

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

Director/Editor: Joanne Trybus

jtrybus@southhadleyma.gov

45 Dayton Street, S. Hadley, MA 01075

Tel. 538-5042 Fax 532-8206

Assistant Director: Lisa Napiorkowski

lnapiorkowski@southhadley.ma.gov

Chairperson: M. Connie Laplante

Social Service Coordinator:

Angela Wright

awright@southhadleyma.gov

Website: www.southhadley.org/pages/SouthHadleyMA_COA

THE GOLDEN CHRONICLE

JANUARY 2012

CHRISTMAS BASKET THANKS: "On behalf of the South Hadley Food Pantry" I want to thank those who contributed in any way to help us feed 71 families which is a total of 193 South Hadley residents. There was much confusion with the changes but the important thing is the ability to help others. South Hadley Middle and High Schools provided most of the food. We should be very proud of our South Hadley students.

Through the Christmas basket program, the Council on Aging assisted 29 elder households with \$100 gift cards to local grocery stores, \$125 for diabetics. In January, 21 elders will receive a \$100 credit on their electric bill through the "Lights On" donations.

Special thanks to the Center Congregational Church volunteers for organizing the community cookie sale. They donated \$878 to our Christmas Basket program.

Thank you to the following for contributing \$100 or more to the basket program: Andrew & Martha Macko, Forrest Price, Howard & Barbara Redfern, Carlene & Roland Allard, South Hadley TRIAD/S.A.L.T. Council, Susan Smith, South Hadley Lions Club, Bob & Liz Methot, M. Connie Laplante, Friday Night Scrap Book Club, Center Redevelopment Corp. (\$250), South Hadley/Granby Chamber of Commerce (\$250); Angie & Art Wright. A total of \$3,960, including gift cards, has been donated. More donations appear on page 2. Special thanks to everyone who contributed to this community holiday program.

I hope you all had wonderful holidays and I wish you a Happy & Healthy New Year.

Marilyn



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

Wednesday, January 11, 2012, Foxwoods. Full casino package. Cost \$21.00. Payment due upon booking. The **Diana exhibit is featured** and tickets are available at the door for an additional charge of \$21.00 senior/\$25.00 non senior. Call David Bellefeuille, 533-7724. **Wednesday, February 15, Mohegan Sun** with full casino package. Cost \$21.00. Payment due upon booking. Call Howie Walsh, 593-6286. **Thursday, March 15, 2012. THE BOSTON FLOWER AND GARDEN SHOW**, with over 25 garden displays, gardening & chef demos, lectures, and vendors. Followed by lunch at **Fire & Ice Marketplace**, a unique dining experience. Watch your lunch cooked on their Mongolian style grill with unlimited trips to the grill, soft drinks and desserts Cost \$79.00. Call Sue Canedy, 536-2106. **Wednesday, April 16, Anheuser-Bush Brewery Tour** with beer sampling. A visit to the **Clydesdale Hamlet**. Lunch at **Common Man Restaurant** and a stop at **Swan Chocolate** with chocolate, gelato and fudge samplings. Cost \$77.00 Call Howie Walsh, 593-6286. **May 11-19, 2012, MONTREAL, CANADA AND NEW ENGLAND CRUISE.** One night in Montreal with welcome dinner and a guided city tour; 7-night cruise aboard **Holland America's Maasdam**. Ports of call in Quebec, Prince Edward Island, Sydney and Halifax Nova Scotia, Bar Harbor and returning to Boston. Motorcoach transportation to and from South Hadley included. Call Susan Canedy, 536-2106 for additional information. A \$5.00 non-refundable deposit is due on all non-casino trips. No refund prior to 6 weeks of trip. A Travel Club Representative is at South Hadley Senior Center Wednesday and Thursday 10-11:30. Flyers available.

HAPPY NEW YEAR!!!

NOTES FROM THE DIRECTOR

Because space is limited I need to be brief. I want to wish everyone a Happy, Healthy New Year! Remember, the senior center is a great place to visit in the winter for a hot, delicious meal and warm, friendly surroundings. If you have not been to the senior center, maybe you could add a visit to your list of resolutions.

