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Assistant Director: Lisa Napiorkowski



JANUARY 2010

Chairperson: M. Connie Laplante

Social Service Coordinator:

Angela Wright

CHRISTMAS BASKET THANKS: Even in these trying economic times the residents of South Hadley have shown that they have huge hearts and a generous spirit in reaching out to families in need. The Council on Aging received over \$4,000 in donations to support the program. We served 301 residents in 117 households with either food & turkey, a grocery gift certificate or payment on their electric bill through the "Lights On" program. That is more than we have ever served and it was in a year that it was really needed. This could not have been done without the volunteers from a Girl Scout troop, high school students, senior citizens, Town employees and residents. A big thank you to them too.

In addition thank you to the organizations and churches who adopted families giving them a happier holiday. They are: All Saints Episcopal Church, The Masons, Baker Waite Realty Inc. and the South Hadley Lions Club.

Donations of \$100 or more from: Mary Abbey, Walter Skibel, Susan Smith, Gwen Glass and Mary Tuttle, South Hadley/Granby Chamber of Commerce, South Hadley Lions Club, HIP, Congregational Church of South Hadley Falls, First (Center) Congregational Church, Knights of Columbus Council #1721, South Hadley Selectboard in Lieu of gift exchange, the Center Redevelopment Corporation DBA The Village Commons and the Red Hat Society "Bee-lievers" Chapter 67112. A complete list of donors will be printed later in the year.

It was my pleasure to 'play Elinor' this year and get the hugs and thank yous from the recipients. They truly appreciate the kindness shown them. It proves "South Hadley is a Great Place to Live".
Marilyn

JANUARY 19TH: 7 A.M. UNTIL 8 P.M.-SPECIAL STATE/LOCAL ELECTION TO VOTE FOR A SENATOR AND FILL SELECTBOARD VACANCIES. BECAUSE THE SENIOR CENTER DINING ROOM IS PRECINCT C, LUNCH WILL BE SERVED IN THE EXERCISE ROOM. ALL EXERCISE ROOM, DINING ROOM AND EVENING ACTIVITIES CANCELLED FOR THE DAY (NO MAKE UP SESSIONS). ABSENTEE BALLOTS ARE AVAILBLE AT THE SENIOR CENTER OFFICE.

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. Reservations close at 9 a.m. each day. It is better to reserve your place and cancel if need be at the last minute; but please remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons over 60 & \$3.00 for all others. 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-Trips for Winter 2010

A new travel season begins **Tuesday, February 9th**, with a trip to the **Mohegan Sun**. \$20.00 due at booking, includes casino package and driver gratuity. Call David Bellefeuille at 533-7724.
Wednesday, March 3: The uproariously funny Late Night Catechism at the Warner Theatre in Torrington, CT with lunch at the Black Rock Tavern (\$81). Call Susan Canedy at 536-2106.
Wednesday, March 24: **Spirit of Boston** luncheon cruise of Boston's historic Seaport District, fabulous luncheon buffet, afternoon Boston Flower Show-at the Boston World Trade Center. Cost \$86.00 Call Judy Fortier at 534-3598. **Travel Club GIFT CERTIFICATES** are now available at the Travel Club and may be applied to any of our trips. A \$5.00 non-refundable deposit required for all non-casino trips. **Payments due in full 6 weeks prior to trip. NO REFUND** prior to 6 weeks of trip unless an emergency. We are not responsible for any injuries on our trips. A Travel Club Representative is at the So. Hadley Senior Center on Tues., Wed. and Thurs., 10:00-11:30 or call 538-5042. **Wishing all our fellow travelers a very Happy New Year.**

ONE OF THE FY 10 COA GOALS IS TO PROVIDE IN-TOWN TRANSPORTATION 5 DAYS A WEEK. THE COA WILL ACCEPT SOUTH HADLEY APPOINTMENTS MONDAY-FRIDAY BETWEEN 9 A.M. AND 5 P.M. CALL 538-5042 TO MAKE YOUR APPOINTMENT BUT REMEMBER THERE IS ONE BUS AND DRIVER SO TIMES CANNOT BE EXACT.

