

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

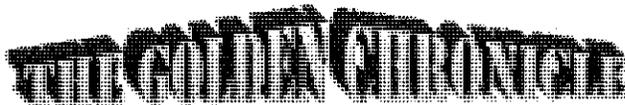
Director/Editor: Joanne Trybus

jtrybus@southhadleyma.gov

45 Dayton St., S. Hadley, MA
01075

Tel. 538-5042 Fax: 532-8206

Asst. Director: Lisa Napiorkowski



DECEMBER 2011

Chairperson: M. Connie Laplante

Social Services Coord:

Angie Wright –
awright@southhadleyma.gov

Website: www.southhadley.org/
pages/SouthHadleyMA_COA

HOLIDAY LUNCHEON AND CHORALITES CONCERT

The annual special Holiday luncheon will be held on Wednesday, December 21st. The menu will be Stuffed Chicken Breast Supreme/sauce, mashed potato, corn, cranberry sauce and pie. The suggested donation is \$2.25. Reservations begin on Friday, December 2nd; call 538-5042 beginning at 8 a.m. Please do not leave your name on the answering machine. Due to the popularity of this special lunch, names will be added to the reservation list on a first come, first served basis.



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 and remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons 60 and over. Guests under the age of 60 pay a charge of \$3.00 per meal. **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 25H ANNUAL CHRISTMAS BASKET

As explained in last month's publication, the program is changing. The National Honor Society and S. Hadley High School Leo Club are teaming up with the schools and the community to collect food to be brought to the high school on Friday, Dec. 16th to be sorted, packed and available for pick up or delivery on Saturday, December 17th. Food may be brought to the schools, fire stations, library, Town Hall, Senior Center or the S. Hadley Food Pantry.

The South Hadley COA will continue to provide grocery gift cards and electric light credits to residents 60 and over. Financial or food gift card donations are greatly appreciated. Checks may be made out to the South Hadley Council on Aging and in the memo area write Christmas Baskets. If you wish to mail your donation please send to the 45 Dayton Street, South Hadley, MA 01075 address. If you choose to purchase gift certificates to local grocery stores, please bring them to the Senior Center no later than December 8th. The gift cards will be distributed during the week of December 12th. "Lights On" credits will be shared in January and the number of recipients will depend on the funds available after the gift card distribution.

Thank you for helping others to have a Happy Holiday!

South Hadley Senior Travel Club Trips for 2012

WEDNESDAY, JANUARY 11, 2012 Foxwoods. Full Casino package, \$21.00. Payment due upon booking. The Diana Exhibit featured and tickets available for an additional charge of \$21.00 for seniors and \$25.00 for non-seniors. Call David Bellefeuille, 533-7724. **Wednesday, February 15, 2012 Mohagan Sun** with full casino package, \$21.00 payment due upon booking. Call Howie Walsh, 593-6286. **Thursday, March 15, 2012 The Boston Flower Show** followed by lunch at **Fire & Ice Marketplace** in Boston's Back Bay. **Wednesday, April 18, Tour of Anheuser-Busch Brewery.** Lunch at **Common Man Restaurant** followed by a stop at **Swan Chocolates**, \$77. Call Howie Walsh 593-6286. **May 11-19, Montreal, Canada and New England Cruise.** One night in Montreal, 7-night cruise along St. Lawrence River returning to Boston. Motor coach transportation to and from So. Hadley included. Call Susan Canedy 536-2106 or Barbara Laramee at 536-8567 for more information. A \$5.00 non-refundable deposit required for all non-casino trips. **Payments due in full 6 weeks prior to trip.** No deposit for "wait list". **NO REFUND** prior to 6 weeks of trip. A Travel Club Representative is at the So. Hadley Senior Center on Wed. and Thurs., 10:00-11:30. **Flyers available.**

"IN LIEU OF HOLIDAY CARDS" GREETINGS FROM

STELLA WARZENSKI –WHO MADE A DONATION TO THE TRANSPORTATION PROGRAM

RENEE ORZECOWSKI A GIFT CARD FOR THE CHRISTMAS BASKETS WAS RECEIVED IN MEMORY OF HER HUSBAND STANLEY ORZECOWSKI

NOTES FROM THE DIRECTOR

As we approach the most festive time of year, it is important to remember the reason for the season. If you are able to make a donation to one of the community projects, please do so, and help to make someone's holiday a little brighter. Thank you to all of the individuals, organizations and businesses that help to make the season merrier for residents.

