



The sun never sets on our Activities...

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THE GOLDEN CHRONICLE

DECEMBER 2009

Chairperson: M. Connie Laplante

Social Services Coordinator:

Vacancy

HOLIDAY LUNCHEON AND CHORALITES CONCERT

The annual special Holiday luncheon will be held on Wednesday, December 16th. The menu will be Stuffed Chicken Breast Supreme/sauce, mashed potato, corn, cranberry sauce and pie. The suggested donation is \$2.25. Reservations will be taken for this luncheon starting on Friday, December 4th. Since this is a very popular event please make your reservations early by calling 538-5042. The office opens at 8 a.m. Please do not leave your name on the answering machine. Also because there is always a waiting list for special luncheons, priority will be given to participants who live in one of the cities or towns in the West-Mass ElderCare service area (So. Hadley, Granby, Chicopee, Holyoke, Ware, Ludlow or Belchertown).

MONETARY DONATIONS NEEDED FOR 23RD ANNUAL CHRISTMAS BASKETS

We have made a big change in the 2009 Christmas Basket program. We are only requesting food donations at the Middle & Mosier Schools and the Library 'Food for Fines' program. In a survey done by the COA an overwhelming majority of past recipients choose to receive grocery gift certificates or help through the Lights On program.

With this in mind we are requesting that South Hadley residents make monetary donations to help us purchase these gift certificates and funds for Lights On. We will be distributing about 50 baskets with the food that we are collecting.

Please send checks to SHCOA - Xmas Baskets, 45 Dayton Street, SH. A container will be available at the COA for those who choose to drop off cash donations. Please support the First Congregational Church's Cookie Sale on December 4th as they fund the turkeys purchased.

Volunteers will be needed on Friday, December 11th from 3:30 - 5 (ish) p.m. to sort the food and Saturday, December 12th 8 - 11:30 a.m. to pack the 'baskets'. Please call the COA at 538-5042 and leave your name and phone number. Anne or Marilyn will get back to you.

Wishing you a peaceful holiday season. *Marilyn*

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. 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 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 Senior Travel Club-Trips for Winter 2010

DECEMBER 6th: Stageloft Theatre, Sturbridge/Salem Cross Inn. 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 \$2.00 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 Holiday season.**

NEW YEARS CELEBRATION: This year we are trying something new and will be hosting a pre-New Year's Eve celebration on Wednesday, December 30th at 1:30 until 4 p.m. There will be snacks, desserts and beverages. There is no cost for this event because it is being subsidized through funds from the Friends of South Hadley Elderly, Inc. However, in order to attend one must be 60 and over, a resident of South Hadley or a current member of the "Friends" group. Entertainment at 2 p.m. by Dave Colucci. Call 538-5042 to sign up beginning Tuesday, Dec. 8th at 8 a.m.

NOTES FROM THE DIRECTOR

As we approach the most festive time of year, it is important to remember the many individuals who may not be as fortunate. The Christmas Basket program will be held on Saturday, December 12th, and this program truly is the reason for the season. In the blink of an eye anyone's circumstances may change, especially if a major health issue appears. Medications are expensive and sometimes even with the best insurance plans, out-of-pocket expenses increase. Whatever the South Hadley COA might do to brighten someone's holiday or lessen financial burden is a significant part of our mission and goals. Special thanks to all of the individuals, organizations and businesses that help to make the season much brighter for residents less fortunate, many times victims of circumstances beyond their control.

I want to thank everyone who helped to make Elinor's Retirement Open House so successful, especially the staff who assisted me in all of the planning, preparation and clean up. It really was tailor-made for Elinor and I watched with delight as she hugged and greeted all of the people in line. She will be missed but we all wish her the best.

Our Thanksgiving luncheon was wonderful thanks to the hard work of the staff and the faithful volunteers. However it is always disappointing to turn people away, especially those who live in town, volunteer or attend on occasion. Almost 40 people were on the waiting list. Therefore some parameters have to be established as stated in the holiday luncheon paragraph on the cover. I wish we could accommodate everyone who wants to attend, but our dining room is just not big enough because safety and fire regulations must be followed. The last two special lunches have filled quickly so call early on Friday, December 4th to make your holiday lunch reservation for December 16th.

