

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

Director: Joanne Trybus—
 E-Mail: Councilonaging@
 southhadley.org
 45 Dayton Street
 South Hadley, MA 01075-1924
 Tel. 538-5042 Fax 532-8206
 Assistant Director: Lisa Napiorkowski

THE GOLDEN CHRONICLE

FEBRUARY 2009

Chairperson: Ken Guilbault
 Social Services Coordinator:
 Elinor White: E-Mail:
 elinorca@hotmail.com

HAPPY VALENTINE'S DAY

WEDNESDAY, FEBRUARY 11TH
 SUGGESTED DONATION \$2.25

The entrée is Pot Roast. The special dessert will be provided by Beers & Story Funeral Home as well as a picture display of 2008.



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 (538-5042). 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.



AARP VOLUNTEER TAX ASSISTANCE BEGINS ON FRIDAY FEBRUARY 6TH and will continue through Friday, April 10th. Call 538-5042 to make your appointment. This service is for low

to moderate income seniors. Please have the following items with you for the tax aide volunteers to review. Last year's tax return; SSA-1099 Social Security Income (with pink box near top of form) or RRB-1099 (for Railroad Pensions); 1099 Series Income-Pensions, Annuities, IRA's (1099-R); Interest (1099-INT); Dividends (1099-DIV); Unemployment (1099-G); 1099B-Sale of stock or mutual funds (you will need to supply the purchase date and the cost basis of the sold items); 1099 Consolidate from your brokerage company including 1099-INT, 1099-DIV and 1099-B (you will need to supply the purchase date and cost basis of items on 1099B); 1099-MISC-We only do Schedule C-EZ; W-2 wages and W-2G Gambling Winnings; Health Insurance Card (can be Medicare Card) because of Mass. requirement for health insurance coverage; Rent paid in 2008; Circuit Breaker info for homeowners original property tax bills and amounts paid in 2008; Property Tax Abatements, Water and Sewer amounts paid; Estimated Taxes paid in 2008 (or January 2009); Bank routing and account numbers if you want direct deposit of refund; for Itemized Deductions-total expenses to itemize (refer to Schedule A in your last year's tax return). Include 1099-G (State Tax Refund), if you receive it. Also, any other tax documents you may have. If filing jointly, both people should attend.

South Hadley Senior Travel Club TRIPS FOR 2009



TUESDAY, MARCH 17-ST. PATRICK'S DAY HOOLEY -begin at Mohegan Sun (full casino package) followed by St. Patrick's Day Hooley at Cornerstone Playhouse in Olde Mystic Village, cost \$60 with full payment due by Feb. 3. Contact David Bellefeuille 533-7724. WED., APRIL 29: "PHANTOM OF THE OPERA" AT NORTH SHORE MUSIC THEATER preceded by lunch at the Danversport Yacht Club (meal choices include: boneless breast of chicken with home-style stuffing & supreme sauce or fresh baked scrod), cost \$82 with full payment due by Feb. 28. Contact Susan Canedy 536-2106. Tues., May 19th: ELLIS ISLAND & STATUE OF LIBERTY-lunch at "Little Italy, with meals choices of veal marsala, chicken parmesan or broiled salmon, cost \$92 with full payment due April 7. Contact Barbara J. Laramee at 536-8567. More trips are shown on the travel bulletin boards at the senior center. We are not responsible for any injuries on our trips. No refund prior to one month of trips unless it is an emergency. A Travel Club Representative is at the So. Hadley Senior Center every Thursday 10:00-11:30 or call 538-5042.

FOR YOUR CONVENIENCE, CENSUS FORMS MAY BE DROPPED OFF AT THE SENIOR CENTER.

SPECIAL THANKS TO SANTA CLAUS FOR THE PORTABLE GPS WHICH WILL HELP NEW DRIVERS WITH UNFAMILIAR ROUTES.

NOTES FROM THE DIRECTOR

This winter has certainly been one of the "old fashioned" kind with lots of snow, ice and frigid weather. But the South Hadley Senior Center is always warm, welcoming and waiting to have new friends join in as a participant or volunteer. If you want to conserve on the energy costs to heat your home, the center is open between 8 a.m. and 4:30 p.m., Monday-Friday. Hopefully the groundhog will have some good news to share with us come February 2nd.

The staff looks forward to meeting you if you wish to join us for lunch, especially on the 3rd when we celebrate birthdays and anniversaries or on the 11th when there will be a celebration at lunch in honor of Valentine's Day.

The exercise room offers you an opportunity to stay fit in a safe environment by joining the Beginning Exercise group or Tai Chi (there is a charge) or at the Osteoporosis Exercise Class or on one of the treadmills or bike. All exercise programs require a physician's permission note, a liability release and for the equipment, training with Anne O'Connor.

