

COUNCIL ON AGING

South Hadley, Massachusetts

The sun never sets on our Activities...

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THE GOLDEN CHRONICLE

JANUARY 2014

CHRISTMAS BASKET THANKS: A great big THANK YOU to the many individuals and businesses in South Hadley who contributed to the Christmas grocery gift card and "Lights On" program. It is only through your generosity that the Council on Aging was able to assist 68 residents over 60, a 10% increase from last year.

Through the program clients chose between a grocery gift card or electric light credit. The COA assisted 33 elder households with \$100 gift cards to local grocery stores. In January another 35 elders will receive a \$100 credit on their electric bill through the "Lights On" donations.

Thank you to the following for contributing \$100 or more: Andrew & Martha Macko, Susan Smith, William & Pamela Dalton, South Hadley & Granby Chamber of Commerce, South Hadley Knights of Columbus Council 1721, First Congregational Church, Howard & Barbara Redfern, Carlene & Roland Allard, HIP members of S. Hadley COA, Charlie and Joanie Allard, Carole Sullivan, and many anonymous donors. Thanks to everyone who contributed to this community holiday program. Your generosity is greatly appreciated by the recipients as the thank you cards are arriving daily.

GOLDEN CHAIR ZUMBA will begin on FRIDAY, JANUARY 3RD AT 1 P.M. in the Exercise Room. This class is a SLOWER PACED VERSION OF ZUMBA. The charge will be \$3. per class and a minimum of 11 must participate. April Marion, an experienced and local Zumba instructor, will be leading the class.

BEGINNING EXERCISE resumes on TUESDAY, JANUARY 7th at 10 a.m. This class meets every Tuesday and Thursday at 10 a.m. in the exercise room. COST \$48 FOR 16 sessions (8-weeks).

Every weekday: Nutritious & delicious lunch 11:45 am.—12:15 p.m. in the South Hadley Senior Center Dining Room. Please reserve a day in advance and remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons 60 and over. Guests under 60 must pay \$3.00. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.

South Hadley Senior Travel Club

Monday, February 3, 2014, Mohegan Sun. Full casino package. Player card or picture ID may be required. **Cost \$23.00.** Call Howie Walsh, 593-6286. **Monday, March 17, 2014 (St. Patrick's Day) Platzl**



Brauhaus, in Pomona NY, St Patrick's Festival. Full day of food, fun and entertainment. Beer & soda 12 to 5 PM. Complimentary wine with dinner. Standing rib roast at 4:00 PM. **Cost \$89.00.** Call Susan Canedy, 536-2106. **Tuesday, April 22, New England Aquarium.** Includes admission to the newly remodeled aquarium & IMAX plus dinner at the **Cheesecake Factory Restaurant** in Cambridge. **Cost \$82.00.** Call Judy Fortier, 534-3598. **NIAGARA FALLS.** We would like to offer a 4-day trip to Niagara Falls in September 2014. Please call Judy Fortier, 534-3598 or Susan Canedy, 536-2106 if you think you would like to join us. Your call does not obligate you in any way. We just want to know if we have enough interest before we plan. A \$5.00 non-refundable deposit is due on all non-casino trips. *Because the South Hadley Senior Travel Club pays in advance for all trips, no cancellations will be honored less than one month prior to the trip with the exception of a Doctor's note certifying a medical emergency.*

A HAPPY NEW YEAR

NOTES FROM THE DIRECTOR

Although space is limited I want to take this opportunity to wish everyone a Happy, Healthy New Year! The senior center is a great place to visit in the winter for a nutritious meal in a friendly environment. If you have not been to the senior center, maybe a visit could be added to your list of resolutions. A new Zumba Golden Chair class will be added in addition to the existing exercise classes. Exercise is one of the suggestions made by most physicians and I am sure you will find one to meet your needs at our Senior Center. All you need is your Physician's authorization. Forms are available in the office.

2014 is a new year and for many reasons I hope it is better than 2013. I look forward to a new 12-passenger lift van arriving in the spring. This vehicle has been made possible through the kind and generous donation of Paul Bernard in memory of his Dad, Gerry Bernard who was a faithful and dedicated minibus driver for the South Hadley Council on Aging for 20 years.

