

COUNCIL ON AGING

South Hadley Massachusetts



The sun never sets on our Activities...

Director: Joanne Trybus
 jtrybus@southhadleyma.gov
 45 Dayton Street
 South Hadley, MA 01075-1924
 Tel. 538-5042 Fax 532-8206
 Assistant Director: Lisa Napiorkowski
 lnapiorkowski@southhadleyma.gov

THE GOLDEN CHRONICLE

FEBRUARY 2013

Chairperson: M. Connie Laplante
 Social Service Coordinator:
 Angie Wright
 awright@southhadley.org
 Website: www.southhadleyma.gov

HAPPY VALENTINE'S DAY

THURSDAY, FEBRUARY 14TH, SUGGESTED DONATION \$2.25. Pot Roast dinner with special dessert provided by Beers & Story Funeral Home and a picture display of 2012.



Every Weekday: Nutritious & Delicious Lunch 11:45 am - 12:15 pm, in the South Hadley Senior Center Dining Room. Please reserve a day in advance (538-5042). Suggested donation \$2.25 for persons over 60. 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.

AARP VOLUNTEER TAX ASSISTANCE begins Wed., Feb. 6th through Wed, April 10th. Call 538-5042 to make an appointment for this service for low to moderate income seniors. Please have the following items with you: some form of IDENTIFICATION General: Social Security Card/Driver's License/SS cards for all dependents; copies of 2011 Federal and Mass tax returns and any work papers in AARP envelope; list of estimated tax payments for 2012; checkbook if you want direct deposit; original Power of Attorney (or Executor) documents if signing on behalf of a taxpayer; if non-Medicare, a copy of the HC-1099 (proof of insurance for Mass; if legally BLIND a current Certificate of Blindness; remove tax documents from mailing envelopes prior to appointment. INCOME: Year end Social Security SSA-1099 form showing benefits received; ANY 1099 forms 1099-INT to include Municipal Bond interest, Dividends 1099-DIV; Retirement 1099-R, proceeds from stock/bond sale (1099-B) including original purchase price of any assets sold, Unemployment comp (1099-G), non-employment Comp (1099-Misc) or Forms K-1. Employer W-2 or Gambling W-2G; other cash income (eg Alimony, Jury Duty pay). Circuit Breaker Credit-only for those over 65 who own or rent (not subsidized housing); actual real estate tax bills showing ownership or a town hall printout with the same information; actual paid water/sewer bills. We only do Schedule C-EZ; Forms K-1 and Alimony received; Health Insurance Form (Medicare Card) because of Mass. requirement for health insurance coverage; Rent paid in 2012; Property Tax Abatements, actual Water and Sewer bills. DEDUCTIONS: Real estate taxes, alimony paid (to include recipients SSN; IRA contributions; Form 1098-T for college tuition paid and receipts for college supplies; student loan interest. Child care provider info (if applicable). SCHEDULE A DEDUCTIONS: bring 1099-G (State Tax Refund), if you receive it; State income tax paid; 1098 home mortgage form; medical/dental expenses, including health and long-term care insurance premiums; receipts for contributions to charity, and any other tax documents you may have. *

South Hadley Senior Travel Club

Tuesday, February 5th, Mohegan Sun with full casino package. Cost: \$22 due upon booking. Call Barbara Laramée 536-8567. **Tues., March 5, Aqua Turf's gala St. Patrick's Day celebration** featuring **Tony Kenny**, past winner of Ireland's Entertainer of the Year. Elegant lunch included, wear your green. **Cost \$86.00.** Call Howie Walsh 593-6286. **Wednesday, April 3, Maple Syrup Breakfast Parker's Maple Barn** featured on *Phantom Gourmet*. Includes visit to Butterfly Place and a tasting/tour of Nashoba Valley Winery. **Cost \$76.00.** Call David Bellefeuille, 533-7724. **Tuesday, May 14, World Trade Center Site and 9/11 Memorial.** Includes lunch on your own @ **South Street Seaport**, then a one hour New York harbor cruise aboard the **ZEPHYR** where you'll see the Empire State Building, the Brooklyn Bridge, the Statue of Liberty and Ellis Island. **Cost \$79.00.** Call Judy Fortier, 534-3598. **Tuesday, June 11, Authentic Mississippi Paddlewheel River Rose Cruise, Hudson River, NY.** Full course lunch at **Torches** on the Hudson. Shopping at Fair Acre Farms. **Cost \$85.00.** Call Susan Canedy at 536-2106. **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 Travel Club Representative is at South Hadley Senior Center Wednesday and Thursday 10-11:30. Flyers available.**

*IF FILING JOINTLY BOTH PEOPLE SHOULD ATTEND.