At this time I want to extend my best wishes and thanks along with those of the COA Board members, volunteers, participants and staff to Sister Judy Rosenthal for the 2 1/2 years she worked at the center. She extended her resignation date by almost 3 months. We will miss you!

HAPPY VALENTINE'S DAY!!!!



THE NEWSLETTER IS SENT TO ALL RESIDENTS 60 AND OVER FREE OF CHARGE. SOME PEOPLE HELP TO DEFRAY THE COST OF MAILING BY PICKING UP THE NEWSLETTER AT THE CENTER'S RECEPTION OFFICE. ALSO, THANKS TO JAIME DOOLITTLE, INFORMATIONAL TECHNOLOGY TECHNICIAN, A SCANNED COPY APPEARS ON THE SOUTH HADLEY WEBSITE EACH MONTH. YOUR DONATIONS ARE GREATLY APPRECIATED AND HELP WITH THE IN-HOUSE PRINTING AND POSTAGE EXPENSES. THE FOLLOWING HAVE MADE DONATIONS TO THE NEWSLETTER GIFT ACCOUNT between April 25, 2008 to December 19, 2008:

Trudy Adams, S. Anop, Helen Allen, Sara & Gilbert Bach, Angus Bainbridge, Lawrence & Helen Batley, Bob & Gloria Beaudreau, Eugene & Carol Boardway, Eve Blaney*, Claire & Bill Bielanski*, Donald Boissonault, Phil & Carol Boivin, Gloria Beaudreau, Edward & Yvette Blaney, Janet Brunelle, Pauline Casey, Joan Casavant, Irene Champagne, Rosemary Chicorka, Frances Collins, Dorina & Francis Conti*, Carol Craig, Sandra Cousineau, Caroline Crooks, William & Olga Dalton, Betsy Dieters*, Dorothy & Floyd Downey, Kathleen Downing, Dorothy Dupuis, Gloria Dupont, Rita Falcetti, Shelia Fitzell, Catherine Fleming, Bea (Mary) Fernandes, Elinor Fesko, Margaret Fitzgerald, Rosemary & Paul Foerster, Bonnie Frey, Francis & Lillian Galant, Jeanne Garon, Yvette Gaudette, Anita Gauthier*, Bruce Gelinis, Gwen Glass, Sylvia Goglin*, Mary Graham, Carol Griffin, Josephine Grycel, Louise Hanson, Claire Hebert*, Ken & Judy Hinkley, Mary Howe*, Carol Karr, Irene J. Kelly, Grace Kelly, Sylvia Kiselewski, Joanne Kluza, Sylvia Lofland, Linda Lavigne, Lois Lesperance, Noella Loiselle, Andrew & Martha Macko, M/ M Paul Maloney, Shirley Martin, Warren & Gloria McAvoy*, Kathleen McKay, Julie & Harold Moreau*, Norman & Norma Moreau, Vivian Moriarty*, Adele Moskal, Frances Mytkowicz, Melide Normand, Laurinda Parentela, Gladys Paquin, Marlene Perkins, Phyllis Polizou, Jeanne Powers*, Janet Pudlo*, Jessie Ricardi, Hilda Rivera, Corrine Rousseau, Terry Roy, Lucille Ryan, Irene Shattuck, Ruth & Carl Schmidt, Margaret Sierack, Genevieve Sroka, Judy Strzempko, Claire Tabak, Marie Tamburo, Eileen Tonelli, Mary Tuttle, Helen Willeman. *designates multiple donations.

SPECIAL THANKS TO THE FOLLOWING:

**To the Friends of South Hadley Elderly, Inc. for the very generous donation of \$3,000 which will be used to fund some of the special events during the coming year as well as Volunteer Appreciation. Without this assistance, there would be no "fun activities" at the senior center.

**To Richard Constant for securing the ceiling paint from flaking in the side entrance of the senior center. Although the situation never impacted the safety or health of anyone, it was a nuisance to keep clean.

**To Jean Lacoste for making the storm window in Anne O'Connor's office and reducing the terrible draft.

**To the Evangelical Lutheran Church of Our Savior for the generous donation of \$465 for the "Lights On" fund.

**To the Congregational Church of South Hadley Falls for the \$736 donation to be split in half to help with fuel assistance and subsidized transportation.

**To TOPS MA 436 SOUTH HADLEY for the \$150 donation to the Nutrition Program.

**To the SOUTH HADLEY SENIOR TRAVEL CLUB for the \$450 donation to the Nutrition Program.

A DONATION TO THE TRANSPORTATION ACCOUNT WAS MADE IN PLACE OF A CHRISTMAS GIFT FOR RITA DESMARAIS BY ROSEMARY FOERSTER.