HAPPY NEW YEAR!!!

NOTES FROM THE DIRECTOR

As the new year begins be sure to make a promise to yourself to take care of your health. Each one of us must be our own advocate when it comes to navigating the health care system. Each time you visit a doctor bring a list of questions or concerns because the doctor can only help someone if he or she knows the symptoms. The South Hadley Senior Center continues to offer an abundance of exercise programs. It is our goal to help people stay healthy in mind, body and spirit. If you have not had the opportunity to visit the Center, please consider making an appointment with Anne O'Connor, Activity/Volunteer Coordinator to take a tour and learn about the many programs and activities. It is healthier to get out and mingle during the winter months because it will make the period until spring arrives much shorter and pleasant visiting with others.

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 Rene Orzechowski for taking pictures. We all thank Representative John Scibak for the scented pens and making us use our brains and recall power for the 35 trivia questions he shared.

Sincere thanks to all who named the South Hadley Council on Aging for memorial donations or made donations to various accounts. Your generosity is deeply appreciated and helps to keep services at maximum level, adding additional funds to Town and grant support.

Prescription Advantage is available year round and the SHINE Counselor will continue to come to the Senior Center every month to assist people with insurance issues. I want to thank Eileen Burke for volunteering and for the extra time she donated during the 6-week open enrollment period.

At a recent Department Heads meeting it was suggested that I no longer perform Notary Public duties at the Senior Center. There are some liability issues that might become a problem for me. There are two Notaries that do not charge at Town Hall, namely in The Town Clerk/Treasurer's office as well as in the Tax Collector's office. Another location that usually does the service for free is one's bank.

By the time you receive this publication, there will be a new member of the staff. On Tuesday, December 29th Angela Wright will begin her new career as the Social Service Coordinator of our COA. Angela is a very warm, bright and caring individual who has a Masters Degree in Social Work and experience with Councils on Aging having been a long-time member of the Board of the Hatfield Council on Aging. She is looking forward to her new role and we all want her to feel welcome. Please stop by and say "Hello" to her and help her transition into our Senior Center.

Best wishes for a Happy and Healthy New Year!

Joanne



SPECIAL THANKS TO:

*Thank you to the South Hadley Women's Club Bowling League for the very generous donation of \$130.00 for the Nutrition Program.

*Thank you to the Friends of South Hadley Elderly, Inc. for their continued support to fund special events, especially for the free coffee in the dining room and the packets of candy in December.

*Thank you to Marilyn Ishler for coordinating the Christmas Basket program.

*Big Y for the donation of bakery products for the participants and nutrition program and the discount on the pies for the Hot Meals on Wheels clients for Thanksgiving and the holiday gift cards for the baskets program.

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

*To Donald & Susan Lever for the subscriptions to GOOD HOUSEKEEPING and NATIONAL GEOGRAPHIC for the library.

*To South Hadley Cadette Troup 40144 for the delightful gifts for the Meals on Wheels clients.

*To the Ladies Guild of the First Lutheran Church in Holyoke and Ruth Schmidt for the holiday gifts and stockings.

*To the Granby/Holyoke/South Hadley Ecumenical Group for the very generous donation of \$250 for the fuel assistance program.

*To the members of Know Your Town for the donations to the "Lights On" program and items for the local food pantry.

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

*To George Perreault, Nancy Blodgett and Francis Cyr for coming in to work on Thursday, December 24th to deliver the Meals on Wheels to their clients while other Town employees had the day off.

*THANK YOU TO KAREN ANDERSON FOR COORDINATING THE COOKIE SALE AND THE FIRST CONGREGATIONAL CHURCH FOR THE \$1,071 FOR THE CHRISTMAS BASKETS.

COOKIE SALE WAS A SUCCESS!

