

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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THE GOLDEN CHRONICLE

OCTOBER 2009

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HALLOWEEN PARTY

Our Halloween Party will be held on Friday, October 30th at lunch. The suggested donation is \$2.25. For guests under 60 the charge is \$3.00. The menu is baked haddock fillets, scalloped potatoes, peas & onions and cake. Please make your reservation by calling 538-5042. **Reservations will be accepted beginning on Friday, October 2nd at 8 a.m.** You are encouraged to **COME IN COSTUME** and add to the festivities. Please plan on arriving by 11:30 a.m. For those who do come in an actual costume, there will be a prize courtesy of The South Hadley Friends of the Elderly, Inc as well as a contest and the top 3 most outstanding costumes will win an additional prize. At 1:00 p.m. Jimmy Mazz will entertain the audience. It is sure to be a fun time!!!!



Every Weekday: Nutritious & Delicious Lunch - 11:45 a.m. - 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 60 OR over 60. **Guests under 60 must pay a charge of \$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

TUESDAY, OCTOBER 13TH: CAPE COD BY LAND AND SEA. Travel to Hyannis for a one hour leisurely cruise along the scenic Cape Cod shoreline all the way to the historic Kennedy Compound followed by a delicious luncheon at THE PADDOCK RESTAURANT. Entrée choice of Boneless Chicken Madeira or Grilled Salmon with Honey Mustard. Then, all aboard the Cape Cod Central Railroad for a two hour excursion of Cape Cod Bay and the Cape Cod Canal. Cost \$77.00 p/p driver gratuity included. For reservations call Susan Canedy at 536-2106.

TUESDAY, OCTOBER 27TH: MOHEGAN SUN, \$20.00 due at booking. Includes casino package and driver gratuity. Call Barbara Laramee at 536-8567 or David Bellefeuille at 533-7724.

THURSDAY, NOVEMBER 13TH: Blackhead Mountain with a Taste of Germany. Includes a trip to the beautiful Catskill Mountains, the Maassmann family resort and German restaurant, a guided tour of the resort, a Spaetzle making demonstration, wine and beer tasting and an authentic German lunch. Cost \$69.00 p/p driver gratuity included. Call David Bellefeuille at 533-7724. More trips are shown on the travel bulletin board at the Sr. Center. A \$2.00 non-refundable deposit is required for all non-casino trips. Casino trips require full payment upon booking. We are not responsible for any injuries on our trips. **No refund** prior to 6 weeks of a trip unless it is an emergency. A Travel Club Representative is at the So. Hadley Senior Center every Thursday 10:00-11:30 a.m. or call 538-5042.

CONGRATULATIONS TO
IRENE BERNSTEIN AND
PATRICK LABONTE

ON THEIR RECEIPT OF THE
PRESIDENT'S VOLUNTEER SERVICE AWARD
FROM RSVP

NOTES FROM THE DIRECTOR

Fall is in the air which means lots of activity at the Senior Center. We are delighted to offer a new activity, line dancing, however the demand was so great that the class is full and now on a waiting list basis.

I want to thank all of the advertisers of the newsletter for their continued support which helps to defray the expenses associated with the printing and mailing of The Golden Chronicle. Special thanks to Deanna at Hitchcock Press for producing the ad page. For those of you who travel south for the winter, please be sure to let the office know you will be leaving the area. It is expensive to send the newsletters and have them returned for address correction. I anticipate that everyone will CONTACT us when temporarily away, or wanting the newsletter forwarded to another address. This summer the mailing costs increased and I want to inform you that the newsletter is available on the Town web site. If you go to <http://www.southhadley.org/pages/> click on COA Monthly Newsletter and you can then click on the month you want to read. It is a PDF file so your computer must have the software to download this program. Please call the office if you are satisfied with the convenience of the on-line publication and the COA will save some money. I want to thank Jaime Doolittle for scanning the newsletter thereby making it available on the web site.