COMING IN THE SPRING COURTESY OF A GRANT THROUGH THE COOLEY DICKINSON HOSPITAL VNA: A FALL PREVENTION PROGRAM BEGINNING ON THURSDAY, APRIL 23RD AND ENDING ON MAY 28TH FROM 1-2 P.M. IN THE EXERCISE ROOM. THIS WILL BE A SIX-WEEK COMMITMENT TO BETTER BALANCE AND STRENGTHENING WITH THE GOAL OF PREVENTING FALLS. SESSIONS WILL INCLUDE: 1. OVERVIEW OF FALLS AND RISK ASSESSMENT; 2. BALANCE AND BALANCE EXERCISE ASSESSMENT; 3. STRENGTHENING; 4. MEDICATIONS AND THEIR IMPACT ON BALANCE; 5. VISUAL DISTURBANCES; 6. HOME ENVIRONMENT. REGISTRATIONS WILL OFFICIALLY BEGIN IN MARCH, BUT YOU CAN CALL JOANNE AT 538-5042, EXT. 204 FOR MORE INFORMATION OR ADD YOUR NAME TO THE PRE-REGISTRATION LIST SO THAT WE CAN DETERMINE HOW MANY PEOPLE ARE INTERESTED. THERE IS A MAXIMUM NUMBER OF PEOPLE THAT CAN BE ACCOMMODATED. THERE IS NO CHARGE FOR THIS PROGRAM.

Elinor's Notes

NO STERILE HEART, HERE!

The other day, my 11 year old grandson asked me how it felt to be old? I was taken back, for I do not think of myself as old. I said, that's an interesting question, I will have to ponder it and let you know.

Old age, I decided, is a gift. I am, probably for the 1st time in my life, the person I always wanted to be. Oh, not my body! I sometimes despair over my body, the wrinkles, the baggy eyes, the sagging rear and the false parts. And there is that person who lives in my mirror, but I don't agonize over her for long, I would never trade my daily life, my loving family, my horses or my "real friends" for less gray hair or flatter tummy.

As I've aged, I've become more kind to myself, I don't worry about eating that extra cookie, or leaving a dish in the sink, my horse has expensive "prancing show shoes", while I choose to wear my older ones or I spend too much on perennials flowers, my garden is my pretty reward. I am entitled to be extravagant on the things that make me feel good, now is my time!

And I've learned to let go and forgive, no more heavy burdens being carried around by this gal. I have seen too many dear friends, leave this world too soon, before they had done things they had dreamed or song their own song.

I will dance, by myself to those wonderful tunes of the 50's and if I, at the same time wish to cry over a lost love---I will. On vacation I will go to the pool and hot tub in a swimsuit, that doesn't hide the spare tire, despite the pitying glances from the bikini set. They too, will get old!

I know I am sometimes forgetful. But there again, some of life is just as well forgotten and I eventually remember important things. Yes, over the years my heart has been broken. How can your heart not break, when you lose a loved one, or a child suffers, or even when a beloved pet has to be put to sleep? But broken hearts are what gives us strength, understanding and compassion.

A heart never broken is pristine and sterile and will never know the joy of being imperfect.

Christopher, "right now it's okay to be old, I will continue to learn, I must work to be healthy, mentally and physically, I will always treasure and protect every member of my family and most of all I'll strive to be happy."

Love, Grammy White
Take care of your heart,



Your Friend,

Elinor A. White

CHRISTMAS BASKETS 2008

A day filled with the true meaning of Holiday Spirit.

Our C.O.A. is proud to be apart of the Christmas Basket program, truly a town wide effort. Many hands, young and older and many generous hearts combined to give overflowing bags of foods to 96 households. See, for yourselves as you read a few of our thank you notes:

Our hearts were touched!

My husband and I were overwhelmed with your generosity.

Thank you to all those who volunteered their time and energy.

You made my Christmas so much brighter!

The delivery girls were so cute!

What a wonderful community we live in, God bless you all!

SAVE YOUR PAPERS

Prepare now if you intend to apply for any Federal or State-Funded Programs. Save all papers which document your income for 2008 and 2009.

\$

Still time to apply for Fuel Assistance, especially if you have gas or electric. Call Elinor, 538-5042 voice mail 206.

The Bereavement Support Group will begin in March. Elinor White will be contacting people who have suffered a loss throughout the last year. Sharon Britt, a Licensed Social Worker from Hawthorn Services, will be the Facilitator. She has been our facilitator for several years and has received many compliments from the members of the group. Please consider attending if you receive a letter. You will be with people who have "walked in the same shoes" in a comfortable atmosphere of support.



