

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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JANUARY 2011

CHRISTMAS BASKET THANKS: WOW what fantastic support we had from South Hadley folks for our Christmas Basket program. Although we didn't have an over abundance of food, as we have in past years, we only needed to fill bags of food for 17 families. Thank you to the Boy Scouts Troop 303 for sponsoring a food drive. Most of our recipients chose to receive a grocery gift card or money for their electric bill through the "Lights On" program. And we had plenty of donated funds to pay for these choices.

We also had a great group of volunteers from both the Senior Center and South Hadley High School. In fact we finished in record time. Angie survived and did a great job.

The Cookie Committee at the Center Congregational Church donated \$842.20. In addition we received the following donations from schools: a large donation of food from The Gorse Children's Center; So Hadley High School Student Council \$150; So. Hadley High School Winter Carnival \$700; and M. E. Smith Middle School \$150. The Congregational Church of So. Hadley Falls gave a \$160 donation to the program.

A huge thank you goes to Gary & Patricia Smith for their \$1,000 donation. We have never had a donation that large and it comes in a year we really need funds over food. Another generous donation of \$500 was received from Everett and Patricia Walsh. The South Hadley/Granby Chamber of Commerce donated \$400 worth of gift cards. HIP (Health Information Partners) Group \$200. Other donations totaled \$2,436. Individuals who donated \$100 or more include: Richard Amuso, Roger Duval (10- \$10 gift cards), Sheila & David Fitzgerald, Lions Club, Barbara & Howard Redfern (5- \$20 gift cards), South Hadley TRIAD/S.A.L.T. Council, Mike Koske (4-\$25 gift cards) and Carole Sullivan (15-\$25 gift cards to local stores). Other donations are listed on page 2.

Another year is done and 115 South Hadley households, and a 204 individuals were helped through our Christmas Baskets with another 41 households to receive a credit on electric bills in January.

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

May 8-15-Bermuda Cruise. Roundtrip Motor coach transportation to/from NY Pier. 8 days/7 nights aboard the Norwegian Gem (3 years old). Dock in King's Wharf, Bermuda-3 days. Cost dependent on cabin choice from (\$944-\$1,334), port charges and government taxes included. A meet and greet of fellow passengers will be held in January to review tours and plan dining room seating for first nights on ship. Date and time not confirmed at this time. Judy Fortier, 534-3598. **NEW TRIPS:** Monday, Jan. 24, 2011-Mohegan Sun: Full casino package, \$20 due upon reservation, includes driver's tip. Departing Big Y, Willimansett St., S.H. at 8 a.m. sharp. Dave Bellefeuille, 533-7724. Wednesday, Feb. 23, Newport Playhouse and Cabaret presents, "Norman is that you?" Buffet lunch before show, followed by comedy cabaret. Departing Big Y, Willimansett St., 7:45 a.m., cost \$82.00 Susan Canedy, 536-2106. Monday, March 21-Mohegan Sun: Full casino package, \$20 due upon reservation, driver's tip included. Depart Big Y, Willimansett St., 8:00 a.m. sharp. Barbara Laramee, 536-8567. Wednesday, April 6-A Tribute to Liberace, "new" Stadium Theatre in Woonsocket, RI. Includes his glittering grand piano, crystal candelabra and outfits. Travel gift certificates available for trips. A \$5.00 non-refundable deposit required on all trips. No deposit for "wait list." No refund prior to 6 weeks of trip. A travel Club Representative is at South Hadley Senior Center Wednesday and Thursday, 10-11:30 a.m. Flyers available.

HAPPY NEW YEAR!!!

NOTES FROM THE DIRECTOR

As the new year begins, be sure to resolve to make time to take care of yourself! You must be your own advocate, especially in regard to health. The South Hadley Senior Center continues to offer an abundance of exercise programs and activities to keep you active and healthy. If you have not had the opportunity, please consider visiting the Center. It is extremely important to get out of the house during the winter months.

I want to take this opportunity to thank the staff and many volunteers who made the Holiday lunch a success. A special thanks to Barbara Hatch for being Mrs. Santa Claus and to Renee Orzechowski for taking pictures. I appreciate Senator Rosenberg taking time from his busy schedule to visit. We all thank Representative John Scibak for the tape measures and jokes. It was great having members of our Selectboard present.