The holiday luncheon was wonderful! Thanks to Theresa Roberts and the So. Hadley Quilters for the gift basket donated for the raffle and Rep. John Scibak for the magnifiers. Special thanks to all of the volunteers and the staff for the extra effort in contributing to the success of this event in spite of staffing issues. *Joanne*

Thank you to the following for bringing items from the wish list: Roland & Carlene Allard-24 pack of paper towels; Stanley Wojcik-paper towels

Thank you to Senior Girl Scout Troop 40144 South Hadley & Granby Girl Scouts: Gabby Schwalm, Olivia Slysz, Anna Robinson, Lyndsey Pisano, Alex Fusari and Elyssa Katz under the leadership of Kim Schwalm and Claudia Attardi. The Scouts participated in the "Holiday Craft Fair" run by the troop on 12/16/13. Their community service project provided 91 Holiday "X-Mas" Crackers for the meals on wheels clients in South Hadley. They have been faithfully doing this project for many years. *Joanne*

New Donations continued: **SHOPPING:** Charlene Johnson; **EMERGENCY FUND:** Congregational Church of South Hadley Falls; **CHRISTMAS BASKET/GIFT CARDS:** Leo & Margaret Sieracki, Virginia Johnston, Nellie Cabot, Wally & Joanne Kluza, Diane Scheinost, Mary Mulvaney, George & Mary Hojnosi, Marie Tamburro, Wendell & Cecile Clark, Dana Muller & Gary Steigerwalt, Andrew & Martha Macko, Claude & Terri Lambert, Susan Smith, Eileen Sullivan, Walter Bishop, Robert & Dorothy Scytkowski, Jean & Phyllis Lacoste, William & Pamela Dalton, Ken Ellis, Barbara Vanderpoel, Dr. Cengiz & Carol Kayi, Erlene Plichta, Lynne Bertram, Irene Presz, Elizabeth Savard, S. Hadley & Granby Chamber of Commerce, Priscilla Mandrachia & Vincent Ferraro, Francis & Janice Detoma, Jo Dugay, Eunice Mittler, Elinor Burnett, Baker-Waite Realty, Inc.

*Denotes multiple donations

SPECIAL THANKS TO: *The staff of Fire District #1 for doing the monthly blood pressure checks at the COA.

*Nancy Blodgett, Maryanne Fredette and Rick Dufault for working on Friday, November 29th to deliver the Meals on Wheels to their clients while other Town employees had the day off.

*All Saints Episcopal Church for the Angel Tree gifts.

*HIP for the \$150 for "Lights On."

*Jackie Reardon for the newsletter stickers.

*First Congregational Church, Inc. for the \$500 donation for "Lights On."

*Carole Sullivan for the \$500 donation for "Lights On."

*South Hadley Knights of Columbus Council 1721 for the \$500 donation to the Christmas Baskets/Gift Card program.

*Carlene & Roland Allard for the \$500 donation that will be used for "Lights On."

*South Hadley/Granby Chamber of Commerce for the \$500 for the Christmas Basket/Gift Card program.

