

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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THE GOLDEN CHRONICLE

JANUARY 2016

CHRISTMAS GIFT CARD AND ELECTRIC CREDIT THANKS: A great big THANK YOU to the many individuals and businesses in South Hadley who contributed to the Christmas grocery gift card and "Lights On" program. It is only through your generosity that the Council on Aging is able to assist residents and bring them some cheer.

Through the program clients choose between a grocery gift card or electric light credit. This year only a few chose the \$100 gift card to a local grocery store. In January or February many other will receive a \$100 credit on their electric bill through the "Lights On" donations. If you believe you need financial assistance please call the COA.

Thank you to the following for contributing \$100 or more: South Hadley Lions Club, Dana Muller and Gary Steigerwalt, Carole Sullivan, David Laroche, Rosemary Hendricks, Red Hat Bee-lievers and the South Hadley/Granby Chamber of Commerce in addition to many anonymous donors. Thanks to everyone who contributed to this community holiday program. Your generosity is greatly appreciated by the recipients as expressed in thank you notes sent to the COA. Additional *Holiday* donations will be acknowledged in a future edition of the newsletter.



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 PM OF THE PREVIOUS DAY. Meals should be cancelled by 9am each day. Suggested donation \$2.25 for participants 60 and over. Guests under 60 must pay \$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

Tues., Jan. 19, 2016, Mohegan Sun Casino w/full casino package. \$23.00. Tues., Feb. 16, 2016, Twin River Casino w/full casino package. \$26. Call Howie Walsh 593-6286 for both trips. Player's card or picture ID required for all casino trips. Wed., March 23, 2016, A personal tour of the Mass. State House hosted by State Representative John Scibak. If in session, we will be observing the Senate and The House of Representatives as they convene in their respective chambers. A box lunch of sandwich, drink, and chips will be provided in one of the State House rooms. \$40. Call Judy Fortier 534-3598. Tues., April 12, 2016, The Newport Playhouse and Cabaret Restaurant- great buffet with a wide variety of delicious entrees. After dining, reserved seats in the theater for the comedy filled play "ONE SLIGHT HITCH." After the play, return to the dining room for a Cabaret Show filled with laughter. \$89.00. Call David Bellefeuille 533-7724. Tues., May 17-Friday, May 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 luxurious CORK FACTORY HOTEL, 3 breakfasts and 3 dinners, a guided Amish VIP tour. \$579.00. Call Susan Canedy, 536-2106 or Judy Fortier, 534-3598. Fri., June 3rd Keepsake Quilting & lunch. \$79. Call David Bellefeuille 533-7724.

HAPPY NEW YEAR

NOTES FROM THE DIRECTOR



With the passing of another year I am beginning to believe they are going by quicker. I wish everyone a Happy, Healthy New Year! You might think about visiting the South Hadley Senior Center as one of your resolutions. It really is important to get out of the house during the winter months to stay positive and make the dreary days seem shorter.

The holiday luncheon was wonderful! Thanks to Rep. John Scibak for the letter openers. I also want to thank all of the volunteers and the staff for the extra effort in contributing to the success of this event. The Choralites made the event even "brighter" with their wonderful repertoire of songs. Special thanks to Rita Lawler, Director, and Gert Kennedy at the piano.

I want to express my thanks to Bethany Moffat who worked at the Senior Center for 3 years. She was placed here as part of the Mature Workers Program for training. Bethany was a very conscientious and faithful employee. Now she has taken another position through the program. On behalf of the staff and volunteers, I take this opportunity to say thank you and that we all wish you the best.

Happy 2016!

NEW SENIOR CENTER FUND \$54,103.44

2016 MEDICARE PART B PREMIUM

You may have heard your Medicare Part B premium is going up. This is not true for everyone!

Those whose Part B premium was deducted from their Social Security check last year will continue to pay \$104.90 per month.* Those newly enrolled in Part B this year will likely pay \$121.80 per month.

People with limited income and assets may qualify for a program that will pay their premium. Those with incomes greater than \$85,000 per year (\$170,000 for a couple) have higher premiums and will pay between \$170.50 and \$389.80 per month for Part B.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you through free, confidential counseling on all aspects of health insurance. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636) then press or say "3". Once you get the SHINE answering machine, leave your name and telephone number and a volunteer will call you back as soon as possible.

*There was **no** cost of living increase in Social Security benefits for 2016 and the law prevents benefit checks from being reduced.

SPECIAL THANKS TO: *Linda Callahan, Maryanne Frette and Herb Baker for working on Friday, November 27th to deliver the Meals on Wheels to their clients while other Town employees had the day off.