NOTES FROM THE DIRECTOR

I am delighted we are almost half way through winter. So far the winter has not been too harsh. But weather changes rapidly, especially in New England. Contact is made with Channels 22, 40 and 3, by 7 a.m. so please watch the television to learn if meals, transportation or activities are cancelled at the / South Hadley COA/Senior Center. Staff members report to work if Town Hall is open but participants are safer staying home and off the slippery roads.

I want to take a moment to express my thanks to the individuals who have made donations to the newsletter account. If you have not yet done so, please consider making a \$5.00 donation to help with the mailing costs of this newsletter. Postage costs have recently increased significantly. Your generosity will help to insure the mailing of this publication to the 2,500 households of residents 60 and over. Individuals who live out of town pay \$10.00 to have the publication mailed to their home.

The Tax Assistance season will begin soon. Please remember the volunteer service is for individuals in the low to moderate income level. The tax aides are not taught how to file complicated tax returns. Call the COA office at 538-5042 to make your appointment, find out what to bring to the appointment, or for more information. Per the request of the tax aides, please open all of your envelopes and take out the various forms to save time. **PLEASE NOTE THE CHANGE IN DAYS FROM FRIDAY TO WEDNESDAY.**

Census forms can be dropped off at the senior center. It will save you a stamp!

There are a few items in our "lost and found" box. If you lost an item recently, please check to see if it has been placed in the COA reception office.

Since February is "heart" month, I encourage everyone to come and visit our senior center. It will do your heart good!

HAPPY VALENTINE'S DAY!



Joanne

New Plains School informational program will be held on Tuesday, February 12 during the luncheon. A representative of the new school committee will speak.

Substitute Home Delivered Meals drivers needed at the S. Hadley COA. Hours are from 10:30 a.m. to 12:30 p.m., Monday-Friday. Hourly rate is \$8.00 per hour plus mileage at \$.525 per mile. No benefits. If you have a few hours to spare occasionally this is a great opportunity to provide an essential service to the elders of the community. An application must be completed and a CORI check is required. Call Joanne at 538-5042, Ext. 204 for more information.

MAH JONGG TEACH AND LEARN SESSIONS to be held on Friday mornings from 10 a.m. until 12 noon in the small conference room off of the library beginning on February 1st and ending March 29th. This instructional period will replace the Wednesday teach and learn session held during the Wednesday afternoon games in March and September. Please be prompt because if no one comes in before 10:15 a.m. the instructor will leave.

WESTMASS ELDERCARE, INC.

A Citizens' Advisory Council Member is needed to fill a vacancy as a South Hadley liaison. Members are elected for three years. Monthly meetings in area locations. Representatives advocate for the elders, screen programs for funding under Title III of the Older Americans Act. For more information call Gary Donnelly, Planner at WMEC 538-9020, Ext. 363 or Joanne Trybus 538-5042, Ext. 204. Applications are available at the S. Hadley Senior Center office.

SPECIAL THANKS TO THE FOLLOWING:

**South Hadley/Granby Chamber of Commerce for the \$500 donation that will be used for the "Lights On" program.

** Thank you to Roland and Carlene Allard for \$500 donation that will be deposited into the Activity Gift Account to help fund the purchase of a new recumbent bicycle for the exercise room.

**To the Friends of South Hadley Elderly for the \$4,500 donation for special events and necessary supplies for 2013.

**Donna Robideau for the donation to the Activity Gift Account.

**Congregational Church of South Hadley Falls for the generous donations of \$300 for food or fuel funds and the \$200 from outreach to benefit the same funds.

**First Congregational Church outreach team for the \$250 check for "Lights On."

WISH LIST THANKS TO: Noella Loiselle for the paper towels and Joe Paul for the Equal sweetener.