Sincere thanks to all who name the South Hadley Council on Aging for memorial donations or made donations to various accounts. Your generosity is deeply appreciated and helps to provide the many services in addition to the support provided by the Town and grants.

Eligible individuals may apply for Prescription Advantage any time. Our SHINE Counselor, Eileen Burke, is available to assist you with insurance issues. I want to thank Eileen for volunteering extra time during the 6-week open-enrollment period.

Annually the COA pays \$6,600 to mail the newsletter. Few Senior Centers provide this free service, so please know the **significance** of your \$5.00 donation.

One last request, Senior Net is designing a website. If anyone has a picture of the Woodlawn School, are you willing to share it so it may be scanned and placed on the web. Please call us if you do.

Best wishes for a Happy and Healthy New Year!

Joanne

New Donations continued: CHRISTMAS BASKETS/ FUEL ASSISTANCE: Noella Loiselle, Donna Hutchison, Carol Craig, Claire Remillard, Liz & Bob Methot; Dr. Cengiz & Carol Ann Kayi, Bill & Virginia Sligo; Gaynell & Charles Downs, Jr.; Arthur & Jane Lloyd; Theresa & William Deslippe; Gerri & Ed Bennett; Claire Martel; Anita Gauthier & Patricia Rook; Andrew & Martha Macko; Marilyn & Harry Ishler; Red Hat Society; George & Virginia Benoit, Nellie Cabot, Wendell & Cecile Clark, Jennie Cwieka, Robert Daniels, Vickie Dorscheid, Jo Dugay, Ed F. & Ed G. Dzuris, Heather Ecklin, Ken & Jean Ellis, Robert & Mary Fay, Rosemary Fern (Groceries), Kay Fleming, Josephine Grycel, Barbara Hatch, Anita Healey, Audrey Heaphy, Phil & Ola Herbert, Muriel Hunter, Betty & Bill Innocent, Grace Kelly, Helen Kendall, Knights of Columbus #1721, Katie Koldys, Gail Laprade, Donald Leonard, Don Lever, Donald McCullough, Tom & Lisa Napiorkowski, Pat O'Reilly, Eleanor Perreault, Jen & Herm Picard, Lucille Ryan, Elizabeth Savard, Ruth Schmidt, Doris Tanguay, Patty Tierney, Trader Joe's (bags), Big Y (bags), Ruth Wiesel, Stanley Wojcik, and Virginia Wright.

SPECIAL THANKS TO: the Friends of South Hadley Elderly, Inc. for their continued support of \$4,500 to fund special events, for morning coffee, and all of the goodies.

*Marilyn Ishler for coordinating the Christmas Basket program and to Angie, Lisa and Kathy for their assistance.

*Carey's Florists for the monthly birthday/anniversary flowers.

*The members of Know Your Town for the donations to the "Lights On" program.

*The EMTS and Paramedics of Fire District #1 for the monthly blood pressure checks held in the Senior Center dining room.

*George Perreault, Nancy Blodgett and Francis Cyr for working on Friday, November 26th 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 \$500 that will be deposited into the Nutrition Account.

*Karen Anderson for coordinating the Cookie Sale at the First Congregational Church in the Center and for THE \$842.20 for the Christmas Baskets.

*United Methodist Church, Canson, Inc. and the Mason's for adopting families for the holiday.

*All Saints Episcopal Church for the Angel Tree gifts.