*All Saints Episcopal Church for the Angel Tree gifts

*Carole Sullivan for the \$500 donation for gift cards and "Lights On"

*Barbara Vanderpoel for the 12-pack of paper towels.

*Mary Lafleur for the yarn

*Les Dickinson for the weekly donation of bread and baked goods

*Donna Robideau for the very generous donation

*South Hadley/Granby Chamber of Commerce for the \$500 donation to the Gift Card program

*The students of Alphabet Soup, Ferry Street, S. Hadley for the beautiful holiday cards they created for the home-delivered meals recipients.

FROM THE SOUTH HADLEY ELECTRIC LIGHT DEPT.

There have been a number of telephone calls to Light Department customers threatening to shut off their power unless immediate payment is made. These calls do not come from us, and they are not authorized by us.

We operate under strict guidelines set by the D.P.U. (Dept of Public Utilities). These guidelines require several written notifications (not phone calls) before power is shut off.

Some scammers are sophisticated and leave a telephone number. When that number is called, they answer, giving the name of our Light Dept. If you get one of these calls, hang up and call us.

Some scammers make an offer to senior citizens and ask for confidential information such as social security numbers. It's important to realize that we don't have special rates for senior citizens. Sometimes scammers say they're from the Light Department and offer products. We don't offer LED lights or other products over the phone. If you get one of these calls, do not give out your credit card information. When in doubt, call us at 413-536-1050.

The picture below was taken by Ray Gooley from SHEL D who spoke on electrical safety at the Sr. Center on Dec. 10th.





Outreach News
by Ann M. Andras
Social Service Coor

Be Prepared For Winter Weather

The predictions are in....this winter will be as harsh as last year! With that in mind you might be thinking of how prepared you are for weather conditions that could leave your home without electricity or running water. Here are a few tips provided by the Massachusetts Emergency Management Agency:

- Keep a flashlight and portable radio close by (don't forget the extra batteries)
- Bottled water
- Canned foods and nonperishable items, for example: tuna, fruits and vegetables, fruit juice, dried fruits and nuts, peanut butter & jelly, crackers, bread, cookies, coffee and tea
- A manual can opener
- Copies of medical information, such as your Medicare and insurance cards
- Extra prescriptions and other over the counter items, such as a pain reliever, band aids, toothpaste and toothbrushes

Be prepared and stay safe! We're all in this together, so don't hesitate to check in on an elderly neighbor when the weather gets rough. Best Wishes for a Happy New Year,

Ann

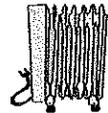


"LIGHTS ON"

The South Hadley Council on Aging is once again offering an electric light credit to those senior residents in need. Some financial guidelines apply. If you are currently receiving fuel assistance, Brown Bag, SNAP, or experiencing a financial difficulty we may be able to help. Funds are available. Residents who have received a grocery store gift card at Christmas are not eligible for the "Lights On" credit. Please contact Ann at 538-5042 extension 206 to request a credit. Your privacy is very important to the Staff at the Council on Aging. Please, be assured that your request for assistance will be strictly confidential.

2015/2016 Fuel Assistance Guidelines

<u>No. of People</u>	<u>Income Limit</u>
1	\$33,126
2	\$43,319



Help with fuel assistance is still available. If you would like my help to apply, please call for an appointment. I can be reached at 538-5042 extension 206.

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 (Future Purchase) | <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.
 JANUARY MENU**

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

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.

Healthy Cooking with a Microwave

By Abby Puppolo, UMass Dietetic Intern

What automatically comes to mind when you hear the word microwave? There tends to be a misconception with microwaves. It is often thought that the only purpose is to reheat food or make popcorn. Some may even believe that a microwave strips important nutrients from foods. Well, microwaves can be used for more than just making popcorn. It can be used to reheat, cook, and defrost foods and provide you with healthy meals and snacks!

When some nutrients are exposed to heat, such as vitamin C, they break down more easily and lose some nutritional value. The ideal cooking method to preserve nutrients in foods is to cook quickly, heat foods for a short amount of time and use as little water as possible. Due to a microwave using shorter cooking times, it does a better job preserving vitamin C and other nutrients that break down. Adding a small amount of water with microwave cooking allows for the foods to be steamed from the inside out. This method preserves more vitamins and minerals compared to any other cooking method.

A microwave is also a great way to make something quick and easy. Utilizing this cooking technique can help cut back on the stress and amount of time to clean up after making a meal. You can choose healthier and more nutritional options and refrain from ordering out. It is also a perfect solution if you are only looking to serve one or two!