Thank You  **SPECIAL THANKS TO THE EVANGELICAL LUTHERAN CHURCH OF OUR SAVIOR FOR THE MOST GENEROUS DONATION OF \$430 FOR THE "LIGHTS ON" FUND. MANY SENIORS WILL BENEFIT FROM YOUR GENEROSITY WITH A CREDIT ON THEIR ELECTRIC BILL IN THE SPRING.**

SHINE VOLUNTEER COUNSELORS NEEDED: ARE YOU INTERESTED IN BEING TRAINED FOR A VERY WORTHWHILE AND NECESSARY VOLUNTEER ROLE. IF SO, THERE WILL BE A TRAINING FOR NEW COUNSELORS IN MARCH AND APRIL AT THE SHINE OFFICE IN SPRINGFIELD. SHINE COUNSELORS ASSIST SENIORS IN SELECTING INSURANCE PLANS. THE COUNSELOR HELPS RESEARCH AN EFFECTIVE PLAN, BASED ON AN INDIVIDUAL'S CIRCUMSTANCE AND THE CLIENT DECIDES WHAT PLAN WILL BE BEST. COUNSELORS MEET WITH CLIENTS AT THE SOUTH HADLEY SENIOR CENTER AND YOUR PRIVATE HOME PHONE NUMBER OR ADDRESS IS NEVER SHARED CALL JOANNE AT 538-5042, EXT. 204 FOR MORE INFORMATION..

NUTRITION PROGRAM

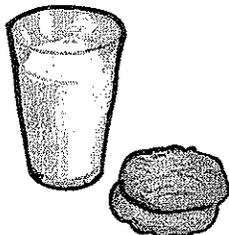
Please make reservations 24 hours in advance. MENU SUBJECT TO CHANGE. The Nutrition Program is funded by the Older Americans Act through a contract with:

WESTMASS ELDERCARE, INC. FEBRUARY 2009 MENU

- 2) ROASTED CHICKEN/GRAVY, Rice Pilaf, Peas, Pineapple.
- 3) BIRTHDAY/ANNIVERSARY - BAKED HAM/PINEAPPLE SAUCE, Sweet Potatoes, California Mixed Vegetables, Roll, Cake.
- 4) BAKED MEATLOAF, Mashed Potatoes, Corn, Gravy, Roll, Apricots.
- 5) STUFFED PEPPERS/SAUCE, Scalloped Potatoes, Green Beans, Multi-grain Bread, Bread Pudding.
- 6) POLLOCK LOINS, Wild Rice, Zucchini Blend, Tropical Fruit.
- 9) SHEPARD'S PIE/GRAVY, Wax Beans, Biscuit, Pineapple.
- 10) ROAST PORK/GRAVY, Mashed Potatoes, Biscuit, Mixed Vegetables, Fruit Crisp.
- 11) VALENTINE'S LUNCHEON - POT ROAST/GRAVY, Scalloped Potatoes, Broccoli, Garlic Bread, Strawberry Cake.
- 12) BROCCOLI & CHEESE QUICHE - Potato Puffs, Carrots, Roll, Mandarin Oranges.
- 13) POT LUCK, Pineapple.
- 16) CENTER CLOSED - HOLIDAY.
- 17) STUFFED CABBAGE/TOMATO SAUCE, Au Gratin Potatoes, Carrots, Fruit Cocktail.
- 18) CHICKEN PATTY/GRAVY, Mashed Potatoes, Green Peas, Whole-grain Bread, Brownies.
- 19) KIELBASA, Lazy Pierogi, Egg Noodles, Broccoli, Peaches.
- 20) CELEBRATE LOUISIANA -CAJUN-SEASONED CHICKEN, "Dirty" Rice, Spinach, Cornbread, Spice Cake.
- 23) LIVER & ONIONS, Egg Noodles, Winter Mix Vegetables, Peaches.
- 24) OVEN BAKED CHICKEN, Baked Potatoes, Peas & Onions, Cranberry Sauce, Pears.
- 25) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Roll, Apples.
- 26) ROASTED TURKEY/GRAVY, Mashed Potatoes, Roasted Vegetables, Cranberry Sauce, Jell-o.
- 27) LASAGNA ALFREDO, Romano Beans, Garlic Bread, Cookies, Grape Juice.

ALL MEALS SERVED WITH
BREAD, 1/2 PINT OF MILK

*FOR RESERVATIONS, PLEASE
CALL 538-5042 BY 9:00A.M. AND
REMEMBER TO CALL IF YOU MUST
CANCEL*



Curious About Your Diet While Taking Coumadin? Follow your nutritional A-B-C's!