THE DIABETIC SUPPORT GROUP MEETING WILL BE **WEDNESDAY, FEBRUARY 13TH AT 1 P.M.** Join **Mary Anne Sopolak, RD, CDE** for "De-coding Your Lab Report," learning what all the numbers mean.

CALLING ALL "FRIENDS"

Just a reminder! The Friends of South Hadley Elderly are collecting dues for the 2013 membership year. Please send your \$5.00 check, payable to the Friends of South Hadley Elderly, or cash to Donna Robideau, 12 Edgewater Lane, South Hadley. If you wish, you can leave your money and information at the Senior Center and a member of the "Friends" will get it. Thanks for your continued support. Without your memberships, donations and memorials we would not be able to fund the various activities, programs and miscellaneous expenses to benefit our seniors. Please consider joining "The Friends of South Hadley Elderly, Inc. and send in your money for dues today.

Angie's News & Notes

The Massachusetts Good Neighbor Energy Fund

Do you know about the Good Neighbor Energy Fund? The Good Neighbor Energy Fund is celebrating its 27th year of providing energy assistance to Massachusetts residents in temporary crisis. Sponsoring gas, electric and oil companies support their respective customers' generosity through various giving programs. It is anticipated that the money raised will help more than 2,000 Massachusetts families this winter season. The Salvation Army, which administers the Fund, is already beginning to see a rise in the number of phone calls from families in need. In fact, the Fund expects to receive approximately 5,000 requests for aid this winter alone.

The MA Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal assistance.

Income for either the prior twelve months or the past month (times twelve months for a total annual figure) must fall between 60 and 80 percent of the state's median income levels.

Income eligibility guidelines for 2012-2013 are as follows:

Household Size	Total Gross Yearly Income
1	\$31,271—\$41,695
2	\$40,893—\$54,524
3	\$50,515—\$67,353
4	\$60,137—\$80,182
5	\$69,759—\$93,012
6	\$79,381—\$105,841

Emergency Grant Applications were accepted starting December 3, 2012. All other Grant Applications are accepted beginning January 2, 2013. The grant per

eligible household is \$350 per season regardless of amount owed. Grants for a household are paid directly to the vendor(s).

For more information about eligibility criteria and where to apply, please call: 1-800-262-1320 (serving area code 413).

You may also find the **Massachusetts Senior Legal Helpline** of assistance. The Helpline provides FREE legal information, advice and referral services for Massachusetts senior citizens (60 years or older) in most areas of civil law including:

- Social Security/Supplemental Security Income
- Veterans Benefits
- MassHealth (Medicaid)
- Medicare
- Consumer Issues
- Public Benefits
- Unemployment
- Foreclosures
- Guardianship
- Powers of Attorney
- Bankruptcy
- Evictions
- Landlord/Tenant
- Utilities
- Family Law
- Nursing Home

The Helpline number is 1-866-778-0939. If you get the Helpline voicemail, please leave your name, telephone number and the city or town where you reside and your call will be returned within 2 business days.

The MA Senior Legal Helpline is a project made in collaboration with the MA Office of Elder Affairs, the Legal Advocacy & Resource Center, the MA Justice Project and MA legal services providers.