During the past month we had another sad farewell to a former employee. John Friel who drove the minibus back in the 90's passed away. John was a kind and gentle person, always compassionate to the passengers he transported. It was unfortunate that he had to leave when PVRTA restructured their transportation program back in 1996. From all of us at the Senior Center I extend our deepest sympathy to his family.

After completing the Executive Office of Elder Affairs Annual Report, I added up the units of service provided by our COA during the past fiscal year. Even with the transitions that took place, approximately 110,200 units of service were provided. I want to take this opportunity to thank all of the staff members and volunteers for their efforts and commitment making all of these services continue smoothly.

The South Hadley Council on Aging will be receiving \$25,823 from the Formula Grant. This figure is calculated by the number of residents 60 and over per the 2000 Federal Census times \$7.00 per senior. In spite of the economy, the need to keep the grant at this level was recognized because it provides many essential services to the various COA's. I take this opportunity to thank Senator Stan Rosenberg and Representative John Scibak for their untiring support of the seniors in their districts.

I am delighted that most people feel that the South Hadley Senior Center is truly a "home away from home" and are comfortable and relaxed while enjoying the many programs and activities, however, please remember it is a public place and everyone must treat one another with respect. Remember the Golden Rule: "Treat others as you wish to be treated!"

Enjoy the beauty of this season!!!!!!



COMCAST DIGITAL ENHANCEMENT PROJECT

TUESDAY, OCTOBER 6TH AT 10 A.M. IN THE
CARD ROOM

Come and hear about the latest news about Comcast network changes. Topics will include changes and benefits with digital service, the requirements for Analog Standard Cable customers, channels that are moving, explanation of equipment requirements for secondary televisions, how to obtain additional equipment at no charge, and information on free upgrades. Please pre-register if possible by calling 538-5042.

ARE YOU INTERESTED IN LEARNING WHAT GREAT MUSIC IS ALL ABOUT? WOULD YOU LIKE TO LEARN MORE AS WELL AS APPRECIATE THE DYNAMICS OF CLASSICAL MUSIC, OPERA AND OTHER FINE MUSIC? IF SO, DR. ROGER FARNSWORTH HAS OFFERED TO HAVE AN INTERACTIVE PROGRAM FOR PARTICIPANTS TO DISCUSS, LEARN AND APPRECIATE THESE TYPES OF MUSIC. DR. FARNSWORTH IS A RETIRED MUSIC TEACHER AND IS LOOKING FORWARD TO THE POSSIBILITY OF HAVING THESE SESSIONS. IF YOU ARE INTERESTED IN ATTENDING, PLEASE CALL THE SENIOR CENTER AT 538-5042 AND LET THE RECEPTIONIST KNOW BY GIVING YOUR NAME AND TELEPHONE NUMBER AS WELL AS INDICATING IF YOU PREFER A DAYTIME OR EVENING PROGRAM.

NEXT SESSION OF TAI CHI WILL BEGIN ON NOVEMBER 2ND AND CONTINUE THROUGH DECEMBER 21ST. THE COST FOR THIS 8-WEEK PROGRAM WILL BE \$48.00

TITLE III GRANTS TO BEGIN ANOTHER FISCAL YEAR BEGINNING IN OCTOBER. SPECIAL THANKS TO WEST MASS ELDER CARE FOR PROVIDING THESE GRANTS THROUGH OLDER AMERICAN ACT FUNDING.