Our Thanksgiving luncheon was wonderful thanks to the hard work of the staff and the faithful volunteers. I want to extend special thanks to the Egg and I for a beautiful cornucopia full of goodies to raffle.

We have already had a "taste" of winter. Unfortunately television service was affected but hopefully this will not happen again. Watch channels 22, 40 or 3 to determine if meals and/or programs are cancelled.

Please support the First Congregational Church Cookie Sale because the proceeds come back to the seniors in South Hadley. Whether you love to bake or enjoy eating a delicious home-baked cookie or bar, you will be helping out.

Remember that gift certificates are a great gift. A grocery certificate, gas card, or restaurant certificate, help to stretch the dollars.

I wish all of you a joyous holiday season!

Joanne 

THURSDAY, DECEMBER 1ST AT 10 A.M.

Blue Cross Blue Shield of Massachusetts will be here to present "Health Plan Options for People with Medicare". The presentation includes an explanation of Medicare, including the Medicare drug benefit. It also shows how Medigap plans and Medicare Advantage plans work with Medicare. Attendees will leave understanding the weights and balances between choosing a Medigap or Medicare Advantage plan. This knowledge enables you to understand the plans concepts in order to then compare plan features among carriers during open enrollment. Medicare open enrollment runs through December 7th for a January 1st effective date. Please call 538-5042 to register for this program.

DIABETES SUPPORT GROUP-Wednesday, December 14th-Join Mary Anne Sopelak, RD,CDE for the program "Stress Management and Relaxation Techniques to Survive the Holidays" 1-2:30 p.m. in the conference room.

MONDAY, DECEMBER 12TH AT 10 A.M. FLU JEOPARDY Staff from Willimansett Center East and West will have a workshop. Influenza, "the flu," is a contagious disease caused by a virus. It can be particularly dangerous to individuals over the age of 65. Let's learn more about the flu by playing the Flu Jeopardy Game. Call 538-5042 to register.

SPECIAL THANKS TO:

**Fran Cyr for the bushel of squash

**Dave Fenton representing Hampshire County Sheriff's Office and Hampshire/Franklin TRIAD for the donation of 20 Cozy Wraps for fuel assistance clients.