NEW DONATIONS received after June 2013 Newsletter

ACTIVITY GIFT/NECESSITIES: Audrey Graci, **Recumbent Bike)-** Sarah & Kenneth Bald, Roger & Marilyn Duval, Robert Daniels, Virginia Johnston; Audrey Graci, Linda Trybus; The Bishops; **TRANSPORTATION:** David Michael; **BUILDING FUND:** Marlene Perkins, August & Peg Breault; **SERVICES GIFT:** Penny's Pride Memory Ride, Claire Connelly; **LIGHTS ON:** S. Hadley Women's Club-Bowling League, St. Patrick's Ladies Guild, Augie & Peg Breault*, S. Hadley HIP group, Debra Tamburro, Lisa Napiorkowski, Gail Bielzna-Pafford, Kathy Gallivan, Elinor Burnett; **NUTRITION:** Frances Mytkowicz*, HIP, Patricia Albright, June Beattie, Anna & Fred Wood; **NEWSLETTER:** Donna Poli, Christine Jaspersohn, David LaRoche, Robert & Lynne Bertram, Viola & Edward Rojowski, William Oehler, Rosemary Chicorka, Don & Marlene Gagne, Grace Kelly, Adele Moskal, Kathy Gallivan, Florence Gallivan, Neil Carson, Catherine Devins, Barbara Sullivan, Mary Czepiel, Ruth & Evan Enders, Lawrence & Helen Batley, Jim & Marie Stathis, Robert & Mary Whelihan, Diane Scheinost, Stella Warzenski, Marlene Perkins, Mary & Wayne Boulais, Claire Bielanski, M/M Norman Moreau, S.H. HIP group, Russell & Gloria Brown, S. Hadley Senior Travel Club, Constance Grise, Mary Fernandes, Gloria and Warren McAvoy, Barbara Fournier, Joanne Kluza, Gabrielle Lachapelle, Dot Hurley, Caroline Beaulieu, Lorraine Kiontke, Marguerite Quesnel, Roland & Carlene Allard, Theresa Mullaly, Shirley Burdzy, Gail Bielzna-Pafford, Julie Moreau, Marguerite Duquette, Bruce Docherty, Dorothy St. Pierre, Chester & Nancy Towne, Nancy Henry, Sara Bach, Fred Bozek, Violet Forni, Dana Muller, Gary Steigerwalt, Phyllis Carboneau, Donna Spirito, Louis & Nancy Sprega, Lawrence & Helen Batley, Gracy Kelly, Angelo Parlangas



Outreach News

by Ann

Do You Need Help Stretching Your Food Dollars?

The Food Bank of Western Massachusetts is working with the South Hadley Senior Center to help older residents stretch their budget and buy healthy food by applying for SNAP (Supplemental Nutrition Assistance Program—formerly known as the Food Stamp program). In Massachusetts, 63 percent of residents age 60 and older who are eligible for SNAP have not signed up.

SNAP recipients use a card that can be swiped at the register in grocery stores, convenience stores, and some farmers' markets. Eligibility is based on household size, income, and other expenses. You may still be eligible even if you own a home and a car and collect Social Security or a pension.

A SNAP associate from The Food Bank will be at the Senior Center on January 21, 2014, from 10:00 a.m. to 11:00 a.m., to prescreen you, and if you are eligible, help you sign up for SNAP. To help facilitate the process, please bring the following:

- **Proof of Identity:** license or birth certificate
- **Social Security Number (SSN)**
- **Proof that you live in Massachusetts:** driver's license, or utility bill, or tax forms

Income Verification

- **Earned Income:** pay stubs from the last four weeks or a letter from your employer
- **Other Income:** proof of Social Security income, pension, worker's compensation, and or child support
- **Self-Employment income:** most recent tax forms or business records for the last three months.
- **Rental Income:** If you get paid by someone who rents a room or apartment from you, a copy of a lease agreement or a statement from your tenant showing the amount of rent paid
- **Non-citizen status:** green card or immigration papers (only if you are not a U.S. citizen)

There are some other documents that might help you get more benefits. For example, information on costs related to: housing, utilities, medical expenses, child support and/or child or adult care.

Please Note: Applying for SNAP will not affect your membership in the Brown Bag Program.

MEMA: Massachusetts Emergency Management Agency has issued winter power outage safety tips:

- Check flashlights and portable radios to ensure they are working. Have extra batteries on hand.
- If the power is out, use flashlights or other battery-powered lights. Never use candles.
- If your water supply could be affected by a power outage (those who have a well-water pump system), fill your bathtub and spare containers with water. Water in the bathtub could be used for flushing toilets.
- Set your refrigerator and freezer to their coldest setting (don't forget to turn them back to normal once the power is restored). During an outage, do not open the refrigerator or freezer door. Food can stay cold in a full refrigerator for up to 24 hours, and in a well-packed freezer for 48 hours.
- To keep pipes from freezing, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture. Let faucets drip a little to avoid freezing.