By: Natalie Zalewski; Keene State College Dietetic Intern

Coumadin, or also known as warfarin, is a medicine used in the prevention of blood clots, including those involved with heart attack and stroke within veins and arteries. Its mechanism of action involves limiting or decreasing the effects of clotting factors within the body. It is important to follow general guidelines when taking Coumadin.

Alcohol: Because alcohol can alter the effects of Coumadin, it should be limited or, at best, avoided.

Limit **B**russels sprouts and other leafy green vegetables! These contain large doses of Vitamin K which acts as a natural coagulant within the body and will minimize the effects of Coumadin. Additionally, foods high in Vitamin K include liver, canola & soybean oils, spinach, kale, broccoli and other dark green, leafy vegetables.

Avoid **C**ranberries and cranberry juice.

Check the other medicines or supplements that you are also taking, many of them may also limit the blood clotting effects of Coumadin. For example, Tylenol and NSAID's may limit the potential of Coumadin.

Always let your doctor know if you have any pre-existing bleeding conditions or disorders before taking Coumadin. In addition, before having any surgery, taking another medication, or antibiotic, always let your doctor know you are also taking Coumadin.

Sources: <http://www.mayoclinic.com>,
<http://www.medicinenet.com>

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION ACCOUNTS:

ROGER BELANGER Hospital of St. Raphael
Pathology Department
Sunshine Shift 2

CLAIRE MONGEAU Kathy Gallivan

LUANNE REYNOLDS & SIMONE BARTHELETTE Noella Loiselle

SANDRA DARCY-RODZIK Dot Hurley
Esther Lennon
Chet & Joanne Trybus
Frances Szymanski

MARY RUTH LOUGHLIN Bob & Liz Methot
Elinor White
Chet & Joanne Trybus

TERESA MEUNIER Bob & Liz Methot
Stella Warzenski
Joan Richter
Judy Underwood

THOMAS POPKOWSKI Mitchell & Mary
Popkowski

JOSEPH MYTKOWICZ Frances Mytkowicz

HELEN BERNADIS Fifi Carpenter
Mary A. Ciechowski

BOBBY WILSON Elinor White

PATRICIA SCOTT Elinor White

CHARLES RYAN, SR Cecile Patryn
Lathrop Village/Newton Manor
Tenants Assoc.
Donald & Dorothy St. Pierre

NORMA MULLEY Laura Gauthier

ALICE & JOSEPH JEZ David & Hazel Toplon

JOSEPH JEZ Judy Underwood
Chet & Joanne Trybus
Scott & Jeanette Williams & Family
Eleanor Guzie

ROBERT CHARLEBOIS George & Cecilia Charlebois

SUSAN CHARLEBOIS George & Cecilia Charlebois

IN MEMORIAM

IN MEMORY OF:

FROM:

CHRISTMAS BASKETS:

IDA PRIESTLY Frances Conforti

MOTHER'S GARDEN:

HENDRIETTA LUKASIK Sophie Paquette

JEANNE FOURNIER Carole Dubuc &
Jane Golob

NEWSLETTER:

NORMA MULLEY Laura Gauthier

BEN SULLIVAN Barbara Sullivan

ACTIVITY GIFT/NECESSITIES:

CHARLES RYAN Beth & Bob Maloney

MARY RUTH LOUGHLIN Esther Lennon

TRANSPORTATION:

TERESA MEUNIER Grace Kelly

MINIBUS(FUTURE PURCHASE):

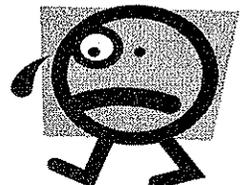
JOSEPH JEZ Mr. & Mrs. Nesha Daglian

ADOPT A SENIOR:

MARY RUTH LOUGHLIN Frances Szymanski

10 WARNING SIGNS OF CAREGIVER STRESS

1. Denial about the situation
2. Anger
3. Social Withdrawal from friends and activities that once brought pleasure
4. Anxiety about facing another day and what the future holds
5. Depression begins to affect the ability to cope
6. Exhaustion makes it nearly impossible to complete necessary daily tasks.
7. Sleeplessness caused by a never-ending list of concerns
8. Irritability leads to moodiness and triggers negative responses and reactions
9. Lack of Concentration makes it difficult to perform familiar tasks.
10. Health Problems begin to take their toll, both mentally and physically



(taken from the
Alzheimer's Association)

