



THE GOLDEN CHRONICLE


THE SOUTH HADLEY COUNCIL ON AGING

The mission of the South Hadley Council on Aging, with the support and participation of the community, identifies, advocates, and implements meaningful, educational, cultural, social, volunteer and wellness activities for persons age 60 and over.

 Monday - Friday
8 a.m. - 4:30 p.m.
Tuesdays until 7 p.m.

 45 Dayton Street
South Hadley, MA 01075

 413-538-5030

 coa@southhadleyma.gov

 southhadley.org

 @southhadleycoa

January 2022

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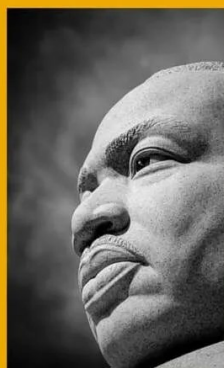
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Martin Luther King Jr.

"THE ULTIMATE TRAGEDY IS NOT THE OPPRESSION AND CRUELTY BY THE BAD PEOPLE BUT THE SILENCE OVER THAT BY THE GOOD PEOPLE."

Technology Class Survey

Recently, we hired Vincent "Vinnie" Bonilla, an adjunct professor with Porter and Chester Institute, who has an extensive background in the field of technology. Vincent is currently developing a curriculum for future classes and needs your help. Please take a moment and fill out a brief survey by following this link:

<https://forms.gleMXMyTmqizD5FMn376>

A hard copy of the survey is available at the welcome desk.

Black and White Ball with Richie Mitnick and Special Guest

Thursday, January 13 at 2 p.m.
Reservations required- limit 40

Dress up in your black and white best for a special afternoon of music and fun! Our photographer Kenny Rogers will be on hand to take some black and white photos!

Richie Mitnick and his special guest will be our entertainment! Richie is well known throughout the area and a local favorite. Due to the ever changing Covid-19 conditions, we will offer this concert as an in-person event with a limit of 40 people, and as a live broadcast on Channel 15.



Lifelong Learning Series Survey

The South Hadley Senior Center, in partnership with Mount Holyoke College, have begun preparations to offer a monthly Lifelong Learning Series for the older adult community in South Hadley. As part of the preparations, The group has developed a quick survey to collect preferences and gather suggestions for lecture topics to make the program wide-ranging. Thank you for taking a few minutes to fill out a brief, online survey at <https://forms.gle/B6RHGFZNmxZrffmRA>. Hard copies of the survey are available at the welcome desk.

Sign-ups for all January events, programs and activities begin **January 3 at 8 a.m.**

Volunteer Corner

Shout out to all our amazing volunteers! You make such a difference every day!

We are looking for anyone interested in **light custodial**, and or **dishwashing work** a few days a week. If you are interested in learning more, please contact Kathy Florence, Volunteer Coordinator.



Tech Time with Vinnie

Call to schedule a half hour appointment
Wednesday 9 to 11 a.m. & Friday 1 - 3 p.m.

Vincent "Vinnie" Bonilla is the Center's new technology instructor. Throughout January 2022, Vinnie will have regular office hours to answer questions, give advice, gather feedback, and hear concerns about your electronic devices - all Apple and Android devices are welcome.



Technology Security Education with Vinnie

2nd Friday of the month from 12:45 - 1:30 p.m.

This informative class is designed to increase your level of security awareness when you use your devices. All levels are welcome. Topics include learning to distinguish between a scam email and an authentic email when it comes to banking and online solicitation and how to tell the difference between a secure and a non-secure website. This class will also build your confidence with online purchasing. Please pre-register for this class. Space is limited.



Lunch Program

Monday - Friday, 11 a.m. - 1 p.m.

Lunch Served at Noon

Reserve meals by noon the day before.

Anonymous, suggested donation is \$2.25 for 60 or older and guests under 60 are charged \$6.50 per Federal Regulations. Title III-C Congregate Meal Site program provided by WestMass ElderCare through funding from the Executive Office of Elder Affairs. For questions about meals, please call the Nutrition Department at 413-538-9020.



Great Coffee and Free Wifi!!

Monday - Friday 8 a.m. - 2 p.m. Cash Only

Billy and Sharon serve up fresh muffins and danish daily. Regular and Specialty coffees. Hot Cocoa by the fireplace! Soup and sandwiches available after 11 a.m. for sit-down or take-out. Lunch choice: Ham & Cheese and Turkey & Cheese with lettuce and tomato with chips or a side of soup. Two homemade soups offered weekly. Additional items include: Juice, yogurt, breakfast bars, crackers and cookies.