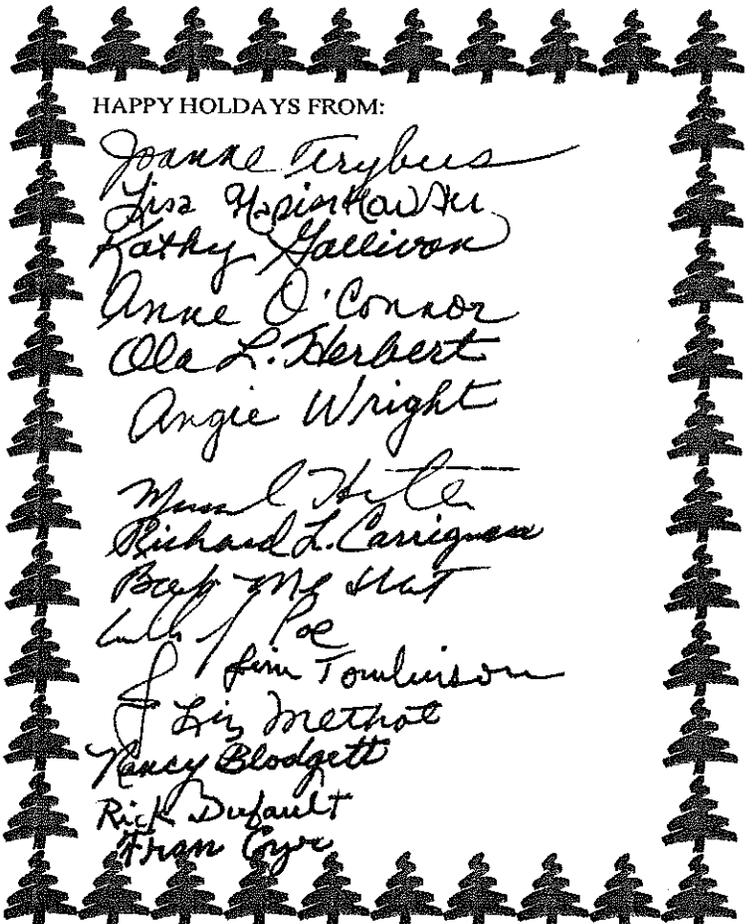
HOLIDAY COOKIES

Last year, because of the amazing generosity of cookie bakers and buyers, the So. Hadley Council on Aging received over \$1,000 to use in their Christmas basket project. This money was used to help the elderly as well as those South Hadley families that are experiencing a difficult time. This year the Holiday Stroll will be on Saturday, December 3rd so the cookie sale will be held on 12/3 from 12 noon to 7 p.m. at the Center Congregational Church (the red brick church across from the common).

We urge everyone, who is able, to help with this community project. Make a batch of cookies or a pan of bars and help our COA make life and the holidays a little easier for someone else who lives in our town.

Cookies may be delivered to the church on Friday (12/2) between 3:30 to 5:30 and also on Saturday (12/3) beginning at 8:30 a.m. Cookies can also be left at the Council on Aging on Friday (12/2) and will be picked up at 4 p.m. All the money made at this sale goes to the S.H.C.O.A.

A big thank you to all who have participated in previous years. We invite everyone, young and old, to help make this community project successful this year!



HAPPY HOLIDAYS FROM:

Joanne Trybes
Lisa Hopkinson
Kathy Gallivan
Anne O'Connor
Ala L. Herbert
Angie Wright
Margaret White
Richard L. Carrigan
Bob and Sue
Walt Poe
Jim Tomlinson
Liz Methol
Nancy Blodgett
Rick Dufault
Fran Cyr

Angie's News & Notes

LIHEAP MEANS HEAT!

As the winter approaches, it is time to give serious consideration to LIHEAP, the Low Income Home Energy Assistance Program, commonly referred to as fuel assistance. LIHEAP is a government program designed to help low-income families and individuals pay a portion of their heating bills from November 1 to April 30. If you are a Massachusetts resident living on a low or fixed income, I encourage you to apply.

WHO SHOULD APPLY

- Homeowners and renters who pay for their own heat
- Renters whose heat is included in their rent. (Those who have a housing subsidy must not receive a utility allowance)

WHO IS ELIGIBLE

Eligibility is based on the number of people in your household and the combined gross (before taxes) income of all persons residing in the household. Please use the following chart to see if you may qualify:

<u>No. of People</u>	<u>Income Limit</u>
1	\$31,218
2	\$40,824
3	\$50,429
4	\$60,035
5	\$69,641

WHERE AND HOW TO APPLY

If you are a first time LIHEAP applicant, you must apply in person. If you applied the previous year, you will receive your application by mail and will not need to apply in person.

The Community Action Agency, located in Greenfield, MA, accepts applications in

their Northampton and Greenfield offices. Appointments can be made by calling 1-800-370-0940. Or, you may call me at (413) 538-5042 if you would like to have an appointment here at the South Hadley Council on Aging.

WHAT WILL YOU NEED TO PROVIDE WHEN APPLYING:

For the person who is applying, bring:

- Social Security Number
- Proof of identity (picture ID)
- Proof of address
- Homeowners: mortgage statement, real estate tax bill, homeowners insurance bill
- Renters: copy of lease subsidy verification
- Heating bill
- Electric bill
- All income for the four weeks before the appointment

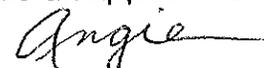
For all other household members, bring

- Social Security Number
- Dates of birth
- All income for the four weeks before the appointment

Income includes: wages, self employment, TAFDC, EAEDC, Social Security, SSI, child support, alimony, dividends and interest on bank accounts, rental income, unemployment benefits, pensions, cash prizes and regular support from family and friends—plus any other income you receive.