Joanne

Through a collaboration between the South Hadley Police and Fire Departments, Council on Aging, the District Attorney's Office, Hampshire County Sheriff's Department (namely TRIAD) a project is underway to provide an Emergency Preparedness Bag for seniors to aid them in sheltering in place or going to a shelter. Donations from local professionals and businesses will be sought to help provide useful items for the bags. If you would like to help purchase items for this worthy endeavor, a check made out to the So. Hadley COA will be greatly appreciated. Please indicate "emergency bag" in the memo and checks may be mailed to 45 Dayton St., S. Hadley, MA. The Anna Mae Parker Memorial will help HMOW clients.

ARE YOU INTERESTED IN LEARNING CALLIGRAPHY? If so, please call the office at 538-5042 to pre-register.

TAI CHI WILL RESUME ON MONDAY, JAN. 9TH AT 11 A.M. CAROL CLARK AN INSTRUCTOR SINCE 1996 IN THE YANG STYLE, SHORT FORM WILL BE THE NEW INSTRUCTOR. COST FOR THE 6-WEEK SESSION WILL BE \$36.00. A CURRENT PHYSICIAN'S PERMISSION IS REQUIRED TO TAKE PART IN THE CLASS.

FRIENDS OF SOUTH HADLEY ELDERLY, INC. have elected the following officers for the new fiscal year: President-Kay Washburn; Vice-President-Elinor White; Secretary-Nancy Herrick; Treasurer-Donna Robideau; Assistant Treasurer-Claire Bielanski; Board of Directors-Betty Innocent, Doris Bibeau, Phyllis Lacoste; Members at Large-Carleen Labonte, Jean Lacoste, Melide Normand

NUTRITION PROJECT COUNCIL "PRE-DIABETES-FACT VERSUS FICTION" by Emily Lawler, Keene State Dietetic Intern, Wed., Jan. 11th 11:15 in the dining room.

New Donations continued: CHRISTMAS BASKETS: Ed & Mary Sunderland; Virginia Johnston; Roy & Patricia Voci; Ruth Wiesel; Mary Abbey; Donna Asselin; Arthur & Jane Lloyd; August & Margaret Breault; Helen Kendall; Richard Hunter; George & Mary Hojnoski; Ken Ellis; Anita Healey; Heather Ecklin; Dr. Cengiz Kayi & Carol Ann Kayi; Jo Duguay; Yvonne Gaudette; Virginia Wright; Carol Boivin; Frances O'Connell & John Howes; Barbara (Bobbie) Vanderpoel; Red Hat Society; Pearl Edwards; Robert Scytowski; Lucille Ryan; Nellie Cabot; Barbara Erwin; Wendell & Cecile Clark; Mona Roberts; Anita Gauthier & Patricia Rook; Elizabeth Savard; Doris Tanguay; Claire Bielanski; Connie Grise; Frances Mytkowicz

SPECIAL THANKS TO:

- *The members of the South Hadley Women's Club Bowling League for the \$120 donation to the "Lights On" program.
- *Lionel and Theresa Brindamour for the \$200 donation to the "Lights On" fund.
- *The EMTS and Paramedics of Fire District #1 for the monthly blood pressure checks held in the Senior Center dining room.
- *Nancy Blodgett, Francis Cyr and Rick Dufault for working on Friday, November 25th to deliver the Meals on Wheels to their clients while other Town employees had the day off.
- *Roland and Carlene Allard for the very generous donation of \$1,000 that will be deposited into the Emergency Account.
- *Karen Anderson for coordinating the Cookie Sale at the First Congregational Church in the Center and for the \$878 for the Holiday gift card/electric light credits.
- *All Saints Episcopal Church for the Angel Tree gifts.
- *Thank you to Marilyn Ishler for coordinating the Christmas Basket program.
- *To the knitting group for their donation of knitted items for Lorraine's Soup Kitchen & Pantry and the Homeless Veterans.

