

Hadley Senior Center Newsletter

Sponsored by the Friends of Hadley COA

May / June 2024



The Tag & Bake Friends' Fundraiser was a success. Thanks to the 10 vendors who brought their variety of items to sell and to Linda Golding, Judy Parker, Diann Tolpa and Sue Glowatsky who assisted with the event. Special thank you to the volunteers who brought baked goods to sell.

The bake sale made \$425.

A few vendors asked if we could do another tag sale, or maybe a craft sale. Please leave your name with reception if you are interested in either of these. I was told that it was a good exercise in getting rid of things that you had held on to for too long...and get some money for them. Something seniors are always trying to do.

Someone else asked why the Friends of COA were always trying to raise money. The simple answer is that last year, we spent over \$22,000 for a wide variety of things to make our senior center a comfortable place to be. That works out to over \$1800 per month that we have to raise.

So, if you're like what is going on at the Hadley Senior Center, please consider supporting the Friends: donations, attend paid events, buy a leaf of love, drop your pocket change in the jar on the reception desk, buy a calendar raffle ticket, give us a car you no longer need.

All receipts over \$50 will be acknowledged with a letter that qualifies them for deductions on your state and federal taxes.

Hadley COA and Senior Center

46 Middle St. Hadley, MA 01035

Hours: M - F 9AM - 4PM

Office: 413-586-4023

Nichelle Liquori, Director, ext.1

liquorin@hadleyma.gov

Violet Suska, Program Coordinator, ext.2

suskav@hadleyma.gov

Lauren Hannigan, Outreach Coordinator, ext.3

hanniganl@hadleyma.gov

Katherine Abe, Administrative Assistant, ext.8

abek@hadleyma.gov

Reception Desk, ext.6

Dates to remember:

We are closed May 27 and June 19!

- UMass Shakespeare Play 5/1
- Town Meeting 5/2
- Hot Topics with Hadley Fire 5/2 & 6/6
- Foot Care 5/2 & 5/20 and 6/6 & 6/17
- Veterans Lunch 5/8 & 6/12
- TRIAD Sand Bucket Pick-Up 5/8
- TRIAD Meetings 5/8
- The Lunch Box 5/9 & 6/13
- Massage 5/10 & 5/31 and 6/14 & 6/28
- Book Club 5/10 & 6/14
- Art show Opening Night 5/10
- After 2 Tea: Me, my mom, my grandma 5/13
- Connections Café 5/15 & 6/5
- Polish Store Shop & Lunch Trip 5/16
- Coffee with a Cop 5/16 & 6/20
- Technology with Molly 5/17
- V-One Vodka Friends Fundraiser 5/17
- Men's Breakfast 5/20 & 6/24
- Art with Kit 5/20, 5/22 & 6/24
- Town Voting Day 5/21
- Money Management by HVES 5/21
- Craniosacral 5/22 & 6/12
- Coffee with Town Nurse 5/22 & 6/26
- Importance of Fiber by FoodBank 5/23
- Headlights Restoration Demo 5/24
- Movie Matinee 5/24 & 6/14
- Eating Well 101: Curry? 5/30
- Conversazione w. Sharon 5/30 & 6/27
- Debunk Myths 5/31
- Birthday Ice Cream Social 5/31 & 6/28
- Senior Theater 6/4 2 & 4 PM shows!
- Family Jewels 6/7
- Lavender Lunch Potluck 6/10
- Crystal Bowl Sound Bathing 6/13
- Spam Bingo with DA Office 6/25
- Titanic Museum & Lunch Trip 6/27

To avoid low turnout and cancellations, please register; for fee-based classes register in person!



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Director's Note

Happy Spring All!

I have received a request for a drumming circle event/presentation which will take place in July. In the mean time, we have a June presentation that spotlights Crystal Sound Healing. A modality that utilizes crystal bowls to produce high frequency soundscapes. I hope you all sign-up!

Another community member asked about providing low cost trips. A primary goal of the COA has been to offer cost efficient programming, events, and local trips. Last month, the group went to Mount Holyoke College Flower Show, cost of trip was \$4.00 plus lunch. We understand that transportation plays a vital role in promoting active aging and social engagement and have a program to assist senior individuals experiencing income barriers that prevent participation. If you need assistance, please do not hesitate to reach out to me. Please keep in mind that rides to and from the center can be requested and arranged in advance, should you want to attend any of the center's special events.

Addressing change and scheduling – The billiard table is now occupied with team play each day except for Wednesday/Free Play Day, a day designed for anyone, without scheduled play. The fitness room was originally designed for "open use," pre-Covid19, with five pieces of equipment to accommodate a maximum of five people. We have decided to return to "open use" of the fitness room, without a schedule, but please remember, the same rules apply. Going forward; please work with one another and wait your turn if a machine is occupied, remember to check in with My Senior and register your name under fitness, please wipe down equipment after use, and lastly, please be mindful to keep your medical waiver current and up to date.

Please continue to be kind and considerate of one another and allow for all to enjoy the centers no-charge activities. Keep the questions coming and communication open, we are all more than happy to address your questions, concerns, and requests.

I would like to thank our staff for pitching in when and where needed, small in number, larger than life when working together as a team!

All My Best, Niki



POWERED BY CONNECTION: MAY 2024

May is Older Americans Month. The theme of "Powered by Connection," speaks to social connections, health, and well-being, supporting aging in place & independence.

(Administration for Community Living)

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Have a Question or Want to Book a Tour?

Contact Karen Walters-Zucco by Phone (413) 339-3773 or Scan the Code:



HADLEY SENIOR CENTER VAN SERVICE

THE HADLEY VAN SERVICE AND VOLUNTEER MEDICAL RIDE PROGRAM ARE FOR HADLEY RESIDENTS.

