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<tr>
<td></td>
<td>9:30 Healthy Bones and Balance</td>
<td>9:30 Healthy Bones and Balance</td>
<td>10:00 How to Clinic w/ Gene</td>
<td>9:30 Plogging</td>
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<td></td>
<td>11:00 Moving to the Music</td>
<td>10:00 How to Clinic w/ Gene</td>
<td>11:00 Tai Chi</td>
<td>Celebrate Earth Day</td>
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<td></td>
<td>12:30 Billiards by Appt</td>
<td>12:30 Lunch &amp; Learn</td>
<td>12:30 Lunch &amp; Learn</td>
<td>11:00 Tai Chi</td>
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<td></td>
<td>1:00 Line Dance</td>
<td>Estate Planning</td>
<td>Estate Planning</td>
<td>12:30 Movie Matinee</td>
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<tr>
<td></td>
<td>1:00 Cribbage &amp; Games</td>
<td>1:00 Canasta</td>
<td>1:00 Canasta</td>
<td>12:30 Billiards by Appt</td>
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<td>1:00 Senior Theater</td>
<td>2:00 Town Collector Hour</td>
<td>2:00 Town Collector Hour</td>
<td>1:00 Mahjongg Group</td>
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<td>2:00 Ping Pong</td>
<td>2:00 Ping Pong</td>
<td>2:00 Ping Pong</td>
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<tr>
<td>9:00 COA Van Service</td>
<td>9:30 Healthy Bones and Balance</td>
<td>9:00 Veterans' Office</td>
<td>9:30 Healthy Bones and Balance</td>
<td>9:00 COA Van Service</td>
</tr>
<tr>
<td>9:30 Men's Breakfast</td>
<td>11:00 Moving to the Music</td>
<td>9:00 COA Van Service</td>
<td>11:00 Moving to the Music</td>
<td>9:00 Yoga</td>
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<tr>
<td>10:00 Needle Group</td>
<td>12:30 Billiards by Appt</td>
<td>9:30 Healthy Bones and Balance</td>
<td>12:30 Billiards by Appt</td>
<td>11:00 Tai Chi</td>
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<td>11:00 Yoga</td>
<td>1:00 Line Dance</td>
<td>11:00 Tai Chi</td>
<td>1:00 Line Dance</td>
<td>12:30 Billiards by Appt</td>
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<td>1:00 Canasta</td>
<td>1:00 Line Dance</td>
<td>1:00 Mahjongg Group</td>
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<tr>
<td>1:00 Art with Kit</td>
<td>1:00 Senior Theater</td>
<td>1:00 Cooking Demo with CareOne of NoHo</td>
<td>1:00 Prediabetes</td>
<td>2:00 Birthday Ice Cream Social</td>
</tr>
<tr>
<td>2:00 Ping Pong</td>
<td>2:00 Trivia with Sharon</td>
<td>2:00 Town Collector Hour</td>
<td>2:00 Town Collector Hour</td>
<td>Guitar Concert</td>
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<td></td>
<td>2:00 Ping Pong</td>
<td>2:00 Ping Pong</td>
<td>2:00 Ping Pong</td>
<td>By Shawn Callaghan</td>
</tr>
</tbody>
</table>
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
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=Gs3GFl8hnz8

Most of our programs can be found online through the town website or My Active Center www.myactivecenter.com

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
March 11 & April 8, Fridays @ 9:30 AM

MOVIE MATINEE @ 12:30 (New Time!)
March 18 – Grace of Monaco with Nicole Kidman
April 22 – 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 -3:30 PM
Limited to 6 people by appointment, no walk-ins!

NEEDLE WORK GROUP MEETING Mondays @ 10 am
Limited to 10 people. Self-directed group, bring your own project.

“New” MULTI-SUBJECT TRIVIA WITH SHARON
Last Tuesdays @ 2 PM
A variety of subjects will be covered, so everyone can join in with the fun. There’s a trivia question for everyone. Please sign up.

MEND WITH A FRIEND
March 9, Wednesday between 11AM-1:30 PM
Lost a button? Split a seam? Need help with a hem? here’s an opportunity to learn or get help with mending. 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!
ABC of Medical Cannabis  
March 14, 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?  

Recharge and Reconnect  
March 17, Thursday @ 1PM  
Mr. Thutop is a very captivating and passionate public speaker. He will talk about how to recharge and reconnect for the new year and a new you… He is a member of the Tibetan Community in the Valley. Call to reserve your spot.  

Lunch & Learn: Ramadan  
March 30, Wednesday @ 2PM  
Presentation by Naz Mohamed: Ramadan – the meaning behind fasting and her experience recently visiting two holy cities, Makkah and Madinah.  

Lunch & Learn: Estate Planning  
April 20, Wednesday @ 12:30  
Explaining estate planning: trusts and other options by Karen G. Jackson, Esq. from Jackson Law  

Cooking Demo by the Chef from CareOne at Northampton  
April 27, Wednesday @ 1PM  
Join us for a cooking demonstration and tasting with Chef Rob from CareOne at Northampton. Registration required.  