NEW DONATIONS received after June 2010 Newsletter

ACTIVITIES GIFT/OFFICE SUPPLIES: Judy Fortier; **ACTIVITY GIFT/NECESSITIES:** Helen & Gerry Bernard, Linda Lavigne, John Johnston, Bud Andras, Kathy Gallivan, Marilyn Sicotte (White Wing), Robert Engelson, Mary Tuttle & Gwen Glass, Eugene Brunelle, Helen Kendall, Robert Judge, Robert & Barbara Lesperance, Judy Fortier; **ACTIVITY GIFT/ NUTRITION:** Friends of the Elderly; **ACTIVITY GIFT/ TRANSPORTATION:** Virginia Johnston; **ACTIVITIES GIFT/ SUBSIDIZED SENIOR TRANSPORTATION:** Francis Cyr; Congregational Church of South Hadley Falls; **MINI BUS MAINTENANCE:** Warren & Joy Bock; **NEWSLETTER:** Mary B. Fernandes; Edna & Reginald Barker, Claire & Bill Bielanski, Adele Moskal, Jo Duguay, Mabel & Frank Lopes, Rose Sullivan, Lillian Leviton, Helen Kendall, Carol Griffin, Nellie Cabot, Ruth Wiesel, John & Lois Laliberte, Shirley Jodoin, Jean Lambert, Rosemary Chicorka, Edward Reed, Marlene Perkins, Dhipati Chanda, Phyllis Polizou, Marie Houle, Noella Loiselle, Heather Ecklin, Barbara Hunter, Doris Pichette, Irene Champagne, Chester & Nancy Towne, Alice Pelc, Milton & Joyce Kidder, Mr. & Mrs. Antonio Parentela, Joanne Kluza, Doris Bick, Mary Howe, Marie Ouimette, Patricia Sirenski, Robert & Mary Whelihan, Charles & Esther Sherit, Ken & Jean Ellis, Susan Meyers, Dr. Carol Craig, Claire Hebert, Warren & Gloria McAvoy, Warren & Cecile Clark, Pauline Marulli, Helen Kendall, Jane & Arthur Lloyd, Janet Johnston; **NUTRITION:** Liz & Bob Methot, Francis Cyr, Frances Mytkowicz, Marlene Perkins, Wendell & Cecile Clark; **LIGHTS ON/FUEL ASSISTANCE:** Ellen Labrecque; Mr. & Mrs. Antonio Parentela, Lionel & Theresa Brindamour, Kathryn Gallivan, Missy Couture, KYT Members: Eleanor Klepacki, Lucia Foley, Margaret Jodoin, Barbara Fisher, Carol Constant, Dana Muller, Susan Dayall; and Carol Benoit and Manuel Fernandes

ANGIE'S NEWS & NOTES

I want to take this time to sincerely wish everyone a happy and healthy New Year. Here is hoping that winter is not too, too cold and snowy. This has not been the case for my daughter and son-in-law who are spending a year in Poland, to return at the end of August. They have already had plenty of snow and daytime temperatures of 12 degrees! Now that's cold!

January is also the beginning of tax season. Below is a program that may be of valuable assistance to you and your family.

Angie Wright

Social Service Coordinator

CIRCUIT BREAKER TAX CREDIT

No other refundable tax credit equals the Massachusetts Senior Circuit Breaker Tax Credit for putting dollars in the hands of average taxpayers 65 years of age and older. The credit is based on the actual property tax or rent paid by the qualifying taxpayer who is either living in their own home or paying rent.

A taxpayer's income may not exceed \$51,000 for a single individual; \$64,000 for a head of household; or \$77,000 for married couples filing a joint return. The assessed valuation of the residence may not exceed \$764,000.

The credit is equal to the amount by which the taxpayers property tax payments in the current tax year, including water and sewer charges but excluding any abatement or exemption, exceeds 10% of the taxpayer's total income.

The credit also works for renters as well.

It is equal to the amount by which 25% of the rent paid during the tax year exceeds ten percent of the taxpayer's total income, with the credit capped at \$970.

How does this tax credit work in practice? For example, take a married couple with an annual income of \$50,000 and \$6,000 in property tax, and water and sewer payments for their home. Ten percent of their income is \$5,000; their combined tax bills are \$6,000; the difference is \$1,000; so they qualify for the maximum credit of \$970.00.

For renters, take the example of a married couple with an annual income of \$25,000 who pay \$12,000 a year in rent. Ten percent of their income is \$2,500, which is less than 25 percent of their rent, which equals \$3,000, so they receive a \$500 tax credit.

What if you don't owe any state income tax? If you qualify for the Circuit Breaker Tax Credit, the state will issue you a check for up to \$970. For example, if you owe \$500 in taxes and qualify for the maximum credit, the state will send you a check for \$470.

Finally, if you find that you are eligible, you can go back 3 tax years and claim the credits retroactively.