Angie Wright, Social Service Coordinator

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. FEBRUARY MENU

- 1) **CELEBRATE FRANCE—QUICHE LORRAINE**, Baked French Fries, French Cut Green Beans, Roll, Orange Juice, Apple Crepes or Diet Apple Crepes.
- 4) **KIELBASA**, Lazy Pierogi, Egg Noodles, Spinach, Rye Bread, Peaches or Diet Peaches.
- 5) **BIRTHDAY/ANNIVERSARY—ROASTED TURKEY W/GRAVY**, Mashed Potato, Green Beans, Cranberry Sauce, Whole Wheat Bread, Cake or Diet Cake.
- 6) **AMERICAN CHOP SUEY**, Brussels Sprouts, Cornbread, Orange Juice, Apricots or Diet Apricots.
- 7) **STUFFED CABBAGE W/SAUCE**, Au Gratin Potatoes, Carrots, Multi Grained Bread, Fruit Cocktail or Diet Fruit Cocktail.
- 8) **BREADED POLLOCK LOINS**, Noodles, Corn, Orange Juice, Whole Grained Bread, Bread Pudding or Diet Bread Pudding.
- 11) **CHICKEN POT PIE**, Mashed Potatoes, Mixed Vegetables, Cranberry Sauce, Biscuit, Pears or Diet Pears.
- 12) **BAKED MEATLOAF W/GRAVY**, Au Gratin Potatoes, Peas, Whole Grained Roll, Pineapple or Diet Pineapple.
- 13) **MACARONI & CHEESE**, Stewed Tomatoes, Rye Bread, Jell-O or Diet Jell-O.
- 14) **VALENTINE'S DAY LUNCHEON—POT ROAST W/GRAVY**, Scalloped Potatoes, Broccoli, Dinner Roll, Strawberry Cake or Diet Strawberry Cake.
- 15) **ALMOND POLLOCK**, Cous Cous (mini pasta), Zucchini Blend, Multi Grained Bread, Tropical Fruit or Diet Tropical Fruit.
- 18) **CENTER CLOSED—PRESIDENTS' DAY HOLIDAY**
- 19) **ROASTED CHICKEN W/GRAVY**, Rice Pilaf, Cauliflower, Whole Grained Bread, Brownies or Diet Brownies.
- 20) **BAKED HAM W/PINEAPPLE SAUCE**, Sweet Potatoes, California Mixed Vegetables, Rye Bread, Mixed Fruit or Diet Mixed Fruit.
- 21) **SALISBURY STEAKS W/GRAVY**, Mashed Potatoes, Waxed Beans, Multi Grained Roll, Apple.
- 22) **LASAGNA ALFREDO**, Winter Mix Vegetables, Garlic Bread, Pudding or Diet Pudding.
- 25) **OVEN BAKED CHICKEN**, Au Gratin Potatoes, Peas & Onions, Cranberry Sauce, Whole Grained Bread, Jell-O or Diet jell-O.
- 26) **SHEPHERD'S PIE W/GRAVY**, Green Beans, Biscuit, Pears or Diet Pears.
- 27) **HAM & NOODLE CASSEROLE**, Spinach, Oatmeal Bread, Cookies or Diet Cookies.
- 28) **LIVER & ONIONS**, Egg Noodles, Broccoli, Wheat Bread, Peaches or Diet Peaches.

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.

Making Heart Healthy Choices

By Laura Salinas
Keene State College Dietetic Intern

To help your heart stay healthy, you can make heart healthy choices in the food you eat. There are many healthy options that are easy to implement.

Eat more nutrient-dense foods and you can turn your health around. Choose lean meats, whole grains, healthy fats, fruits, and vegetables to enhance your heart health. You may reduce the risk of developing heart disease, as well as reducing blood pressure, inflammation, and arthritis pain.

Your diet or "way of eating" requires protein, so choose lean meat. When buying ground beef, you can opt for the least percentage of fat. Chicken or fish are great choices. Choosing lean meats, chicken and fish decreases the amount of saturated fat in our diet and improves heart health.

Another healthy choice is to choose fatty fish. Research shows that omega-3 fats, present in fish and nuts, reduces the risk of developing heart disease and improves inflammation, as well as arthritis symptoms.

Make half the plate of food you eat vegetables and fruits. Choose the fruits and vegetables that are darkest in color – the reds, orange, dark green and deep purple vegetables and fruit. Your heart health will benefit from the multiple antioxidants found in fruits and vegetables.

Choose 100% whole grain breads, crackers, and pastas. Whole grains are a great source of fiber, which helps to regulate blood pressure and enhance overall heart health.

Every day we make choices about what and how much we eat. You can make the choices that will keep your heart healthy.

Go Mediterranean!

Mediterranean-type diets highlight whole grains, fruits and vegetables, and healthy fats from fish, nuts, and healthy oils. This eating style helps promote heart health and may also lessen the risk of memory and thinking problems later in life. In a study that followed more than 2,000 people over four years, those who most closely followed a Mediterranean-type diet had a lower risk of developing Alzheimer's disease. A later study suggested that a following a Mediterranean-type diet could slow the conversion of mild cognitive impairment into full-blown dementia.