NEW DONATIONS received after June 2011 Newsletter

ACTIVITY GIFT/NECESSITIES: Betsy Dieters; Ronald Gendron; Roger & Marilyn Duval; Joe Rodio; Frank Detoma; **ACTIVITY GIFT/TRANSPORTATION:** Roger & Marilyn Duval; Wayne & Mary Boulais; William Rice; Jan & William Oehr; **MINI BUS MAINTENANCE:** Susan Smith; Marilyn & Roger Duval; Judith Strzempko; Warren & Joy Bock; **NEWSLETTER:** William & Theresa Deslippe; Bernard & Joyce Gay; Shirley Jodoin; Rosemary Chicorka; Evan & Ruth Enders; William W. Rice, Sr.; Gloria & Warren McAvoy; Leo Desjardins; Anita Healey; Rhoda Donze; Mary Popkowski; Phyllis Krajewski; Arthur & Claire Benoit; Mary Howe; Mary Fernandes; Barbara Hunter; Edna Cox; Irene Kelly; Fred Morris; Joan Casavant; Helen Kendall*; Marlene Perkins; Adele Moskal; Lorraine Knowles; Janet Brunelle; Anna Merrington; Judy Carrier; Cecile & David Stuntz; Barbara Ayers; Heather Ecklin; Patricia Carlin; Carlene Allard; Claire Bielanski; Margaret Fitzgerald; Helen & Lawrence Batley; Nellie Cabot; Carol Griffin; Bruce Docherty; Melide Normand; Tillie Laverdiere; Audrey Heaphy; Noelle Loiselle; Elmer & Edna Bailly; Judith Sheehan; Dolores Danek; Carl & Lorraine Kiontke; Joseph & Mary Hirschel; Betsey Dieters; Erlene Plichta; Arthur & Jane Lloyd; Rosalie Kelley; Lois & John Laliberte; Alice Mullins; Gail Herman; Jan & William Oehler; Sophia Kuzebski; Sandra Campbell; Phyllis & Gordan McClafflin; Janet Johnson; Wendell & Cecile Clark; Barbara Newsome; Jack Leonard; Mona Roberts; Lillian Riley; Ken Williams; **NUTRITION:** Ruth Wiesel; Marlene Perkins; Friends of the Elderly; **SERVICES:** Virginia Sligo; **NECESSITIES:** Frances Mytkowicz; **LIGHTS ON:** Helen Kendall*; Jennie Cwieka; Dave Laroche (generous); Dana Muller; Annette & Walter Wolf; **BUILDING GIFT:** Bud Andras; John Johnston; Floyd & Dorothy Downey; Christine & Newton Bowdan; Frances Mytkowicz; **EMERGENCY:** Joseph & Mary Hirschel

*Denotes multiple donations

Angie's News & Notes

The Senior Circuit Breaker Tax Credit

There is no other refundable state tax credit that is more generous to taxpayers 65 and older than the Senior Circuit Breaker Tax Credit. In tax year 2009, the most recent tax year for which complete information is available, 80,566 MA taxpayers received \$61.1 million in cash or credits used to lower income tax payments, an average of \$759 per taxpayer.

The Circuit Breaker tax credit is based upon the actual real estate taxes—or rent—paid by a taxpayer who is eligible to claim the credit. It is equal to the amount by which the taxpayer's property tax payments in the current tax year, including water and sewer charges, exceeds 10 percent of the taxpayer's total income. For 2011, the credit is capped at \$980.

A taxpayer's total income may not exceed \$52,000 for a single individual who is not head of household, \$65,000 for a head of household, and \$78,000 for a married couple filing jointly. The maximum assessed value of a residence may not exceed \$729,000.

The credit also works for renters. It is equal to the amount by which 25% of the rent actually paid during the taxable year exceeds 10 percent of the taxpayer's total income, with the credit capped at \$980.