Try this Vegetable Omelet!

- 1 quick spray of Pam
- 1 Tbsp. shredded cheese
- 1/4 c spinach chopped
- 2 Tbsp. chopped tomato
- 1 Tbsp. skim milk
- 2 Eggs
- 1 Tbsp. chopped onion

Lightly coat a 2 cup microwave safe bowl. Break 2 eggs into bowl and add 1 Tbsp. of skim milk, scramble. Add chopped vegetables and scramble well. Microwave on high for 1 minute. Remove and stir again. Return to microwave on high for another minute. Remove and sprinkle one Tbsp. shredded cheese on and return to microwave for 10 sec.

Information obtained from: <http://www.health.harvard.edu/staying-healthy/microwave-cooking-and-nutrition>

Recipe found at: <https://recipes.sparkpeople.com/recipe-detail.asp?recipe=1317671>

 * PLEASE JOIN US! *
 * WMEC Nutrition Presentation *
 * By Abby Puppolo, UMass Dietetic Intern *
 * "Did You Know Protein Can Help Reduce the Risk of Falling?" *
 * THURSDAY, JANUARY 21ST *
 * 11:20 A.M. *
 * SENIOR CENTER DINING ROOM *

IN MEMORIAM

IN MEMORY OF:

FROM:

NEW SENIOR CENTER FUND:

WILMA BOUDREAU Patricia Kraske
HEDWIDGE "HEDY" MAGRATH Patricia Kraske
Kay G. Althoff
Maureen A. Flannery
Jewel M. Slepchuk

NANCY HERRICK Ken Ellis

MARGARET WHITENETT Carolyn Dupuis

RICHARD DUPUIS Carolyn Dupuis

NUTRITION:

MARY WILLIAMS Kenneth Williams

TOM ARNY Lorraine Arny

CARL POPIELARZ Gilles & Claire Rouleau

VIVIAN SUPCZAK Margaret & Adelard Jodin

HANNELORE S. PARKS Edward M. Parks

TOM TETLOW Irene Tetlow

CHRISTMAS GIFT CARDS:

GEORGE & EVELYN EDGE Evelyn Simpson and
Nancy & Shawn Hall

NORM GAGNON Linda & Doug Simpson

ISABELLA & TOM SIMPSON Linda & Doug
Simpson

STANLEY ORZECZOWSKI Renée Orzechowski

CHRISTINE MCCULLOUGH Donald McCullough

HELEN S. DZURIS Edward F. Dzuris

EMERGENCY FUND:

SHIRLEY SCANLON Corinne LeMay

MOTHER'S GARDEN:

SHIRLEY EISENSTOCK James Eisenstock

SUBSIDIZED SENIOR TRANSPORTATION:

RALPH David Perwak

MINIBUS (FUTURE PURCHASE):

MARY CLEMENT-ALLEN Brad Allen

IN MEMORIAM

IN MEMORY OF:

FROM:

MINIBUS MAINTENANCE ACCOUNT:

ROGER & RED CHARETTE Laura Gauthier

ROGER GAUTHIER Laura Gauthier

JACK RYAN Lucille Ryan

LIGHTS ON:

ED PLICHTA Erline Plichta

PAUL NORMAND Melide C. Normand

NORM GAGNON Linda & Doug Simpson

ISABELLA & TOM SIMPSON Linda & Doug
Simpson

RENE LAVERDIERE Tillie Laverdiere

HANNELORE S. PARKS Edward M. Parks

ROBERT BERTRAM Howard & Barbara Redfern

ANN ANOP Howard & Barbara Redfern

JAMES BURNETT Elinor Burnett

NEWSLETTER ACCOUNT:

CAROL & LOU BANACH George & Rosemary
Griffin

NORM GAGNON Zeke & Phyllis McClaflin

WINNIE GOULDING Zeke & Phyllis McClaflin

TOM FITZGERALD Zeke & Phyllis McClaflin

KAREN CYR Zeke & Phyllis McClaflin

ROGER & RED CHARETTE Laura Gauthier

ROGER GAUTHIER Laura Gauthier

DOTTIE RENNER Harold Renner

LAWRENCE J. SEXTON, SR. John W. Sexton

DONALD ST. PIERRE Dorothy St. Pierre
(3rd Anniversary)

BETTY DZWONKOSKI Carol Volpe
Helen Dzwonkoski

VIVIAN SUPCZAK Margaret & Adelard Jodin

CHET TOWNE Nancy L. Towne

HANNELORE S. PARKS Edward M. Parks



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



2016

IN TOWN TRANSPORTATION
 AVAILABLE MONDAY-FRIDAY
 FROM 9-3, BY APPOINTMENT
 ONLY.