Supporting you in maintaining wellbeing….  
Massage - Give your body a break, relax 😊  
March 4 & 18 and April 1,15 & 29 @ 8:50 AM - 1 PM  
Chair massages 15 min or 30 min intervals or 60 min table massages at 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.  
Cost: 15 min $15  

Do you have trouble hearing on the phone?  
March 15, Tuesday @ 1PM  
CaptionCall – no cost for 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. 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.  

Ask the Nurse: Q&A  
March 29, Tuesday @ 10 AM -12 PM  
Brain Health by Christopher Heights Assisted Living  
April 7, Thursday @ 1 PM  
Topics: healthy brain and body connection, four components for a healthy lifestyle are – physical health and exercise, diet and nutrition, cognitive activity, and social engagement.  
Refreshments.  

Prediabetes by FoodBank of Western Mass  
April 14, Thursday @ 1 PM  
Prediabetes, a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Nutrition and physical activity are important to manage your blood glucose, there is a need to balance what you eat and drink with physical activity and diabetes medicine, if you take any. What you choose to eat, how much you eat, and when you eat are all important, let’s talk about it!  

Men’s Breakfast Club  
March 28 & April 25, Mondays @ 9:30AM  
Enjoy a hearty breakfast while enjoying good conversation with others. Limited to 12, sign up required, suggested donation $3.
FRIENDS EVENTS AT THE CENTER

FIRST FRIDAY WITH FRIENDS
First Fridays @ 2
March 4 with guests Jo Comerford and Dan Carey
April 1 (no fooling)

COFFEE WITH A COP - 3rd Thursday @ 2
March 17 (Scams) and April 21

BIRTHDAY ICE CREAM SOCIAL- Last Friday @ 2
March 25 - Name That Tune Entertainment
April 29 - Guitar Concert with Shawn Callaghan

ART SHOW OPENING NIGHT - 2nd Friday @ 6
March 11 with Michele Diamond

The LUNCH BOX by FRIENDS @ 11:30
March 10 - Corned Beef and Cabbage Dinner
April 14 – Ham Dinner
We are excited to offer these homemade lunches once a month, limited to 25 people. Dine in! Cost $5 in advance. Registration deadline the Friday before the event.

HADLEY MATTERS - First Thursday of each month @ 3 PM
March 3 - Hadley Treasurer Linda Sanderson
March 7 - Hadley Police Chief Mike Mason
Hadley is a “happening town.” Sharon Howard will be interviewing local Hadley residents and town officials to learn more about our town.

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

The Friends of the Hadley Council on Aging are supported by our members in the senior community and provide support for a variety of things and events at the senior center, from sponsoring programs and speakers to refreshments for gatherings. We need your support. Contributions are always welcome, membership, leaves of love, calendar raffle tickets, or small things like buying greeting cards and calendars, the jar at reception for you to put some small change in. You can donate a car you no longer use, and if you shop online at Amazon, use Amazon Smile and a small percentage get transferred to us. Your support in any or all of these things helps make our center function more efficiently and comfortably. Thank you.

INTERESTING HAPPENINGS

Reuben by the Fire
March 16, Wednesday @ 12:30
Preorder required, cost $5, limited to 10 people.
Outdoors, dress appropriately!

Senior Living Options
Understanding Senior Living Options in Western Massachusetts
March 24, Thursday @ 1PM
Have you considered moving into a senior living community but don’t know what your options are? Come join us for an informational session about evaluating the senior living options in your area with Eric Aasheim from Oasis Senior Advisors of Western Mass. Making the decision to move from your home is one of the most difficult transitions that seniors can make, but you can greatly simplify the process of finding your perfect fit community by knowing the most important questions to ask. Learn more, sign up!

Hadley Senior Center Theater Project!
Starting April 5th @ 1 PM
LET’S PUT ON A SHOW! JOIN US!
Have the most fun ever! No memorization and no auditions. Anyone who wants to be in the show, will be in the show. VERY flexible rehearsal schedule.
Have a million laughs and then give your friends and family a million laughs.
There will be 10 rehearsals and it will be okay if you miss one or two. There will be one or two performances. All rehearsals and performances will be at the Hadley Senior Center.
There is no cost to join the show or to see the show. Rehearsals Tuesdays 1PM starting April 5 ‘til June 7 Performance on June 8th 1PM!

Mediterranean and other Health Conscious Diets
by UMass Nursing Students
April 13 @ 1 PM
This presentation will be diving into the benefits of a Mediterranean diet along with a hands-on sample recipe. We will also be discussing other healthy ways of eating with bonus recipes handout. Registration required. No cost.
THE COUNCIL ON AGING & SENIOR CENTER is open Monday through Friday 9am - 4pm. Contact us: 586-4023, fax 584-9934 or 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) 1-800-772-1213
Social Security (Holyoke Office) 1-877-480-4989
Medicare (www.medicare.gov) 1-800-633-4227
Medicare Beneficiary Hotline 1-800-252-5533
MA Med Line 1-866-633-1617
Elder Abuse Hotline 1-800-922-2275
Hadley Fire Department 584-0874
(Carbon monoxide alarm & smoke detector assistance)
Community Health Nurse, Marge Bernard, R.N.  586-2513

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