When one becomes eligible for fuel assistance, Community Action notifies the appropriate vendor of the award amount. The vendor then bills Community Action directly.

Please don't hesitate to give me a call at (413) 538-5042 if you have any questions or would like to make an appointment.



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. DECEMBER MENU

- 1) HONEY-GLAZED HAM, Sweet Potatoes, Spinach, Cornbread, Apple Crisp or Diet Apple Crisp.
- 2) BROCCOLI & CHEESE QUICHE, Egg Noodles, Green Beans, Rye Bread, Orange Juice, Apple.
- 5) MEATLOAF W/GRAVY, Mashed Potatoes, Corn, Whole Grain Bread, Peaches or Diet Peaches.
- 6) **BIRTHDAY/ANNIVERSARY—FRENCH MEAT PIE W/ GRAVY**, Oven Browned Potatoes, California Mixed Vegetables, Roll, Cake or Diet Cake.
- 7) CHICKEN MARSALA W/SAUCE, Au Gratin Potatoes, Green Peas & Onions, whole Wheat Bread, Tropical Fruit or Diet Tropical Fruit
- 8) AMERICAN CHOP SUEY, Winter Blend Vegetables, Italian Bread, Pears or Diet Pears.
- 9) TUNA NOODLE CASSEROLE, California Blend Vegetables, Oatmeal Bread, Orange Juice, Pudding or Diet Pudding.
- 12) ROAST PORK W/GRAVY, Egg Noodles, Peas & Mushrooms, Whole Grained Bread, Tropical Fruit or Diet Tropical Fruit.
- 13) SHEPHERD'S PIE W/GRAVY, Carrots, Biscuits, Orange Juice, Apricots or Diet Apricots.
- 14) HAM & NOODLE CASSEROLE, Winter Mix, Vegetables, Whole Grain Bread, Cookies or Diet Cookies.
- 15) CHEESE LASAGNA, Tomato Sauce, Green Beans, Garlic Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 16) **CELEBRATE COLUMBIA—COLUMBIAN CHICKEN**, Brussels Sprouts, Orange Rice, Pineapple Cake or Diet Pineapple Cake.
- 19) HERB ROASTED CHICKEN, Broccoli, Au Gratin Potatoes, Whole Grained Bread, Fruit Cocktail or Diet Fruit Cocktail.
- 20) VEAL PARMESAN, Pasta w/Red Sauce, Mixed Vegetables, Italian Bread, Tropical Fruit or Diet Tropical Fruit.
- 21) **HOLIDAY LUNCHEON—STUFFED CHICKEN BREAST**, Supreme Sauce, Mashed Potatoes, Tarragon Corn, Cranberry Sauce & Roll, Pie w/Topping or Diet Pie w/Topping.
- 22) SALISBURY STEAK W/GRAVY, Mashed Potatoes, Stewed Tomatoes, Whole Wheat Bread, Apple.
- 23) STUFFED SHELLS W/TOMATO SAUCE, Spinach, Dinner roll, Mixed Fruit or Diet Mixed Fruit.
- 26) **HOLIDAY—CENTER IS CLOSED**
- 27) LIVER & ONIONS, Mashed Potatoes, Mixed Vegetables, Roll, Pineapple or Diet Pineapple.
- 28) ROASTED CHICKEN, Peppers/Onions, Red Potatoes, Green Beans, Rye Bread, Brownie or Diet Brownie.
- 29) STUFFED CABBAGE W/TOMATO SAUCE, Mashed Potatoes, Carrots, Oatmeal Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 30) MACARONI & CHEESE, Stewed Tomatoes, Garlic Bread, Fruit Cocktail or Diet Fruit Cocktail.

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.

Savor Every Bite: Eat Mindfully!

By Amanda Goldfarb

Keene State College Dietetic Intern

Eating a nutritious diet is a key factor in living a healthy life. But did you know that HOW you eat is just as important as WHAT you eat? Mindful eating includes daily practices that can help you take pleasure in each and every eating experience. Here are three simple ways to engage in mindful eating.