What a difference 1 batch of cookies or bars can make! The 10th Annual Cookie sale was held on December 4th and 5th at the First Congregational Church, South Hadley Center. Thanks to the amazing generosity of the many bakers, which includes members of the churches, the Council on Aging and the community we had lots of wonderful donations. The cookie sale organizers are very grateful to the buyers for their support. We heard many folks say how much they look forward to the sale, especially being able to choose from so many varieties. This year we were able to give the South Hadley Council on Aging \$1,071 which will be used for the Christmas Basket Program. Many, many thanks for all who participated in this community event that truly lives up to the bumper sticker "South Hadley is a wonderful place to live."

Karen Anderson

IN HONOR OF ELINOR WHITE AND HER
RETIREMENT

THE FOLLOWING DONATIONS HAVE BEEN
RECEIVED FROM:

EDITH PETER FOR THE EMERGENCY FUND
ACCOUNT AND
FROM BARBARA J. WHITE FOR THE
CHRISTMAS BASKETS

IF YOU NEED A RIDE TO VOTE ON TUES-
DAY, JANUARY 18TH CALL THE OFFICE AT 538-
5042 AND THE COST IS PAID FOR BY THE FRIENDS
OF SOUTH HADLEY ELDERLY, INC.

DONATIONS RECEIVED AFTER JULY NEWSLETTER: AC-
TIVITY GIFT/NECESSITIES: Harry B. Wolfe, Edward O'Boyle,
John J. Howes, Frances O'Connell, Robert Daniels,

Victor Weinblatt NUTRITION: S. Hadley Women's Club, Carol
Craig, Wendell & Cecile Clark, Francis Cyr, Catherine & Don-
ald Quinn, HIP TRANSPORTATION: Mary Sunderland

SENIOR NET: William & Jean Dean, LIGHTS ON: Helen
Kendall, Ellen Lebreque, Doris Bick, Gwen Glass & Mary Tut-
tle NEWSLETTER: Anna Anop, Gilbert & Sara Bach,

Edna & Ray Barker, Janet Brunelle, Gloria Boudreau,
Wayne & Mary Boulais, Janie Brochu, Nellie Cabot,
Irene Champagne, Rosemary Chicorka, Wendell & Ce-
cile Clark, Sandra Cousineau, Edna Cox, Emery Currier,
Roger & Lorraine Daviau, Rhoda Donze, Yvette Dupre,
Dorothy Dupuis, Marilyn & Roger Duval, Heather Ecklin,
Ruth Enders, Robert Engelson, (Mary)Bea Fernandes,
Margaret Fitzgerald, Gwen Glass, Carol Griffin, Pauline
Gruszka, Mary Howe, Dorothy Hurley, Katherine Flem-
ing, Florence & Kathy Gallivan, Ella Healy, Virginia
Johnston, Irene Kelly, Helen Kendall, Milton & Joyce Kid-
der, Sylvia Kiselewski, Ann Koske, Wally & Joanne
Kluza, Kathleen Lafond, Walter Lafrennie, Jr., Richard &
Gail Lapiere, Tillie Laverdiere, Noella Loiselle*, Gloria
McAvoy, Julia & Harold Moreau, Vivian Moriarty, Adele
Moskal, Susan Myers, Leo & Mary Mulvaney, Melide
Normand, Gladys Paquin, Antonio & Laurinda Parentela,
Marlene Perkins, Erlene Plichta, Theresa Potter, Peter
Regish, Lillian Riley*, Diane Scheinost*, Margaret & Leo
Sieracki, Robin Sligo, Rose & Helen Sullivan, and Dor-
cas Duff, Shirley Scanlon*, Margaret Schulz, Marie Tam-
bora, Barbara Todd, Mary Tuttle, Stella Warzenski, Ken-
neth Williams *Denotes multiple donations.