It is also the season when the weather might not be cooperative for programs at the senior center. Be sure to 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 "one size fits all" type of gift. Seniors love grocery certificates, gas cards, restaurant certificates, etc. because they will help them stretch their dollars.

I wish all of you a joyous holiday season!

Joanne



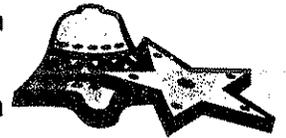
****SPECIAL THANKS TO HIP FOR THE \$150 DONATION TO THE NUTRITION PROGRAM.**

COOKIE SALE ALERT

The 10th annual cookie sale will be held on Friday, December 4th from 3 p.m. until 8 p.m. and on Saturday, December 5th from 9 a.m. to 3 p.m. at the Center Congregational Church. Due to the amazing generosity of the community, both bakers and buyers, last year \$1,065.00 was raised to support the COA Christmas Basket program.

The entire profit of the sale goes to the COA to help our neighbors who are less fortunate. We are asking you to make a batch of your homemade cookies or bars, the kind that you would serve to a friend or guest. Please bring the cookies, label with nuts or no nuts, to the church (the red brick Church across from the Town Common) on Thursday, December 3rd between 6 and 8 p.m.; Friday, December 4th between 10 a.m. and 2 p.m. and Saturday, December 5th between 9 and 10 a.m. We welcome all contributions to make this a success. This is truly a unique South Hadley event that makes the bumper sticker "South Hadley is a wonderful place to live" a reality.

The contact person is Karen Anderson 536-0005.



SPECIAL THANKS TO MAUREEN MURRAY WHO THOUGHT OF THE IDEA TO HAVE MEMORIAL DONATIONS MADE IN MEMORY OF HER MOTHER, ANNA MAE PARKER FOR SPECIAL TREATS FOR HMOV CLIENTS. ANNA MAE ENJOYED THE SPECIAL TREATS THAT SOMETIMES APPEARED WITH THE DINNERS AND NOW OTHER HOME-DELIVERED MEALS CLIENTS WILL BENEFIT. OVER \$1,000 WAS DONATED TO THIS FUND. THROUGHOUT THE YEAR A SMALL GIFT FOR SPECIAL OCCASIONS WILL BE SENT HOME ON SPECIAL OCCASIONS TO CLIENTS VIA THE HMOV DRIVERS. WE BET ANNA MAE IS SMILING!

WANTED: GOOD, CLEAN PAPER BAGS FOR THE CHRISTMAS BASKET DISTRIBUTION. YOU MAY DROP THEM OFF AT THE SENIOR CENTER MONDAY-FRIDAY BETWEEN 8 A.M. AND 4:30 P.M.

DONATIONS TO THE COUNCIL ON AGING ACCOUNTS. Throughout the year we are asked how an individual can make a donation to help the senior center. Our accounts are listed below. Please check off which account you would like to have your donation go to, and if it is a memorial donation please list the individual's name and address where to send acknowledgement. Thank you for your assistance. **CHECK HERE IF YOU WISH YOUR DONATION TO BE IN LIEU OF HOLIDAY CARDS.** _____

_____ Donation to the COA Funds from _____

- | | | |
|------------------------------------|------------------------------|--|
| _____ Activities Account | _____ Clinic Account | _____ Nutrition Gift Account |
| _____ Minibus Maintenance Acct. | _____ Transportation Account | _____ Mothers' Garden |
| _____ Minibus
(future purchase) | _____ Shopping Assistance | _____ Subsidized Senior Transportation |
| _____ Building Fund | _____ Senior Net | _____ Services Account |
| _____ "Lights On" | _____ Newsletter Account | _____ Christmas Baskets |
| _____ Wherever needed most | _____ Emergency Fund | _____ Dishwasher Fund |

Contribution in memory/honor of _____

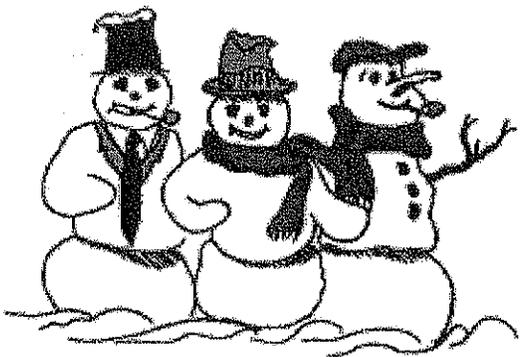
Send card to: (please indicate name and address): _____

Make check payable to: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075. Contributions are tax deductible. All contributions of \$250 or more will receive receipt for tax purposes.