****ALZHEIMER'S CAREGIVERS SUPPORT GROUP BEGINS THURSDAY, OCTOBER 8TH**

****COMPANION/ESCORT TRANSPORTATION BEGINS OCTOBER 1ST**

****CHORES/SNOW REMOVAL APPLICATIONS ARE BEING TAKEN, CALL ELINOR WHITE 538-5042, EXT. 206.**

****DIABETIC SUPPORT GROUP BEGINS WED., OCTOBER 14TH AT HUBERT PLACE, 10 A.M.; THE SENIOR CENTER AT 1 P.M. ON WEDNESDAY, OCTOBER 21ST THIS GROUP WILL TAKE A FIELD TRIP TO BIG Y AT 1 P.M. TO LEARN ABOUT READING LABELS FOR NUTRITIONAL CONTENT.**

To learn more about these grants, please call Joanne Trybus at Ext. 204 or Elinor White at Ext. 206 (538-5042).

Elinor's Notes

MEDICARE 09/10

October is an important time of year for those on Medicare. If you have Medicare, before long you will be getting important information from your Prescription Drug Plan, your Medicare Health plan, and /or Prescription Advantage (if you are a member). It is important to read the letters and understand the information they contain.

DO NOT IGNORE ANY LETTERS FROM YOUR PLANS!

During the annual Medicare Open Enrollment (November 15- December 31) you will have a chance to CHANGE your coverage for next year.

SAVE THE LETTERS FROM YOUR PLANS!

Here at our C.O.A. our State-certified SHINE counsel can help you understand your plan changes, as well as other options you may have. Our SHINE counselor is here, in the morning of 1st and 3rd Tuesdays of the month. To schedule a FREE appointment call our C.O.A. at 538-5042. All Shine counselors are well-trained volunteers, who give their time to assist you in your health insurance needs and insurance billing problems.

So best advice, read your mail, try to understand what your insurance plan is offering and if you need help, our Shine rep. is here to assist you, call and make an appointment. 538-5042.

Your Friend

Fuel Assistance 09/10

To all past fuel clients: If you plan to file a reapplication (called a "recert") you should have done it by now--- if not, do it now!

To all those interested in applying for fuel this year 09/10, now is the time to call and put your name on our fuel list, you will be contacted for an appointment time and instructed as to needed documents to complete your application.

Call 538-5042 today!

09/10 income guidelines are:

1 person	\$29,126
2 people	\$38,087
3 people	\$47,048

This is gross household annual income, including S.S. Pensions, Income from IRA'S, 401K'S, Interest earned on money in the bank and from dividends, for everyone in the house, if the heat keeps them warm their income counts! All must be documented with photo copies YTD.

Brown Bag

3rd Tuesday of every month, pick up time 10 A.M. until 11 A.M. at C.O.A. Pick up at Lathrop Village and Newton Manor about 10:30 A.M.

All times have to be flexible because we do not know when the Food Bank truck will arrive.

Special thanks to each and every volunteer who gives their time to made it possible for you to get a Brown Bag.

Peek and Poke

We so appreciate the wonderful clothing that is donated. And lots of ladies do come and peek and many take nice things home.

When preparing clothes to send please do consider the following:

Is it still in style?

Is it the right season?

Is it clean and in good repair?

We do not take Men's clothes, shoes or undies.

Some times things are sent in which only fill our C.O.A. dumpster or have to be lugged to the Goodwill Box, so please consider what you are donating, is it a help or creating work?

Veteran's Meeting

Tues, Oct.13th at 10 A.M. at C.O.A.

Get Going Meeting

Tues, Oct 13th at 1 P.M. at C.O.A.

Guest speaker:

Joanne Chuslo, Ombudsman

Western Mass Elder Care

Adopt A Senior

Thank you to those who have supported this program this summer, especially Ann Woods and her friends who have shared the best locally-grown fruits and veggie and to Claire and Bill Bielanski for all the thoughtful things other folks never think of---your generosity has been enjoyed!

