

# COUNCIL ON AGING

South Hadley Massachusetts

*The sun never sets on our Activities...*

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Sr. Ctr. open Mon.-Fri. 8 am-4:30 pm

## THE GOLDEN CHRONICLE

DECEMBER 2015

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### HOLIDAY LUNCHEON/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, tarragon corn, cranberry sauce and pie. The suggested donation is \$2.25. Reservations begin on Friday, December 4th; call 538-5042 beginning at 8 a.m. Please do not leave your name on the answering machine. Due to the popularity of this special lunch, names will be added to the reservation list on a first come, first served basis.

**Every Weekday:** Nutritious & Delicious Lunch -11:45 am - 12:15 pm, in the South Hadley Senior Center Dining Room. **PLEASE RESERVE YOUR MEAL BY 1 P.M. OF THE PREVIOUS DAY.** Meals should be canceled by 9 a.m. each day. Monday reservations should be made by Friday. 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.

### SO. HADLEY ANNUAL CHRISTMAS GIFT CARD PROGRAM

Once again this year the Council on Aging will be distributing gift cards for food stores or funds toward the electric bills of qualifying senior citizens. If you can make any size donation toward this project of spreading cheer to those whose budgets are strained, please send a donation (or purchase a food gift card) and send to the Council on Aging, 45 Dayton Street, South Hadley, MA 01075. Please make checks payable to: South Hadley Council on Aging and put whether for food card or "lights on" program in the memo so it will go to the correct program. If you choose to purchase gift certificates to Big Y, Stop and Shop or Price Rite, please bring them to the Senior Center no later than December 4th.

Thank you for your generosity. May you all have joyous holidays. The staff will begin to distribute the gift cards during the week of December 7th. "Lights On" credits will be shared in January or February.

Thank you for helping others to have a Happy Holiday!

**Important** -Winter is almost here causing possible cancellations of meals and/or programs. Please watch cable television stations 5 (22), 4 (40) or 3 to view the closings. Staff reports unless Town Hall is closed. Usually So. Hadley follows WestMass ElderCare with their meal program, but not always. Watch for S. Hadley Senior Center notice. NOTE: View carefully as there is a South County Senior Center.

**South Hadley Senior Travel Club-Tues., Jan. 19, 2016, Mohegan Sun Casino/ full casino package. \$23.00.** Call Howie Walsh 593-6286. **Tues., Feb. 16, 2016, Twin River Casino/ full casino package. \$26.00.** Call Howie Walsh 593-6286. Player's card or picture ID required for all casino trips. **Wed., March 23rd, Personal tour of the Massachusetts' State House hosted by State Representative John Scibak.** The state capital reflects the history of Mass since colonial times. Its spacious marble-floored corridors are lined with portraits/statues of founding fathers such as Adams, Hancock, Revere, and Winthrop with murals depicting the glory of their times. If in session, we will observe the Senate and The House of Representatives as they convene in their respective chambers. **A box type lunch** (sandwich, drink, chips) will be provided in one of the state house rooms. **Cost \$40.00.** Call **Judy Fortier 534-3598.** **Tues., April 12, 2016, Newport Playhouse/ Cabaret Restaurant.** A buffet with a variety of entrees followed by reserved seats in the theater for the comedy play "ONE SLIGHT HITCH." Then back to the dining room for a Cabaret Show promising laughter. **Cost \$89.00.** Call **David Bellefeuille 533-7724.** **May 17-20, 2016, 4-day, 3-night multi day trip to Lancaster (Penn Dutch Amish Country) and Gettysburg.** Includes **Sight and Sound's** brand new show "SAMSON" & 3 nights at the **CORK FACTORY HOTEL,** 3 breakfasts/3 dinners, a guided Amish VIP tour of an Amish home, farm and schoolroom, a narrated 5 mile **horse drawn carriage ride through the countryside.** **Special bonus, day in Gettysburg** with riding tour of battlefield, dinner at **DOBBIN HOUSE TAVERN.** **Cost \$579.00.** Call **Susan Canedy, 536-2106** or **Judy Fortier, 534-3598.** **A \$5.00 non-refundable deposit is due on all non-casino trips. No cancellations honored less than one month prior to the trip with the exception of a Doctor's note certifying a medical emergency.**

**NOTES FROM THE DIRECTOR**

Due to space limitation I will take this opportunity to wish everyone a very Happy Holiday season. May you find peace and joy in the weeks ahead. If you are able to make a donation to the COA you will assist us in our mission to help make the holiday merrier for those experiencing some "curves" in life. I can assure you the recipients are very grateful for your generosity! Thank you to all of the individuals, organizations and businesses that help to make the season merrier for residents. HAPPY HOLIDAYS TO ALL~ *Joanne*