_____ Please check here if you do not want your name published.

From All of Us to All of You

*Arthur & I
Richard & Carrigian
From G
D. Connor
June Kwon Wagner
Wayne & Walter
Nancy Blodgett*



*Warmest Thoughts & Best Wishes for a
Wonderful Holiday and
Happy & Healthy New Year!*

*Joanne Trybus
Lisa Yapiorka
Marilyn Hunter
Kathy Gallivan
Liz Methat
Bob Methat
Norm Purnault*

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 2009 MENU

- 1) **BIRTHDAY/ANNIVERSARY—FRENCH MEAT PIE/ GRAVY, Oven-Browned Potatoes, California Mixed Vegetables, Roll, Cake & Diet Cake.**
- 2) **HERB ROASTED CHICKEN, Mexican Corn, Au Gratin Potatoes, Apricots & Diet Apricots, Cranberry Juice, Wheat Bread.**
- 3) **MEAT LOAF/GRAVY, Mashed Potatoes, Peas, Whole Grain Bread, Peaches & Diet Peaches.**
- 4) **BROCCOLI & CHEESE QUICHE, Egg Noodles, Spinach, Rye Bread, Pudding & Diet Pudding.**
- 7) **SALISBURY STEAK/GRAVY, Mashed Potatoes, Stewed Tomatoes, Whole Grain Bread, Apples, Cranberry Sauce.**
- 8) **MACARONI & CHEESE, Broccoli, Garlic Bread, Jell-o & Diet Jell-o.**
- 9) **CHICKEN MARSALA/SAUCE, Au Grain Potatoes, Green Beans, Whole Wheat Bread, Tropical Fruit & Diet Tropical Fruit.**
- 10) **LIVER & ONIONS, Mashed Potatoes, Mixed Vegetables, Pears & Diet Pears, Juice, Roll.**
- 11) **TUNA CASSEROLE, Noodles, California Blend Vegetables, Pudding & Diet Pudding, Orange Juice, Oatmeal Bread.**
- 14) **POT LUCK, Pineapple & Diet Pineapple.**
- 15) **SHEPARD'S PIE/GRAVY, Carrots, Biscuits, Apricots & Diet Apricots, Orange Juice.**
- 16) **CHRISTMAS LUNCH—STUFFED CHICKEN BREAST, Supreme Sauce, Mashed Potatoes, Tarragon Corn, Cranberry Sauce, Roll, Pie/Topping & Diet Pie.**
- 17) **CHEESE LASAGNA, Tomato Sauce, Garlic Bread, Green Beans, Mandarin Oranges & Diet Mandarin Oranges.**
- 18) **CELEBRATE MINNESOTA—ROAST TURKEY/ GRAVY, Minnesota Wild Rice, Spinach, Whole Grain Roll, Apple Crisp/Topping & Diet Apple Crisp.**
- 21) **VEAL PARMESAN, Pasta/Red Sauce, Mixed Vegetables, Italian Bread, Peaches & Diet Peaches, Orange Juice.**
- 22) **BAKED CHICKEN/GRAVY, Mashed Potatoes, Winter Mix Vegetables, Whole Grain Bread, Cookies & Diet Cookies.**
- 23) **STUFFED PEPPERS/TOMATO SAUCE, Scalloped Potatoes, Brussels Sprouts, Rye Bread, Mixed Fruit & Diet Mixed Fruit.**
- 24) **CHRISTMAS EVE-HOLIDAY—CENTER CLOSED.**
- 25) **CHRISTMAS DAY-HOLIDAY—CENTER CLOSED.**
- 28) **MEATBALLS/TOMATO SAUCE, Spaghetti, Spinach, Garlic Bread, Pudding & Diet Pudding.**
- 29) **ROAST PORK/GRAVY, Mashed Potatoes, Peas & Onions, Whole Grain Bread, Fruit Cocktail & Diet Fruit Cocktail.**
- 30) **ROASTED CHICKEN, Peppers/Onions, Red Potatoes, Green Beans, Apricots & Diet Apricots, Rye Bread.**
- 31) **STUFFED CABBAGE/TOMATO SAUCE, Mashed Potatoes, Carrots, Brownie & Diet Brownies, Oatmeal Bread.**