The Hadley Senior Center van, which has a wheelchair lift, has a repeating route. The route begins at the Golden Court housing complex, travels east on Route 9/Russell Street making stops at the major shopping plazas and mall on the south side of the route, picks up passengers at the Vesta complex on Greenleaves Dr. (with stops at senior and family housing), and returns to Golden Court after stopping at shopping plazas on the north side of the route and Mountain View apartments.

Our schedule runs Monday, Wednesday and Friday 9:15am, 10:30am and 11:45am. The 11:45am loop is one way only and will not come back to pick you up.

Fares: \$2 roundtrip within Hadley, \$4 roundtrip outside of Hadley. Companions for disabled passengers ride at no cost.

Passengers who live and/or require rides to destinations a maximum of ¾ of a mile off the fixed route can be accommodated. Stops at medical offices on the route and close to the route can be scheduled ahead, assuming that they won't cause a major schedule disruption. If you are over 60 and need out of town medical rides, please contact Lauren at least 3 business days in advance at 586-4023 ext. 3; she will work with our volunteers to try and accommodate your ride.



NEED HELP WITH COMPUTER OR TECH TUTORING?

Our volunteers can help fix glitches, configure your system, and guide you on how to use your software. Make appointment for volunteers to meet with you at your home or at the center.

Want to learn more bring your own device or we have iPad and Amazon tablets available, free Wi-Fi.

To schedule home visit or meeting at the center please Call 586-4023 x 6. **Donations are welcome.**

Thank you

Thank you - Thank you - Thank you to everyone in our COA community, it's always difficult to name certain individuals and then realize you forgot some very special people. The center has gained many new volunteers. We have a total of over 100 volunteers now. We thank you all for your volunteerism, your kind spirit, and the giving of your time so graciously for the benefit of others in our community. A special shout out to Sue Glowatsky for going above and beyond our monthly Lunch Box programing. Sue is now baking treats for our Memory Café, a monthly event that continues to grow through group efforts!

We had a receptionist meeting with most all of our 13 reception volunteers, each rotate their personal time to work our front desk and assist community members as they come into the COA. We had incredible feedback and are trying to streamline & implement a few enhancements to benefit their experience & time while working the front desk.

As always, thank you to our kitchen volunteers, behind the scenes, but never forgotten. A warm thank you to all of the individuals that come to our facility and graciously donate their time to instruct, entertain, and educate our Senior community.

A special thanks to: Peg Clark who baked to benefit COA programs, her baked goods generated \$100; Delores Harper, who baked for Friends' Roast Beef Dinner Fundraiser; Lynne Edwards for a generous donation to our Tai Chi Class; Pat Barszczewski, Line dance class instructor for her much appreciated donation to our center; Carla Grabiec and Jan Peterson for assisting with the Gluten Free Cooking Class; Denise & Bob Gosselin for their product donations that support our program.

Additional thanks to all UMass students and advisors for their fabulous collaboration with our community, including coordinating our Annual Health Fair.

A special thank you to the Hadley Firefighters for a wonderful Spaghetti Supper !

Last but never least, thank you to Jane and Friends, all selfless individuals that work within the Friends group to assist & support the Council on Aging programing, services, committees, and building costs.

All happens through hard work and fundraising efforts.



Feeling creative?

Please note: For classes that have fees, payment must be made to be added to sign up lists.

ART WITH KIT: PAINT LIKE MONET

May 20, Monday 1 - 3 PM

May 22, Wednesday 1 - 3 PM

Come and learn to paint like Monet. We will be using acrylic paint on an 8 x 10 canvas to create our own interpretation of Monet's famous water lilies. No experience necessary. Materials fee of \$5 (non-residents \$7) Limited to 12.



ART WITH KIT: WATERCOLOR GREENHOUSE

June 24, Monday 1 - 3 PM

We will be using watercolors and blue tape to design and fill a greenhouse with beautiful foliage. No experience necessary. Materials fee of \$5 (\$7 non-residents). Limited to 14.



CREATIVITY ROOM OPEN ART STUDIO TIME

"New" Art Journaling Group

Tuesdays, 10 AM - 12 PM

Enjoy making art and start or continue creating in your art journals! Let's learn from each other. Group is self-directed. Bring your own supplies or use what is available in the creativity room (suggested supply list is available at the registration desk). Please sign up, limited to 12. Free.

Thursdays Open Studio 10 AM – 12 PM

You are invited to use our light-filled Creativity Room to do your own thing, using our art supplies or your own...

THE HADLEY SENIOR PLAYERS PRESENTS:

MURDER AT SERENITY ACRES

by Steve Henderson

JUNE 4, TUESDAY 2 PM AND 4 PM SHOWS

Sign up! Bring friends and family...

Welcome to the trial of Minerva Herr. Minerva is the much beloved director of Serenity Acres, accused of killing Lydia Candle. It is unlikely that Lydia will be missed, but still, murder is illegal. Even here. With dueling lawyers, a rather peculiar judge, an unseen jury, a clerk with a bad attitude and a bunch of ridiculous witnesses, the wheels of justice have never ground more hilariously. Tons of laughs and a touch of mystery will make for a thoroughly enjoyable show.

This program is supported in part by the Hadley Cultural Council, a city agency, which is in turn supported by the Massachusetts Cultural Council. The Friends of the Hadley Senior Center are also generous co-Sponsors.

ART SHOW MAY / JUNE

TWO POINTS OF VIEW: People at Work and other Environmental Portraits

By Barbara Ween
and Tad Malik



Two artist friends, photographer Tad Malik and water color artist Barbara Ween had a conversation in 2020 during Tad's Photography exhibit at Springfield Museum of Art. The conversation went like this, "What if we collaborated on a new show reprising some of Tad's portraits with Barbara's interpretive water color renditions?"