MUSIC SURVEY/UNDERSTANDING CLASSES

The Council on Aging is pleased to announce the Music Sur-
vey/Understanding classes, led by Dr. Roger Farnsworth will start
on January 4, 2010 and go until the end of February. The 6-
meeting unit will start at 10 a.m. and adjourn at 11:15 a.m. each
Monday with the exception of January 18th, Martin Luther King
Day and February 22nd, President's Day when the COA is closed.
The classes are open to everyone regardless of musical back-
ground. There will be something offered for everyone. Points of
interest will be "What to listen for in Great Music" and topics such
as symphony, opera, concerto, program music in various histori-
cal periods. There will be a small amount of general music theory
in order to better understand what is being heard. You will also
have the opportunity to discuss your favorite music and better
understand the music you list as least favorite. Come and enjoy
some new sounds and gain a new understanding. Remember to
call the COA at 538-5042 to reserve your seat in the Music Sur-
vey/Understanding class.

PRESCRIPTION ADVANTAGE BENEFIT CHANGE 2010

Due to cuts in the state budget, Prescription Advantage was
forced to make a change to its benefits. Starting January 1, 2010,
Prescription Advantage will no longer help members pay their
Medicare prescription drug plan premium. This premium assis-
tance was not available to all members, only those at a certain
income level. Members affected by this change were notified by
mail.

Important Note: Your Medicare drug plan will be sending
you a premium bill each month. It is very important that you
pay the bill or you could lose your Medicare prescription
drug benefits!

The elimination of premium assistance is the only change to
Prescription Advantage benefits.

Prescription Advantage is not going away and will continue to
pay for prescription drugs when members reach that gap in the
Part D coverage that is known as the "donut hole". And for mem-
bers in the S5 category, Prescription Advantage will still pay for
covered prescription drugs once members reach their out-of-
pocket spending limit of \$3,250.

If you have questions, you may call 1-800-AGE-INFO (1-800-
243-4636) Press 3.

****NEW 6-WEEK SESSION OF TAI CHI BEGINS ON
MONDAY, JANUARY 4TH AT 11 A.M. AND ENDS FEB-
RUARY 22ND. COST \$36.00**

****NEW LINE DANCING CLASS BEGINS ON THURS-
DAY, JANUARY 6TH AND ENDS FEBRUARY 25TH.
TIME HAS CHANGED TO 1 P.M. AND THE 8-WEEK
SESSION MUST BE PREPAID AT A COST OF \$16.00.**

**** AARP TAX AIDE APPOINTMENTS WILL BEGIN ON
FRIDAY, FEBRUARY 5TH AT 9 A.M. CALL 538-5042
TO MAKE AN APPOINTMENT.**

****DUE TO INCREASED MAILING COSTS, AN ANNUAL
DONATION OF \$5.00 FROM RESIDENTS IS
STRONGLY ENCOURAGED SO THAT A MAILING FEE
DOES NOT HAVE TO BE IMPOSED IN JULY 2010.**

If so, please call us!



1-800-243-4636

(1-800-AGE-INFO)

Press #5 to speak to an
Intake Specialist.

Are you at least 60 and have a
problem with your in-home
caregiving services?
Do you know someone who does?