****Look For Additional MEMA Winter Tips in February's Newsletter!**



"LIGHTS ON"

The South Hadley Council on Aging is once again offering an electric light credit to those senior residents in need. Some financial guidelines apply. If you are currently receiving fuel assistance, Brown Bag, SNAP, or experiencing a financial difficulty we may be able to help. Funds are available. Residents who have received a grocery store gift card at Christmas are not eligible for the "Lights On" credit. Please contact Ann at 538-5042 extension 206 to request a credit. Your privacy is very important to the Staff at the Council on Aging. Please, be assured that your request for assistance will be strictly confidential.

My Best Wishes for a Happy, Peaceful New Year!

Ann
Ann M. Andras
Social Service Coordinator

Just a thought... "Vision without action is a dream. Action without vision is simply passing the time. Action with vision is making a positive difference."

Joel Barker

Fuel Assistance 2013-2014

The heating season officially began on November 1st. If you are a senior living in South Hadley, I can assist you with an application to Community Action for some help in paying your home heating bills. Financial guidelines are:

No. in Household	Income
1	\$32,065
2	\$41,932

An appointment is required for fuel assistance. Call Ann at 413-538-5042 extension 206. Home visits are available for those who are in need.

NUTRITION PROGRAM

PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE.*
 MENU SUBJECT TO CHANGE. The Nutrition Program is funded
 by the Older Americans Act through a contract with:

**WESTMASS ELDERCARE, INC.
 JANUARY MENU**

- 2) SWEET & SOUR CHICKEN: Egg Noodles, Squash Blend, Juice, Cake or Diet Cake.
- 3) BAKED SALMON FILLETS: Au Gratin Potatoes, Brussels Sprouts, Multi Grained Bread, Pears or Diet Pears.
- 6) BAKED HAM W/PINEAPPLE: Brown Rice, Broccoli, Cornbread, Mixed Fruit or Diet Mixed Fruit.
- 7) BIRTHDAY/ANNIVERSARY—CHICKEN MARSALA WITH SAUCE: Roasted Potatoes, Peas & Onions, Whole Grained Roll, Cake or Diet Cake.
- 8) MEATBALLS & SPAGHETTI: Tomato Sauce, Garlic Bread, Spinach, Peaches or Diet Peaches.
- 9) VEAL PATTY W/GRAVY: Mashed Potatoes, Mixed Vegetables, Multi Grained Bread, Cookies or Diet Cookies.
- 10) FLORENTINE POLLOCK: Egg Noodles, Corn, Multi Grained Roll, Pineapple or Diet Pineapple.
- 13) MEATLOAF W/SAUCE: Mashed Potatoes, Carrots, Rye Bread, Jell-O or Diet Jell-O.
- 14) CHICKEN TERIYAKI: Rice, Creamed Corn, Whole Grained Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 15) GROUND BEEF STROGANOFF: Mashed Potatoes, Broccoli, Biscuit, Pears.
- 16) HAM & NOODLE CASSEROLE: Green Beans, Rye Bread, Juice, Brownies or Diet Brownies.
- 17) BREADED POLLOCK LOINS: Brown Rice, Zucchini, Multi Grained Bread, Tropical Fruit or Diet Tropical Fruit.
- 20) CENTER CLOSED—MARTIN LUTHER KING DAY
- 21) BEEF STEW: Diced Potatoes, Green Beans, Biscuit, Pineapple or Diet Pineapple.
- 22) AMERICAN CHOP SUEY: Broccoli, Cornbread, Mixed Fruit or Diet Mixed Fruit.
- 23) ROASTED TURKEY W/GRAVY: Mashed Potatoes, Mixed Vegetables, Multi Grained Bread, Cranberry Sauce, Cake or Diet Cake.
- 24) CATFISH FILLETS: Egg Noodles, Peas, Whole Grained Roll, Juice, Pears or Diet Pears.
- 27) LASAGNA W/MEAT SAUCE: Broccoli & Cauliflower, Italian Bread, Pudding or Diet Pudding.
- 28) OVEN-FRIED CHICKEN, Baked Potato, Peas & Onions, Multi Grained Bread, Pineapple or Diet Pineapple.
- 29) MACARONI & CHEESE: Stewed Tomatoes, Green Beans, Multi Grained Roll, Pears or Diet Pears.
- 30) ROASTED PORK W/GRAVY: Mashed Potatoes, Succotash, Orange Juice, Applesauce or Diet Applesauce.
- 31) POTATO CRUSTED POLLOCK: Wild Rice, Spinach, Whole Grained Bread, Apple Crisp w/Topping or Diet Apple Crisp w/Topping.