Create your dining environment. Your mindful eating experience begins at the dining table. Your eating space should be pleasing and peaceful. Listen to your favorite music and display a floral centerpiece on your table. You can even set out a placement, beautiful dishware (maybe even your good china), and silverware. Enjoy your meal surrounded by beauty!

Avoid distractions. Have you ever reached the end of a meal and didn't remember eating it? Distractions such as eating in front of the TV, reading while eating, or eating while standing up all divert your attention away from the food you are eating. Try eliminating these distractions at your next meal!

Involve your senses. Now that you're sitting at the dining table and avoiding distractions, it's time to really taste your food. With your first bite, close your eyes and engage your senses. How does the food taste? What's the texture? The smell? Truly experience all the flavors! Remember to chew well and notice how the food changes in your mouth before you swallow.

These three simple mindful eating tools will help you savor every bite and make mealtime a more enjoyable experience.

SOUTH HADLEY FRIENDS OF THE ELDERLY NEWS!

Thanks to the hard work of both the volunteers of the Friends of the South Hadley Elderly, Inc. and the COA staff, approximately \$1,000 was raised for the 1st Craft Fair. Thank you to everyone who supported this event.

PLEASE NOTE: "Friends" will no longer have a P.O. Box number and will receive their mail via the So. Hadley Council on Aging. Therefore, because a new fiscal year has started for this group, annual dues of \$5.00 per person are being collected for calendar year 2012 membership in the Friends of the South Hadley Elderly, Inc. If you want to continue your membership or would like to become a "Friend", please send your payments to "Friends of the South Hadley Elderly, Inc. at 45 Dayton Street, South Hadley, MA 01075."

The "Friends" is the fundraising component of the South Hadley Council on Aging. Every year the "Friends" donate \$4,500 to the South Hadley COA to fund all of the special events, including assisting with the Volunteer Appreciation event. Coffee is provided at the Coffee Station through "Friends" funding. Please Support this group!

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

JOSEPH MYTKOWICZ Fran Mytkowicz
EDITH LIZOTTE Claire Bedard
JOSEPH JEZ Claire Bedard

ALBERT P. CASTONGUAY
Georgette Arnold's Family:
(Mike Arnold, Sandy Arnold Wolf,
Scott Arnold, Joe Arnold and Missy Arnold Estes)
Mt. View School—East Longmeadow
Roland & Carlene Allard

ELIZABETH LAPRADE Fran Mytkowicz

CHRISTMAS BASKETS:

BRUNO PATRUNO Rita Patruno
PAUL DINEEN SHHS Class of 1957
CAROL BRISTOL SHHS Class of 1957
DAVID WINKLEY SHHS Class of 1957
PHYLLIS GAZDA Evelyn Simpson
GEORGE & EVELYN EDGE Evelyn Simpson &
Nancy Hall

BILL PETERS Lathrop Village & Newton
Manor Tenants Association

GEORGE HEBERT Lathrop Village & Newton
Manor Tenants Association

ROSE BOJARSKI Lathrop Village & Newton
Manor Tenants Association

EDWARD PLICHTA Erline Plichta

JUDITH A. (BEDARD) MORAN Claire Bedard

BARBARA LEONARD Donald Leonard

WILLIAM "BB" BIELANSKI Claire Bedard

NEWSLETTER:

EDWARD PLICHTA Erline Plichta

IN MEMORIAM

IN MEMORY OF:

FROM:

MINI-BUS MAINTENANCE:

MARY P. FLANAGAN Andy & Mary Flanagan
GEORGE ROBIDEAU Andy & Mary Flanagan
JANE NOEL Andy & Mary Flanagan

TRANSPORTATION ACCOUNT:

PETER & RENA SUDYKA Peter & Evelyn Sudyka
DONNA (SUDYKA) CLAYTON Peter & Evelyn
Sudyka

MOTHER'S GARDEN:

IN MEMORY OF BOTH OF THEIR PARENTS Ron & Mary Grzesik

"LIGHTS ON":

WILLIAM LAMBERT Jean Lambert
SIMONE BARTHELETTE Noella Loiselle

WINTER WEATHER PREPARATION

With the recent blast of heavy snow and winter only half over, it is important for business owners & homeowners to know their responsibilities for snow and ice removal.