The types of fat that predominate in the diet also seem to affect memory. As part of the national Women's Health Initiative, 482 women ages 60 and older were observed for three years. They reported on their diets, and researchers tested their memory and thinking skills at the beginning of the study and at the end. Those who ate more unsaturated fat (which is abundant in vegetable oils and fatty fish) and less saturated fat (from red meat and full-fat dairy foods) had significantly less decline in memory than those who ate relatively little unsaturated fat.

Eating several servings of fruit and vegetables can also protect memory. Foods from plants are chock full of vitamins, minerals and other nutrients that may protect against age-related deterioration throughout the body. (Source: Harvard Medical School)

IN MEMORIAM

IN MEMORY OF:

FROM:

BUILDING FUND:

ROBERT DAUNAIS	Phoebe Daunais
THE RICHTER FAMILY	Joan Richter
CARL KIONTKE	Tom & Joyce Hudock
PAUL HICKSON	Brenda Hickson
DOTTIE RENNER	Harold Renner
DONALD ST. PIERRE	Doris Pichette Janet Theroux & Family Jubenville Insurance Bob & Doria Goshea Viola Donze Elizabeth G. Perreault Phillip & Ola Herbert Cecile & David Stuntz Joan M. Mikolajczyk Claire (Courchesne) Herbert Gary Jodoin & Mary Kelleher Richard & Gail Oparowski Kathy & George Bowler Ken & Fran Arena Jeff & Laura Arena Joanne & John Benware June C. Stone Bill & Dorothy Schenker
CLAIRE MARTEL	Carol & Jeff Day Lisa Bordenuk, Marilyn Martel & Michaeline Davidson

NUTRITION:

MARTHA KEOCHAREON	Dolly Crossland COA Knitting Group COA Hip Group
ARMAND PAQUIN	Dolly Crossland
CLAIRE MARTEL	John & Joan Bordenuk Lucille Ryan Reata & Bill Cassidy
DONALD ST. PIERRE	Maddy & Sandy Slade

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

BARBARA TODD	COA Canasta Group
JOE MYTKOWICZ	Frances Mytkowicz

SUBSIDIZED SR. TRANSPORTATION:

AL FERNANDES	Bea Fernandes
--------------	---------------

MINI-BUS MAINTENANCE ACCOUNT:

MARTHA KEOCHAREON	COA Golden Agers
-------------------	------------------

LIGHTS ON:

JOHN E. GALLIVAN	Flo, Kathy & John Gallivan
THE WOJCIK FAMILY	Stanley Wojcik
JAMES B. NEWTON	Donald & Marlene Gagne

MOTHER'S GARDEN:

DONNA POTVIN	Janie Brochu
--------------	--------------

TRANSPORTATION:

DONALD ST. PIERRE	Dick & Kathy Kirby Bruce & Diane Perron
-------------------	--

EMERGENCY FUND:

DONALD ST. PIERRE	Ivan & Anita Corwin
-------------------	---------------------

NEWSLETTER:

ROBERT M. HUGHES	Amy Hughes
------------------	------------

ANNA MAE PARKER MEMORIAL FUND:

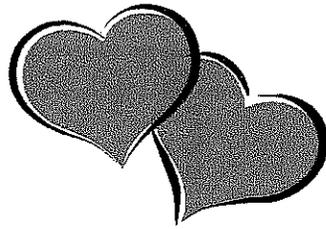
ANNA MAE PARKER	Jeffrey & Elizabeth Pyle
-----------------	--------------------------

With Our Sincere Gratitude

The So. Hadley COA has received \$1,000 for
Meals on Wheels in Memory of

Henry & Erna Smith

Donation from their daughter Judy (Smith) Newman



FEBRUARY 2013

IN TOWN TRANSPORTATION
AVAILABLE MONDAY-FRIDAY
FROM 9-3, BY APPOINTMENT
ONLY.