The results we are offering in our show consists of 14 photographs and 14 responding watercolors from Barbara's imagination inspired by Tad's works. A "conversation" between two artists!

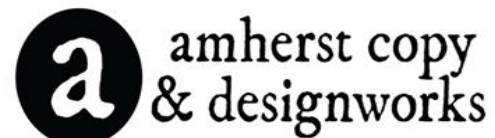
Opening Night for the art show will be **on Friday, May 10** from 6-8 at the Senior Center. Refreshments by the Friends of Hadley COA.

Attention: If you are an artist, or know of a Hadley resident who is, please ask them to contact Louise Currin (louandcecil@currin.org) if they are interested in scheduling a show.

ART STROLL / LIBRARY SURFING

M--F 9:00 – 4:00 self-guided art viewing. Open to the public, all welcome!

The Hadley Senior Center newsletter is proudly printed at



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HEALTH AND SAFETY



FOOT CLINIC:

May 2 & May 20 and June 6 & June 17

Fee: \$50 (Home visit \$80) Insurance is not accepted.

By appointment only 9 – 3 with Piper Sagan, the foot care RN. For in-office appointments call **586-4023 x 6**.

For home visits only call **413-522-8432**.

Limited number of \$10 wellness grants, courtesy of the Friends of the Hadley COA, available to Hadley residents. Call Lauren at 586-4023 x 3 for eligibility requirements.

DURABLE MEDICAL EQUIPMENT LOANS

We loan medical equipment: wheelchairs, walkers, rollators, shower benches, commodes, and more.

Please call 586-4023 x 6 ahead to schedule pick up.

Also available at the Sherriff's Office @ 413-582-7787.

SHARPS

Are accepted in approved and sealed containers only.

Replacement containers are available.

TOWN NURSE

Tuesdays and Wednesdays 9AM-12PM

Blood Pressure Clinic and more. The community is welcome to contact the Hadley public nurse @ 413-586-4023 x.4

MORNING COFFEE WITH OUR TOWN NURSE MARCY

Enjoy sweets and morning coffee/tea with our town nurse Marcy discussing some seasonal topics, sharing information and asking questions.

May 22, Wednesday @ 10:30 AM

"Talking with your doctor, a guide for older adults".

Let's discuss what to do to make your appointments worthwhile and decision making mutual.

June 26, Wednesday @ 10:30 AM

Let Leave the Questions and Answers to You!

Please bring a health question of your interest as well the answer! Yes, you are the researcher and you bring the answer! Any health topic will do.

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TRIAD NEWS

TRIAD MEETING MAY 8, Wednesday 9:30

Our last TRIAD meeting is Wednesday May 8th before we go on summer break. If you want to join us this month or moving forward, please reach out to Lauren at 586-4023 x 3.

SAND PICKUP

Sand buckets from TRIAD will be picked up Wednesday, May 8th beginning around 11 am. Please have your bucket out for pickup. We are taking buckets even if there is sand in them.

"NEW" HOT TOPICS WITH HADLEY FIRE

May 2 & June 6, Thursday @ 2PM

First Thursday of the month, starting this May

The Hadley Fire Department is pleased to announce the start of our "Hot Topics with Hadley Fire" program. This new social hour for our seniors is made possible through our Massachusetts Senior S.A.F.E. grant. The goal is to meet and greet the fire and EMS responders who protect and serve our community, ask questions and learn more about various fire and life safety topics.

COFFEE WITH A COP

May 16 and June 20, third Thursday @ 2 PM

Open to the public. Building relationships one cup at a time. Hadley police officers and the community members they serve discussing issues and learning more about each other.

FREE COLLECTION OF DRUGS

Safely dispose of unwanted medications at the Safety Complex. No questions asked. More info, call 584-0883.

NUMBER PLEASE: IN AN EMERGENCY, SECONDS COUNT!

Help emergency personnel quickly locate your home in an emergency. Call 586-4023 x 6 to have a red placard with reflective numbers installed (or replaced) in your front yard, close to the road. Suggested donation \$7 to defray the cost of the supplies.

LOCK BOX PROGRAM

If you are an elder, live alone, or have a medical condition that warrants calling for help, having a box with a house key means you will get help more quickly & easily.

For more info call 586-4023 x 6. Suggested donation \$30.

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Shawn Wisley offers advisory services through AE Wealth Management, LLC (AEWM). Dale Frank offers securities through Madison Avenue Securities, LLC (MAS), member FINRA/SIPC. Dale A. Frank and MAS are not affiliated companies. Dale A. Frank and AEWM are not affiliated companies.

OUTREACH RESOURCES

VETERAN'S SERVICE AGENT - 413-587-1299

Office Hours Wednesday 9-11 AM

VETERANS' INITIATIVE: BUILDING BRIDGES LUNCH

Wednesdays, May 8 and June 12 @ Noon

Attention Veterans — Come join us for lunch and help 'Building Bridges' celebrate your service. This lunch is complimentary for any veteran and a guest, and is also an opportunity to volunteer if you are interested.

SHINE

SHINE services are available year-round, so any time you have questions about your health insurance options and Medicare, call HSC to schedule your appointment with SHINE volunteer. Please call for more information.

OUTREACH COORDINATOR

Lauren Hannigan 586-4023 x 3

The Fuel Assistance deadline has been extended to May 10th. Income limits for a household of 1 is \$45,392 and a household of 2 is \$59,359. If you qualify and need to apply please reach out to Lauren as soon as possible at 586-4023 x 3 to review needed documents and to make an appointment. Information regarding Farmers Market Coupons will be in the July / August newsletter.

SENIOR MOBILE NUTRITION PROGRAM (SMNP)

SMNP is the 3rd Tuesday of the month from **12 - 1 PM**.