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



FEBRUARY 2009



**IN TOWN TRANSPORTATION
 AVAILABLE THURSDAYS
 BY APPOINTMENT FROM 9-3**

2 ROASTED CHICKEN

- 11 Tai Chi-EX
- 1 Poker/ Pinochle-DR
- 1 Canasta DR
- 1 Stained Glass-CE
- 1 Red Hat Society-CR

**3 BIRTHDAY/ANNIV.
 BAKED HAM/SAUCE**

- 10-Beginning Exercise-EX
- 1 Bingo-CR
- 1-Movie-EX
- 1-Needlecraft-CE
- 6:15 Mens' Night/Mah Jongg

4 BAKED MEATLOAF

- 8 Tops- EX
- 9:30 Grocery Shopping
- 10 Crafts w/ Family Center-DR
- 10:30 Osteoporosis Exercise ER
- 1 Senior Poetry-C2
- 1 Pitch-CR
- 1 Mah Jongg Play/Learn-CE
- 1 Choralites-DR

5 STUFFED PEPPERS/SAUCE

- 10 Alzheimers' Support Group
- 10 Travel Club-C1
- 10 Writing Group-CE
- 10 Beginning Exercise-EX
- 1 Quilting -CE
- 1 Golden Age Club-CR
- 1 Scrabble -L

6 POLLOCK LOINS

- 9-12 AARP Tax Assistance
(by appt) in C-2
- 9:30 Grocery Shopping
- 10 Coffee & Conversation-DR
- 10:30 Osteoporosis Exercise-EX
- 1 Knitting-L
- 1 Bridge-CE/Cribbage-CR
- 1 Canasta/Poker-DR
- 1:30 Memoir Writing C2

9 SHEPHERDS' PIE

- 9:30 FOOT NURSE BY APPT.
- 11 Tai Chi-EX
- 1 Poker/ Pinochle-DR
- 1 Stained Glass-CE
- 1 Canasta-DR

4 COA BOARD MEETING

10 ROAST PORK/GRAVY

- 10 Beginning Exercise-EX
- 10 Veterans Meeting-C2
- 1 Get Going-C2
- 1-2:30 Blood Pressure Screening
In office by C-2
- 1 Bingo-CR
- 1 Needlecraft-CE
- 1-Movie-EX
- 6:15 Men's Night/Mah Jongg

**11 VALENTINES' LUNCHEON
 POT ROAST/GRAVY**

- 8 Tops- EX
- 9:30 Grocery Shopping
- 10:30 Osteoporosis Exercise-EX
- 1 Pitch-CR
- 1 Mah Jongg Play/Learn-CE
- 1 Choralites-DR

**12 BROCCOLI & CHEESE
 QUICHE**

- 10 Travel Club-C1
- 10 Writing Group-CE
- 10 Beginning Exercise-EX
- 1 Quilting -CE
- 1 Golden Age Club-CR
- 1 Scrabble -L

13 POT LUCK

- 9-12 AARP Tax Assistance
(by appt) in C-2
- 9:30 Grocery Shopping
- 10 Coffee & Conversation-DR
- 10:30 Osteoporosis Exercise-EX
- 1 Knitting-L
- 1 Bridge-CE/Cribbage-CR
- 1 Canasta/Poker-DR
- 1:30 Memoir Writing-C2

**16 PRESIDENTS' DAY
 CENTER CLOSED**



17 STUFFED CABBAGE

- 10-11 Brown Bag-CE
- 10 Beginning Exercise-EX
- 1 Bingo-CR
- 1 Needlecraft-CE
- 1 Movie EX
- 6:15 Men's Night/ Mah Jongg

18 CHICKEN PATTY/GRAVY

- 8-Tops-EX
- 9:30-Grocery Shopping
- 9:30 Avada Free Hearing Screen
- 10 Book Club
- 10:30-Osteoporosis Exercise-EX
- 1-Mah Jongg-CE, Senior Poetry-C2
- 1-Choralites-DR, Pitch-CR
- 1-Pitch-CR

19 KIELBASA/PIEROGI

- 10 Travel Club-C1
- 10 Writing Group-CE
- 10 Beginning Exercise-EX
- 1 Quilting -CE
- 1 Golden Age Club-CR
- 1 Scrabble -L

**20 CELEBRATE LOUISIANA
 CAJUN CHICKEN**

- 9-12 AARP Tax Assistance
(by appt) in C-2
- 9:30 Grocery Shopping
- 10 Coffee & Conversation-DR
- 10:30 Osteoporosis Exercise EX
- 11:30 Rep. John Scibak
- 1 Bridge CE/Cribbage-CR/KNIT L
- 1:30 Memoir Writing-C2