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

COMFORT FOODS by Christine M. Brown Nutritionist WMEC

As the winter season approaches, it is time for holiday favorites and feel-good, hearty foods called comfort foods. Both categories of foods can potentially have high fat, high sodium and high sugar content. Holiday favorites and comfort foods such as pumpkin pie, eggnog, green bean casserole, macaroni and cheese and meatloaf are usually warm, soft, creamy and sometimes rich. Many of these delicious dishes contain butter, cream, cheese or saturated fat as in the beef. Combine those factors with lack of exercise and the end result will be an unhealthy weight gain.

All the above foods can be associated with family, childhood and happy times. Since they may remind us of home, family, and tradition, we often crave them when we are feeling blue or when we want to celebrate. Research has shown that comfort foods help relieve anxiety.

So what to do—eat "healthy" and give up the foods of our childhood and family holiday traditions. Or...improve the nutritional profile of comfort foods. Choose the latter, as well as eating smaller portions of traditional holiday foods. Use substitutes for the high fat ingredients in your favorite recipes. Use high fiber grains, such as whole wheat pasta in place of refined, unhealthy grains. Fill your plate with vegetables, in addition to a small portion of protein (meat). And above all, exercise. Keep moving. The more calories you expend, the less weight you will gain. Exercise keeps your body fit. So enjoy your holiday traditions and comfort foods—but be mindful of portions, recipe content and activity.

Apple Stuffed Acorn Squash

- 1/4 cup raisins
- 2 acorn squash (about 4" diameter)
- 8 seconds butter-flavor cooking oil spray
- 2 tablespoons sucralose no-calorie sweetener
- 1/4 teaspoon cinnamon
- 2 medium Fuji Apples
- 2 tablespoons light butter

Cover raisins with warm water and soak for 20 minutes, then drain. While soaking, preheat oven to 375°F. Cut acorn squash into quarters and remove the seeds. Spray the inside of each squash quarter with one second of cooking spray. Mix sweetener and cinnamon together. Sprinkle squash quarters with 1/2 of cinnamon mixture. Bake for 10 minutes. While baking, cut apples into quarters and remove the core. Chop apples into 1/2" pieces. Melt butter in a sauce pan over medium heat. Add apples, raisins and remaining cinnamon mixture. Mix well and remove from heat. Take squash from the oven and top with equal amounts of apple mixture, making sure to scrape sauce pan well. Squash needs all the melted butter to stay moist as it bakes. Return squash to the oven and cook for 30-35 minutes or until apples and squash are tender. Serve Warm.

IN MEMORIAM

IN MEMORY OF:

FROM:

LIGHTS ON PROGRAM:

BILL LAMBERT Mr. & Mrs. Edward Corbell
Jim & Alaine Quesnel

ROLAND E. ROULE Bill & Dorothy Schenker

WILLIAM LAMBERT Bob & Patti MacDonald
Jean Lambert
Eleanor Gugenberger
Joe Gaunt

CIS (CECILE) GAGNE Robert & Linda Scott

NUTRITION ACCOUNT:

ANTHONY F. PININSKI Doris Pichette

ELSIE GAOUCETTE Frances Mytkowicz

GEORGE W. APGAR Victoria & Paul Wildman
Maureen G. Harrington

AARON J. UNDERWOOD, SR. Judy Underwood

CLAIRE LETELLIER Joan Casavant
Bill & Claire Bielanski
St. Theresa's Choir Members

WILLIAM LAMBERT Bill & Claire Bielanski

LILLIAN SOLZAK Bill & Claire Bielanski
Mr. & Mrs. Francis Fitzell
Dolores DeFelice

RUTH PELLERIN Bill & Claire Bielanski

NORMA MERCIER Bill & Claire Bielanski

ROBERT LAPORTE Bill & Claire Bielanski

STANLEY & JACKIE SNOPEK Paul & Hazel Snopek

NEWSLETTER ACCOUNT:

VIRGINIA ANTAYA Zeke & Phyllis McClaffin

THADEUS DUDEK, SR. Zeke & Phyllis McClaffin

CAROL & LOU BANACH George & Rosemary Griffin

GEORGE W. APGAR Co-workers of son-Bill Apgar

EDWARD CWIEKA Jennie Cwieka

JOANN ROBIN Newton & Elizabeth Bowdan

LILLIAN SOLZAK Judy Underwood

IN MEMORIAM

IN MEMORY OF:

FROM:

NEWSLETTER ACCOUNT:

AMY HUGHES Bob Hughes

GASTON (GEORGE) CONTINI Eleanor Contini

HOT MEALS ON WHEELS-TREATS:

ANNA MAE PARKER Irene Harnois

Anne & Tom Murray

Janet Reese

Janice & Francis Detoma

Nancy & Robert Blodgett

Joan A. McDermott

Thomas C. Cadigan

Jeanne Bedford

Douglas & Mary Guyett

Daniel & Pauline McCarthy

Dick & Sandra Turban

Don Canto

Richard & Dottie McKenna

Constance Canata

Marilyn & Roger Duval

Glenn & Betty Larivee

Lahey Clinic Inpatient Rehabilitation Dept.

Marguerite Silva & Family

Gwen & Jim Morrissey

Richard & Helen Gibbs

Bob & Chris Gaspar

Sheila Fitzell

Al & Celia Cauley

Richard & Janet Stawasz

Ann Moriarty

CHRISTMAS BASKETS:

GEORGE & EVELYN EDGE Evelyn Simpson &
Nancy Hall

MARY ANN (OPALENIK) MERCIER Walter Mercier
& Carole Peloquin

CONNIE WOJCIK Stanley Wojcik

SONS GARY & MARK WOJCIK Stanley Wojcik

ACTIVITIES ACCOUNT:

WILLIAM LAMBERT Anita Healey

SUBSIDIZED SENIOR TRANSPORTATION:

WILLIAM LAMBERT Jean Lambert

MOTHER'S GARDEN:

ALEX BENNETT Ed & Gerri Bennett

MINI-BUS (FUTURE PURCHASE):

GASTON (GEORGE) CONTINI Eleanor Contini

DECEMBER 2009



<p>1 BIRTHDAY/ANNIVERSARY FRENCH MEAT PIE WMEC Holiday Party 9-12 SHINE (by appt) 10 Beg. Exercise-EX 10 Travel Club-C1 1 Bingo-CR/Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>2 HERB ROASTED CHICKEN 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10 Music Appreciation-C2 10:30 Osteoporosis Exercise-EX 1 Senior Poetry-C2/Pitch-CR 1 Mah Jongg Play/Learn-CE 1 Choralites-DR</p>	<p>3 MEATLOAF/GRAVY 10 Alzheimer's Support -C2 10 Beginning Exercise-EX 10 Writing Group-CE 10 Travel Club-C1 1 Mitten Sorting Party-DR 1 Golden Agers-CR 1 Scrabble-L/Quilting-CE 2 Line Dancing-EX</p>	<p>4 BROCCOLI CHEESE QUICHE 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>7 SALISBURY STEAK 10-2 Shopping at Eastfield Mall 11 Tai Chi-EX 1 Red Hat Society-CR 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR</p>	<p>8 MACARONI & CHEESE 9-12 SHINE (by appt.) State Primary Election-DR Lunch in Exercise Room NO Exercise or Movie 10 Travel Club-C1 1 Bingo-CR 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>9 CHICKEN MARSALA 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10 Music Appreciation-C2 10:30 Osteoporosis Exercise-EX 1 Diabetic Support Group-C2 1 Pitch-CR 1 Mah Jongg Play/Learn-CE 1 Choralites-DR</p>	<p>10 LIVER & ONIONS 10 Veterans Group-C2 10 Beginning Exercise-EX 10 Writing-CE/Travel Club-C1 12:30-2 Blood Pressure-Nurse C2 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE 2 Line Dancing-EX</p>
<p>14 POT LUCK 9:30 FOOT NURSE BY APPT. 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 4 COA Board Meeting</p>	<p>15 SHEPHERD'S PIE 9-12 SHINE (by appt) 10-11 Brown Bag-CE 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>16 HOLIDAY LUNCHEON STUFFED CHICKEN BREAST 8 HIP-EX/9:30 Grocery Shopping 10 Music Appreciation-CE 10 Book Club-C2/Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites Concert-DR 1 Senior Poetry-C2/Pitch-CR 1 Mah Jongg Play/Learn-CE</p>	<p>17 CHEESE LASAGNA 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Writing Group-CE 10 Travel Club-C1 1 Get Going-C2 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE 2 Line Dancing-EX</p>
<p>21 VEAL PARMESAN 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Monday Cribbage-CR</p>	<p>22 BAKED CHICKEN/GRAVY 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>23 STUFFED PEPPERS 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</p>	<p>24 CHRISTMAS EVE HOLIDAY CENTER CLOSED</p> <hr/> <p>IN TOWN TRANSPORTATION AVAILABLE TUESDAYS AND THURSDAYS FROM 9-3, BY APPOINTMENT.</p>
<p>28 MEATBALLS/SAUCE 9:30 FOOT NURSE BY APPT. No Tai Chi 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR</p>	<p>29 ROAST PORK/GRAVY 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>30 ROASTED CHICKEN 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 1:30 New Years Party with Entertainer Dave Colucci-DR</p>	<p>25 CHRISTMAS DAY HOLIDAY CENTER CLOSED</p> <div style="text-align: center;"> </div>
		<p>31 STUFFED CABBAGE 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 2 Line Dancing-EX</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 NEWS