The annual **Holiday Stroll on the S.H. Town Common** is Fri., Dec. 4th from 5:15-7:30 pm. There will be bands, choirs, marchers, Lighting of the Tree, a drawing for Free Star Wars tickets and of course Santa posing for photographs. The event is free, sponsored by the S. Hadley & Granby Chamber of Commerce and other sponsors you will find on the website. The Polar Express Movie at \$3.00 will be shown at Tower Theaters on Fri., Dec. 4th and Sat. the 5th at 10:30 am. If you wish to volunteer or be a sponsor contact Dale Johnston, Executive Director at Dale@SHGChamber.com. Visit www.SHGChamber.com for more details.

BERKSHIRE HILLS MUSIC ACADEMY WILL PERFORM ON THURSDAY, DEC. 3RD 11 AM IN DR.

**Lock Boxes**-2 months ago S.H. S.A.L.T. Council of Triad teamed with F.D. #1 to provide a different kind of lock box to residents of District #1. Members of Dist. #1 have since installed more than 50 emergency lock boxes for a house key and alarm code if needed. Master keys are secure in F.D. #1 headquarters for use by EMTs and safety personnel. The lock box prevents damage to homes in case of an emergency. Cost \$30 for materials and installation. Check made out to S.H.S.A.L.T. Council with application. Call Joanne at 538-5042 for more information.

Stella Warzenski—"Merry Christmas to all my friends at the Senior Center." In lieu of cards Stella made a donation to the S.H.C.O.A.

WestMass ElderCare Holiday Party - Tuesday, Dec. 1st

**DIABETES SUPPORT GROUP**-Wednesday, December 9th-1-2:30 p.m. in the large (C2) conference room. Join Patty Moriarty, RN, CDE for "Eat, Drink and be Merry for the Holidays-with a healthy twist of course!"

TRANSPORTATION IS PROVIDED IN PART BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS. In October 578 rides were provided.

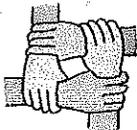
**SPECIAL THANKS TO:**

- \*\*Julia and Dillon Miller and family for the buckets of ghost pops for Halloween.
- \*\*Donald Lever for the bookcase he designed for puzzles, paper towels and kleenex
- \*\*Nancy Henry for the flowers for the Veteran's Day lunch
- \*\*Fire District #1 staff for housing the minibus
- \*\*Donors to the Anna Mae Parker Memorial fund for the HMOW Thanksgiving breads
- \*\*Ann Andras for the Christmas tablecloths
- \*\*Kathy Gallivan for the sugar for the coffee station
- \*\*Joan Stebbins for the Nordic Track treadmill and the new commode
- \*\*Jeannine Benoit for the new swivel transfer bench
- \*\*Irene Lempke for the turkey and fixings for a family
- \*\*S. Hadley Knitting group for donating their creations to Providence Ministries and Neighbors Helping Neighbors

 **SOUTH HADLEY ELECTRIC LIGHT DEPARTMENT SAFETY PROGRAM** in the dining room on Thursday, December 10th at 11:20 a.m. So. Hadley residents may call 538-5042 to register for a complimentary gift. FYI-Find ways to save at munihelps.org. Call 888-333-7525 to call HELPS and find out about scheduling a free home energy audit.



*Joanne Tribes*  
*Lisa K. Piotrowski*  
*Ann M. Andras*  
*Ferny Johnson*  
*Walter Ho*  
*Donald G. Donald*  
*Alan L. Herbert*  
*Kathy Gallivan*  
*Rick Dufault*  
*Richard Carrigan*  
*Linda Tentate*  
*Nancy Blodgett*  
*Therese Boyer*  
*Margaret Fredette*  
*Linda Callahan*



**Outreach News**  
by Ann M. Andras  
Social Service Coordinator

**South Hadley Annual Christmas Gift Cards**

The Council on Aging will once again celebrate this joyous season by giving grocery store gift cards or electric light credits to qualified senior residents. Some financial guidelines do apply. If you are currently receiving fuel assistance, Brown Bag, SNAP, or experiencing a difficult financial time in your life, we may be able to help make your holiday a little brighter. We are so fortunate to have the generous support of our community to fund this program. In order to share these gifts with many South Hadley elders, those who are currently receiving a FREE service such as Companion/ Escort Transportation or Snow Removal will not be eligible for a gift card or light credit. Please call Ann at 538-5042 extension 206 to be considered for a holiday gift. The deadline for requests is : **Tuesday, December 8th.**