Massachusetts Department of Revenue

SPECIAL EVENT

On Wednesday, January 19th at 9:15 at the Council on Aging, Jean Zaleski will speak and take your questions on the subject of Care Transitions. Care Transitions is the process used by healthcare providers to ensure the coordination and continuity of healthcare. During the course of an acute or chronic illness one will often receive care in multiple settings, such as the hospital, rehab facility, doctor's office and home. Jean will talk about how communication can be improved among those who provide your care and how you can play a role in the process.

Jean is the Director of Community Resource Development at The Holyoke Visiting Nurse Association and Hospice Life Care.

PLEASE CALL 538-5042 TO REGISTER .

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 2011 MENU

- 3) SWEET & SOUR CHICKEN, Egg Noodles, Squash Blend, Orange Juice, Oatmeal Bread, Pears or Diet Pears.
- 4) BROCCOLI QUICHE, Wild, Rice, California Blend Vegetables, Roll, Jell-O or Diet Jell-O.
- 5) AMERICAN CHOP SUEY, Tomato Sauce, Spinach, Corn Bread, Peaches or Diet Peaches.
- 6) VEAL PATTY/GRAVY, Mashed Potatoes, Broccoli, Rye Bread, Pudding or Diet Pudding.
- 7) FLORENTINE POLLOCK, Rice Pilaf, Corn, Whole Gran Roll, Pineapple or Diet Pineapple.
- 10) MEATLOAF W/SAUCE, Mashed Potatoes, Carrots, Fruit Cocktail, Diet Fruit Cocktail.
- 11) BIRTHDAY/ANNIVERSARY, ROAST PORK W/GRAVY, Red Potatoes, Summer Blend Vegetables, Whole Grained Bread, Cake or Diet Cake.
- 12) CHEESEBURGERS, Potato Puffs, Corn Cobbets, Roll, Pineapple or Diet Pineapple.
- 13) HAM & NOODLE CASSEROLE, Green Beans, Rye Bread, Tropical Fruit or Diet Tropical Fruit.
- 14) CELEBRATE DELAWARE, DICED BEEF W/SAVORY SAUCE, Oven Browned Potatoes, Peas & Onions, Cornbread, Peach Pie or Diet Peach Pie.
- 17) CENTER CLOSED—MARTIN LUTHER KING DAY
- 18) HERBED CHICKEN W/GRAVY, Au Gratin Potatoes, California Blend Vegetables, Whole Grained Bread, Mixed Fruit or Diet Mixed Fruit.
- 19) STUFFED PEPPERS W/TOMATO SAUCE, Mashed Potatoes, Broccoli, Corn Bread, Brownies or Diet Brownies.
- 20) FRENCH MEAT PIE W/GRAVY, Mashed Potatoes, Mixed Vegetables, Cranberry Sauce, Orange Juice, Peaches or Diet Peaches.
- 21) FIESTA POLLOCK, Egg Noodles, Spinach, Roll, Fruit Crisp or Diet Fruit Crisp.
- 24) LASAGNA W/MEAT SAUCE, Broccoli/Cauliflower, Garlic Bread, Peaches or Diet Peaches.
- 25) OVEN-FRIED CHICKEN, Baked Potato, Peas & Onions, Whole Wheat Bread, Jell-O or Diet Jell-O.
- 26) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Roll, Pears or Diet Pears.
- 27) LIVER & ONIONS W/GRAVY, Mashed Potatoes, Wax Beans, Whole Grained Bread, Cookies or Diet Cookies.
- 28) POLLOCK FILLETS, Confetti Rice, Brussels Sprouts, Juice, Cornbread, Mixed Fruit or Diet Mixed Fruit.
- 31) BAKED HAM W/PINEAPPLE, Brown Rice, Broccoli, Roll, Fruit.

Happy New Year!

ALL MEALS ARE SERVED WITH BREAD AND A 1/2 PINT OF MILK.
*FOR RESERVATIONS OR CANCELLATIONS, PLEASE CALL 538-5042 BY 9:00 A.M. PLEASE TRY TO CALL BY FRIDAY IF YOU'D LIKE TO EAT ON MONDAY.

NUTRITION NEW YEAR'S RESOLUTIONS...

Using Less Salt in Your Diet

By Christine M. Brown
Nutritionist WMEC

This coming year, reduce the sodium in your food by cooking with herbs and spices instead of salt. The following are more common herbs and spices that benefit the taste of your food as well as your health.