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 2010 MENU

- 1) CENTER CLOSED—NEW YEAR'S DAY
- 4) SWEET & SOUR CHICKEN, Egg Noodles, Squash Blend, Oatmeal Bread, Pears/Diet Pears, Orange Juice
- 5) BIRTHDAY/ANNIVERSARY, Roasted Turkey w/Gravy, Mashed Potatoes, Broccoli, Roll, Cranberry Sauce, Cake/Diet Cake
- 6) MEATBALLS/SPAGHETTI, Tomato Sauce, Garlic Bread, Spinach, Peaches/Diet Peaches
- 7) VEAL PATTY W/GRAVY, Mashed Potatoes, Mixed Vegetables, Rye Bread, Pudding/Diet Pudding
- 8) FLORENTINE POLLOCK, Rice Pilaf, Corn, Whole Grain Roll, Pineapple/Diet Pineapple
- 11) MEATLOAF W/SAUCE, Mashed Potatoes, Carrots, Jell-O/Diet Jell-O, Whole Wheat Bread
- 12) CHICKEN TERIYAKI, Rice, Oriental Mixed Vegetables, Mandarin Oranges/Diet Mandarin Oranges
- 13) ROAST PORK W/GRAVY, Red Potatoes, Summer-Blend Vegetables, Whole-Grained Bread, Fruit
- 14) HAM AND NOODLE CASSEROLE, Green Beans, Rye Bread, Tropical Fruit/Diet Tropical Fruit, Juice
- 15) CELEBRATE "MONTANA", Hearty Beef Stew, Peas & Carrots, Buttermilk Biscuits, Blueberry Crisp/Diet Blueberry Crisp
- 18) CENTER CLOSED—MARTIN LUTHER KING DAY
- 19) HERB ROASTED CHICKEN W/GRAVY, Au Gratin Potatoes, California Blend Vegetables, Mixed Fruit/Diet Mixed Fruit, Whole Grained Bread
- 20) STUFFED PEPPERS W/TOMATO SAUCE, Mashed Potatoes, Broccoli, Corn Bread, Brownies/Diet Brownies
- 21) FRENCH MEAT PIE W/GRAVY, Mashed Potatoes, Mixed Vegetables, Cranberry Sauce, Peaches/Diet Peaches
- 22) FIESTA POLLACK, Egg Noodles, Spinach, Roll, Fruit Crisp, Diet Fruit Crisp, Juice
- 25) LASAGNA W/MEAT SAUCE, Broccoli/Cauliflower, Garlic Bread, Peaches/Diet Peaches
- 26) OVEN-FRIED CHICKEN, Baked Potato, Peas & Onions, Jell-O/Diet Jell-O, Whole Wheat Bread
- 27) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Roll, Pears/Diet Pears
- 28) LIVER & ONIONS W/GRAVY, Mashed Potatoes, Wax Beans, Whole Grained Bread, Cookies/Diet Cookies
- 29) POLLACK & CHEESE, Confetti Rice, Spinach, Roll, Mixed Fruit/Diet Mixed Fruit, Juice

ALL MEALS ARE SERVED WITH BREAD, 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.

WINTER READINESS

By Chris Brown
Nutritionist WMEC

Blizzard Bag

The following items can be stored and used as needed. Keep a supply on hand in case of power failure or when a snow blizzard closes roads and prevents meal delivery or attending a meal site. Don't forget bottled water and a non-electric can opener. Some of these items are higher in sodium. However, in an emergency, it may be beneficial to keep an assortment of cans on hand. Small cans of: Fish: tuna, sardines, salmon. Meat: ham, corned beef, chicken, beef stew, ravioli. Juices: orange, tomato, V-8. Fruits: fruit cocktail, peaches, mandarin oranges. Jars of: peanut butter. Boxes of: whole grain crackers, oatmeal cookies. Dried fruit: raisins, prunes, apricots. Boxes of: chocolate milk drink, ultra pasteurized milk, fortified dried milk.

Hypothermia

Facts about the cold: Temperatures do not have to be below freezing for hypothermia to develop. Room temperatures below 70 degrees could be dangerous if you are not dressed warmly enough. One of the most dangerous things about hypothermia is that it causes your mind to become confused. This prevents you from recognizing the danger and seeking help.

Tips for cold weather: Dress in layers. Avoid tight clothes. Loose clothes will trap a lot more warm air around your body. Mittens are warmer than gloves. If your hands & feet are cold, put on a hat. This will cause your body to send more warm blood to the hands and feet.



IMPORTANT REMINDER

Now that we are into the winter season there is a possibility that due to inclement weather meals, transportation and programs may be cancelled and the senior center closed. The senior center is open for staff unless Town Hall is closed. Be sure to watch Channels 40, 22 or 3 to learn the latest news.