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. OCTOBER 2009 MENU

- 1) CHEESE LASAGNA/SAUCE—Zucchini Blend, Juice, Tropical Fruit, Diet Tropical Fruit
- 2) BREADED POLLOCK LOINS—Scalloped Potatoes, Winter Mix Vegetables, Bananas, Whole Wheat Bread
- 5) BBQ CHICKEN—Baked Potatoes, Multi-Grain Bread, Mixed Vegetables, Pineapple
- 6) BIRTHDAY/ANNIVERSARY LUNCH—FRENCH MEAT PIE/GRAVY—Egg Noodles, Spinach, Roll, Cake, Diet cake
- 7) COLD PLATE—Tuna Salad, Macaroni Salad, Three Bean Salad, Rye Bread, Apple
- 8) MEATLOAF—Mushroom Gravy, Au Gratin Potato, Broccoli & Cauliflower, Whole Grain Bread, Pudding, Diet Pudding
- 9) FLORENTINE POLLOCK—Rice Pilaf, Green Beans, Juice, Apricots, Diet Apricots
- 12) CLOSED—COLUMBUS DAY HOLIDAY
- 13) POTLUCK—Pineapple, Whole Grain Bread
- 14) LIVER & ONIONS—Mashed Potatoes, Peas, Peaches, Diet Peaches
- 15) ROASTED TURKEY/GRAVY—Mashed Potatoes, Corn, Cranberry Sauce, Fruit Crisp, Diet Fruit Crisp
- 16) CELEBRATE SOUTH DAKOTA—BEEF CHILI MACARONI, SPINACH, CORNBREAD, ZUCCHINI, LEMON CAKE & DIET CAKE
- 19) OVEN FRIED CHICKEN—Roasted Potatoes, Ratatouille, Pears, Diet Pears
- 20) ROAST PORK/GRAVY—Baked Potato, Beets, Apple-sauce, Fruit Cocktail, Diet Fruit Cocktail, Oatmeal Bread
- 21) SHEPARD'S PIE/GRAVY—Corn, Biscuit, Juice, Brownie, Diet Brownie
- 22) STUFFED CABBAGE/SAUCE—Mashed Potatoes, Carrots, Jell-O, Diet Jello-O
- 23) FIESTA POLLOCK—Egg Noodles, Mixed Vegetables, Pineapple, Roll
- 26) MILD BEEF CHILI—Rice, Broccoli, Cornbread, Apricots, Diet Apricots
- 27) HAM w/RAISIN SAUCE—Sweet Potatoes, Beets/Onions, Rye Bread, Mandarin Oranges, Diet Mandarin Oranges
- 28) STUFF SHELLS/TOMATO SAUCE—Garlic Bread, Italian Blend Vegetables, Orange Juice, Cookies, Diet Cookies
- 29) TERIYAKI CHICKEN—Rice, Green Beans, Whole Grain Bread, Pineapple
- 30) HALLOWEEN LUNCHEON—BAKED HADDOCK FILLETS—Scalloped Potatoes, Peas & Onions, Halloween Cake, Diet Cake

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.

Trash getting more vegetables than you? By Vanessa Gagnon, UMASS Dietetic Intern

Believe it or not your trashcan doesn't need vegetables and fruits in its diet, you do. So why waste money on food that goes bad before you can eat it? In most cases this is due too lack of proper care and storage of produce. Whether you get your produce in the orchards, fields, local store or a farm stand, the care that your produces receives at home is just as important as what you choose.

Proper washing of produce helps to remove unwanted dirt, pesticides, and reduce cross contamination of pathogens that might be present on the outside.

- Wash produce before cutting or eating.
- Rinse produce with cool and clean water removing any visible dirt present (an unused toothbrush works great if you need extra help with cleaning!) Produce like potatoes or fresh corn shouldn't be washed until used
- Clean and sanitize cutting board in between jobs, example: going from cutting chicken to cutting fruit.

Knowing were and at what temperature to store produce items can help you get a longer life out of you food. Here are some examples of preferred temperatures and storage time with some common produce.

- **Tomatoes:** If un-ripened, store on countertop at room temperature, stem face down for 4-10 days
- **Cucumber:** Store at room temperatures for up to 10-14 days, longer if refrigerated.
- **Apples:** Store at 32°F for up to 3 months, also putting in a paper bag will slow ripening.
- **Pumpkin/Winter squash:** Store at room-temp for up to 2-3 months in a cool dry place.