Bay Leaves: The leaf of the bay laurel is a staple flavoring for stews and sauces. Use fresh or dried leaves.

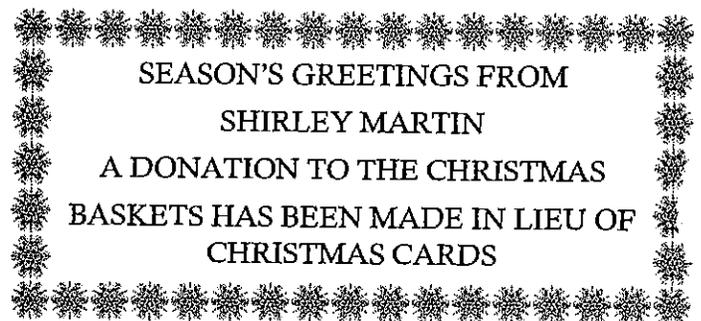
Cinnamon: Cinnamon is the inner bark of a tree. This spice can be used to flavor such diverse items as cookies to Moroccan beef stew. Cinnamon has a myriad of health benefits, including anti-inflammatory and anti-bacterial properties.

Parsley: Parsley is an excellent herb to add to soups and stews. Add to the soup at the end of the cooking cycle for the most flavor. This herb can also be used as a breath freshener.

Rosemary: Find fresh sprigs in the produce aisle or whole dried leaves in the spice aisle. Rosemary is a savory herb that flavors chicken, steak, lamb and fish.

Sage: Popular for both medicinal and culinary purposes. Sage is particularly delicious with fowl and meats. This herb can be used for a tea by combining with hot water and a little lemon.

Information taken from December 2010 AARP



IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION ACCOUNT:

JANET PUDLO	Anita Healey
JERRY GAUDETTE	Yvonne Gaudette
STAN STRZEMPKO	Judith Strzempko
MARGARET WHITENETT	Carolyn Dupuis
VIVIAN BEAUDRY	Claude & Lorraine Demers
WILLIAM BACIS	Barbara J. White

TRANSPORTATION ACCOUNT:

RICHARD DUPUIS	Carolyn Dupuis
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CHRISTMAS BASKET:

PAULA MYTKOWICZ	Fran Mytkowicz
KENNETH WILSON	Frances O'Connell J. Howes
CHRISTINE MCCULLOUGH	Donald McCullough
BERNIE BLOOD	Theresa Roberts
PHYLLIS GAZDA	Daria Zguta Tatiana A. Krywulych Stan & Terry Orzolek
ANGIE BAINBRIDGE	Angus M. Bainbridge
EDWARD SCANLON	Shirley Scanlon
CAROL & LOU BANACH	George and Rosemary Griffin
ESTHER LENNON	Harry & Dolly Crossland
RUTH MAZUROWSKI	Swim Friends at Mount Holyoke College

A DONATION HAS BEEN RECEIVED FROM
JAMES EISENSTOCK

In Loving Memory of

His Beloved Wife of
65 Years

Shirley Eisenstock

CALLING ALL ARTISTS

The South Hadley Youth Commission, known as the South Hadley Superheroes, as part of the week of community service to be held January 11-18, will be hosting an community arts night. All forms of art are welcome. If you wish to submit one piece of artwork to place on exhibit, please call the COA at 538-5042 and give your name and telephone number and the artwork you are willing to share for display. Deadline for submission is January 5th. If you have questions, please call Joanne.

A "Warm up the Community" collection bin is on the stage in the dining room of the Senior Center. If you wish to donate articles such as knitted hats, scarves, mittens, gloves or any other item to help keep people comfortable in the cold, please place in the bin. Thank you for your anticipated assistance with this project.



COME AND JOIN OUR SING-A-LONG

JANUARY 12, 2011

A group from the high school will be joining us on Wednesday, January 12th to lead a sing-a-long close to lunch time. There will be song sheets with '50s music for your use. It will be a lot of fun so please plan on visiting the center that day and be sure to make your reservation by calling 538-5042.