Let's Celebrate! Monthly Birthday & Anniversary Meal

Tuesday, January 11 - 2nd Tuesday of the Month
Reserve your meal by Friday, January 7

If you are celebrating a birthday or anniversary in January, please let us know when you sign-up for the Tuesday, January 11 WMEC meal. Celebrants eat free courtesy of the Friends of the South Hadley Seniors. This month we're viewing the December Jimmy Mazz show during lunch. You must reserve your meal by Friday, January 7.

A Note From Leslie

Happy New Year!!

May the New Year bring you happiness, peace, and prosperity! I am very happy to report that the daily meals, which are provided by WestMass ElderCare's new catering company, are a huge improvement over the meals from the previous caterer. Lunch is served Monday through Friday at noon. Please reserve your meal by noon the day before.

We are open every Tuesday night until 7:00 p.m. and we've scheduled a smorgasbord of evening classes

and programs for you to attend (see page 5).

We have two surveys we hope you will complete to help us maximize our success for two new programs; the Lifelong Learners series with Mount Holyoke College and our grant funded technology classes. Online links to the surveys can be found on the first page of the newsletter. We also have paper copies of both surveys at the welcome desk. Please stop by and add your thoughts and suggestions.

If you are the caregiver of someone with Alzheimer's Disease,

Dementia or a memory loss illness, please see our support services on page 8. The South Hadley Senior Center has multiple services to support and assist South Hadley residents.

With the winter weather here, watch for cancellations and delays for Senior Center hours and programs on channels 40, 22 and 3. www.southhadley.org/324/Council-on-Aging

The Senior Center will be closed on Monday, January 17 in observance of Martin Luther King, Jr. Day.

4 Activities Schedule

Weekly Activities - Call or email COA@southhadleyma.gov for activity details

Monday		Tuesday		Wednesday	
8 a.m.	Billiards	8 a.m.	Billiards	8 a.m.	Billiards
9 a.m.	Cornhole	9 a.m.	Stretch and Go	9 a.m.	Dance with Loryn
9:30 a.m.	Academic Drawing & Painting	10 a.m.	Fitness Basics	9:30 a.m.	Circuit Training
10 a.m.	Tai Chi & Qigong for Health & Relaxation	1 p.m.	Bingo	9:30 a.m.	Healthy Bones & Balance
1 p.m.	Zumba Gold	1 p.m.	Gentle Yoga	10:30 a.m.	Fitness Room Orientation
1 p.m.	Mah Jongg	1:30 p.m.	Learn to play Pinochle	10:45 a.m.	Healthy Bones & Balance
1:15 p.m.	Monday Movies	5:45 p.m.	Line Dancing for Beginners	11 a.m.	Gratitude Journal Group
				1 p.m.	Mah-Jongg
				1 p.m.	Pitch

Thursday		Friday	
8 a.m.	Billiards	8 a.m.	Billiards
9 a.m.	Stretch and Go	9 a.m.	Cornhole
9:30 a.m.	Watercolors	9 a.m.	Friday by the Fireside
10 a.m.	Fitness Basics	9:30 a.m.	Healthy Bones & Balance
11 a.m.	Seated & Standing Yoga	10:45 a.m.	Healthy Bones & Balance
1 p.m.	Chip Poker	1 p.m.	Learn to Knit
1 p.m.	Quilting	1 p.m.	Country Beat Fitness
1:15 p.m.	Chair Volleyball	1:15 p.m.	Cribbage
		1:30 p.m.	Bridge
		1:30 p.m.	Fiber Arts Club

Monday, January 3 Sign-up for January events

Due to the ever-changing Covid-19 conditions, all of our planned events, programs, and activities are subject to change. Registration is encouraged so we know who to contact if there is a change in programming.

Groups & Wellness

Nail Care

Every other Monday, 9 a.m. - Noon

Basic manicure - 15 minutes for \$10.00

Manicure with polish - 30 minutes for \$20.00

Foot beautification - 30 minutes for \$30.00

Foot Nurse, Sharon Beaulieu, RN

1st Tuesday of the month, 9 a.m. - 10:30 a.m.