**Practical Gifts for Seniors**

- \* Gas or "specialty" food gift cards (Atkins, Trader Joe's)
- \* Pre-paid phone cards
- \* Snow removal or landscaping service
- \* Credits for home heating oil
- \* Newspaper delivery service
- \* PVTa bus tickets or other pre-paid transportation service
- \* Start a "Meal of the Month" gift~ providing one home cooked meal a month, (a great gift idea for siblings to join together)
- \* A South Hadley Senior Travel gift credit for an upcoming trip

**\*\*The gift of time is best of all!**

*Wishing you a JOYFUL and PEACE filled holiday season spent surrounded by those people you hold close in your heart,*

*Ann*

**2015/2016 Fuel Assistance Guidelines**

No. of People	Income Limit
1	\$33,126
2	\$43,319

Help with fuel assistance requires an appointment. I can be reached at 538-5042 ext. 206. Home visits are available for those South Hadley seniors in need.

**What will I need to provide when applying:**

- ◆ Photo ID and proof of address
- ◆ Proof of income, including wages, Social Security and Pensions
- ◆ Property tax and Homeowners Insurance, Condo Fee
- ◆ Heating and Electric bill
- ◆ Current bank statements
- ◆ Mortgage statement if applicable
- ◆ If renting: a lease agreement

**DONATIONS TO THE SOUTH HADLEY COUNCIL ON AGING ACCOUNTS:**

Throughout the year we are asked how an individual can make a donation to help the Senior Center. Kindly check off one of the accounts listed below that you would like to have your donation go to. If your donation is in memory of someone and you would like us to send an acknowledgement, please indicate the individual's name and address below.  
*Thank You for Your Assistance!*

**DONATION FROM:** \_\_\_\_\_ **ADDRESS:** \_\_\_\_\_

**Contribution in memory/honor of:** \_\_\_\_\_

**Please send Acknowledgement to:** (kindly indicate name, address & relationship): \_\_\_\_\_

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Activities Account                 | <input type="checkbox"/> Clinic Account          | <input type="checkbox"/> Nutrition Gift Account   |
| <input type="checkbox"/> Minibus Maintenance Acct.          | <input type="checkbox"/> New Senior Center       | <input type="checkbox"/> Mothers' Garden          |
| <input type="checkbox"/> Minibus ( <i>Future Purchase</i> ) | <input type="checkbox"/> Emergency Fund          | <input type="checkbox"/> "Lights On"              |
| <input type="checkbox"/> Subsidized Senior Transportation   | <input type="checkbox"/> Computer Class          | <input type="checkbox"/> Services Account         |
| <input type="checkbox"/> Transportation Account             | <input type="checkbox"/> Newsletter Account      | <input type="checkbox"/> Christmas Gift Card Fund |
| <input type="checkbox"/> Wherever Needed Most               | <input type="checkbox"/> Caregivers Gift Account |   |

**Please Make Check Payable To:** South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075. Contributions are tax deductible.

Donations made "In Memory/Honor" of someone **WILL** be published in the Monthly COA Newsletter.

Please check if you **DO NOT** want your name published.