1 Celebrate France QUICHE LORRAINE

- 9:30 Grocery Shopping
- 10 Coffee & Conversation-DR
- 10:30 Osteoporosis Exercise-EX
- 1 Knit-L/Bridge-CE/Poker-DR
- 1 Cribbage-CR
- 1 Canasta-DR

- 4 KIELBASA**
- 10 Music Appreciation-CE
 - 11 Tai Chi-EX
 - 1 Poker-DR
 - 1 Pinochle-DR
 - 1 Canasta-DR
 - 1 Mah Jongg-CE
 - 1 Red Hat Society-CR**

- 5 BIRTHDAY/ANNIVERSARY
ROASTED TURKEY W/GRAVY
Travel Club Trip**
- 10 Beginning Exercise-EX
 - 1 Bingo-CR
 - 1 Movie-EX
 - 1 Needlecraft-CE

- 6 AMERICAN CHOP SUEY
9-12 AARP Tax Assistance(by
appt.) - C2**
- 9:30 Grocery Shopping
 - 10 Travel Club-C1
 - 10:30 Osteoporosis Exercise-EX
 - 1 Pitch-CR, 1 Mah Jongg-CE,
 - 1 Choralites-DR

- 7 STUFFED CABBAGE W/SAUCE**
- 10 Beginning Exercise-EX
 - 10 Travel Club-C1
 - 10 Alzheimer's Group -C2**
 - 1 Scrabble-L /Quilting-CE
 - 1 Golden Agers-CR

- 8 BREADED POLLOCK LOINS**
- 9:30 Grocery Shopping
 - 10 Coffee & Conversation-DR
 - 10:30 Osteoporosis Exercise-EX
 - 1 Knit-L/Bridge-CE/Poker-DR
 - 1 Cribbage-CR/Canasta-DR

- 11 CHICKEN POT PIE
9:30 Foot Nurse (by appt.)**
- 10 Music Appreciation-CE
 - 11 Tai Chi-EX
 - 1 Poker-DR/Pinochle-DR
 - 1 Canasta-DR
 - 1 Mah Jongg-CR
 - 4 COA Board Meeting-C2**

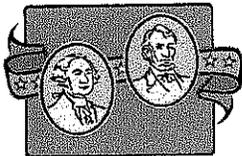
- 12 BAKED MEATLOAF**
- 10 Beginning Exercise-EX
 - 1 Bingo-CR
 - 1 Movie-EX
 - 1 Needlecraft-CE

- 13 MACARONI & CHEESE
9-12 AARP Tax Assistance(by
appt.) -C2**
- 9:30 Grocery Shopping
 - 10 Travel Club-C1
 - 10:30 Osteoporosis Exercise-EX
 - 1 Pitch-CR, 1 Mah Jongg-CE
 - 1 Choralites-DR
 - 1 Diabetic Support Group-EX**

- 14 VALENTINE'S LUNCHEON
POT ROAST W/GRAVY**
- 10 Beginning Exercise-EX
 - 10 Travel Club-C1
 - 10 Veteran's Meeting-CE**
 - 12:30-2pm-Blood Pressure
Screening w/nurse-C2**
 - 1 Quilting-CE, 1 Scrabble-L
 - 1 Golden Agers-CR

- 15 ALMOND POLLOCK**
- 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 & Poker-DR/Knit-L

**18 PRESIDENTS' DAY
HOLIDAY
CENTER IS CLOSED**



- 19 ROASTED CHICKEN W/
GRAVY
9-12 SHINE (by appt.)
10-11 Brown Bag-CE**
- 10 Beginning Exercise-EX
 - 1 Bingo-CR
 - 1 Movie-EX
 - 1 Needlecraft-CE
 - 2 Get Going-C2**

- 20 BAKED HAM W/PINEAPPLE
SAUCE
9-12 AARP Tax Assistance(by appt.) -
C2**
- 9:30 Grocery Shopping
 - 10 Travel Club-C1
 - 10:30 Osteoporosis Exercise-EX
 - 1 Choralites-DR
 - 1 Mah Jongg-CE
 - 1 Pitch-CR

- 21 SALISBURY STEAKS W/GRAVY**
- 10 Beginning Exercise-EX
 - 10 Travel Club-C1
 - 10 Alzheimer's Group -C2**
 - 1 Quilting-CE
 - 1 Scrabble-L
 - 1 Golden Agers-CR