The collaboration is between the Hadley Senior Center and Amherst Survival Center. To sign up, call Lauren 586-4023 x3.

Seniors are required to pick up the food at the Senior Center.

BROWN BAG PROGRAM

Brown Bag is a monthly grocery program through The Food Bank of Western Mass. It takes place the 3rd Thursday of the month. **Bags are available to be picked up at the Senior Center after 10 am.** For details & to sign up call Lauren.

PVTA — To schedule a trip call toll-free **1-866-277-7741**.

Van tickets are available for purchase at our office.

A book of (20) one-way van tickets costs \$57.00.

COMMUNITY

HOME REPAIR AND MAINTENANCE PROJECTS

On Saturday, June 29th, Wesley United Methodist Church (WUMC) will be hosting a Community Service Day and are offering to help out Hadley seniors with home repair and maintenance projects. Projects should be small enough to be completed in a half day or less (although full-day projects will be considered) and that can be handled by volunteers with low to medium skills. Example projects: yard upkeep, window cleaning, air conditioner installation, minor electrical repairs, small scale painting, and minor construction projects. If needed, WUMC may be able to cover the cost of materials. If interested, please contact Lauren Hannigan, Outreach Coordinator via email hanniganl@hadley.ma.gov or phone (413-586-4023 ext. 3 with your name, address, phone number, and a brief description of the project(s) by **May 17th**. If your project is deemed of an appropriate scope, someone from Wesley Church will reach out to do a site visit in June.

HADLEY HISTORICAL SOCIETY PROGRAM

Mourning and Monuments During the American Revolution:

Saturday, May 18 at 1:00 pm

at the Old Hadley Cemetery, Cemetery Road, Hadley

Hadley Historical Society Open House –

3rd Sunday of each month April to October

1-3 pm, 12 Middle Street

CORN STALK FIDDLES: SOUNDSCAPE AND PLACE IN 19TH CENTURY HADLEY

Fri, June 28 at 7:30 pm and Sat, June 29 at 7:30 pm

in the Kate Nugent Community Room at the Hadley Public Library, 50 Middle Street, Hadley. Join us for a toe-tapping musical and historical tour of rural social life in Hadley. Produced and performed by the Red Skies Music Ensemble.

Suggested donation \$15

THE SENIOR CENTER A&DF BUSINESS GROUP IS SEEKING VOLUNTEERS!!

Hadley's COA is forming an "Age & Dementia Friendly Business Initiative," the mission of which is to support local businesses in their efforts to create a welcoming community for Hadley seniors and people with memory loss, so they can shop and conduct business and age safely in place in our town. If you are interested in joining contact Niki Liquori, Senior Center Director @ 586-4023 liquorin@hadley.ma.gov



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Saturday 10 - 4
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Hadley Senior Center Gallery



Volunteers at work – Carla G.



Gluten Free Cooking Class – Nancy N.



Tech with Molly: Streaming Services class



Trip to MHC Spring Flower Show



Veterans Lunch by Building Bridges

The Hadley COA reserves the right to use photos of participants for publicity purposes. Participants who do not wish their photo be used must notify the center in writing. Thank you.

HOW ABOUT SOME FUN?



AFTER 2 TEA: ME, MY MOM, MY GRANDMOTHER

May 13, Monday @ 2 PM

Celebrating Mother's Day, talking of showing love... Kindness, compassion, and love are what makes life so worthwhile, after all. Let's talk about it, bring photos. Refreshments! Sign up. Limited to 20.

POLISH STORE SHOP & LUNCH VAN TRIP

May 16, Thursday @ 10 AM

Bernat's Deli serves up old-world goodness in tempting, innovative dishes such as spicy garlic kielbasas to varied, flavorful pierogis, a tasty selection of babkas and a full range of hams, sausage, bacon, soups and stews. You'll never find fillers of any kind in any of our products. Lunch at Sunny Side Up Breakfast and Lunch in West Springfield. Limited to 12, register please. **Fee \$4 plus lunch.**

MEN'S BREAKFAST CLUB

May 20 & June 24, Mondays @ 9:30 AM

Enjoy a hearty breakfast while enjoying good conversation with others. Limited to 12, sign-up is required, cost \$4. Please arrive on time, it is hard to keep food warm long ☺

CONVERSAZIONE WITH SHARON

May 30 & June 27, Thursdays @ 3 PM

A social gathering held for discussion of literature. One way of doing this is to gather around the fireplace with drinks and snacks to read to each other writings that we enjoy. Don't be shy. If you just want to come and be a listener, we will still enjoy each other. Limited to 12. Topics to TBA.

TITANIC MUSEUM & LUNCH VAN TRIP

June 27, Thursday @ 10 AM

Step into friendly, nostalgic 1950s "Happy Days" hometown America at 208 Main Street, Indian Orchard, home of the world-famous Titanic Historical Society Collection where you will relive authentic 1912 at the Titanic Museum, the vision of Edward S. Kamuda. Throughout the intimate landmark museum, visitors will see Titanic legends come to life. Lunch at Hanna's Diner & Deli Shoppe, traditional Polish cuisine, as well as American home style favorites. Limited to 12. Sign up! **Fee \$11 plus lunch.**

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More Program Offerings

TECHNOLOGY WITH MOLLY: SMART DEVICES

May 17, Friday @ 12 PM

by Molly McLoughlin, Tech Lead at Merit America and former Director of Literacy and Computer Science for Northampton public schools.

Smart devices like phone, speakers, watch and other smart devices can answer questions, play music, set timers and alarms - all by just using voice. Smart device can be useful for seniors that are aging in place and need help with daily tasks by allowing voice commands through an interactive speaker system! Technology such as Amazon Alexa, Google Assistant, Siri, or smart watch is helping seniors; many people have found that these new devices improve their quality of life, by allowing them access to information on demand. Reserve your spot.