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION ACCOUNT:

| | |
|------------------------|------------------------|
| JACK RYAN | Lucille Ryan |
| MARGARET WHITENETT | Carolyn J. Dupuis |
| CLAIRE WALLACE | Thomas & Linda Wallace |
| THE L'ESPERANCE FAMILY | Lois L'Esperance* |
| THADEUS DUDEK, SR. | Kathy & Dick Kirby |

EMERGENCY FUND:

| | |
|---------------|---------------------|
| NORMA MERCIER | Augie & Peg Breault |
|---------------|---------------------|

NEWSLETTER ACCOUNT:

| | |
|-------------------------|--|
| GEORGE APGAR | Staff at Thorton Burgess Middle School in Hampden |
| STANLEY ORZECOWSKI | Renee Orzechowski* |
| LUANNE REYNOLDS | Noella Loiselie |
| RAYMOND W. WYLLIE | Roy A. Voci |
| RAY FLEURY | Roy A. Voci |
| STANLEY STRZEMPKO | Judie Strzempko |
| JEAN & STANLEY MAMULSKI | Children Honey, Nancy and Dennis |

MOTHER'S GARDEN:

| | |
|---------------|------------------|
| LENA CAMPBELL | Jean C. Rousseau |
|---------------|------------------|

IN MEMORIAM

A VERY GENEROUS DONATION WAS RECEIVED FROM
THE ESTATE OF JOSEPH JEZ FOR OUR
NUTRITION PROGRAM

*The following people made donations
in lieu of Holiday Cards:*

*Lois L'Esperance
*Jacki Willis
*Renee Orzechowski
Shirley Martin

*also reflected in memorials.



IN MEMORIAM

IN MEMORY OF:

FROM:

HOT MEALS-ON-WHEELS TREATS:

| | |
|-----------------|--|
| ANNA MAE PARKER | Elizabeth & Walter Jazab Sandra & Charles Kimball Don & Cathy MacKenzie Greg & Linda Komer Roberta & Larry Duprey Alice Archambault |
|-----------------|--|

CHRISTMAS BASKETS:

| | |
|---|-----------------------------|
| ANITA & WALTER PAJAK AND ADOLPH LEPKOWSKI | Barbara & Howard Redfern |
| ED KLEPACKI | Eleanor Klepacki |
| CECILE (CIS) GAGNE | Louise Cox |
| MR. & MRS. STANLEY M. WOJCIK AND SON MICHAEL | Stanley J. Wojcik |
| ALFRED E. FERNANDES | Bea Fernandes |
| DONNA POTVIN | Carol Griffin & Kathy Os |
| BILL LAMBERT | Jean Lambert |
| RENE LAVERDIERE | Tillie Laverdiere |
| DECEASED CRIBBAGE PLAYERS | Eugene Brunelle |
| MICHAEL & WILLIAM WILLIS | Jacki Willis* |
| LEO ROUSSEAU | Jean C. Rousseau |

ACTIVITIES ACCOUNT:

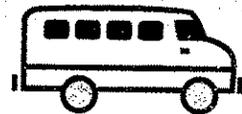
| | |
|------------------------|-------------------|
| THE L'ESPERANCE FAMILY | Lois L'Esperance* |
|------------------------|-------------------|

SUBSIDIZED SENIOR TRANSPORTATION:

| | |
|--------------------------------------|-------------------|
| RICHARD DUPUIS | Carolyn J. Dupuis |
| JEANNE POWERS AND MARCELLA LUPION | Alexina Schwalm |
| CLAIRE LETELLIER | Doris C. Newman |