How the Credit Works in Practice

Take the example of a married couple with an annual income of \$60,000 and \$8,000 in property tax and water and sewer bills. Ten percent of their income is \$6,000 and their combined property tax and water and sewer bills total \$8,000, which is \$2,000 more than 10 percent of their income, so they qualify for the maximum credit of \$980.

For a married couple filing jointly that rents, take the example of a married couple with a \$28,000 income who pay \$12,000 annually in rent. Ten percent of their income is \$2,800 which is \$200 less than 25 percent of their rent, so they qualify for a credit of \$200.

If you are eligible, you can go back three years and claim the credit retroactively. If you owe tax, the credit is deducted from the amount owed. If you don't owe tax, the state will cut you a check.

In addition, the MA Department of Revenue advises taxpayers that a taxpayer occupying his or her principal residence under the terms of Life Estate (which requires the life tenant to pay real estate taxes) and is otherwise eligible may claim the Senior Circuit Breaker Tax Credit.

To receive the credit, you must file Schedule CB with a 2011 MA state income tax return by April 16, 2012, even if you don't owe any taxes.

(Massachusetts Department of Revenue)

So, it's well worth doing the math. I wish everyone a Happy New Year and a safe winter.



Angie Wright, Social Service Coordinator

Warning About 'Circuit Breaker Scam'

Massachusetts Department of Revenue has issued a warning regarding a scam they discovered last year. A tax preparer went to an elderly subsidized housing development and coaxed seniors into filing a Massachusetts income tax return in order to obtain "free cash" under the Senior Circuit Breaker Credit. The seniors paid the preparer about \$250 to get their \$1000 refund, which wasn't too bad considering that they weren't planning to file a tax return or get a refund.

The problem is that the tax preparer knew all along that these folks were not eligible for this refund. The rule is that if you live in subsidized housing, you are NOT eligible. To avoid this scam, consider the following:

- If you live in subsidized housing, don't apply; you are not eligible
- Avoid people coming to your home with offers that seem too good to be true

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) HOLIDAY—CENTER CLOSED (*New Year's Day*)
- 3) BROCCOLI & CHEESE QUICHE, Wild Rice, California Blend Vegetables, Roll, Jell-O and Diet Jell-O.
- 4) AMERICAN CHOP SUEY, Corn Bread, Spinach, Peaches or Diet Peaches.
- 5) VEAL PATTY W/GRAVY, Mashed Potatoes, Broccoli, Rye Bread, Pudding or Diet Pudding.
- 6) FLORENTINE POLLOCK, Rice Pilaf, Corn, Whole Grain Roll, Pineapple or Diet Pineapple.
- 9) MEATLOAF W/SAUCE, Mashed Potatoes, Spinach, Whole Wheat Bread, Fruit Cocktail or Diet Fruit Cocktail.
- 10) BIRTHDAY/ANNIVERSARY—ROAST PORK W/GRAVY, Red Potatoes, Summer Blend Vegetables, Whole Grained Bread, Cake or Diet Cake.
- 11) CHEESEBURGERS, Potato Puffs, Corn Cobbets, Roll, Pineapple or Diet Pineapple.
- 12) HAM & NOODLE CASSEROLE, Green Beans, Rye Bread, Tropical Fruit or Diet Tropical Fruit.
- 13) POLLOCK LOINS, Egg Noodles, Spinach, Roll, Fruit Cup or Diet Fruit Cup.
- 16) HOLIDAY—CENTER CLOSED (*Martin Luther King Day*)
- 17) CHICKEN PATTIES W/GRAVY, Au Gratin Potatoes, California Blend Vegetables, Whole Grained Bread, Pears or Diet Pears.
- 18) STUFFED PEPPERS WITH TOMATO SAUCE, Mashed Potatoes, Broccoli, Corn Bread, Brownie or Diet Brownie.
- 19) FRENCH MEAT PIE W/GRAVY, Mashed Potatoes, Mixed Vegetables, Cranberry Sauce, Orange Juice, Peaches or Diet Peaches.
- 20) CELEBRATE GREECE—GREEK STYLE CHICKEN—Penne Pasta, Spinach & Tomatoes, Roll, Lemon Cake w/Icing or Diet Lemon Cake w/Icing.
- 23) LASAGNA W/MEAT SAUCE, Broccoli/Cauliflower, Garlic Bread, Peaches or Diet Peaches.
- 24) OVEN FRIED CHICKEN, Baked Potato, Peas & Onions, Whole Wheat Bread, Jell-O or Diet Jell-O.
- 25) MACARONI & CHEESE, Stewed Tomatoes, Roll, Pears or Diet Pears.
- 26) LIVER & ONIONS W/GRAVY, Mashed Potatoes, Wax Beans, Whole Grained Bread, Juice, Cookies or Diet Cookies.
- 27) POLLOCK FILLETS, Confetti Rice, Brussels Sprouts, Cornbread, Mixed Fruit or Diet Mixed Fruit.
- 30) BAKED HAM W/PINEAPPLE, Brown Rice, Broccoli, Roll, Fruit or Diet Fruit
- 31) SWEET & SOUR CHICKEN, Egg Noodles, Squash Blend, Oatmeal Bread, Orange Juice, Pears or Diet Pears.