Remember that the proper washing and storage of your produce not only helps maintain fresh quality and protect you against possible present pathogens, but it will help your trash weigh less!

*Refrigerator temperatures should be 32°F or lower (to prevent growth of pathogens).

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION ACCOUNT:

ANNETTE PAUL Joseph Paul
MARY POLVERI Jacqueline & Jack Ginocchio
RICHARD CONNOR Nancy Herrick
RICHARD CONNOR Marion Ittner
RICHARD CONNOR Eugene C. Brunelle

NEWSLETTER:

DELLA LAROCHE Lucille O'Connell
FRANCES SZYMANSKI Bill & Claire Bielanski
WILLIAM BACIS Bill & Claire Bielanski
JOSEPH JEZ Bill & Claire Bielanski
STELLA HOCHMUTH Bill & Claire Bielanski
HAROLD LEVITON Mary Januszkiewicz

ACTIVITIES GIFT:

RUTH PELLERIN Philippa Goold

ADOPT-A-SENIOR ACCOUNT:

GERALD JUBINVILLE Lauren & David
Levreault

CLINIC ACCOUNT:

GERALD JUBINVILLE Lauren & David
Levreault

MOTHER'S GARDEN:

RUTH PELLERIN Barbara Sullivan

SENIOR NET:

MARIE DESGRES George A. Desgres

SAFELINK WIRELESS

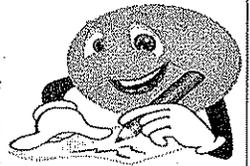
SafeLink Wireless provides a FREE wireless phone and free minutes each month to qualified households under a government funded Lifeline Assistance Program. In this program, you will receive free wireless service, a free wireless phone with an allotment of monthly minutes (number of minutes varies by state), unlimited emergency 911 calling, free voicemail account and access to the largest pre-paid wireless provider in the country. SafeLink Wireless is FREE! You will never get an invoice or bill. With this program, no contracts are required. It is free to apply and no credit is needed.

To qualify you must either participate in a government assistance program or qualify based on a certain yearly household income (approximately \$26,000), as well as be located in SafeLink Wireless coverage area. The program is limited to one phone per qualified household. Some states require you to provide your Social Security number on the application. No credit report is run and all of your information is securely and confidentially held. Currently, there is no expiration on the service. You will be asked to re-qualify once a year. To see if SafeLink Wireless Service is offered in your area and to request an application, please call 1-800-977-3768 or visit their website at www.SafeLinkWireless.com. Once your application has been submitted and approved, you can expect to receive your free phone within 10 days.

JOIN THE CALLIGRAPHY GROUP!!!

TUESDAYS 1:30 P.M.

The holidays are approaching and if you want to enhance your hand-written cards and envelopes join this group and learn a new talent for your holiday greetings!



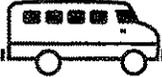
BOOK CLUB

The Book Club meets on the 3rd Wednesday every month at 10:00 a.m. in the Conference Room (formerly the old office area). For October 21st the book will be **Luncheon of the Boating Party** by Susan Vreeland. We welcome all interested readers to join us for discussions of these books. If you have any questions call Phyllis, 533-1905.



IN MEMORIAM

A DONATION TO THE NUTRITION PROGRAM WAS MADE IN MEMORY OF MARGARET MCDONNELL ON THE THIRD ANNIVERSARY OF HER DEATH ON AUGUST 19TH FROM GEORGE & DONNA ROBIDEAU.