23 LIVER & ONIONS

- 9:30 FOOT NURSE BY APPT.
- 11 Tai Chi-EX
- 1-Poker/Pinochle-DR
- 1-Stained Glass-CE
- 1-Canasta-DR
- 1 Monday Cribbage-CR

24 OVEN BAKED CHICKEN

- 9-Newsletter Mailing Party
- 10-Beginning Exercise-EX
- 1-Needlecraft-CE
- 1-Movie-EX
- 1-Bingo-CR
- 6:15 Men's Night/Mah Jongg

25 MACARONI & CHEESE

- 8-Tops-EX
- 9:30-Grocery Shopping
- 10:30-Osteoporosis Exercise-EX
- 1-Mah Jongg Play/Learn-CE
- 1-Choralites-DR
- 1-Pitch-CR

26 ROAST TURKEY/GRAVY

- 10 Travel Club-C1
- 10 Writing Group-CE
- 10 Beginning Exercise-EX
- 10:30 Blood Pressure Screening
w/Fire District #1-DR
- 1 Quilting -CE
- 1 Golden Age Club-CR
- 1 Scrabble -L

27 LASAGNA ALFREDO

- 9-12 AARP Tax Assistance
(by appt) in C-2
- 9:30 Grocery Shopping
- 10 Coffee & Conversation-DR
- 10:30 Osteoporosis Exercise EX
- 1 Knitting L
- 1 Canasta/Poker DR
- 1 Bridge-CE/Cribbage-CR
- 1:30 Memoir Writing -C2



Take a look at the classes we plan to offer during February. Call us at 533-6889 to leave a message the course, or courses you'd like. Everyone 55 and older is eligible.

Classes to be offered:

Introduction to Computers: An overview of what can be done with a personal computer. Topics covered briefly include: Word Processing, Spreadsheets and Databases, Email and the Internet.

Internet: For new and experienced internet users regardless of the software or Internet Service you are using. Learn how to access and search the World Wide Web and use email. Also discussed will be information about how to deal with security, cookies, viruses, and other on-line issues.

Photo Editing: Demonstrates how to edit photos and offers other helpful information about ways to improve your photographs. A great time to work on those photos you took over the holidays.

Word Processing: Introduces the basic concepts of Word Processing: creating, editing, saving, retrieving and printing documents; font styles and sizes, margins, tabs, spell checking, etc.

Each class session meets twice a week for 4 weeks. Each class session lasts 2 hours.

Students receive their own workbook and practice disc. These are yours to keep. Coaches are available to assist the students – one for every 2 students. There is a two-hour workshop every Friday afternoon for all those who are taking a course during the calendar year.

Call 533-6889 to leave a message about your choice. We'll call you right back!

ANNE'S NEWS

Well, February is here, and hopefully, the ground hog will have good news! It has been a cold, snowy winter, and, even I am looking forward to Spring. I want to commend you, though, on your perseverance, as many of you have been attending activities and luncheons and volunteering faithfully, in spite of the weather.

During January we celebrated 18 birthdays and anniversaries at our luncheon. We also had a lovely luncheon with the flavor of North Carolina and some very interesting facts about this state. Also, Representative John Scibak joined us and spoke about some issues facing us and most graciously spent time answering relevant questions.

I have been quite busy this month orienting people on our exercise equipment. It's great to hear that room "humming" most afternoons. If you are interested, call me for an appointment. In addition, we have 8 new volunteers who have joined us in January. They are: Wendy Williams, Renee Orzechowski, Harriet Cramer, Linda Costello, Christine Cunliffe, Susan Canedy, Barbara Laramie and Eileen Shattuck. Welcome, and thank you, in advance!

Our Birthday and Anniversary Luncheon will take place on February 3rd. If you are celebrating in February please call in advance so we can share this special event with you.

For the first time, the South Hadley Family Center children will visit us. On February 4th at 10:00 we will make a valentine craft, sing and enjoy refreshments with the children and some of their parents. Please sign up in the office if you would like to join us.

We will be celebrating Valentines' Day on February 11 with our annual Valentines' Luncheon. We will enjoy a delicious Pot Roast Meal, fun with friends and a slide show of our past years' memories. I hope you can join us!

Don't forget to Celebrate Louisiana on February 20, it will be a great meal and you're sure to learn something new. I hope to see you in February!

Anne

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

PRSRD STD
 U.S. Postage
PAID
 Permit #85
 S. Hadley, MA
 01075

DATED MATERIAL

RETURN SERVICE REQUESTED

"THE GOLDEN CHRONICLE" IS PRINTED WITH GRANT FUNDS PROVIDED BY THE MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS AND BY OUR ADVERTISERS AND CONTRIBUTORS. ALTHOUGH THE SHCOA CANNOT ENDORSE THE ADVERTISERS, WE ASK THAT YOU PATRONIZE THEIR BUSINESS.