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 BY FRIDAY IF YOU'D LIKE TO EAT ON MONDAY.

Super Foods for Super Health

By Christine M. Brown
WMEC Nutritionist

The following are super foods that provide "extra"- "super" nutrients. The more that you can work these items into your diet could result in a healthier you. The list includes:

avocados	kiwifruit
blueberries	lentils
brazil nuts	onions
broccoli	sardines
butternut squash	tomatoes
flax seed	yogurt

Notice the above include fruits and vegetables, nuts, seeds and grains – the basis of a healthful eating plan.

Avocado — are rich in good-for-you monosaturated fats, phytonutrients, Vitamin(s) E and B, folate and fiber.

Blueberries — have over 100 phytonutrients in each berry. They also provide antioxidants, fiber and Vitamin C.

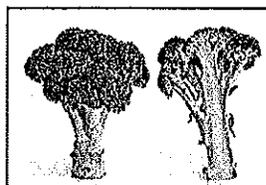
Broccoli — contains sulforophane and indole-3 carbinol – potent anticancer substances. Three servings per week of broccoli or it's cousins – cauliflower, Brussels sprouts, cabbage or bok choy will provide you with beneficial nutrients.

Kiwifruit — is the most nutrient dense of 27 commonly eaten fruits. Two medium kiwi's have more potassium than a banana and two times the Vitamin C and fiber of a small orange, plus folate, Vitamin E and lutein.

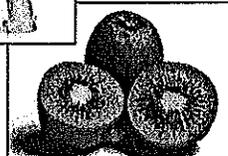
Lentils — provide heart-protecting nutrients including folate and fiber. Lentils also provide protein and iron which make them a reasonable meat alternative.

Onions — pungent sulfur compounds (also found in garlic) thin your blood and lower blood pressure.

Yogurt — an excellent source of protein and calcium. It helps with digestion and to boost immunity.



Broccoli / Kiwifruit / Brazil Nuts



IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

MARGARET WHITENETT	Carolyn Dupuis
JOE MYTKOWICZ	Fran Mytkowicz
MATHIAS WEINER	Nano & David Sudyka

CHRISTMAS BASKETS:

DECEASED FAMILY MEMBERS	Robert & Lynn Bertram
RENE LAVERDIERE	Tillie Laverdiere
THE RICHTER FAMILY	Joan Richter

NEWSLETTER:

EDWARD WALZ	Jeffrey & Janice Daly Joanne Trybus Rose Morin Gary & Mariann Ingraham Shirley Fontaine Olga Roy Justin & Mitchell Wajda Joan M. Hazen Friendly's Ice Cream Corp.
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ACTIVITIES GIFT ACCOUNT:

RAYMOND "ROY" MORIN, JR.	Marilyn Pasternak COA Cribbage Sunshine Club
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MINI-BUS MAINTENANCE:

JACK RYAN	Lucille Ryan
ALEXANDER GLADU	Rita T. Gladu

TRANSPORTATION ACCOUNT:

RICHARD DUPUIS	Carolyn Dupuis
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IN MEMORIAM

IN MEMORY OF:

FROM:

"LIGHTS ON":

ANITA JORDAN	COA Quilters Group Lynn & Marcia Wright William & Sophie Kendall Randy Mann Family Staci Torgerson Family Greg Mann Family Barbara & Karl Krawczyk Jack & Hermie Malone Evelyn G. Fournier Mary S. Todd & Susan Carter David & Noreen LaPierre Myrtle Beach Resort Ocean Front Spa HPR, Inc. MBR Five Seasons Centre Council of Co-Owners Renaissance Tower HPR Myrtle Beach Resort HPR, Inc. Johnny & Mary Jordan Barbara & Jon Bunyan Joan O'Connor
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RICHARD CORRIVEAU	Melide Normand
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MR. & MRS HARLAN PEARL	Carole & Dwight Pearl
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MR. & MRS. HOWARD PHOENIX	Carole & Dwight Pearl
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MARLENE GRAHAM	Carole & Dwight Pearl
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PAUL DINEEN	Phil & Ola Hebert
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ALICE E. MARION	Raymond A. Marion
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MOM & DAD, CONNIE, BROTHER MIKE, SONS GARY & MARK	Stanley J. Wojcik
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*In Memory of Deceased Members
of the South Hadley
Knights of Columbus Council # 1721*

The COA is very thankful for receiving
a very generous memorial
donation of \$500 from the K of C Council #1721
for
"Lights On" and "Christmas Baskets"

<p>2 NEW YEAR'S HOLIDAY CENTER IS CLOSED</p> <p><i>A HAPPY NEW YEAR</i></p>	<p>3 BROCCOLI QUICHE 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>4 AMERICAN CHOP SUEY 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE 1 Choralites-DR 1 Senior Poetry-C2</p>	<p>5 VEAL PATTY/GRAVY 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p>6 FLORENTINE POLLOCK 9:30 Grocery Shopping 10 Painting Class-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR</p>
<p>9 MEATLOAF/SAUCE 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker/Pinochle-DR 1 Canasta-DR 1 Red Hat Society-CR 4 COA Board Meeting-C2</p>	<p>10 BIRTHDAY/ANNIVERSARY ROAST PORK/GRAVY 9-12 SHINE (by appt.) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>11 CHEESEBURGERS Senior Travel Club Trip 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE 1 Choralites-DR</p>	<p>12 HAM & NOODLE CASSEROLE 10 Beginning Exercise-EX 11 Travel Club-C1 11:30 Veteran's Outing 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Friends Meeting-DR 1 Scrabble-L /Quilting-CE 1 Golden Agers-CR</p>	<p>13 POLLOCK LOINS 9:30 Grocery Shopping 10 Painting Class-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
<p>16 MARTIN LUTHER KING HOLIDAY CENTER IS CLOSED</p> <p><i>MLK Day</i></p>	<p>17 CHICKEN PATTY/GRAVY Senior Travel Club Trip 10-11 Brown Bag-CE 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 2 Get Going-C2 6:15 Men's Night/Mah Jongg</p>	<p>18 STUFFED PEPPERS/SAUCE 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11:15 "Pre-Diabetes-Fact vs. Fiction" by Emily Lawler, Dietetic Intern-DR 1 Pitch-CR/Mah Jongg-CE 1 Choralites-DR 1 Senior Poetry-C2</p>	<p>19 FRENCH MEAT PIE/GRAVY 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>20 CELEBRATE GREECE GREEK STYLE CHICKEN 9:30 Grocery Shopping 10 Painting Class-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Bridge-CE/Cribbage-CR 1 Canasta & Poker-DR 1 Knitting-L</p>
<p>23 LASAGNA/MEAT SAUCE 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Monday Cribbage-CR</p>	<p>24 OVEN-FRIED CHICKEN 9 Newsletter Collating-CE 9-12 SHINE (by appt.) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>25 MACARONI & CHEESE 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>26 LIVER & ONIONS/GRAVY 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</p>	<p>27 POLLOCK FILLETS 9:30 Grocery Shopping 10 Painting Class-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
<p>30 HAM W/PINEAPPLE 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR</p>	<p>31 SWEET & SOUR CHICKEN 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>JANUARY 2012</p> 	<p>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> 	<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>