<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 TUESDAYS AND THURSDAYS BY APPOINTMENT FROM 9-3.</p> 	<p>OCTOBER 2009</p> 	<p>1 CHEESE LASAGNA/SAUCE 10. Beginning Exercise -EX 10 Writing Group-CE 10 Travel Club-C1 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE 2 Line Dancing-EX</p>	<p>2 BREADED POLLOCK LOINS 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>5 BBQ CHICKEN 9:30 FOOT NURSE (by appt.) 11 Tai Chi-EX 1 Red Hat Society-CR 1 Stained Glass-CE 1 Poker-DR/Canasta-DR 1 Pinochle-DR</p>	<p>6 BIRTHDAY/ANNIVERSARY FRENCH MEAT PIE/GRAVY 9-12 SHINE (by appt) 10 Comcast Digital Program-CR 10 Beg. Ex-EX/Travel Club-C1 1 Bingo-CR/Needlecraft-CE 1 Movie-EX/1:30 Calligraphy-C2 6:15 Men's Night/Mah Jongg</p>	<p>7 COLD TUNA SALAD PLATE 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR/Pitch-CR 1 Senior Poetry-C2/Mah Jongg-CE</p>	<p>8 MEATLOAF/GRAVY 10 Alzheimer's Support -C2 10 Beginning Exercise-EX 10 Writing-CE/Travel Club-C1 12:30-2 Blood Pressure-Nurse C2 1 Friends-DR/Scrabble-L/Quilt-CE 1 Gold Agers-CR/2 Line Dance-EX</p>	<p>9 FLORENTINE POLLOCK 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</p>
<p>12 COLUMBUS DAY HOLIDAY CENTER CLOSED</p> 	<p>13 POTLUCK 10 Veteran's Group-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Get Going-C2 1 Bingo-CR/Needlecraft-CE 1 Movie-EX 1:30 Calligraphy-C1 6:15 Men's Night/Mah Jongg</p>	<p>14 LIVER & ONIONS 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11 Berkshire Hills Music-DR 1-2:30 Diabetic Support-EX 1 Choralites-DR/Pitch-CR 1 Mah Jongg Play/Learn-CE</p>	<p>15 ROAST TURKEY/GRAVY 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Writing Group - CE 10 Travel Club-C1 1 Golden Agers-CR 1 Scrabble-L/Quilting-CE 2 Line Dancing-EX</p>	<p>18 CELEBRATE S. DAKOTA BEEF CHILI MACARONI 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak 1 Knitting-L/ Bridge-CE 1 Canasta/Poker-DR 1 Cribbage-CR</p>
<p>19 OVEN FRIED CHICKEN 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Monday Cribbage-CR 4 COA BOARD MEETING</p>	<p>20 ROAST PORK/GRAVY 9-12 SHINE (by appt.) 10 Beg. Ex.-EX/Travel Club-C1 10-11 Brown Bag-CE 10 Lo-Vision Support-C2 1 Bingo-CR/Needlecraft-CE 1 Movie-EX/1:30 Calligraphy-C2 6:15 Men's Night/Mah Jongg</p>	<p>21 SHEPHERD'S PIE/GRAVY 8 HIP-EX/ 9:30 Grocery Shopping 10 Book Club-C2/Travel Club-C1 10:30 Osteoporosis Exercise-EX 1-2:30 Diabetic Support-EX 1 Choralites-DR/Mah Jongg-CE 1 Pitch-CR/Senior Poetry-C2</p>	<p>22 STUFFED CABBAGE/SAUCE 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Writing Group -CE 10 Travel Club-C1 1 Scrabble-L/Quilt-CE 1 Golden Agers-CR 2 Line Dancing-EX</p>	<p>23 FIESTA POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta/Poker-DR</p>
<p>26 MILD BEEF CHILI 9:30 FOOT NURSE BY APPT. 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR</p>	<p>27 HAM W/RAISIN SAUCE 9 Newsletter Mailing Party-CR 10 Beginning Exercise-EX 10 Travel Club-C1 1 Bingo-CR/Needlecraft-CE 1 Movie-EX/1:30 Calligraphy-C2 6:15 Men's Night/Mah Jongg</p>	<p>28 STUFFED SHELLS/SAUCE 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11 Berkshire Hills Music-DR 1 Choralites-DR/Pitch-CR 1 Mah Jongg Play/Learn-CE</p>	<p>29 TERYAKI CHICKEN 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Writing Group-CE 10 Travel Club-C1 10:30 Blood Pressure Screening w/ Fire District #1 - DR 1 Scrabble-L/Quilting-CE 1 Golden Agers-CR 2 Line Dancing-EX</p>	<p>30 HALLOWEEN PARTY BAKED HADDOCK FILLETS 9-11:30 EOE Board Training 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Entertainment by Jimmy Mazz 1 Knitting-L/Bridge-CE/Cribbage-CR No Canasta or Penny Poker</p>