Fee is \$35.00 cash/check to provider. To schedule an appointment at the Senior Center please call 413-538-5030. To book a house call with Sharon call: 413-552-9533.

COA Office Hours for Veterans

1st and 3rd Friday of the month, 10:30a.m. to 1:30p.m.

Mike Slater has office hours at the COA for questions about VA benefits and services.

Low Vision Group

2nd Tuesday of the Month at 10 a.m.

The group continues to welcome new members. Any senior who has received a medical diagnosis of legal blindness OR is visually impaired or low vision can join. Contact Ann Andras for more information.

Hampshire Hearing & Speech Services Hearing Screenings & Hearing Aid Cleanings 2nd Tuesday of the Month, 9 a.m. - 12 p.m. Call to make an appointment

With Audiologists Allison Holmberg and Lisa Howard. When you call to book your appointment, please specify whether you would like a screening or a cleaning.

Veterans Social Hour

4th Wednesday of the Month at 10 a.m.

Visit with Mike Slater, the S.H. Veteran Service Provider, and your fellow veterans. Chat, reminisce, share concerns, or inquire about benefits and services.

Visit with Board of Health Community Nurse, Marge Bernard, RN 2nd Thursday of the Month 12:30 p.m. - 2 p.m. Drop-in

Available for monthly drop-in visits at the Senior Center. Blood pressure checks, share a concern, ask a question, and more. Drop in, or you can always call Marge at 413-536-6688.

NEW **Cornhole at Night**
Tuesday, January 11 and 25
at 4:30 p.m.

Join the cornhole group for some fun on Tuesday January 11 and 25.

NEW **Ukulele Group Lessons and Play**

Tuesdays at 5:30 p.m.
Lessons: January 11 and 25
\$5.00 per class

Join Music Therapist Dana Osterling to learn the basics of the ukulele twice a month on January 11 and 25 for a \$5.00 lesson fee. Meet every other week to practice and play for free! If you already know how to play, come and join us! You can loan a ukulele for free at the Gaylord Library!

NEW **Evening Hours with Mike Slater**

3rd Tuesday of the month
Tuesday, January 18 5:30 - 7 p.m.

January topic - VA Health Care and Enrollment.

Alcohol Ink Painting
Tuesday, January 11 4:30 - 6:30 p.m.
Limited to 12 artists
Cost: \$5.00

Back by popular demand, Barbara Sullivan returns to lead another Alcohol Ink class. Barbara will teach you the techniques to make your own alcohol ink creation. All supplies are provided. Pre-registration is required. Limited to 12 artists.

How to Force Bulbs to Flower
Tuesday, January 18 at 5:45 p.m.
Limited to 10 participants

Are you longing for some flowers during the winter months? Join Linda Young, President of the Mother's Garden Club for a hands-on lesson. Bulbs and all materials will be supplied at no cost thanks to the Garden Club. Pre-registration is required. Limited to 10 participants.

Pelvic Floor and More
Tuesdays from
5:30 - 6:30 p.m.
4 sessions beginning
Tuesday, January 18

The pelvic floor muscle group is one of the most intimate and overlooked areas of the body, linked to dysfunctions that can have a significant impact on quality of life, and independence. With proper awareness of your posture, breathing technique, body mechanics with bending and lifting, and proper activation of the pelvic floor muscles you can minimize back pain and pelvic floor dysfunction. Presented by licensed Physical Therapy and NSCA Certified Strength and Conditioning Specialist Michelle Broughton, who specializes in Vestibular Therapy (balance and dizziness), back pain and spine care, and Pelvic Floor Therapy. This is a lecture series that is for both men and women of all adult ages.

Activities & Events

NEW **Academic Drawing and painting**

Monday 9:30 a.m. to Noon
Limited to 15. \$5.00 per class

Learn from a classically trained professional artist, Anne Mueller, how to produce fine works of art. Choose any medium, bring your own supplies and subject matter. Create your own personal masterpiece.

Book Club - Hybrid
Wednesday, January 26 at 2 p.m.
Books available at South Hadley and Gaylord Library

This month's book selection is "The Color of Water" by James McBride. To zoom email by January 24: kflorencia@southhadley.ma.gov

Watercolors
Thursdays at 9:30 a.m.

Tina provides the know-how and guidance. You bring the supplies.

Gratitude Journal Writing
Wednesday at 11 a.m.