<p>PFD <small>PRIVATE FINANCIAL DESIGN, LLC</small> <i>Your Life. Your Plans. Your Portfolio.</i></p> <p>Andrew R. Beaudry, CFP®, CLU, ChFC, CASL</p> <p>87 Willimansett Street • South Hadley, MA 01075-3038 T. 413.552.3669 • 800.779.1951 • F. 413.552.3436 abeaudry@jhnetwork.com • www.privatefinancialdesign.com</p>	<p>WINGATE at SOUTH HADLEY</p> <p>"Where Healthcare and Hospitality Meet"</p> <p>Short Term Rehabilitation • Long Term Care</p> <p>1-800-WINGATE www.wingatehealthcare.com</p>	<p>ES EASTHAMPTON SAVINGS BANK</p> <p>Easthampton • Southampton Northampton • South Hadley Hadley • Belchertown • Westfield</p> <p>Connecting All Offices (413) 527-4111 1-877-ESB-24HR • www.bankesb.com</p> <p>Member FDIC Member DIF</p>
<p>ERA Laplante Real Estate</p> <p>www.eralaplante.net</p> <p>#1 in sales in SOUTH HADLEY!</p> <p>ERA</p> <p>Steven Laplante (413) 246-4911 Connie Laplante (413) 246-5911</p>	<p>HUTT</p> <p>EYE ASSOCIATES</p> <p>ALFRED HUTT, MD, FACS 10 Hospital Dr. Holyoke, MA 01040 536 - 0006</p>	<p>BEERS & STORY SOUTH HADLEY FUNERAL HOME</p> <p>•Preplanning •Burial •Cremation</p> <p>646 Newton St. South Hadley 533-4400 www.beersandstory.com</p> <p>Marc G. Gaudreau Wendy L. Story Directors</p>
<p>Loomis Communities</p> <p>Loomis Village Continuing Care Retirement Community</p> <p>Independent Living, Assisted Living, Health Care 246 North Main St., South Hadley, MA 01075 (413) 532-5325 www.LoomisCommunities.org</p>	<p>CARLSON GMAC Real Estate</p> <p>Verna Kaifer Realtor/Appraiser/Notary Senior Consultant Office: 413-532-1418 Home: 413-538-8750 email: kaif413@comcast.net</p>	<p>WHITE WING MOBIL 568 Newton St., South Hadley Variety & Package Store Mass. Lottery Agent Open 5-10 534-3770 7 Days</p> <p>Edward Jones Norm Stafford Financial Advisor 351 Newton Street - Route 116 South Hadley, MA 01075 536-2494</p> <p>INVESTMENTS</p>
<p>STEVE 413-534-0356</p> <p>GUENETTE PAINTING</p> <ul style="list-style-type: none"> • COMMERCIAL, RESIDENTIAL & INDUSTRIAL • ALUMINUM & VINYL REFINISHED • AIRLESS SPRAYING & STAINING • FULLY INSURED • HONEST, RELIABLE WORK 	<p>Ryder Funeral Home</p> <p>Pre-Need Funeral Planning</p> <p>33 LAMB STREET • SOUTH HADLEY 533-1735</p> <p>MYRON W. RYDER FOUNDER WILLIAM W. RYDER DIRECTOR</p>	<p>Hair Services for Men & Women in your home Call Barbara at 538-9516 or 538-8022 Serving the Elderly & Disabled 24 Years</p> <p>ACE Drain & Sewer Cleaning South Hadley 538-9930 Owner: Ronald T. Padykula</p> <p>Radio Dispatched • Sinks • Tubs • Toilets • Sewer Lines Video Inspection of Pipes • Fully Insured • Reasonable Rates</p>
<p>SOUTH HADLEY DENTAL ASSOC., INC.</p> <p>MARJORIE S. BLOCK, D.M.D. 15 DAYTON ST., SOUTH HADLEY, MA 01075 TEL (413) 536-4455 FAX (413) 532-1757</p>	<p>DISCOUNT AUTO GLASS</p> <p>Serving the Pioneer Valley</p> <p>Insurance Approved Direct Billing Free Mobile Service</p> <p>533-5368</p>	<p>STATE REP. JOHN W. SCIBAK P.O. Box 136 • So. Hadley, MA 01075 Tel: (413) 539-6566 • Fax: (413) 539-5855 Email: Rep.JohnScibak@hou.state.ma.us Telephone at State House: (617) 722-2014</p>