## 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 MENU

- 1) AMERICAN CHOP SUEY, Zucchini Blend, Juice, Cornbread, Pudding or Diet Pudding.
- 2) CHICKEN BREAST PATTY W/GRAVY, Carrots, Baked Potato, Biscuit, Mixed Fruit or Diet Mixed Fruit.
- 3) MEATLOAF W/GRAVY, Mashed Potatoes, Corn, Whole Grain Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 4) BAKED SALMON W/LEMON, Brown Rice, Brussels Sprouts, Juice, Rye Bread, Brownies or Diet Brownies.
- 7) SHEPHERD'S PIE W/GRAVY, Carrots, Orange Juice, Biscuit, Pears or Diet Pears.
- 8) BIRTHDAY/ANNIVERSARY—ROASTED TURKEY W/GRAVY, Mashed Potatoes, Peas, Whole Grain Bread, Cranberry Sauce, Cake or Diet Cake.
- 9) BBQ CHICKEN, Green Beans, Brown Rice, Multi Grained Roll, Apricots or Diet Apricots.
- 10) ITALIAN SAUSAGE, Peppers & Onions, Egg Noodles, Wax Beans, Whole Grain Bread, Peaches or Diet Peaches.
- 11) VEAL PATTY W/GRAVY, Rice, Zucchini & Tomatoes, Multi-grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 14) STUFFED SHELLS W/TOMATO SAUCE, Broccoli & Cauliflower, Garlic Bread, Pears or Diet Pears.
- 15) SIRLOIN TIPS W/SAUCE, Brown Rice, Carrots, Multi Grained Roll, Orange Juice, Mixed Fruit or Diet Mixed Fruit.
- 16) HOLIDAY LUNCHEON—STUFFED CHICKEN BREAST WITH SUPREME SAUCE, Mashed Potatoes, Tarragon Corn, Cranberry Sauce, Pie w/Topping or Diet Pie w/Topping.
- 17) BROCCOLI QUICHE, Confetti Rice, Wax Beans, Whole Wheat Bread, Pineapple or Diet Pineapple.
- 18) TUNA CASSEROLE, Noodles, Mixed Vegetables, Orange Juice, Rye Bread, Pudding or Diet Pudding.
- 21) BAKED CHICKEN W/GRAVY, Brown Rice, Broccoli, Whole Grain Bread, Pineapple or Diet Pineapple.
- 22) VEAL PARMESAN, Pasta w/Red Sauce, Mixed Vegetables, Garlic Bread, Pineapple Juice, Peaches or Diet Peaches.
- 23) BEEF STEW W/POTATOES, Carrots, Multi Grain Roll, Tropical Fruit or Diet Tropical Fruit.
- 24) STUFFED CABBAGE W/SAUCE, Mashed Potatoes, Corn, Rye Bread, Orange Juice, Fruit Crisp w/Topping or Diet Fruit Crisp.
- 25) CENTER IS CLOSED—CHRISTMAS HOLIDAY
- 28) KIELBASA, Lazy Pierogi, Carrots, Rye Bread, Tropical Fruit or Diet Tropical Fruit.
- 29) ROAST PORK W/GRAVY, Oven Roasted Potatoes, Peas & Onions, Multi Grain Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 30) CHEESE LASAGNA W/SAUCE, Broccoli, Garlic Bread, Pears or Diet Pears.
- 31) SWEET & SOUR CHICKEN, Confetti Rice, Corn, Whole Grain Bread, Juice, Cookies or Diet Cookies.

ALL MEALS ARE SERVED WITH BREAD AND A 1/2 PINT OF 1% MILK ONLY (Effective October 1, 2015). FOR RESERVATIONS PLEASE CALL 538-5042 NO LATER THAN 1:00 P.M. THE PREVIOUS DAY. PLEASE CALL BY FRIDAY TO EAT ON MONDAY. KINDLY CANCEL RESERVATION NO LATER THAN 9:00 A.M. ON THE DAY OF LUNCH.

## Holiday Meal Traditions

By Christy Maxwell, MS, RDN, LDN  
Nutritionist, WMEC

The holidays are a time for family, friends, and of course, food! As we plan for our holiday celebrations, many of the festivities focus on our traditional meals. In this country however, we are steeped in diversity. Our multicultural backgrounds bring forth a variety of celebratory dishes that you may want to try out during this holiday season.

Hanukkah begins at sundown on December 6<sup>th</sup> and goes until December 14<sup>th</sup>. Even if you do not celebrate Hanukkah, you can still incorporate a traditional holiday dish during this time. Hanukkah celebrations center on the significance of the miraculous oil. Hence, oil is used in much of the cooking of the traditional meals. Fried potato latkes (potato pancakes) is a delicious customary dish that you can enjoy freely with this modified lower fat recipe.

### Crispy Low Fat Latkes (thekosherchannel.com)

#### Ingredients

- 2 lbs Russet Potatoes (about 2), shredded
- 1 medium onion, shredded
- 1/4 cup matzo meal or flour
- 2 eggs or 1 egg and 2 egg whites
- 1/4 tsp baking powder
- 1 tsp salt
- 1/4 tsp black pepper

#### Preparation

- Preheat oven to 425 degrees.
- Peel and shred potatoes and onion, using a grater or food processor.
- Drain potato to remove most of the liquid (do not squeeze).
- Place shredded potato, onion and remaining ingredients in food processor and pulse until mixed well, but not pureed.
- Spray muffin tins with cooking spray and brush a thin amount of olive oil in each cup (helps to make the latkes crispy).
- Fill each cup ~1/3 full with latke mixture.
- Bake on middle rack for 30-45 minutes until puffed and golden.
- Remove and serve immediately with applesauce

Every culture has their traditional meals during the holiday seasons. Mexico celebrates with a Christmas Eve salad that contains lettuce, beets, jicama, fruit & nuts. A Christmas favorite in Puerto Rico is Pasteles. These are pork filled pastries traditionally wrapped in plantain leaves. Celebrate Kwanzaa, which begins December 26<sup>th</sup> and ends January 1<sup>st</sup> with foods of African origin such as chicken with peanut sauce, sautéed greens, and sweet potatoes. In my family, with our Finnish heritage, we always had *Joulutorttu*, or Christmas tarts, which are prune jam filled pastries shaped like 4-pointed stars and dusted with powdered sugar.