South Hadley Public Library Gatehouse Writers group coordinator Linda Rowland-Buckley facilitates this group that helps you open up to a more grateful life. Participants receive a free journal! Open to all abilities.

NEW **Chair Volleyball**
Thursday at 1:15 p.m.
(except January 13)

Build core muscle strength, and have fun with this new free activity! You won't even know you're working out!

NEW **Fridays by the Fireside**
Friday at 9 a.m.

Join us for free coffee and conversation with a guest each week.

- January 7 - Town Administrator, Lisa Wong
- January 14 - New Program Coordinator, Sandy Farnsworth
- January 21 - South Hadley Police Officer and TRIAD liaison, Emily Tebo,
- January 28 - Senior Center's New Tech Teacher, Vincent "Vinnie" Bonilla

Winter Festival on Tuesday, February 22

Save the date for our upcoming Winter Festival featuring refreshments, an ice sculpture by Billy and a special presentation in the evening by Rich Normandin "My time in the U.S. Navy serving aboard the Icebreaker USS Glacier AGB-4." You will see actual footage of Rich's Navy time spent traveling from Boston through the Panama Canal and down to New Zealand and Antarctica, as well as three Navy Icebreakers in action moving an iceberg the size of a city block!



6 Fitness Programs

So You Want to Take an Exercise Class....

- Registration is required for all fitness classes. Please call 24 hours in advance if you will miss a class, so someone on the wait list can take the class.
- You may register for a class a month at a time.
- Registration for the next month begins on the Monday the month begins. Registration for January is Monday, January 3.
- Register for activities at the welcome desk, call 538-5030, or email coa@southhadley.ma.gov
- Wellness Scholarships are available and confidential for those who have a limited income. Contact Ann Andras for more information.
- **Please bring a pair of sneakers to change into for your fitness classes.**
- Beginning in February we are introducing punch cards which can be used to pay for most exercise classes. Full details will be in February's newsletter and are available at the welcome desk.



Mindful Nutrition Workshop with April Marion, Certified Nutrition Mentor

Mondays at 11 a.m.

4 week series begins January 10

Learn how to choose the correct foods to increase your energy, manage a healthy weight and to reduce the risks of illness and chronic disease. April will provide you with all of the tools needed to make healthy eating simple! April will be bringing some healthy snacks and smoothies from her studio!

Funded by the COA Activity Fund.

Tai Chi & Qigong for Health & Relaxation

Mondays at 10 a.m.

All levels 10 a.m. - 10:45 a.m.

Advancing 10 a.m. - 11:15 a.m.

\$3.00 per class

Beginners: build strength, stamina, and learn sequencing for 45 minutes. Intermediate: start at 10 a.m. and additional 30 minutes to learn Part 2 of the form.

Zumba Gold

Mondays at 1 p.m.

\$3.00 per class

The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

Stretch and Go with Lindsey

Tuesday & Thursday at 9 a.m.

\$3.00 per class

This class will get you up and ready for the day.

Fitness Basics with Lindsey

Tuesdays & Thursdays at 10 a.m.

(Hybrid)

\$3.00 per class

Get moving with Lindsey with a little bit of cardio, weight training, and stretching. All abilities welcome.

Gentle Yoga

Tuesdays at 1 p.m.

\$3.00 per class

Heidi leads this Yoga class which is open to all levels.

Line Dancing

Tuesdays at 5:45 p.m.

\$3.00 per class

Line dancing continues with Liz. Join the fun!

Dance with Loryn

Wednesdays at 9 a.m.

\$3.00 per class

Have some fun and move to the beat with Loryn.

Circuit Training in the Fitness Center

Wednesdays at 9:30 a.m.

\$5.00 per class

Heidi provides a routine that includes all pieces of fitness equipment and additional exercise stations. You must fill out your application packet, including physician sign-off, and complete the fitness room orientation with Heidi (Wednesdays at 10:30 a.m. - pre-register) to participate.

Fitness Room Orientation

Wednesdays at 10:30 a.m.

Mandatory - No Cost

You must complete your fitness room orientation and complete your application before using the gym. Applications are available at the front desk. Once your application is approved, a staff member will contact you to schedule an orientation.

NEW RSVP Healthy Bones & Balance Class

Wednesdays & Fridays

9:30 & 10:45 a.m. classes - No Cost

This free class is made possible by RSVP. It is designed to increase strength, mobility, flexibility, and balance while having fun and socializing.