**SPECIAL THANKS TO SANTA CLAUS
FOR THE 2-DRAWER FILE CABINET**



Willimansett Centers East and West

"Helping you stay healthy and independent"

Short Term Rehabilitation and Long Term Care

413-536-2540

3 SWEET & SOUR CHICKEN
 ? Yoga-EX
 10 Music Appreciation-CE
No Tai Chi
 1 Stained Glass-CE
 1 Poker-DR
 1 Pinochle/Canasta-DR
1 Red Hat Society-CR

4 BROCCOLI QUICHE
9-12 SHINE (by appointment)
 10 Beginning Exercise-EX
 1 Bingo-CR
 1 Movie-EX
 1 Needlecraft-CE
 6:15 Men's Night/Mah Jongg

5 AMERICAN CHOP SUEY
 8 HIP-EX
 9:30 Grocery Shopping
 10 Travel Club-C1
 10:30 Osteoporosis Exercise-EX
 1 Mah Jongg-CE/ Pitch-CR
 1 Senior Poetry-C2
 1 Choralites-DR

6 VEAL PATTY WITH GRAVY
10 Alzheimer's Support-C2
 10 Beginning Exercise-EX
 10 Travel Club-C1
 1 Golden Agers-CR
 1 Scrabble-L
 1 Quilting-CE

7 FLORENTINE 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/Poker-DR

10 MEATLOAF/SAUCE
 ? Yoga-EX
9:30 FOOT NURSE (by appt)
 10 Music Appreciation-CE
 11 Tai Chi-EX
 1 Stained Glass-CE
 1 Poker-DR
 1 Pinochle/Canasta-DR
4 COA Board Meeting-C2

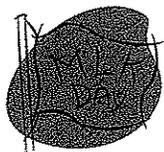
11 BIRTHDAY/ANNIVERSARY ROAST PORK WITH GRAVY
9-12 SHINE (by appointment)
 10 Beginning Exercise-EX
 1 Bingo-CR
 1 Movie-EX
 1 Needlecraft-CE
 6:15 Men's Night/Mah Jongg

12 CHEESEBURGERS
 8 HIP-EX
 9:30 Grocery Shopping
 10 Travel Club-C1
 10:30 Osteoporosis Exercise-EX
11:15 South Hadley High School Sing-a-long-DR
 1 Mah Jongg -CE/Pitch-CR
 1 Choralites-DR

13 HAM NOODLE CASSEROLE
 10 Beginning Exercise-EX
 10 Travel Club -C1
10 Veteran's Meeting-CE
12:30-2 Blood Pressure Screening with Nurse-C2
 1 Golden Agers-CR
 1 Scrabble-L
 1 Quilting-CE

14 CELEBRATE DELAWARE DICED BEEF SAVORY SAUCE
 9:30 Grocery Shopping
 10 Coffee & Conversation-DR
 10:30 Osteoporosis Exercise-EX
 1 Knitting-L
 1 Bridge-CE
 1 Cribbage-CR
 1 Canasta/Poker-DR

17 MARTIN LUTHER KING, JR. HOLIDAY CENTER IS CLOSED



18 HERBED CHICKEN/GRAVY
9-12 SHINE (by appointment)
10-11 Brown Bag-CE
 10 Beginning Exercise-EX
 1 Bingo-CR
 1 Movie-EX
 1 Needlecraft-CE
 6:15 Men's Night/Mah Jongg

19 STUFFED PEPPERS/SAUCE
 8 HIP-EX
9:15 Care Transitions-CR
 9:30 Grocery Shopping
 10 Travel Club-C1
 10:30 Osteoporosis Exercise-EX
 1 Senior Poetry-C2/Choralites-DR
 1 Pitch-CR/Mah Jongg-CE

20 FRENCH MEAT PIE/GRAVY
10 Alzheimer's Support-C2
 10 Beginning Exercise-EX
 10 Travel Club-C1
1 Get Going Meeting-C2
 1 Golden Agers-CR
 1 Scrabble-L
 1 Quilting-CE

21 FIESTA POLLOCK
 9:30 Grocery Shopping
 10 Coffee & Conversation-DR
 10:30 Osteoporosis Exercise-EX
11:30 Rep. John Scibak-DR
 1 Knitting-L
 1 Bridge-CE
 1 Canasta-DR
 1 Cribbage-CR
 1 Poker-DR