Whatever your holiday traditions, keep in mind their importance to you. Celebrate with friends and family, and be open to experiencing one another's customs. Perhaps even partake in a traditional meal from a different culture this season.

## IN MEMORIAM

**IN MEMORY OF:**

**FROM:**

**NEW SENIOR CENTER FUND:**

BARBARA LEONARD	Joan Descant
WILMA BOUDREAU	Shirley Danasko
FREDERICK BACH	Jim Procon
CHARLES W. SHERRIT	Esther Sherrit
STANLEY WOJCIK	Kirby Family—Kathy, Dick, Daryl, Jason & Julie Kirby
LIONEL BRINDAMOUR	Theresa Brindamour

**NUTRITION:**

STANLEY WOJCIK	Grace Kelly Helen & Edward Wytrych Jacqueline Leduc Nicholas, Nathan & Anne Wojcik and Ann (Wojcik) Romano
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VIVIAN SUPCZAK	Mr. & Mrs. Magoon Mr. & Mrs. Leon Zochowski Nancy & Lin Pickle Michael Mulvaney Mary Mulvaney Lea Kelly Joan Stebbins & Family Richard & Marjorie Meczywor
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RON FRITZ (1st Anniversary)	Judy Fortier
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**CHRISTMAS GIFT CARDS:**

MOM & DAD & BROTHER DAVE	Richard Hunter
ROBERT BERTRAM	Lynn Bertram
WALTER SKIBEL	Robert Daniels & Victor Weinblatt
AL FERNANDES	Bea Fernandes
STANLEY WOJCIK	Kirby Family-Kathy, Dick, Daryl, Jason & July Kirby
CHARLES LARSON & DANIEL LARSON	Nancy Larson & Laura Larson
WALTER & MARY ANN MERCIER	Carole Peloquin

## IN MEMORIAM

**IN MEMORY OF:**

**FROM:**

**SUBSIDIZED SENIOR TRANSPORTATION:**

EDWARD SIKORSKI	Lathrop Village Tenants Association
RALPH	David Perwak
MARY CLEMENT-ALLEN	Brad Allen

**SERVICES ACCOUNT:**

PHILLIP HERBERT (2nd Anniversary)	Ola Herbert
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**LIGHTS ON:**

STAN STRZEMPKO	Judith Strzempko
RENE & DORIS LANGLOIS	Steve & Debbie Rainaud
LIONEL BRINDAMOUR	Theresa Brindamour

**CAREGIVER'S GIFT ACCOUNT:**

EDWARD DIETZ	Beth Dietz
MARLENE GAGNE	Donald A. Gagne

**COMPUTER LEARNING CENTER:**

ROBERT GARBER	Russ & June Smith Bev Howells & Joe LeCours
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**NEWSLETTER ACCOUNT:**

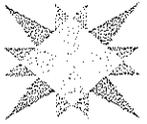
CHARLES W. SHERRIT	Esther Sherrit
JUDY FLEMING	Jack Fleming