South Hadley Council on Aging

SeniorNet
Computer Learning Center



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

The six new computers are up and running. Teachers and coaches have been trained. The workbooks are up-to-date. We look forward to the new classes. Contact us now at 533-6889 to let us know your course preferences. Just leave a message with your phone number so we can get back to you.

Possible courses:

GENEALOGY: A course using Family Tree Maker to learn how to research ancestors and create your own family tree.

QUICKEN: A computer program for managing your personal finances. You can use it to manage your checkbook, savings, charge accounts, investments in loans, and other financial needs. It's quick and easy once the various accounts are set up. And, you can modify your accounts to meet your current needs.

WORD PROCESSING: Introduces the basic concepts of Word Processing: creating, editing, saving, retrieving and printing documents. Other techniques include font styles and sizes, margins, tabs, spell check and much more.

Each class session lasts 2 hours. They generally meet twice a week for 4 weeks. Students receive their own workbook and practice disc. These are yours to keep. Coaches are available to assist the students.

Each Friday there is a two hour lab open to all who are currently taking or have taken a class during the calendar year. This is a great opportunity to get help with specific problems. It is also a time over class material that current students may have missed. Call 533-6889 to leave a message. We'll call you right back!

ANNE'S NEWS

I can't believe I am writing about October already! The leaves are turning, the air is crisp and here come the HOLIDAYS! In October we will be celebrating Halloween. We will have our traditional costume parade and contest with some of our Board members judging, followed by a delicious lunch. This year we have a special treat - at 1:00 "world famous" Jimmy Mazz will sing for us a wide variety of music and give a delightful show! I hope you can join us!

This year we are happy to have Berkshire Hills Music Academy perform for us occasionally before lunch. They are a talented group of young musicians and this year they are going to work in smaller groups and come more frequently. They were so popular here last year and we look forward to letting them "practice" on us! In October they will be here on the 14th and 28th at 11:00, so come and enjoy their program followed by a delicious meal.

Many of you are aware that there was a special RSVP Volunteer Recognition Luncheon in September at the Log Cabin. In case you are not sure of what qualified people to receive an invitation, I will explain. **RSVP** stands for Retired and Senior Volunteer Program. You can apply to join this program if you are 60 years of age and wish to volunteer, by making an appointment with me to fill out an application. RSVP members who gave 18 hours or more of their time in Fiscal 2009 were invited to this event in their honor. I would like to recognize one new RSVP volunteer at the Council on Aging this month, she is Theresa Boisjolie, who has volunteered on our Newsletter team for some time, but just became a member of RSVP in September. Welcome!

I would like to make a request for a volunteer with skill in photography. At all of our special events we have someone taking photos. We also take photos of special celebrants as a remembrance at a few events. So if you are interested in helping in this area, please see or call me. We need YOU!

The October Birthday and Anniversary Luncheon will be on October 6th. If you celebrate your birthday or wedding anniversary in October we'd like you to be our guests for lunch on that day. Please call our office in advance and let our receptionist know you are celebrating in October so we can prepare for your special day.

That's all my news for now,

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Anne

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