24 LASAGNA & MEAT SAUCE
Senior Travel Club Trip
 9 Yoga-EX
9:30 FOOT NURSE (by appt)
 10 Music Appreciation-CE
 11 Tai Chi-EX
 1 Stained Glass-CE
 1 Poker/Pinochle/Canasta-DR
 1 Monday Cribbage-CR

25 OVEN-FRIED CHICKEN
9 Newsletter Collating
9-12 SHINE (by appointment)
 10 Beginning Exercise-EX
 1 Bingo-CR
 1 Movie-EX
 1 Needlecraft-CE
 6:15 Men's Night/Mah Jongg

26 MACARONI & CHEESE
 8 HIP-EX
 9:30 Grocery Shopping
 10 Travel Club-C1
 10:30 Osteoporosis Exercise-EX
 1 Choralites-DR
 1 Mah Jongg-CE
 1 Pitch-CR

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

28 POLLOCK 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 Poker-DR

31 BAKED HAM/PINEAPPLE
 9 Yoga-EX
 10 Music Appreciation-CE
 11 Tai Chi-EX
 1 Stained Glass-CE
 1 Poker-DR
 1 Pinochle-DR
 1 Canasta-DR



JANUARY
2011

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



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



ANNE'S NEWS

SeniorNet is offering the following classes during January. With Christmas coming and families looking for ideas for gifts, why not put a class on your list. Just call the Center at 533-6889, leave a message, and we will call you right back. Choices for January will include:

QUICKEN: A computer program for managing your personal finances. You can use it to manage your check book, savings, charge accounts, investments, loans, etc. This course will be offered Friday mornings.

Other courses:

FUNDAMENTALS: A basic course for students who have had no prior experience with computers. You will get hands on practice using a mouse, navigating computer menus and will begin to learn computer terminology.

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

INTERNET: Offers an explanation of how the internet works and explains email, using "search engines", such as Google, and introduces you to the SeniorNet national website where there are a variety of chat rooms and short explanations of various programs.

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.

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. Most classes run for 8 lessons, each lasting 2 hours.

When you sign up for your first class you will be asked also to join the national SeniorNet. This makes available to you the SeniorNet web site. There are many interesting and informative articles there as well as discussion groups and links to other worthwhile information.

Let us know what topics you would like to learn. Call us at 533-6889. We'll call you right back.

Welcome to 2011! I hope your holidays were wonderful and that you are ready to get into the January routine. There are a wide variety of opportunities at the Senior Center for physical activity, recreation, education, entertainment, delicious meals, socialization, support and volunteerism. If you are already attending something, this is a great time to add something new and if you have been thinking of coming for the first time, please call me and I can schedule a tour for you and introduce you to other individuals with similar interests as you.

You may not know that we have a beautiful, fully equipped Billiards Room here that is open from 8-4:30 daily. Men and women are welcome to come and play any time during those hours. Every morning there is a group of people shooting pool and they would love additional players. If afternoons suit your schedule better please come and play at your leisure. We encourage you to use this resource.

If you come to lunch on Wednesday's you have noticed us thanking our church volunteers. I'd like to take a moment to thank the four churches who send volunteers to work in our Nutrition department every Wednesday on a rotating schedule. They are First Congregational of South Hadley, All Saints Episcopal Church, Falls Congregational Church and St. Theresa's Church. The volunteers from these congregations set the tables, serve, clear and clean up. We deeply appreciate their commitment to the Council on Aging.

On January 11 we will have our monthly Birthday and Anniversary celebration. Don't let the cold weather keep you away from this chance to enjoy good food and friends as our guest. Please call our office in advance and let us know your birth or wedding date and make your reservation. We'd love to have you join us!

On January 14 we will be Celebrating Delaware. Our tour guide for the day, Barbara Hatch, will give you interesting facts and trivia about Delaware to be followed by a delicious meal of traditional fare. We only have one state left after this in our series of 50 months of "Celebrate the State". So call for a reservation so you don't miss out.

I'd like to add a special note of thanks to Berkshire Bank, Wingate of South Hadley and The Arbor's of Chicopee for the generous donation of gift baskets for our Holiday Luncheon Raffle. Thank you for thinking of our seniors.

Anne

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