I can't believe it is December and that 2009 is coming to a close. It has flown by and we are celebrating another holiday season together. There are many activities to take note of this month, something for everyone, I hope.

This month the Birthday/Anniversary Luncheon is on the 1st, so the minute you get this newsletter, call to make your reservation if you celebrate in December.

We have an amazing group of knitters at the South Hadley COA who have made approximately 500 hats, scarves and mittens to be given to needy children. We are planning a Mitten Sorting Party on December 3rd to sort by size and tag these so we can arrange to give them to South Hadley Daycare children this year. We really need as many hands as possible for this activity. Please join us in the Dining Room at 1:00 for sorting and refreshments and FUN!

On December 7th we will have a van available to take a group to Eastfield Mall for holiday shopping. This will be provided at no cost to you thanks to donations to Subsidized Senior Transportation. We need at least 5 people and no more than 14, so please call 538-5042 to reserve your place.

On December 10th Al Natario of the Korean War Veteran's Association will be speaking to our Veteran's Group. Please call the office if you can attend.

On the 16th we will be having our Holiday Luncheon with a concert performed by our own talented chorus, the Choralites. Even if you can't make lunch, you won't want to miss the entertainment!

On the 18th we will "Celebrate Minnesota" with a delicious Roast Turkey lunch and trivia by Barbara.

For New Years we are trying something a little different. We are having a New Year's Eve celebration on Wednesday afternoon the 30th. We will have refreshments, music by Dave Colucci (dancing if you like) noisemakers and a countdown and toast. And, best of all, there will be no charge to you, thanks to funding by the Friends of the South Hadley Elderly! The only requirements are that you are either a resident of South Hadley over the age of 60 or a current member of the Friends of the South Hadley Elderly.

The Golden Agers have elected a new Secretary, Yvonne Gaudette, and welcomed her at an Initiation Luncheon at the Cavalier Restaurant in October. They have a meeting each week, followed by games and a few times each year enjoy lunch at a restaurant. They would love to welcome you to this group. Why not give it a try?

Lastly, I want to welcome a new volunteer, Grace Kelly, who you will see at the Lunch Book in the future. I'd also like to thank our volunteers for 1,813 hours in the month of October. Amazing!!!! We can only do all of this because of you!

Anne

South Hadley Council on Aging

SeniorNet
Computer Learning Center



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

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

Beginning in January 2010 SeniorNet Computer classes will resume its full schedule Please call and let us know your interests,

Classes include:

Fundamentals and Introduction to Computers for beginning students.

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. Anyone 55 years and older is eligible. Call us at 533-6889 and leave a message. We'll call you right back.

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

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DATED MATERIAL

RETURN SERVICE REQUESTED

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