Seated & Standing Yoga

Thursdays at 11 a.m. (Hybrid)

\$3.00 per class

Grab a straight back chair, wear some comfy clothes and connect breath with movement.

NEW Country Beat Fitness Class

Fridays at 1 p.m. - Begins January 7

\$3.00 per class

Feel the energy as you kick up your heels with our simple steps to get you moving to the best country music hits. Dance infused with fitness elements for a fun class that is sure to push your happy buttons. Country Beat is a beginner friendly exercise class.

For questions or to register for events, email: coa@southhadley.ma.gov or 413-538-5030

NEW **Craft Club - 2nd and 4th Friday at 10:30 a.m.**

January 14 - Bling a Thing!
Cost: \$6.00 for scarf, \$4.00 if you bring your own item.

Add a little sparkle to your life. We will have scarves to “bling” or you can bring something of your own.

Must pre-register, limited to 12 crafters.



January 28 at 10:30 a.m. - Wooden Snowmen

Cost: \$6.00

We will be painting and embellishing these sweet wooden snowmen, a perfect winter decoration! **Must pre-register, limited to 12 crafters.**



Seasonal Centerpiece Club

Friday, January 7 at 10:30 a.m.

Take home cost: \$5.00

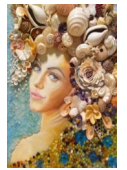
Make a winter scene centerpiece for our dining room table and take one home for your own! **Must pre-register, limited to 10 crafters.**



Creative Collage

1st & 3rd Wednesday of the month at 9:30 a.m.

Linda is available to guide you as little, or as much as you need. She has techniques, prompts, materials to share. Come and express yourself through art!



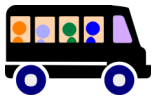
New project: Creative Collage repurposed object art project Do you have a messy junk drawer? Do you have broken costume jewelry? Well I have an art project for you. Bring all of your extra junk (screws, bolts, buttons, odd earrings, old photo, an odd spoon, and anything else you can think of to repurpose into a fun piece of art) to our January 5 creative collage class with a twist. **This project will take 2 classes to complete. If you have a glue gun, feel free to bring it to class.**

Fiber Arts Club

Friday at 1:30 p.m.

This club is open to those who like to knit, crochet, cross stitch, and embroider. Spend time with others and share patterns and tips, Fridays by the fireplace!

Transportation



The COA can get you where you need to go!

We are able to transport you to locations **within** South Hadley. **You must schedule rides at least 24 hours in advance.**

Transportation pricing - door to door service

- \$0.75 one way to the Senior Center
- \$1.25 one way to locations within South Hadley

Transportation hours

- Monday - Friday from 9 a.m. to 3 p.m.

Daily rides to banks, pharmacies, hairdressers, stores, doctors, dentists, the library and the COA.

Weekly Scheduled Trips

Grocery shopping at Big Y

- Every Tuesday & Friday
- 3 bag maximum, please

Neighbors Helping Neighbors Food Pantry

- Every Wednesday between Noon - 2 p.m.
- Must reserve ride by Monday at 4:30 p.m.

Please call the South Hadley Council on Aging at 413-538-5030 or email coa@southhadleyma.gov

Per CDC order (January 29, 2021) all passengers must wear a mask that covers your nose and mouth while using our transportation program.

8 Support Services

Caregiver Respite Grant

A partnership between the South Hadley Council on Aging and WestMass ElderCare

This grant will provide financial assistance for 16-20 hours of paid, respite support to families in South Hadley who are caring for an older adult who has been diagnosed with Alzheimer's Disease or Dementia. If you are a caregiver of a senior in South Hadley, please call the Center for information. This grant is made possible by donations from South Hadley citizens, local businesses, the Koske Family, and from the Cares Act from the Executive Office of Elder Affairs.

NEW

Memory Café

NEW

A program for Seniors with dementia/ memory loss and their caregivers

Held the 2nd and 4th Wednesday of the month from 10:30 a.m. - 12:30 p.m. Join us for socialization, friendship and facilitated fun-centered activities.

This month's activities:

January 12 - Aromatherapy: We will be discussing the benefits of aromatherapy and making our own glass bottle room sprays made with essential oils.

January 26 - Chair Yoga Yoga instructor Heidi MacEwen will be leading us in gentle stretches, breathing and meditation, all from the comfort of your seat.

Gratis lunch follows. Carol Constant co-facilitates the Memory Cafe. Pre-registration is encouraged.