*Thank You!*

To Beers & Story and  
The Family of  
**Karen Cyr**

*For the Beautiful Flowers!*

# December 2015

<p><b>1 AMERICAN CHOP SUEY</b> 9-4—SHINE ( by appt.) 10 Beginning Exercise- EX 12:45 Monthly Movie—EX 1 Bingo—CR 1 Needlecraft—CE</p> <p><b>WMEC Holiday Party</b></p>	<p><b>2 CHICKEN BREAST PATTY W/ GRAVY</b> 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Social Security Information Program—CR 10:30 Healthy Bones &amp; Balance-EX 1 Choralites —DR/1 Mah Jongg-CE 1 Pitch-CR</p>	<p><b>3 MEATLOAF W/ GRAVY</b> 10 Alzheimer's Support-C2 10 Beginning Exercise- EX 10 Travel Club-C1 11 Berkshire Hills Music Academy—DR 1 Chip poker—B/1 Quilting-CE 1 Golden Agers—CR 1 Scrabble-L</p>	<p><b>4 BAKED SALMON W/ LEMON</b> 9:30 Grocery Shopping 10 Coffee &amp; Conversation-DR 10:30 Healthy Bones &amp; Balance-EX 1 Bridge-CE/1 Canasta-DR 1 Cribbage-CR/1 Knitting-L</p>	
<p><b>7 SHEPERD'S PIE W/ GRAVY</b> 10- 1- Friend's Boutique 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p><b>8 BIRTHDAY/ANNIVERSARY ROASTED TURKEY W/ GRAVY</b> 10 Beginning Exercise- EX 1 Bingo-CR 1 Needlecraft-CE</p> 	<p><b>9 BBQ CHICKEN</b> 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Healthy Bones &amp; Balance-EX 1 Choralites —DR 1 Mah Jongg-CE 1 Pitch-CR 1-Diabetic Support</p>	<p><b>10 ITALIAN SAUSAGE W/ PEPPERS &amp; ONIONS</b> Sr. Travel Club Trip Veteran's Group ( off site) 10 Beginning Exercise- EX /10 Travel Club-C1 11:20 Electrical Safety Program—DR 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Chip poker—B/1 Golden Agers—CR 1 Quilting-CE/Scrabble-L</p>	<p><b>11 VEAL PATTY W/ GRAVY</b> 9:30 Grocery Shopping 10 Coffee &amp; Conversation-DR 10:30 Healthy Bones &amp; Balance-EX 1 Bridge-CE 1 Canasta-DR 1 Cribbage-CR 1 Knitting-L</p>
<p><b>14 STUFFED SHELLS W/ TOMATO SAUCE</b> 9:30 FOOT NURSE (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR 4 COA Board Meeting-C2</p>	<p><b>15 SIRLOIN TIPS W/SAUCE</b> 9-4—SHINE ( by appt.) 10- 1- Friend's Boutique 10-11 Brown Bag-CE 10 Lo-Vision Support-C2 10 Beginning Exercise- EX 1 Bingo-CR 1 Needlecraft-CE</p>	<p><b>16 HOLIDAY LUNCHEON STUFFED CHICKEN BREAST</b> 9:30 Grocery Shopping 10 Travel Club-C1 1 Choralites Concert —DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p><b>17 BROCCOLI QUICHE</b> 10 Alzheimer's Support-C2 10 Travel Club-C1 1 Chip poker—B 1 Golden Agers—CR 1 Quilting-CE 1 Scrabble—L</p>	<p><b>18 TUNA CASSEROLE</b> 9:30 Grocery Shopping 10 Coffee &amp; Conversation-DR 10:30 Healthy Bones &amp; Balance-EX 11:30 Rep. John Scibak-DR 1 Bridge-CE 1 Canasta-DR/1 Cribbage-CR 1 Knitting-L</p>
<p><b>21 BAKED CHICKEN W/ GRAVY</b> 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p><b>22 VEAL PARMESAN</b> 1 Bingo-CR 1 Needlecraft-CE</p> 	<p><b>23 BEEF STEW W/ POTATOES</b> 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Healthy Bones &amp; Balance-EX 1 Choralites —DR 1 Mah Jongg-CE 1 Pitch-CR</p> 	<p><b>24 STUFFED CABBAGE W/ SAUCE</b> 10 Travel Club-C1</p> <p>Lunch will be served at 11am MOW delivered 10am 8:00—12:00 noon—Center is open 1/2 day.</p>	<p><b>25</b></p> <p><b>Holiday Senior Center Closed</b></p> 
<p><b>28 KIELBASA/LAZY PIEROGI</b> 9:30 FOOT NURSE (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta &amp; 1 Pinochle- DR 1 Mah Jongg-CR</p> <p><b>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</b></p>	<p><b>29 ROASTED PORK W/ GRAVY</b> 9_ Newsletter collating—CE 1 New Year Celebration W/ Entertainment 1 Bingo-CR 1 Needlecraft-CE</p>	<p><b>30 CHEESE LASAGNA W/ SAUCE</b> 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Healthy Bones &amp; Balance-EX 1 Choralites —DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p><b>31 SWEET &amp; SOUR CHICKEN</b> Travel Club-C1 1 Chip poker—B 1 Golden Agers—CR 1 Quilting-CE 1 Scrabble-L</p>	<p><b>ROOM KEY</b> 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>

FRIENDS OF THE SOUTH HADLEY ELDERLY, INC.

December 2015

This is our annual letter to our past, current, and future Friends. Even though the Chronicle is disseminated to the over-60 population, we solicit membership from all age groups. You don't have to be a senior to be a member of the Friends of the South Hadley Elderly, Inc. Our annual dues have not changed – they remain at \$5.00. This is quite reasonable in this day and age, particularly when you realize what we do with the money.