MINI-BUS (FUTURE PURCHASE):

| | |
|---------------|---------------------|
| NORMA MERCIER | Augie & Peg Breault |
|---------------|---------------------|

| | | | | |
|---|---|---|---|---|
| <p>ROOM KEY B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p> |  <p>IN TOWN TRANSPORTATION AVAILABLE MONDAY - FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> | <h1 style="text-align: center;">JANUARY 2010</h1> | <p style="font-size: 2em; text-align: center;">HAPPY NEW YEAR</p> | <p>1 NEW YEARS DAY CENTER CLOSED</p>  |
| <p>4 SWEET & SOUR CHICKEN 10 Music Appreciation-C2 11 Tai Chi-EX 1 Red Hat Society-CR 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR</p> | <p>5 BIRTHDAY/ANNIVERSARY ROAST TURKEY/GRAVY 10 Beginning Exercise-EX 10 Travel Club-C1 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p> | <p>6 MEATBALLS/SPAGHETTI 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Senior Poetry-C2 1 Mah Jongg Play/Learn-CE 1 Choralites-DR</p> | <p>7 VEAL PATTY/GRAVY 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Writing-CE 10 Travel Club-C1 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE 1 Line Dancing-EX</p> | <p>8 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-DR 1 Poker-DR</p> |
| <p>11 MEATLOAF/SAUCE 9:30 FOOT NURSE BY APPT. 10 Music Appreciation-C2 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 4 COA Board Meeting</p> | <p>12 CHICKEN TERYAKI 10 Beginning Exercise-EX 10 Travel Club-C1 1 Bingo-CR 1 Needlecraft-CE 1 Movie-EX 6:15 Men's Night/Mah Jongg</p> | <p>13 ROAST PORK/GRAVY 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Diabetic Support Group-C2 1 Pitch-CR 1 Mah Jongg Play/Learn-CE 1 Choralites-DR</p> | <p>14 HAM & NOODLE 10 Veteran's Group-C2 10 Beginning Exercise-EX 10 Writing Group-CE 10 Travel Club-C1 12:30-2 Blood Pressure w/Nurse 1 Friends Meeting-DR 1 Golden Agers-CR 1 Scrabble-L/Quilting-CE 1 Line Dancing-EX</p> | <p>15 CELEBRATE MONTANA HEARTY BEEF STEW 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta/Poker-DR</p> |
| <p>18 MARTIN LUTHER KING HOLIDAY CENTER CLOSED</p>  | <p>19 HERBED CHICKEN 7AM-8PM VOTING-DR Lunch in Exercise Room No Exercise, Movie, Card Make-up or Men's Night/Mah Jongg 9-12 SHINE (by appt) 10-11 Brown Bag-CE 10 Travel Club-C1 1 Needlecraft-CE/Bingo-CR</p> | <p>20 STUFFED PEPPERS/SAUCE 8 HIP-EX 9:30 Grocery Shopping 10 Book Club-C2/Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR/Senior Poetry-C2 1 Mah Jongg Play/Learn-CE 1 Choralites-DR</p> | <p>21 FRENCH MEAT PIE/GRAVY 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Writing-CE/Travel Club-C1 1 Get Going-C2 1 Golden Agers-CR/Scrabble-L 1 Quilting-CE 1 Line Dancing-EX</p> | <p>22 FIESTA 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</p> |
| <p>25 LASAGNA/MEAT SAUCE 9:30 FOOT NURSE BY APPT. 10 Music Appreciation-C2 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Monday Cribbage-CR</p> | <p>26 OVEN FRIED CHICKEN 9 Newsletter Mailing Party 9-12 SHINE (by appt) 10 Beginning Exercise-EX 10 Travel Club-C1 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p> | <p>27 MACARONI & CHEESE 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg Play/Learn-CE 1 Choralites-DR</p> | <p>28 LIVER & ONIONS 10 Beginning Exercise-EX 10 Writing Group-CE 10 Travel Club-C1 10:30 Blood Pressure Screening w/Fire District #1-DR 1 Golden Agers-CR 1 Scrabble-L/Quilting-CE 1 Line Dancing-EX</p> | <p>29 POLLOCK & CHEESE 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</p> |

ANNE'S NEWS

South Hadley Council on Aging
SeniorNet
Computer Learning Center



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

Happy New Year! Where did 2009 go? It seems I was just getting used to writing 2009 on my checks and now I have to learn 2010!