**1 CENTER IS CLOSED
 NEW YEAR'S HOLIDAY**

**Happy
 New Year!**

4 SWEET & SOUR CHICKEN
10- 1- Friend's Boutique
 10 Music Appreciation-CE
 10 Tai Chi-EX
 1 Canasta- DR
 1 Pinochle- DR
 1 Mah Jongg-CR

**5 BIRTHDAY/ANNIVERSARY
 ROASTED TURKEY W/ GRAVY**
 10 Beginning Exercise-EX
 1 Bingo-CR
12:45 Monthly Movie-EX
 1 Needlecraft-CE

6 SPAGHETTI W/ MEATBALLS
 9:30 Grocery Shopping
 10 Travel Club-C1
 10:30 Healthy Bones & Balance-EX
1 Choralites -DR
 1 Mah Jongg-CE
 1 Pitch-CR

7 VEAL PATTY W/GRAVY
10 Alzheimer's Support-C2
 10 Beginning Exercise-EX
 10 Travel Club-C1
 1 Chip poker-B
 1 Quilting-CE
 1 Golden Agers-CR
 1 Scrabble-L

8 FLORENTINE POLLOCK
 9:30 Grocery Shopping
 10 Coffee & Conversation-DR
 10:30 HB & Balance-EX
 1 Bridge-CE
 1 Canasta- DR
 1 Cribbage - CR
 1 Knitting-L

11 MEATLOAF W/SAUCE
 10 Music Appreciation-CE
 10 Tai Chi-EX
 1 Canasta- DR
 1 Pinochle- DR
 1 Mah Jongg-CR
4-COA Board meeting

12 CHICKEN TERIYAKI
**9:30-WMEC Advisory
 Council meeting-C2**
10- 1- Friend's Boutique
9-12 SHINE (by appt.)-C2
 10 Beginning Exercise-EX
 1 Bingo-CR
 1 Needlecraft-CE

13 ROASTED PORK W/ GRAVY
 9:30 Grocery Shopping
 10 Travel Club-C1
 10:30 Healthy Bones & Balance-EX
1 Choralites -DR
 1 Mah Jongg-CE
 1 Pitch-CR

14 HAM/NOODLE CASSEROLE
10 Veteran's Support Group
No Beginning Exercise
 10 Travel Club-C1
**12:30-2pm Blood Pressure
 Screening w/ Nurse**
 1 Golden Agers-CR/1 Quilting-CE
 1 Scrabble-L

15 FIESTA POLLOCK
 9:30 Grocery Shopping
 10 Coffee & Conversation-DR
 10:30 HB & Balance-EX-EX
 1 Bridge-CE
 1 Canasta- DR
 1 Cribbage - CR
 1 Knitting-L

**18 MARTIN LUTHER KING ,JR.
 HOLIDAY
 CENTER IS CLOSED**



Martin Luther King, Jr. Day

**19 HERBED CHICKEN W/
 GRAVY**
So. H. Sr. Travel Club Trip
10-11 Brown Bag-CE
No Lo-Vision
12:45 Monthly Movie-EX
 10 Beginning Exercise-EX
 1 Bingo-CR
 1 Needlecraft-CE

**20 STUFFED PEPPERS W/
 TOMATOSAUCE**
 9:30 Grocery Shopping
10- 1- Friend's Boutique
 10 Travel Club-C1
 10:30 Healthy Bones & Balance-EX
1 Choralites -DR
 1 Mah Jongg-CE/1 Pitch-CR

21 FRENCH MEAT PIE W/ GRAVY
10 Alzheimer's Support-C2
 10 Beginning Exercise-EX
 10 Travel Club-C1
11:20 Nutrition Program-DR
1 Friends Annual meeting - DR
 1 Chip poker-B/1 Golden Agers-CR
 1 Quilting-CE
 1 Scrabble-L

22 POLLOCK LOINS
 9:30 Grocery Shopping
 10 Coffee & Conversation-DR
 10:30 HB & Balance-EX
11:30 Rep. John Scibak-DR
 1 Bridge-CE
 1 Canasta- DR
 1 Cribbage - CR
 1 Knitting-L

25 LASAGNA W/MEAT SAUCE
9:30 FOOT NURSE (by appt.)
 10 Music Appreciation-CE
 10 Tai Chi-EX
 1 Canasta- DR
 1 Pinochle- DR
 1 Mah Jongg-CR