MONEY MANAGEMENT by HVES

May 21, Tuesday @ 1 PM

On a regular basis, elders are being taken advantage of financially, most of the time someone they know. But there are tips and tools that an elder can use to prevent this from happening to them. Please join Scott Gullett, Money Management Program Supervisor from Highland Valley Elder Services for a presentation on how to keep yourself safe from financial exploitation. Limited to 15. Sign Up.

HEADLIGHTS RESTORATION DEMO

May 24, Friday @ 10:30 AM

Gene Palmer will offer demonstration how Quick, Easy & Cheap headlights restoration can be. We need a demo car, if you have fogged up headlights please let us know!

SPAM BINGO WITH DA OFFICE

June 25, Tuesday @ 1 PM

Consumers have lost billions of dollars to these crafty con artists. Learn while having fun! Prizes will be given to the first few folks who get a bingo on our spot the scam bingo cards! Sing up please.

STAY IN SHAPE FOR A HEALTHY AND INDEPENDENT LIFE STYLE

Exercise class schedule

All fitness participants must sign a renewable yearly waiver to participate.

Forms are available at the COA receptionist desk.
Most of our programs can be found online through the town website or My Active Center
www.myactivecenter.com

Clean Indoor Shoes Policy in place for exercise and fitness room. Bring a second pair with you to change into!

Restrictions apply, All subject to change without notice!

Walk & Talk Mondays 9:15 AM

Yoga Mon @ 11, \$5 / \$7 NR, paid in advance

Healthy Bones & Balance M 12:30 & Tu, W, Th: 9:30 Free

Moving to the Music 11 AM TU & TH Free

Tai Chi Class Wed @ 11 \$6 / \$8 NR, paid in advance

Line Dance Tuesdays & Thursdays @ 1 PM, \$5

Line Dance Advanced Class Thursdays 12 PM \$5

Yoga with Ed Fridays @ 9:15 Free

Fitness Center Daily 9-4

Ping Pong / Table Tennis Hour

Daily 2-3:30 Limit 2-4 people, sign-up!

Some Classes accessible on the Local Cable Access Ch 191, check for schedule!

Multiple classes are uploaded to the Hadley Media or YouTube page and can be accessed at any time under the Council on Aging Playlist programming tab.

https://www.youtube.com/playlist?list=PLuAxVh4DPo5wllP8_STHR4ggewAb4NBRa
<https://www.youtube.com/watch?v=G53GFI8hnz8>

EXPLORING THINGS TO DO...

SING FOR FUN Tuesdays @ 3:00 PM

Group will have its last session on May 14 and will resume in September after the summer break. Have a fun summer!

BOOK CLUB @ 10 AM

May 10 - *The Iliad* by Homer

June 14 - *House in the Pines* by Ana Reyes.

If any Book Club selection is appealing to you, stop by the desk at the Hadley Library, pick up a copy, and consider attending that month's meeting. All are welcome so if you are a reader or would like to be part of a thoughtful sharing group, please consider joining us.

MOVIE MATINEE @ 12:30

May 24 - *Champions*

June 14 - *On the Hog: How African American Cuisine Transformed America*

The CDEI co-sponsor the Movie Matinee to honor Juneteenth. CDEI provides light refreshments.

Perhaps you would like to order our congregate lunch, please call Violet in advance!

BILLIARDS TEAM

Daily 9:30 - 4 PM & (exceptions apply)

Billiards Free Play - Wednesdays (exceptions apply)

NEEDLE WORK GROUP

Mondays @ 10 am

Limited to 12 people. Self-directed group, BYO project.

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Thursday 10 to 7

Saturday 9 to 2



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IMPORTANCE OF FIBER by The Food Bank

May 23, Thursday @ 1 PM

Learn About: Explore MyPlate healthy eating guidelines
Explain the benefits of eating whole grains
Learn easy exercises to help improve balance and flexibility
Sample a nutritious & whole-grain recipe! Register!

EATING WELL 101: BASIC INDIAN SPICES

May 30, Thursday @ 12:30

With over 3,000 years of history, India has one of the most varied and complex cuisines on Earth. Join us for a class of exploration of some basic flavors. Hands-on workshop, limited to 12. Fee \$5, registration required.

DEBUNK MYTHS by HVES

May 31, Friday @ 11:30

Truth or Myth? Coconut oil is healthy, fruits are high in sugar, eating healthy is expensive, not in shape-not healthy, you should not eat late...These are just some of the myths we will debunk in this educational presentation. Sign Up.

LAVENDER LUNCH POTLUCK

June 17, Monday @ 12:30

LGBTQ community we are inviting you to take part in a potluck lunch social for the community. Bring your favorite lunch dish to share, or just come and meet the other LGBTQ seniors. Hope to see you and your allies in June!

Supporting you in maintaining wellbeing...

CRYSTAL SINGING BOWL SOUND BATH

by Sheryl Sadler-Twyon

June 13, Thursday @ 2:00 PM

What is a sound bath? The bowls are tuned to the 7 body energy centers. the sound cut through the analytical mind allowing the participants to relax, let go, and experience great sensations and restoration. The session starts with grounding everyone. Then, the full sound bath, and winding down to a softer and quieter experience.

Followed by sharing and closing. Try for yourself singing bowls effect, sign up! Relax and enjoy!

CONNECTIONS CAFÉ

May 15 & June 5 from 1:30pm to 3:30pm

We are excited to continue our Connections Café, a Memory café, for those living with dementia or memory loss and their care partner(s). Monthly gathering is offering music, art, activities, discussions, etc. Café is a place for fun, laughter, light snacks, conversations and where connections can be made. If you know of anyone who might enjoy this, please invite them to join us. We meet in the dining room. Walk-ins welcome!