ALL MEALS ARE SERVED WITH BREAD AND A 1/2 PINT OF MILK. FOR RESERVATIONS OR CANCELLATIONS, PLEASE CALL 538-5042 NO LATER THAN 9:00 A.M. PLEASE TRY TO CALL ON FRIDAY TO EAT ON MONDAY.

Holiday Food Safety

By Song Xiong
 Keene State College Dietetics Intern

Family, food and fun fill the holiday season, but that fun can turn sour quickly if proper food safety precautions are not taken. Improper food handling can increase risk of spreading food borne illnesses. Enjoy the most of your holiday with these food safety tips.

Wash, Wash, Wash

Hand washing is the most effective way to prevent the spread of germs. Wash your hands for at least 20 seconds with warm, soapy water before, during and after handling food. Additionally, wash any surfaces that have touched raw meat and poultry such as counter tops and knives. Use different cutting boards to cut raw meat and vegetables.

The Right Temperature

The safest way to thaw out meat and poultry is in the fridge a couple days in advanced. Thawing meat on the counter or in hot water will promote the growth of bacteria. If you are on a time crunch, you can thaw meat in cold water and change the water every 30 minutes.

When cooking foods, use a thermometer to make sure it is fully cooked before serving. Turkey as well as the stuffing should be cooked to 165 degrees. Ham and pork roasts should be cooked to 145 degrees. Place thermometer in the thickest part without touching the bone.

Leftovers

Be sure to refrigerate leftovers at least two hours after serving to prevent bacteria growth. When reheating leftovers, make sure it reaches 165 degrees. Do not reheat foods more than once.

With Sincere Gratitude!

The South Hadley COA is very thankful for receiving a very generous donation of \$1,000 from Fred Bozek & Violet Forni

In Loving Memory of

**Roseann Bozek
 and
 Vincent Forni**

The donation will help to fund a new recumbent exercise bike for our Exercise Room.

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

JAMES L. STURTEVANT Judy Underwood
Noella Loiselle

MARGARGET WHITENETT Carolyn Dupuis

CHRISTMAS BASKET:

DONALD THIBODEAU Lucille Ryan

GEORGE CUNLIFFE, JR. Christine Cunliffe &
Lillian & Daniel Campbell

AL FERNANDES Bea Fernandes

GEORGE & EVELYN EDGE Evelyn Simpson &
Nancy & Shawn Hall

RITA ROBILLARD Gordon & Phyllis McClaffin

JOHN F. FORKEY Elaine Paulin & Family

JOHN M. PAUL Elaine Paulin & Family

MARLENE GRAHAM Dwight & Carole Pearl

HOWARD PHOENIX Dwight & Carole Pearl

ANNA PHOENIX Dwight & Carole Pearl

HARLAN PEARL Dwight & Carole Pearl

CLAIRE PEARL Dwight & Carole Pearl

JOHN & MARY BLANCHARD Bob & Liz Methot

ISABELLA & TOM SIMPSON Linda & Doug
Simpson

WILFRED PERREAULT Yvette Perreault

EMERGENCY FUND:

MARILYN SKILL Mr. & Mrs. Boyd Leslie

VETERAN'S CLUB:

RICHARD PERRY Ronald H. Fritz

WILLIAM "BILL" SLIGO Roland & Sharlene Racine

TRANSPORTATION ACCOUNT:

JACK RYAN Lucille Ryan

IN MEMORIAM

IN MEMORY OF:

FROM:

SUBSIDIZED SENIOR TRANSPORTATION:

JAMES L. STURTEVANT Stella Warzenski
Grace Kelly

JOSEPH & SOPHIE David Perwak

EMMA MROCZEK Sandy Mroczak

RICHARD DUPUIS Carolyn Dupuis

LIGHTS ON:

LIONEL BRINDAMOUR Theresa Brindamour
Grace Kelly
Charlie & Joanie Allard

ALL DECEASED FRIENDS Stanley Wojcik

STAN STRZEMPKO Judie Strzempko

RITA ROBILLARD Gordon & Phyllis McClaffin

ISABELLA & TOM SIMPSON Linda & Doug
Simpson

WILLIAM "BILL" SLIGO Charlie & Joanie Allard

ART & BERNICE COREY Jacqueline L. Reardon

NEWSLETTER:

WILLIAM "BILL" SLIGO Claire Bielanski

GEORGE CUNLIFFE, JR. Christine Cunliffe &
Lillian & Daniel Campbell

PAUL CARBONEAU Phyllis J. Corboneau

RITA ROBILLARD Gordon & Phyllis McClaffin
Charlie & Joanie Allard

RENE LEDUC Charlie & Joanie Allard

RON CHATEAUNEUF Charlie & Joanie Allard

RENE LAVERDIERE Tillie Laverdiere

<p>ROOM KEY B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p>	<p>IN TOWN TRANSPORTATION 1 AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> 	<p>NEW YEAR'S HOLIDAY CENTER IS CLOSED</p> <p>JANUARY 2014</p>	<p>2 SWEET & SOUR CHICKEN 10 Alzheimer's Support-C2 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p>3 BAKED SALMON FILLETS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta -DR 1 Zumba/Golden Chair-EX</p>
<p>6 BAKED HAM W/PINEAPPLE 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker /Pinochle-DR 1 Canasta-DR 1 Mah Jongg-DR</p>	<p>7 BIRTHDAY/ANNIVERSARY CHICKEN MARSALA W/ SAUCE 10 Beginning Exercise-EX (New Session) 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft,-CE,</p>	<p>8 MEATBALLS W/ SPAGHETTI 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE</p>	<p>9 VEAL PATTY W/GRAVY 10 Beginning Exercise-EX 10 Travel Club-C1 10 Veteran's Support group 1 Friends Meeting-DR 1 Scrabble-L /Quilting-CE 1 Golden Agers-CR 12-2 Blood Pressure Screening w/ Nurse-C2</p>	<p>10 FLORENTINE POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 12noon CDBG Public Comment Session-DR 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Zumba/Golden Chair-EX</p>
<p>13 MEATLOAF W/SAUCE 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR 4-COA Board Meeting-C2</p>	<p>14 CHICKEN TERIYAKI 9-12 - SHINE (by appt.)-C1 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE,</p>	<p>15 GROUND BEEF STROGANOFF 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE</p>	<p>16 HAM & NOODLE CASSEROLE 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>17 BREADED POLLOCK LOINS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Bridge-CE/Cribbage-CR 1 Canasta-DR 1 Knitting-L 1 Zumba/Golden Chair-EX</p>
<p>20 MARTIN LUTHER KING ,JR. HOLIDAY CENTER IS CLOSED</p> 	<p>21 BEEF STEW 10-11 Brown Bag-CE 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE,</p>	<p>22 AMERICAN CHOP SUEY 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR 1 Choralites-DR</p>	<p>23 ROASTED TURKEY W/ GRAVY 10 Beginning Exercise-EX 10 Travel Club-C1 10:30 Blood Pressure Screening w/Fire District #1-DR 1 Sr. Travel Club Cruise Presentation-DR 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>24 CATFISH FILLETS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Zumba/Golden Chair-EX</p>
<p>27 LASAGNA W/MEAT SAUCE 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 11:15 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-CR 1 Mah Jongg-DR</p>	<p>28 OVEN-FRIED CHICKEN 9 Newsletter Collating-CE 9-12 SHINE (by appt.) - C1 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>29 MACARONI & CHEESE 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR 1 Choralites-DR</p>	<p>30 ROASTED PORK W/ GRAVY 10 Beginning Exercise-EX 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>31 POTATO CRUSTED POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Zumba/Golden Chair-EX</p>