1. As a property owner, you have a responsibility to clear your driveway, sidewalks and other areas accessible to the public and visitors.
2. Stock up on salt or ice melt and use it regularly throughout a storm and in the hours afterward, when freezing occurs.
3. Walk your property after the snow falls. If you cannot move across it safely, others will be at risk.
4. Do not throw snow on the street or sidewalk. Keep it on your own property.
5. During a snow emergency, remove your car from the street as directed by the city or town in which you live.
6. Don't forget about your roof! Accumulating snow can cause a roof to buckle or collapse, so it is important to clear your roof of snow. Homeowners should use snow rakes so that snow can be cleared safely from the ground. Commercial flat roofs should be shoveled and the storm drains should be cleared. If you are concerned about your safety, call a roofing contractor.

Consumer Advisory, Office of Consumer Affairs & Business Regulation

<p>ROOM KEY 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 AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> 	<h1>DECEMBER 2011</h1>	<p>1 HONEY-GLAZED HAM 10 Blue Cross Blue Shield Insurance Information-CR 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Scrabble-L/Quilting-CE 1 Golden Agers-CR</p>	<p>2 BROCCOLI QUICHE 9:30 Grocery Shopping 10 Painting Class begins-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR</p>
<p>5 MEATLOAF/GRAVY WMEC Holiday Party 10 Music Appreciation-CE 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Red Hat Society-CR</p>	<p>6 BIRTHDAY/ANNIVERSARY FRENCH MEAT PIE/GRAVY 10 Beginning Exercise-EX 9-3:45-SHINE (by appt.) 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>7 CHICKEN MARSALA/SAUCE 8 HIP-EX 10am-2pm Holyoke Mall Trip 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>8 AMERICAN CHOP SUEY 10 Veteran's Meeting-CE 10 Beginning Exercise-EX 10 Travel Club-C1 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p>9 TUNA CASSEROLE 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>12 ROAST PORK/GRAVY 9:30 FOOT NURSE (by appt.) 10 Play "Flu Jeopardy" with Williamansett Nursing-CR 10 Music Appreciation-CE 1 Stained Glass-CE 1 Poker & Pinochle-DR 1 Canasta-DR 4 COA Board Meeting-C2</p>	<p>13 SHEPHERD'S PIE/GRAVY Senior Travel Club Trip 9-3:45 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>14 HAM & NOODLE CASSEROLE 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Diabetic Support Group-C2 1 Pitch-CR 1 Mah Jongg-CE 1 Choralites-DR</p>	<p>15 CHEESE LASAGNA 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 11:15 Berkshire Hills Music-DR 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>16 CELEBRATE COLUMBIA COLUMBIAN CHICKEN 9:30 Grocery Shopping 10 Painting Class-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:15 Electric Safety-DR 11:30 Rep. John Scibak-DR 1 Bridge-CE/Cribbage-CR 1 Canasta,Poker-DR/Knitting-L</p>
<p>19 HERB ROASTED CHICKEN 10 Music Appreciation-CE 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Monday Cribbage-CR</p>	<p>20 VEAL PARMESAN 9-3:45 SHINE (by appt.) 10-11 Brown Bag-CE 10 Beginning Exercise-EX 12 Get Going-C2 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>21 HOLIDAY LUNCH & CONCERT STUFFED CHICKEN BREAST 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites Holiday Concert-DR 1 Mah Jongg-CE/Pitch-CR 1 Senior Poetry-C2</p>	<p>22 SALISBURY STEAK/GRAVY 10 Beginning Exercise-EX 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p> <p>1st day of Winter</p> 	<p>23 STUFFED SHELLS/SAUCE 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>26 CHRISTMAS HOLIDAY CENTER IS CLOSED</p> 	<p>27 LIVER & ONIONS 9 Newsletter Collating-CE 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>28 ROASTED CHICKEN 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>29 STUFFED CABBAGE/SAUCE 10 Alzheimer's Support-C2 10:30 Blood Pressure Screening w/Fire District #1-DR 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>30 MACARONI & CHEESE 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 1:30 New Year's Celebration With Jimmy Mazz!!!</p>

South Hadley Council on Aging

SeniorNet

Computer Learning Center



Address: 45 Dayton Street
South Hadley
Telephone: 533-6889
Coordinator: Irene Bernstein

SeniorNet is planning its next classes. Give us a call at 533-6889 to tell us about your interests.