We've had a wonderful year at the Senior Center, adding new activities and volunteers and enjoying ongoing activities and so thankful for the continued faithfulness of veteran volunteers. In November they logged in 1,534 hours!!!!!!!

January 5th is the date for our first Birthday/Anniversary Luncheon of the year. If you were born or married any time in January we'd like you to be our guest for lunch. Just call our office, in advance, and let us know you will be celebrating with us.

We're making a few changes in our Line Dancing Class. The meeting time will change to Thursday at 1pm. We are going to start holding 8 week sessions for \$16.00 which will be paid in advance in our office. When you pay, please be sure we have a current Doctor's Approval and Personal Contact form on file. Since space is limited to 15, this will ensure a more consistent group size. The first class is January 7 and you may enroll now.

I have been given the privilege of coordinating the **Veteran's and Get Going Groups**. We are going to change our meeting day to Thursdays, so watch the calendar for information and we will call you to let you know specifics a few days in advance.

At our Holiday Luncheon in December we had and added surprise. The Ladies Guild of The First Lutheran Church of Holyoke donated 10 gifts which we were able to give out through a free raffle. Thank you for thinking of the COA!

I want to extend a special thank you to our Knitting Group at the COA. Over the last 2 years they have knitted over 500 hats, scarves and mittens for donation. In December we went to Canal Village preschool and let the children choose a hat and mitten set. They were so adorable and the teachers were so thankful that every child would have a "school set" and not have to stay in at recess. We also were able to give hats, mittens and scarves to St. Patrick's Church to give to the over 150 community children attending their Christmas Program. Our knitters are touching many lives!

Currently, there are two volunteer positions needing to be filled. The first is a Plant Caretaker. This would involve coming to the Senior Center for about a ½ hour on Monday and Friday to water the plants. Another opening is for the Lunch Book. This person would start as a substitute. The hours are 10:30-11:45am. The right person would either know most of our seniors or be very good at learning names. They should be detail oriented in a distracting setting. The lunch book is the information we use for our Nutrition Billing and accuracy is crucial. If this sounds like something you'd like to try, please contact me.

SeniorNet will offer a **Digital Camera Workshop** for all of you who received the many devices to take pictures. This workshop is open to anyone who has enrolled in a class and paid SeniorNet dues for calendar year 2009. There will be coaches as well as an instructor to assist students. Call 533-6889 to leave your name and phone number. We'll get right back.

For those of you who received a computer and/or notebook recently SeniorNet has a number of classes to get you started. These classes take the "mystery" out of the computer, and mouse. You'll also learn there are at least two ways to accomplish what you want. And, it's almost impossible to do anything "wrong". You just might need to try another key!! Such course possibilities:

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

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

These two classes meet twice a week for 2 hours for two weeks. Each student receives his/her own workbook and practice disc. These are yours to keep. Coaches are available to assist the students.

Other "more advanced classes" that we offer include:

Word Processing: Students will be able to write emails, letters, and other documents.

Quicken: A computer program to manage your personal finances.

The Internet: Teaches how to access and search the World Wide Web and use Email.

Photoshop Elements: Shows how to enhance digital photos using various tools.

Graphics: Shows you how to design your own cards, format newsletters, and modify flyers.

Genealogy: Using Family Tree Makers, shows how to research ancestors and create your own family tree.

Exploring Windows: Introduces the basic components of the operating system.

The goal of SeniorNet is to provide hands-on instruction in learning computer basics 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 and leave a message. We'll call you right back.

When you sign up for your first class you will be asked also to join the national SeniorNet. This makes available to SeniorNet web site. There are many interesting and informative articles there. Enjoy!

Best Wishes for a Happy, Healthy New Year!

Anne

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