Extra Help with Your Prescription Costs?

What is Extra Help with Medicare prescription drug plan costs? Anyone who has Medicare can get Medicare prescription drug coverage. Some people with limited resources and income also may be able to get Extra Help with the costs — monthly premiums, annual deductibles, and prescription copayments — related to a Medicare prescription drug plan.

What is the income limit? To qualify for Extra Help, your annual income must be limited to \$19,140 for an individual or \$25,860 for a married couple living together. Even if your annual income is higher, you may still be able to get some extra help.

How do I apply? Applying for Extra Help is easy. Just complete Social Security's Application for Extra Help with Medicare Prescription Drug Plan Costs (Form SSA-1020). Use one of these methods: Apply online at www.socialsecurity.gov/extrahelp. Call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) to apply over the phone or to request an application.

Please contact Ann Andras for more information about these services. Call her at extension 6206 or email her at aandras@southhadleyma.gov

Alzheimer's Caregiver Support Group 1st and 3rd Wednesday of the Month

The Alzheimer's Caregiver Support Group will resume in person meetings at the Senior Center beginning on Wednesday, January 5 and January 19 from 10 to 11 a.m. The group will be facilitated by Sarah Peterson, Caregiver Specialist/Care Manager at WestMass ElderCare, Inc. The group is open to caregivers of those suffering from a dementia related disease.

Brown Bag Program for Seniors

The Food Bank of Western Mass

Monthly: 3rd Tuesday. Pickup between 10 - 11 a.m.

A monthly, supplemental food program for individuals over the age of 55 who meet certain income guidelines, or those under the age of 55 who have a documented disability and are currently receiving SSDI may be eligible to receive a FREE bag of healthy groceries each month.

Stay Home, Stay Safe Bag Delivery Delivering the week of January 17

Stay Home, Stay Safe bags will be delivered to all South Hadley Home Meals on Wheel clients the week of January 17th. Your WMEC driver will deliver the bag to you. The bag will contain non-perishable food items that can be used in the event of a weather related emergency. South Hadley Fire Districts 1 & 2 will include complementary cooking safety packets and information on the "Keep Safe, Keep Warm" safety program.

Companion Transportation Program

The South Hadley Council on Aging has once again received funding from WestMass ElderCare, Inc. and the Executive Office of Elder Affairs for the Companion Medical Transportation Program. Income eligible South Hadley seniors can receive rides to and from medical appointments in surrounding towns like Chicopee, Springfield, Holyoke and Northampton at no charge. Private drivers are paid through the grant to provide rides in their own car.

Fiscal Year 2022 Fuel Assistance

The heating season is in full swing and it is not too late to apply for fuel assistance! If you are a South Hadley senior and need help with your recertification paperwork or you are considering applying for the first time, Please contact Ann Andras.

SHINE services are available, please call Ann for an appointment.

For questions or to register for events, email: coa@southhadleyma.gov or 413-538-5030

Take the chill out of February with a Soup & Popover Meal

Date: Thursday, February 17
 Pick Up: Curbside from 2-3 p.m. at the Senior Center
 Cost: \$4 for each meal
 (Reservations due February 10)

- Yes**, I'd like the seafood chowder
- Yes**, I'd like the turkey chili
- I need delivery
- I'd like financial assistance (available to anyone who requests it)
- My check is included (payable to the Friends of the South Hadley Seniors)

Name: _____

Address: _____

Phone: _____

Mail reservations to the South Hadley COA, 45 Dayton St or drop off at the Senior Center.
This is a Friends of the South Hadley Seniors Subsidized Meal

Support the Friends of the South Hadley Seniors and the new Senior Center

Donation: \$ _____

In memory of: _____

Name: _____

Address: _____

Email: _____

Phone: _____

Mail checks payable to the Friends to PO Box 55,
 South Hadley 01075

Visit us on the web at southhadleyseniors.org

Quilt Raffle - Valentine's Day

The COA quilters have made a beautiful quilt which they generously donated to the Friends to be raffled off on Valentine's Day, 2022. Tickets are on sale now. First prize is the quilt (74"x 88") and second prize is a lovely handmade Valentine's Day wreath. Tickets are \$2 each or 6 for \$10 and are available at the Senior Center. The quilt and wreath are on display at the Senior Center.