ANNE'S INFO

2012 has arrived and it is unbelievable how quickly 2011 flew by. A new year symbolizes a fresh start for many people beginning with resolutions and followed, hopefully, by action. Many of you may have been thinking about your first visit to the Senior Center; maybe you are interested in a game or activity here, maybe you would like to volunteer, maybe you are tired of cooking for 1 or 2 and maybe you are lonely or bored. Whatever the reason, I encourage you to "take action" and "resolve" to visit us. If you would like a tour, please call me and we can set up a time. If you want to come on your own, feel free to do so. I sincerely feel there is something for everyone here; you just have to try it out.

In January there are a few special events to take note of: the **Birthday/Anniversary Luncheon** will be held on Tuesday, January 10th. If you were born or married in January we would like you to come for lunch as our guest. You may also invite a guest to sit with you at the celebrants' table. Please call our office at 538-5042 to make a reservation in advance and let them know you are celebrating this month. We also are going to **Celebrate Greece** on Friday, January 20th. We will have a presentation of trivia about Greece and enjoy a meal with Greek flavor. If you have visited Greece or are of Greek descent we also invite you to bring something to show that day or to dress traditionally. It definitely enhances the event when others get involved!

If you were thinking you would like to get involved by volunteering we would love to find an area that you would enjoy. We currently have openings for 3 meals on wheels packers, 1 on Wednesday and 2 on Friday. We also have openings for volunteers in our Dining Room as substitutes or special lunch servers, and need volunteers in newsletter collating. Please call me if you are interested in these opportunities or any other.

I realize this past year brought many hardships due to weather, the economy, and world issues but here at the Senior Center I was privileged to see new friendships formed, people helping others and seniors who love and live life fully. I invite you to be a part of it in 2012!

Anne

South Hadley Council on Aging
SeniorNet
Computer Learning Center



Address: 43 Dayton Street
South Hadley
Telephone: 533-6889
Coordinator: Irene Bernstein

Now that the Holidays are over, this is a good time to learn the ins and outs of your computer – especially those of you who received a new one. We offer a variety of classes from "beginner" to "expert". Let us know of your interests by calling us at 533-6889. We'll call you back with more information.

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. The website also has information about SeniorNet, the national organization under which our SeniorNet functions, a calendar, and other information about our program. You can reach the website at: **SENIORNETSH.ORG**. To leave a message, just click on the Contact Us tab.

To give you a sense of the classes we offer:

FUNDAMENTALS: A good way to begin learning about your computer and how it works. This short course also offers a taste of various ways to use your computer programs

INTRODUCTION TO COMPUTERS: This gives you a sample of the Windows Programs. It helps you decide what courses to take next.

WORD PROCESSING: A very useful class to demonstrate how to compose online, write email messages, and learn the various word processing commands.

INTERNET: Learn to navigate the World Wide Web (www), send and receive email, and learn about the various search engines.

EXPLORING WINDOWS: Teaches about the Windows operating system, how to manage your desktop, and your files.

Other classes we offer include: **QUICKEN, EXCEL, GREETING CARDS, AND TYPING TUTORIAL, PICASSA, EBAY.**

Each class provides coaches who will help each student, an instruction book that is yours to keep and a practice disc. Coaches assist students with "hands-on" help. There is a regular Friday afternoon lab which is open to all those who take our classes. This is a great time to go over a class that you might have missed as well as aspects of a class that might have been unclear. Most classes run for 6 to 8 lessons, each lasting 2 hours. Ebay and Fundamentals last for two weeks.

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