- 22 LASAGNA ALFREDO**
- 9:30 Grocery Shopping
 - 10 Coffee & Conversation-DR
 - 10:30 Osteoporosis Exercise-EX
 - 1 Knitting-L/Bridge-CE
 - 1 Cribbage-CR
 - 1 Canasta-DR/Poker-DR

- 25 OVEN BAKED CHICKEN
9:30 Foot Nurse (by appt.)**
- 10 Music Appreciation-CE
 - 11 Tai Chi-EX
 - 1 Poker-DR
 - 1 Pinochle-DR
 - 1 Canasta-DR
 - 1 Mah Jongg-CR

- 26 SHEPERDS PIE W/GRAVY
9 Newsletter Collating-CE**
- 10 Beginning Exercise-EX
 - 1 Bingo-CR
 - 1 Movie-EX
 - 1 Needlecraft-CE

- 27 HAM & NOODLE CASSEROLE
9-12 AARP Tax Assistance(by
appt.) -C2**
- 9:30 Grocery Shopping
 - 10 Travel Club-C1
 - 10:30 Osteoporosis Exercise-EX
 - 1 Choralites-DR
 - 1 Mah Jongg-CE
 - 1 Pitch-CR

- 28 LIVER & ONIONS**
- 10 Beginning Exercise-EX
 - 10 Travel Club-C1
 - 10:30 Blood Pressure Screening
w/Fire District #1-DR**
 - 1 Quilting-CE
 - 1 Scrabble-L
 - 1 Golden Agers-CR

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



Senior Net is planning its next classes. Our classes range from beginner to specialized workshops. Call us at 533-6889 and tell us of your interests.

SeniorNet also has a website where you can see our list of classes. It is also a good place to tell us of your particular interests. Our website, SENIORNETSH.ORG, has a current calendar of our classes, other information about our programs, and a way to contact us: just click on the Contact Us tab to leave a message. Another good source of information about SeniorNet is the website of the national organization. Our program functions under this umbrella

Some of our classes are one or two session workshops; others run two to four weeks with 4 to 8 sessions. Examples of workshops include **Greeting Cards and Photoshop Elements**. If you need practice with typing, we have a tutorial. Depending on interest and need, this is a one or two session class.

Some of the classes we offer:

FUNDAMENTALS: A basic course for those with little or no prior experience with computers. It provides hands on practice using the mouse, navigating computer menus and learning basic computer terminology.

INTRODUCTION TO COMPUTERS: An over view of what can be done with a personal computer. Topics covered briefly include Word Processing, Spreadsheets, Databases and the Internet.

THE INTERNET: A course for new and experienced Internet users regardless of the software or Internet service you are using. Learn how to access and search the World Wide Web, and use email. Also learn how to deal with security, cookies, viruses and other on-line issues.

WORD PROCESSING: An introduction to the basic concepts of Word Processing: creating, editing, saving, retrieving and printing documents; changing font styles and sizes, margins, tabs, spell checking, etc.

EXPLORING WINDOWS: A course that introduces the basic components of the Windows operating system including managing discs, folders and files.

EXCEL: Offers the basic features of Microsoft Excel 2007, a spreadsheet program for automating calculations and managing other information.

Each class has coaches who help each student, an instruction book and a practice disc that is yours to keep. The Friday afternoon lab is available throughout the year and is open to all those who take our classes.

DOREEN'S INFO

Happy February!

Though February is a short month, there are many activities happening at the senior center. On the 1st we will be celebrating France. A dedicated volunteer will be sharing with us some fun facts and information about this country.

Tai Chi returns this month on Monday's. This is a great way to stay in shape and flexible. Our Birthday/Anniversary celebration will be on Tuesday the 5th. If you have a celebration this month, please join us on that day. Remember you need to make lunch reservations and if you wish to bring a guest, we ask that you bring one person. Also note that the Alzheimer's group will be meeting twice this month on the 7th and 21st.

Last month we had a great guest speaker talk about their military experience and being a translator. Our monthly Veteran's meeting will be on the 14th. One of our seniors will be sharing stories and photographs of their experience in the military. Our Veteran's group is a great place to meet other's who served this great country. I am continuously working on "booking" interesting guest speakers and invite Veterans to pass along any ideas for speakers to me. Also on this day we will be having our Valentine luncheon. It is always fun to share time with friends and this is a great opportunity to do so – make your reservations early.