Important Phone Numbers

FoodSource Hotline: 1-800-645-8333

WestMass ElderCare: 413-538-9020

Neighbors Helping Neighbors: 413-437-7593

Weekend Meals: Take & Eat Inc.: 413-664-1041

Medical Equipment Loan: Dave Fenton, Hamp. Co. Sheriff's Dept. 413-582-7787 Leave a message.

Covid-19 Booster Information

In-Home Booster Program for homebound seniors : call 1-833-983-0485

Vaccination sites and information: 2-1-1 or vaxfinder.mass.gov

Find a testing site: mass.gov/covid-19-testing

South Hadley Travel Club News

January Office Hours: Thursdays from 10 - 11:30 a.m. in the small conference room.

We look forward to seeing you. Your Travel planners: Susan Canedy & Huguette Supinski.

April 5, 2022: Encore Casino, Boston, MA. Includes casino bonus of \$20pp free slot play (subject to change). Cost \$65. – call Huguette Supinski @413-530-6162 (full payment required at time of reservation).

April 20, 2022: Newport Playhouse and Cabaret, Newport, RI. "SOCIAL SECURITY" Comedy. Enjoy this unique Dinner Theater experience. Package includes: transportation, luncheon, play and cabaret show. Cost \$135. Call Huguette Supinski @413-530-6162.

May 18, 2022: Aqua Turf Club, Plantsville, CT "ABBA Tribute Band – Dancing Dream". Come experience the glitter and glamour of the 70s. Package includes: Transportation, Show & Luncheon. Cost \$115. - Call Susan Canedy @ 413-536-2106.

June 23, 2022: Lake George Luncheon Cruise, Lake George, NY. 2 hour Luncheon Cruise aboard the Lac du Saint Sacrement then visit Fort William Henry. Package includes: Transportation, cruise, lunch, entertainment and fort tour Cost \$125. (\$110. for veterans). Call Huguette Supinski @413-530-6162.

August 23 to 26, 2022: Pennsylvania Amish Experience, Lancaster, PA. "DAVID" AND "CHICAGO". This 4 day / 3 night / 7 meal trip is packed with lots of fun, music and adventure. We'll be staying at the Country Inn in Lancaster. Cost: \$899. (double); \$1,165. (single); \$825. (triple). Call Huguette Supinski @ 413-530-6162.

September 13, 2022: Daniel Webster Inn with New Cabaret Show, Sandwich, Mass.

October 11, 2022: Inn at East Hill Farm, Troy, NH. And Cathedral of the Pines.



10 Monday Movie Matinees

Matinee Monday Movies at 1:15 p.m.

January 3 - Ford Vs Ferrari (2019)

Directed by James Mangold. Staring Matt Damon, Christian Bale, Jon Bernthal, Caitriona Balfe. American car designer Carroll Shelby and driver Ken Miles battle corporate interference and the laws of physics to build a revolutionary race car for Ford in order to defeat Ferrari at the 24 Hours of Le Mans in 1966.

January 10 - Selma (2014)

Directed by Ava DuVernay. With David Oyelowo, Carmen Ejogo, Jim France, Trinity Simone. A chronicle of Dr. Martin Luther King, Jr.'s campaign to secure equal voting rights

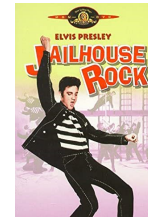
January 24 - Classic Movie: Jailhouse Rock (1957)

Directed by Richard Thorpe. With Elvis Presley, Judy Tyler, Mickey Shaughnessy, Vaughn Taylor. Vince Everett is serving a one-year jail sentence for manslaughter. While in the big house, his cellmate, a former country singer, introduces him to the record business. Everett takes to it so well that he

decides to become a singer when he gets out. However, he is quickly disillusioned by the record business. But with the help of a new friend, he decides to form his own label, and soon becomes an overnight sensation. But when he becomes a superstar, will his desire for fame and money cause him to forget the people who got him there?

January 31 - 12 Mighty Orphans (2021)

Directed by Ty Roberts. With Luke Wilson, Vinessa Shaw, Wayne Knight, Martin Sheen. Haunted by his mysterious past, a devoted high school football coach leads a scrawny team of orphans to the state championship during the Great Depression and inspires a broken nation along the way.



We are sincerely grateful for all the donations to the South Hadley COA in support of the many activities, programs and services we provide. Donations made in memory of, or in appreciation of are indicated in capital letters.

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