In the past year the "Friends" provided more than \$8,500 to purchase coffee in the dining room at the Senior Center, free copy service, Valentine's Day gifts to the meals-on-wheels participants, the Ice Cream Social, and annual donation to the Council on Aging for activities, special luncheons and other necessary uses.

All of this is done with your annual membership fee of \$5.00 per person. In addition, your donations for the coffee, as well as general donations and memorials for loved ones, our 50/50 raffles, proceeds from the raffle held at the April Volunteer Appreciation Night and October craft fair allow us to continue our activities. The success of our newest endeavor, The Friends of the Elderly Boutique, could not be had were it not for the sales and your generous donations of new and/or clean, gently-used seasonal clothing. Here, too, our fashions are not just for the elderly; our donations come from very fashionable persons. We do not, however, accept or carry children's clothing. The donations of fall and winter clothing are going fast; we could use more merchandise.

You may have heard talk of a new senior center some day. Though it has gone no further than talk, the Friends are doing its part with donations over \$200 going into a special fund for that purpose. Additionally, we have a CD of approximately \$6,300 that will expire in 2016 and have allocated that amount to this fund.

The fiscal year has been changed to the calendar year. The Annual Meeting will be held in January 2016 after the Quarterly Meeting. New members are always welcome. At this time we're also collecting dues for the 2016 calendar year. Checks should be made to "Friends of the South Hadley Elderly, Inc." and can be left at the Senior Center or mailed to Donna Robideau, Treasurer, at 12 Edgewater Lane, South Hadley MA 01075. Cash is always accepted; please don't forget to give us your name and current address. Donations and memorials can also be made at any time. If your 2016 dues are paid before March 15, 2016, your name will be entered into a special drawing for our \$100 Lottery Tree.

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\$5.00 MEMBERSHIP DUES:

NAME:

ADDRESS:

---

DONATION:

MEMORIAL: Made by on Behalf of:

2015 DONATIONS/MEMORIALS

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DONOR NAME		
Tom Terry	Joseph Broske	Theresa Szumski
Sara Lawrence	Elaine Foley	Sara Bach
Ann & Bud Andras	N. and E. Bowdan	June Beattie
Lawrence and Helen Battley	Linda Mason	Jeannett Teece
Ann Root	Patricia O'Connor	Harry Chandler
Stan Wojcik	Kathy Gallivan	Margaret Murray
Evelyn Zwirko	Shirley Bertrand	Knitters Club
John and Sue Hagberg	Gail Bielenza-Pafford	SH Women's Club

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2015 MEMORIALS

In Memory Of	Made by
Jack Remlin	Betsy Remlin
Isabella and Tom Simpson	Doug and Linda Simpson
Rene Casavant	Joan Casavant
Al Fernandes	Bea Fernandes
Andy Sledzieski	Joyce and Tom Hudock, Sr.
Robert Daunais	Phoebe Daunais & Family
Lionel Brindamour	Brindamour Family
Richard LaFrenier	His Sister, Donna
Grace Wolfindale	Her Daughter, Donna
Alphonse and Beatrice Brunelle	Luke and Josie Brunelle
Joseph and Madeline Gomez	Luke and Josie Brunelle
Thomas Army	Lorraine Army
Rene Leduc	Jacqueline Leduc
Bruce Conway	Glenn Conway
Donald and Ruth Miller	Richard and Linda Cadieux
Edward Cwieka	J. A. Healy
Anna Chandler	Harry Chandler
Muriel Hunter	Russ and June Smith
Connie Wojcik	Stanley Wojcik
Paul Carboneau	Phyllis Carboneau
Tom Tetlow	Irene Tetlow
Muriel Hunter	Marcia Petri
Wilfred and Betty Prevost	Wm. and Olga Dalton
Edward and Helen Meon	Wm. and Olga Dalton

## DOREEN'S INFO

Happy December to all. Another year has quickly passed. Too fast for me. I think one way of slowing down time is for one to pace themselves and not rush around so much.

As always our Halloween Luncheon was so much fun. I loved seeing the imaginations of our seniors come out in the various costumes. The Halloween costumes winners were: First place – Stella Warzenski as Hawaiian Beauty, Second place – Sandra Kadle as Spider Web and Third place- Carol Griffin as Witch.

We recognized and honored local Veterans on November 10th. Thank you to all Veterans who have served and to those who are still on active duty. Our Veteran's support group meets monthly and is open to all Veterans' no matter what branch of service you were in or currently in or where you served. Please come and join us on the second Tuesday of each month. Currently the group is planning a trip to the New England Air Museum in Winsor, CT on March 10, 2016. If you are a Veteran or know of a Veteran who would be interested in going please come to our next meeting on January 14, 2016.