I am so amazed on the wonderful work our volunteers do at the South Hadley Council on Aging. They truly are "part of our family". As I become more familiar with my position, I see how needed and valuable our volunteers are. From decorating the dining room, helping with the monthly newsletter, helping with special events, and much much more. A huge "Thank You" goes out to all. If you are interested in volunteering, please do not hesitate to call me.

As you can see from this newsletter much is happening here at the center this month. If you or you know of someone who would like a tour of the center, again please call me and we can set up a time. My extension is 205. It is still winter here in New England and spending time with 'us' helps to make the days fly by.

Spring is coming!

Doreen

South Hadley Council On Aging
 45 Dayton Street
 South Hadley, MA 01075
 (413) 538-5042
 (413) 532-8206 FAX

PRST STD
 U.S. Postage
PAID
 Permit #85
 S. Hadley, MA
 01075
 DATED MATERIAL

RETURN SERVICE REQUESTED

"THE GOLDEN CHRONICLE" IS PRINTED WITH GRANT FUNDS PROVIDED BY THE MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS AND BY OUR ADVERTISERS AND CONTRIBUTORS. ALTHOUGH THE SHCOA CANNOT ENDORSE THE ADVERTISERS, WE ASK THAT YOU PATRONIZE THEIR BUSINESS.

 <p>VNA & Hospice of Cooley Dickinson</p>  <p>If you or someone you love has fallen or has a fear of falling, call us for our specialized falls prevention program.</p> <p>GET FIT 584-1060 168 Industrial Drive Northampton, MA 01060-2379 www.VNAandHospice.Org</p>	<p>Ryder Funeral Home Pre-Need Funeral Planning 33 LAMB STREET • SOUTH HADLEY 533-1735 MYRON W. RYDER FOUNDER WILLIAM W. RYDER DIRECTOR www.ryderfuneralhome.com</p>	<p>Proud to Support Council on Aging EBEASTHAMPTON SAVINGS BANK 10 Offices throughout the Pioneer Valley Connecting All Offices 413-527-4111 bankesb.com Member FDIC Member DIF</p>
<p><i>HolyokeVNA</i> Hospice Life Care </p> <p>Nursing Rehabilitation Hospice 413-534-5691 www.Holyokevna.org</p>	<p>HUTT  EYE ASSOCIATES ALFRED HUTT, MD, FACS 10 Hospital Dr. Holyoke, MA 01040 536 - 0006</p>	<p> BEERS & STORY SOUTH HADLEY FUNERAL HOME •Preplanning •Burial •Cremation 646 Newton St. South Hadley 533-4400 www.beersandstory.com Marc G. Gaudreau Wendy L. Story Directors</p>
<p>STATE REP. JOHN W. SCIBAK P. O. BOX 136, SO. HADLEY, MA Tel: (413) 539-6566 Fax: (413) 539-5855 E-mail: Rep.Johnscibak@hou.state.ma.us</p>	<p>CHICOPEE VNA Visiting Nurse Association, Inc. Caring for you since 1942 Great to be Home Care 2024 Westover Road • Chicopee, MA 01022</p>	<p>WHITE WING MOBIL 588 Newton St., South Hadley Variety & Package Store Mass. Lottery Agent 534-3770 Open 5-10 7 Days</p>
<p> LoomisVillage A member of The Loomis Companies 246 North Main St. South Hadley, MA 01075 (413) 532-5325 www.LoomisCommunities.org</p>	<p> ACE Drain & Sewer Cleaning South Hadley 538-9930 Owner Ronald T. Padykula Radio Dispatched • Sinks • Tubs • Toilets • Sewer Lines Video Inspection of Pipes • Fully Insured • Reasonable Rates</p>	<p>Ad Space Available Call 538-5042</p>
<p>Hair Services for Men & Women in your home Call Barbara at 538-9516 or 885-0371 Serving the Elderly & Disabled 24 Years</p>		<p>SOUTH HADLEY DENTAL ASSOC., INC. MARJORIE S. BLOCK, D.M.D. 15 DAYTON ST., SOUTH HADLEY, MA 01075 TEL (413) 536-4455 FAX (413) 532-1757</p>