DOREEN'S INFO

Happy New Year to you all. With the long winter days you may find yourself looking for something to keep you occupied. Be sure to check out the monthly calendar – I am sure there is an activity you would find interesting. The COA offers three exercise programs that help you to keep limber and flexible. They are: Tai Chi (fee), Beginners Exercise NEW section will be starting Jan. 7th and end on February 27th (fee) and Osteoporosis Exercise (free). We will be offering an eight week session of Golden Chair Zumba with instructor April Marion. April will be doing a demonstration at lunch time on December 27th. First class starts January 10th. In order to participate in any of these programs we need to have a physician's approval and emergency contact on file.

December kept us all on our toes. Our Holiday Luncheon was well attended. Our volunteer group, the Choralites provided a spirited concert. If you haven't heard them, please make it a point to attend their next concert. They put in much practice time and their voices are like angels. Several groups enjoyed having their meetings offsite at local restaurants. That's exactly what the Veteran's Group did. We enjoyed a great lunch at Ledges Golf Club. The Veteran's would like to express their appreciation to the Veteran's Memorial Fund in assisting in covering the luncheon cost. An informative presentation was given by SHELD reminding us of the importance to pay close attention to electrical devices.

So here we are in 2014. Our monthly Birthday/Anniversary lunch will be held on January 7th. If you are celebrating a birthday or anniversary, the Friends of South Hadley Elderly would like to treat you to lunch. Remember reservations are required and one invited guest.

Check our calendar, for some activities will not be holding normally scheduled activity times. HIP will not be meeting this month and the Choralites will resume practice on the 22nd. Lo Vision will not be meeting during the winter month, but will resume in March. Unfortunately the Red Hat Society group will no longer be meeting at the COA.

Barbara Hatch, our "Around the World Tour Guide", and I are working on a new segment to share interesting facts on new topics. Nothing to do these long days of winter? Visit our library. We have a very good selection of hard & soft covered books. We also have large print books and several different magazines and newspapers.

There are several volunteer opportunities such as: volunteers for our dining room set up, Meals on Wheels packers, special events and working in the front office. Please call me at 538-5042, ext. 205 if you are interested in volunteering. In November the volunteers logged 1058.5 hours. I would like to acknowledge our newest volunteers Mary Zamarippa and Pauline Devine. Happy New Year.

Doreen



South Hadley Council on Aging Computer Learning Center

Address: South Hadley Senior Center
45 Dayton Street, So. Hadley, MA 01075
Telephone: 413-533-6889

The Computer Learning Center is led by a volunteer group with a mission to serve those of all computer abilities interested in learning more about the various types of computer software programs. We will soon be teaching Windows 8 and hope that those who are now using it will be eager to learn more about it. Many other courses are also offered, from the very basics to exploring and managing the Internet and Windows.

Computer Classes will be taught soon for a small cost depending on the length of the course selected.

Please call us at the above number with questions or to enroll in a class.

As this program is undergoing some transition, classes may not be available until February. Please read the February newsletter to learn more about the classes that will be offered.

***** **FRIENDS OF THE SOUTH HADLEY ELDERLY, INC.**

2014 membership dues of \$5.00 are now being accepted. Thank you to the members who have paid their dues. New members are welcome and the next quarterly meeting will be held on Thursday, January 9th in the Senior Center dining room. The Friends of South Hadley Elderly are very generous to the Council on Aging/Senior Center and donate \$4,500 to fund all of the special events during the year. In addition the non-profit group recently purchased and funds the maintenance contract for the copier in the main office as well as the Xerox copier used to print the monthly newsletter. Please help them to help the seniors.

**SPECIAL THANKS TO THE SOUTH HADLEY
COUNCIL ON AGING KNITTING CLUB FOR THEIR
DONATION OF HATS, MITTENS, SCARVES AND
SWEATERS TO THE SOUTH HADLEY LION'S
CLUB, NEIGHBORS HELPING NEIGHBORS FOOD
PANTRY AND THE PROVIDENCE MINISTRIES.**



South Hadley Council On Aging
 45 Dayton Street
 South Hadley, MA 01075
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