Our Winter Holiday Luncheon will be held on Wednesday, December 16<sup>th</sup>. Please mark your calendar and join us for this luncheon and stay to hear the beautiful voices of the Chorallites.

This season many of us are going through our closets putting the summer and fall clothes away and digging out our heavy jackets, gloves, and boots. If you find you are creating a clothes donation pile – think about sharing any clean, gently used items with the South Hadley Friend's of the Elderly – Fashion Boutique. Please check the monthly calendar to check on the dates the Fashion Boutique will be here. Come and shop around, you may find just what you were looking for.

Please make note, the Wednesday & Friday Osteoporosis Exercise class has been renamed. This class will now be called **Healthy Bones & Balance**.

If anyone is interested in starting a Dominoes games, please let me know.

I am in great need of volunteers for our Nutrition Program, Meals on Wheels. I am looking for packers. I am also looking for volunteers to help set up the dining room for daily lunches and special events and substitute when needed. If you are interested please contact me – 538-5042, exit 205 or email me at [dmcDonald@southhadley.ma.gov](mailto:dmcDonald@southhadley.ma.gov) I would like to welcome our newest volunteer's Viola Rojowski, Debora Pouliot and Terry Zukerman. In October volunteers logged 6,857 hours. THANK YOU!

*Doreen*



## SO. HADLEY COUNCIL ON AGING

Computer Learning Center

South Hadley Senior Center

45 Dayton St., South Hadley, MA 01075

Telephone: (413) 533-6889

In the coming months the Computer Learning Center is planning to offer classes for Introduction to Computers and Excel 8.1. A new IPAD class will be offered as well as Greeting Cards. Each class has an easy to follow lesson book that is yours to keep. Individual tutoring is also available. If you are interested in learning new skills or refreshing your present skills, please call 533-6889 and leave your name, phone number, and the class that interests you. We will return your call as soon as possible.

PLEASE REMEMBER TO RECORD ALL OF YOUR VOLUNTEER HOURS. THEY ARE IMPORTANT IN THE FUNDING OF THE COA. THANK YOU!

### SOCIAL SECURITY ADMINISTRATION INFORMATIONAL PROGRAM

**Wednesday, Dec. 2nd - 10:30 a.m. -Card Rm.**

Representatives from the Social Security Administration will do an educational program about the benefits and services. There will be an overview of Social Security, Supplemental Security Income benefits, Medicare entitlement and available services. Assistance will be provided in registering "My Social Security" that will allow a person receiving benefits to obtain proofs of income, replacement SSA-1099, and changes to their records. Additionally, those not yet receiving Social Security benefits can review their statement and obtain benefit estimates via their "My Social Security" account. Please call 538-5042 to register for this program.

**NEW YEARS CELEBRATION**-Everyone is invited to join in and welcome in 2016. On Tuesday, December 29th at 1 p.m. after lunch in the Senior Center dining room, Steve Ciechomski and Tom Kostek of the "Steve and Tom Duo" will perform a vast repertoire of music from the 40's through the 70's for your listening pleasure. This entertainment is courtesy of the Friends of S. Hadley Elderly. The lunch will be Roast Pork. Please sign up for lunch if you want to eat first. All are welcome to attend the event, but please sign up even if you only want to listen to the music for adequate seating by calling 538-5042.

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

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<p><b>Curran O'Brien</b>  <b>FUNERAL HOME</b></p> <p>Supporting The Council on Aging</p> <p>33 Lamb Street      South Hadley      538-4642  <a href="http://www.curranjones.com">www.curranjones.com</a></p> <p>T.J. O'Brien      Joe Curran      Vincent Govoni      Directors</p>	<p><b>STATE REP. JOHN W. SCIBAK</b>      P. O. BOX 136, SO. HADLEY, MA      Tel: (413) 539-6566 Fax: (413) 539-5855      E-mail: <a href="mailto:Rep.Johnscibak@hou.state.ma.us">Rep.Johnscibak@hou.state.ma.us</a></p> <p><b>Hair Services for Men &amp; Women</b>  <i>in your home</i>      Call Barbara at      538-9516 or 885-0371  <i>Serving the Elderly &amp; Disabled 25 Years</i></p>	 <p><b>BEERS &amp; STORY</b>  <b>SOUTH HADLEY</b>  <b>FUNERAL HOME</b></p> <p>•Preplanning      •Burial •Cremation</p> <p>646 Newton St.      South Hadley      533-4400  <a href="http://www.beersandstory.com">www.beersandstory.com</a></p> <p>Marc G. Gaudreau      Wendy L. Story      Directors</p>
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