SeniorNet also has a website. It is a good place to check what classes and workshops are planned as well as the time of the classes. The website also has information about SeniorNet, the national organization under which our SeniorNet functions, a calendar, and other information about the program. You can reach the website at: **SENIORNETSH.ORG**. To leave a message, just click on the Contact Us tab.

Classes that we offer:

GREETING CARD WORKSHOP: a detained course in designing cards adding your own pictures from your library, etc.

EXCEL: Excel is a computer spreadsheet program. It can be used to manage and track information such as home expenses, stock market purchases, lists of address and almost any data or information.

PICASSA: A digital photo organizer and editor. Also demonstrates how to do quick edits, sort pictures, and put them in albums or folders.

EBAY: This short course offers explanations of how to buy and sell on Ebay. It includes registration, how to navigate Ebay's website, to follow an auction - whether buying or selling, and the steps for buying an item. Explains how to list an item for sale and follow the auction, how to package and ship an item, and how to be paid. **Note:** To complete the course students must be registered on Ebay. Check the website for details.

Other classes we offer include:

FUNDAMENTALS, INTRODUCTION TO COMPUTERS, THE INTERNET, QUICKEN, GENEALOGY, EXPLORING WINDOWS, WORD PROCESSING, PHOTOSHOP ELEMENTS, AND TYPING TUTORIAL.

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.

The goal of SeniorNet is to provide hands-on instruction in learning both computer basics and more advanced uses at an affordable cost and in a relaxed atmosphere. Our classes are designed for older adults. Anyone 55 years and older is eligible. Call us at 533-6889. We'll call you right back.

ANNE'S INFO

December is here and with it there will be a flurry of activities at the Senior Center. On Tuesday the 6th we will hold our **December Birthday and Anniversary Luncheon**. Please come celebrate your special day with us and be our guest for lunch. As always, we ask you to call in advance for a reservation.

For those of you in the mood for a little shopping, we have planned a trip to **Holyoke Mall** on Wednesday the 7th from 10am-2pm. Call our office to sign up, space is limited.

Berkshire Hills Music Academy will be performing before lunch on Thursday the 15th. They are a gifted ensemble of musicians and singers who love to perform for us. Careful though, you might find a few seniors dancing, clapping or tapping their toes, and it's contagious!

On Friday the 16th we will be **Celebrating Columbia**. There will be a traditional meal and facts and trivia about Columbia. In addition that day, a representative from South Hadley Electric Light Department will present information on **Electric Safety in your home** and will have prizes to give out. Please call 538-5042 in advance to reserve your place for lunch.

On Wednesday, the 21st we will have our **Holiday Luncheon** followed by a concert by the **Choralites of South Hadley**. This is a great opportunity to share a meal and holiday music with friends before the holidays.

On Friday the 30th we will celebrate the close of 2011 and the beginning of a brand new year! At 1:30 p.m. we are having a **New Year's Celebration** with a concert by **Jimmy Mazz** followed by a countdown and toast! Don't miss this fun, safe way to bring in 2012!

I can't end the year without thanking our volunteers for all you have done to make 2011 at the Senior Center a success. I deeply appreciate your hard work and faithfulness. In addition, I'd like to welcome a few new volunteers who have joined us. Carolyn Gammons will be coaching in Senior Net, Joyce Gay will be a knitter and a Choralite and Sheila Adams would like to help out shut-ins with errands. We appreciate your choice to give your time and talents at the Council on Aging.

Have a very blessed holiday season!

Anne

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

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