26 OVEN-FRIED CHICKEN
 9 Newsletter Collating-CE
9-12 SHINE (by appt.) -C2
9 TRIAD So.H. Police Station
 10 Beginning Exercise-EX
 1 Bingo-CR
 1 Needlecraft-CE

27 MACARONI & CHEESE
 9:30 Grocery Shopping
 10 Travel Club-C1
 10:30 Healthy Bones & Balance-EX
1 Choralites -DR
 1 Mah Jongg-CE
 1 Pitch-CR

28 LIVER & ONIONS W/ GRAVY
10- 1- Friend's Boutique
 10 Beginning Exercise-EX
 10 Travel Club-C1
 1 Chip poker-B
 1 Golden Agers-CR
 1 Quilting-CE
 1 Scrabble-L

29 CATFISH FILLETS
 9:30 Grocery Shopping
 10 Coffee/ Conversation-DR
 10:30 HB & Balance-EX
 1 Bridge-CE/1 Canasta-DR
 1 Cribbage - CR
 1 Knitting-L

DOREEN'S INFO

I would like to wish everyone a very healthy, safe and happy 2016. I need to start my article with a correction note. Last month in my article I stated the volunteers hours for October /2015 were 6,857. That is incorrect. The Volunteers hours logged were 1078.5. If you would like to help increase those hours and become a volunteer, please contact me. I would be happy to go over the volunteer opportunities we have. I can be reached at 538-5042, ext #205.

Please note that the Lo-Vision support group does not meet during the winter months. They will resume meeting on March 15, 2016.

Starting this month there will be two movies shown a month. The dates are Tuesday, January 5th – "The Second Exotic Marigold Hotel" will be shown. Next monthly movie day is the 19th and the movie will be 'Admissions'.

December was a busy month at the COA. The Berkshire Hill Music Academy did a concert for our seniors. They're always welcome here and their music is great. Our holiday lunch was a special event. It is so nice to see everyone helping to spread good cheer. The Choralites concert was very moving. If you haven't heard them – please keep an eye out for their next concert.

This month is also a busy month. Our Birthday/Anniversary lunch will be held on January 5th. If you are celebrating a birthday or wedding anniversary this month, please sign up for this lunch.

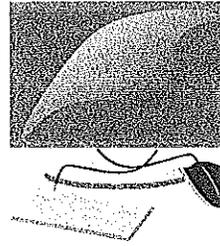
In the start of the New Year many of us make a resolution that we will take better care of their health and exercise. The COA can help with keeping that commitment. We have several exercise programs that run Monday – Friday mornings. We also have exercise equipment to use. It is always a good idea to keep those muscles moving during the winter months. On the second Thursday of the month the nurse will be here at 12:30pm – 2pm to do blood pressure screenings.

South Hadley's Friend's of the Elderly – Fashion Boutique is a big hit. It is worth stopping by to see the variety of items they have. You may just find what you have been looking for. They will be here on Monday the 4th, Tuesday the 12th, Wednesday the 20th and Thursday the 28th.

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.

Currently the group is planning a trip to the New England Air Museum in Windsor, CT on March 10, 2016. Our next meeting is on January 14, 2016.

Best wishes,
Doreen



SOUTH HADLEY COA

Computer Learning Center
South Hadley Senior Center
45 Dayton Street, So. Hadley,
MA 01075

Telephone: (413) 533-6889

The South Hadley Council on Aging computer Learning Center offers a wide variety of computer classes. Even with no prior computer experience our Introduction to Computers course will teach you the basics of computers. Also included are common word processing functions, spreadsheets and database programs as well as using the Internet. You have an easy to follow instruction book to take home with you. Individual tutoring is also available. For more information, call (413)533-6889 and leave a message. We will return your call.

The SHCOA Computer Learning Center is available to individuals 50 and over. It is not necessary to live in South Hadley to participate. For more information call (413) 533-6889. Leave your name and number and your call will be returned.

FRIENDS OF SOUTH HADLEY ELDERLY, INC.

The membership drive begins. Become a member by March 31, 2015 and you will be eligible for a raffle of a \$100.00 scratch ticket tree. All are welcome. You do not have to be a senior. People of all ages, male or female, and non-residents are eligible to become members. Dues are \$5.00 per person for membership year 2015. Checks should be made out 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. The drawing will be held on March 16, 2016 at the St. Patrick's Day luncheon.

IMPORTANT REMINDER

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

Transportation is available to various destinations in South Hadley. Funding is provided in part by the Executive Office of Elder Affairs, the Town of South Hadley and donations. During the month of November the COA provided 413 rides.

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

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