MASSAGE THERAPY - HELPING YOU FEEL BETTER!

May 10 & 31 and June 14 & 28 9:00 AM -12:30 PM

Massage can be a powerful tool to help you take charge of your health and well-being. See if it's right for you.
Chair or table massage 15- or 30-min, by appointment. Fully clothed massage, wear loose clothes. **Cost: 15 min \$15**

CRANIOSACRAL

May 22 and June 12, Wednesdays 12-3 PM

Biodynamic Cranial Sacral Therapy (BCST) by Lisa Davis
Relational therapeutic technique between client and practitioner. The therapist stimulates the client's own system to initiate the changes necessary for healing. Promotes stress relief, better sleep, improved clarity of mind. All therapy is explained and permission granted before beginning the process. **Fee \$30 /30 min or \$60 for 60 min by appointment.**

QIGONG INFUSED YOGA WITH THE CANCER CONNECTION

Tuesdays @ 3:30

Class geared towards people who have struggled with cancer or for caretakers of someone who has cancer.
Register by calling the Cancer Connection at 413 586-1642.
Pre-registration is required. Indoor use clean shoes and medical clearance are required (forms available from the instructor or from the website

https://www.hadley.ma.org/sites/g/files/vyhliif651/f/pages/medical_clearance_2020.docx.pdf

FRIENDS OF THE HADLEY COA

BE SURE TO SUPPORT LOCAL BUSINESSES FEATURED IN THIS NEWSLETTER!

THANK YOU TO ALL SPONSORS!

FRIENDS OF HADLEY COA

HOT TOPICS WITH HADLEY FIRE
May 2 & June 6, Thursdays @ 2PM

ART SHOW OPENING NIGHT – “Two Points of View”
May 10, Friday @ 6 - 8 PM

COFFEE WITH A COP
May 16 & June 20 Thursdays @ 2 PM

BIRTHDAY ICE CREAM SOCIAL- Fridays @ 2:00
May 31 - Sing Along with Sara
June 28 - Joan Doyle Band

THE LUNCH BOX by FRIENDS @ 11:30
Homemade, limited to 40 people. Dine in! Cost \$8 prepaid.
Signup deadline: the Friday before the event.
Thank you for your support of the Friends. Bon Appetite!
May 9 -- baked ham, asparagus, au gratin potatoes, dessert
June 13 -- Monty Carlo Sandwich (ham, turkey, provolone)
with raspberry sauce, coleslaw, desert

LEARN THE HISTORY OF V-ONE VODKA
FRIDAY, MAY 17, 6 – 7:30

The Vodka tasting event Crafting the Finest Spring Cocktails, an evening with Paul Kozub, Owner & Founder of V-One Vodka was changed to a Friday and will now be held on May 17 from 6 – 7:30 at the Senior Center. Come hear the story of V-One Vodka and Taste several Spring inspired V-One Cocktail samples. Tickets \$20 in advance: \$25 at the door.

FAMILY JEWELS

June 7, Friday 9 - 2 PM

SELL YOUR SILVER AND GOLD FOR CASH!

Richard Stone from Family Jewels in Northampton will be coming to the Hadley Senior Center on Friday, June 7th from 9 until 2. Family Jewels has been in business since 1970 and has a reputation for being honest and fair. If you have items you would like to turn into cash, here is a great opportunity. Richard and his colleagues will meet in private with individuals and make an offer to purchase the items they bring. You do not have to accept his offer. Seniors can bring Antique and Vintage Jewelry. Gold, Platinum and Silver jewelry of all descriptions. Sterling Silver Knives, Forks and Spoons. Sterling Silver Dishes and Gold, Silver and Copper coins.

Note: We are now accepting donations of books & puzzles. Please leave them at reception.

FRIENDS TRIPS FOR 2023/24

For information call Jane Nevinsmith
413-586-4023 x 5 or 413-586-3772

(prices are per/person double occupancy)

Payment necessary to reserve a seat.

Please sign up NOW. If enough people don't sign up 3 months in advance, the trip gets cancelled.

2024 DAY TRIPS

July 24, Thimble Island Cruise (Conn) \$139

August 21, Beach Boys Tribute. Aqua Turf \$137

October 15, Culinary Institute, \$167

2024 OVERNIGHT TRIPS

July 10-12 Daniel, Sight & Sound Theatre \$654

Dec. 2-4 White Mountain Hotel & Resort Christmas \$629p/p

For more info visit our website on your computer, tablet, or mobile phone:

<https://www.friendsofhadleycoa.org/>



LEAVES OF LOVE TREE

Please consider giving a “leaf of Love” to someone who is important to you, honoring that person with their name and inscription. Only \$150, their name will be a permanent part of the Hadley Senior Center.

A big THANK YOU to our friends at the legion, Peter Bemben, Katie Day, Kevin Rodak and Steve Devine for a fabulous roast beef to go meal. It was enjoyed by all. Thanks to Jekanowski Farms for providing the potatoes. Many thanks to all the seniors who baked for the Friends fund-raising tag sale. The event was very profitable for us and the folks who brought their stuff to sell.

The Friends of the Hadley Council on Aging, Inc
46 Middle Street
Hadley, MA 01035

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AMHERST, MA 01002

ELECTRONIC SERVICE REQUESTED

THE COUNCIL ON AGING & SENIOR CENTER
is open Monday - Friday 9 AM - 4 PM
Contact us: 586-4023, fax 584-9934 or
hadleycoa.info@gmail.com

COUNCIL ON AGING STAFF:
COA Director: Nichelle Liquori ext.1
Program Coordinator: Violet Suska ext.2
Community Outreach: Lauren Hannigan ext.3
Administrative Assistant: Katherine Abe ext.8
Van Driver: Mark Glowatsky, Tim Huber (Substitute)

MEMBERS OF THE COUNCIL ON AGING:
Sarah Chadwick, Thomas Giles, Linda LaDuc, Linda
Michalopoulos Janice Peterson, David Storey,
Rosalie Weinberg

MEMBERS OF THE FRIENDS OF HADLEY COA
Jane Nevinsmith - Chair, 586-4023 ext.5
Marlene Merzbach - Clerk, Susan Glowatsky – Treasurer,
Helen Blatz, Nancy Niedziela, Ray Spezeski, Diann
Tolpa, Kit Ziomek

Highland Valley Elder Services **586-2000**
Meals on Wheels **584-6784**



Congregate Meals, sponsored by Highland Valley Elder
Services for those ages 60+, are served every day at
11:45am, for a suggested donation of \$3. You must call
586-4023, at least 2 days in advance to sign up for meals.

Central Hampshire Veterans Services 587-1299
Hampshire Elder Law Program (H.E.L.P.) - civil legal
services at no cost to income eligible elders 586-8729
Social Security www.socialsecurity.gov 1-800-772-1213
Social Security (Holyoke Office) 1-877-480-4989
Medicare www.medicare.gov 1-800-633-4227
Medicare Beneficiary Hotline 1-800-252-5533
MA Med Line 1-866-633-1617
Elder Abuse Hotline 1-800-922-2275
Hadley Fire Department 584-0874
(Carbon monoxide alarm & smoke detector assistance)
Hadley Housing Authority at Golden Court: 584-3868
Town Nurse, Marcy Fleming, R.N. 586-4023 x.4

STATE SENATOR Joanne Comerford may be reached by
mail: State House, Boston, 24 Beacon Street MA 02133 By
phone (617) 722-1532 or jo.comerford@masenate.gov
and at district office (413) 367-4656

STATE REPRESENTATIVE Daniel R. Carey may be
reached at Daniel.Carey@mahouse.gov or (413) 529-4286
By mail: P.O. Box 1309, Easthampton, MA 01027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Daily Lunch pick-up time 11 AM -12 PM \$3 lunch donation is appreciated! 48 hours in advance lunch reservation required 413-586-4023</p> <p>Town Nurse Hours Tuesdays & Wednesdays 9AM -12 PM</p> <p>Van Service MWF 9-12</p>	<p>ALL CLASSES REQUIRE ADVANCED REGISTRATION ALL SUBJECT TO CHANGE WITHOUT NOTICE!</p> <p>BILLIARDS TEAM M-F 9-4 PM BILLIARDS FREE PLAY WEDNESDAYS</p> <p>FITNESS ROOM OPEN DAILY 9-4 PM</p> <p>PING PONG BY APPT DAILY 2-4 PM</p>	<p>1</p> <p>9:00 VA Office Hours 9:30 Healthy Bones and Balance 9:15 UMass Play Trip 11:00 Tai Chi 1:00 Canasta 2:00 Town Collector Hour</p>	<p>2</p> <p>9:00 Foot Care 9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 12:00 Line Dance Adv. 1:00 Line Dance 2:00 Hot Topics with Hadley Fire</p> <p>Town Meeting @ Hopkins 7PM</p>	<p>3</p> <p>9:15 Yoga</p> <p></p> <p>please stay home</p>
6	7	8	9	10
<p>9:15 Walk & Talk 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance</p>	<p>9:30 Healthy Bones and Balance 10:00 Art Journaling 11:00 Moving to the Music 1:00 Line Dance 1:00 Cribbage & Games 1:00 Senior Theater 3:00 Sing for Fun 3:30 Qigong Infused Yoga with Cancer Conn.</p>	<p>9:00 VA Office Hours 9:30 Healthy Bones and Balance 9:30 TRIAD 11:00 Tai Chi 12:00 Veterans Lunch By Building Bridges 1:00 Canasta 1:00 Senior Theater 2:00 Town Collector Hour Sand Bucket Pick Up</p>	<p>9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 11:30 The Lunch Box 12:00 Line Dance Adv. 1:00 Line Dance 2:00 Lady Bugs</p>	<p>9:00 Massage 9:15 Yoga 10:00 Book Club</p> <p>Art Show Opening Night 6 PM</p>
13	14	15	16	17
<p>9:15 Walk & Talk 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 2:00 After 2 Tea Me, my mom, my Grandmother...</p>	<p>9:30 Healthy Bones and Balance 10:00 Art Journaling 10:30 COA Board 11:00 Moving to the Music 1:00 Line Dance 1:00 Cribbage & Games 1:00 Senior Theater 3:00 Sing for Fun 3:30 Qigong Infused Yoga with Cancer Conn.</p>	<p>9:00 VA Office Hours 9:30 Healthy Bones and Balance 11:00 Tai Chi 1:00 Canasta 1:00 Senior Theater 1:30 Connections Café 2:00 Town Collector Hour</p>	<p>9:30 Healthy Bones and Balance 10:00 Open Art Studio 10:00 Polish Store Shop & Lunch Trip 11:00 Moving to the Music 11:00 Brown Bag Pick Up 12:00 Line Dance Adv. 1:00 Line Dance 2:00 Coffee with a Cop</p>	<p>9:15 Yoga 12:00 Tech with Molly Smart Devices Crafting the Finest Spring Cocktails- an evening with Paul Kozub, Owner & Founder of V-One Vodka Friends Fundraiser 6-7:30 PM</p>
20	21 Voting Day	22	23	24
<p>9:00 Foot Care 9:15 Walk & Talk 9:30 Men's Breakfast 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 1:00 Art with Kit (1)</p>	<p>9:30 Healthy Bones and Balance 10:00 Art Journaling 11:00 Moving to the Music 11:00 Friends Meeting 12:00 Senior Mobile Nutrition Pick-Up 1:00 Line Dance 1:00 Cribbage & Games 1:00 Money Management 3:30 Qigong Infused Yoga with Cancer Conn.</p>	<p>9:00 VA Office Hours 9:30 Healthy Bones and Balance 10:30 Coffee w. Nurse 11:00 Tai Chi 12:00 Craniosacral 1:00 Canasta 1:00 Art with Kit (2) 1:00 Senior Theater 2:00 Town Collector Hour</p>	<p>9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 12:00 Line Dance Adv. 1:00 Line Dance 1:00 Importance of Fiber by Foodbank</p>	<p>9:15 Yoga 10:30 Headlights Restoration Demo 12:30 Movie Matinee "Champions"</p> <p>Hadley Memorial Day Parade Sunday @ 2 PM</p>
27 Center Closed 	28	29	30	31
	<p>9:30 Healthy Bones and Balance 10:00 Art Journaling 11:00 Moving to the Music 1:00 Line Dance 1:00 Cribbage & Games 1:00 Senior Theater 3:30 Qigong Infused Yoga with Cancer Conn.</p>	<p>9:00 VA Office Hours 9:30 Healthy Bones and Balance 11:00 Tai Chi 1:00 Canasta 1:00 Senior Theater 2:00 Town Collector Hour</p>	<p>9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 12:00 Line Dance Adv. 12:30 Eating Well 101 1:00 Line Dance 3:00 Conversazione with Sharon</p>	<p>9:00 Massage 9:15 Yoga 11:30 Debunk Myths 2:00 Birthday Ice Cream Social Sing Along w. Sara supported by the Hadley Cultural Council</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:15 Walk & Talk 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 1:00 Senior Theater Last rehearsal	9:30 Healthy Bones and Balance 10:00 Art Journaling 11:00 Moving to the Music 1:00 Line Dance 1:00 Cribbage & Games 2:00 Senior Theater Show 3:30 Qigong Infused Yoga with Cancer Conn. 4:00 Senior Theater Show Senior Theater Show 2 & 4 PM	9:00 VA Office Hours 9:30 Healthy Bones and Balance 11:00 Tai Chi 1:00 Canasta 1:30 Connections Cafe 2:00 Town Collector Hour	9:00 Foot Care 9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Moving to the Music 12:00 Line Dance Adv. 1:00 Line Dance 2:00 Hot Topics with Hadley Fire	9 - 2 PM Family Jewels 9:15 Yoga
10	11	12	13	14
9:15 Walk & Talk 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 12:30 Lavender Potluck Lunch	9:30 Healthy Bones and Balance 10:00 Art Journaling 10:30 COA Board Meeting 11:00 Moving to the Music 1:00 Line Dance 1:00 Cribbage & Games 3:30 Qigong Infused Yoga with Cancer Conn.	9:00 VA Office Hours 9:30 Healthy Bones and Balance 11:00 Tai Chi 12:00 Craniosacral 12:00 Veterans Lunch By Building Bridges 1:00 Canasta 2:00 Town Collector Hour	9:30 Healthy Bones and Balance 9:30 TRIAD 10:00 Open Art Studio 11:00 Moving to the Music 11:30 The Lunch Box 12:00 Line Dance Adv. 1:00 Line Dance 2:00 Sound Bathing	9:00 Massage 9:15 Yoga 10:00 Book Club 12:30 Movie Matinee "High on The Hog: How African American Cuisine Transformed America" Sponsored by CDEI Committee
17	18	19	20	21
9:00 Foot Care 9:15 Walk & Talk 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance	9:30 Healthy Bones and Balance 10:00 Art Journaling 11:00 Moving to the Music 11:00 Friends Meeting 1:00 Line Dance 1:00 Cribbage & Games 12:00 Senior Mobile Nutrition Pick-Up 3:30 Qigong Infused Yoga with Cancer Conn.	Center Closed 	9:30 Healthy Bones and Balance 10:00 Open Art Studio 11:00 Brown Bag Pick-Up 11:00 Moving to the Music 12:00 Line Dance Adv. 1:00 Line Dance 2:00 Coffee with a Cop	9:15 Yoga
24	25	26	27	28
9:15 Walk & Talk 9:30 Men's Breakfast 10:00 Needle Group 11:00 Yoga 12:30 Healthy Bones and Balance 1:00 Art with Kit	9:30 Healthy Bones and Balance 10:00 Art Journaling 11:00 Moving to the Music 1:00 Line Dance 1:00 Cribbage & Games 1:00 Spam Bingo 3:30 Qigong Infused Yoga with Cancer Conn.	9:00 VA Office Hours 9:30 Healthy Bones and Balance 10:30 Coffee w. Nurse 11:00 Tai Chi 1:00 Canasta 2:00 Town Collector Hour	9:30 Healthy Bones and Balance 10:00 Open Art Studio 10:00 Titanic Museum & Lunch Trip 11:00 Moving to the Music 12:00 Line Dance Adv. 1:00 Line Dance 3:00 Conversazione with Sharon	9:00 Massage 9:15 Yoga 2:00 Birthday Ice Cream Social Joan Doyle Band
		ALL CLASSES REQUIRE ADVANCED REGISTRATION ALL SUBJECT TO CHANGE WITHOUT NOTICE! BILLIARDS TEAM M-F 9-4 PM BILLIARDS FREE PLAY WEDNESDAYS FITNESS ROOM OPEN DAILY 9-4 PM PING PONG BY APPT DAILY 2-4 PM		DAILY LUNCH PICK-UP TIME 11 AM -12 PM \$3 LUNCH DONATION IS APPRECIATED! 48 HOURS IN ADVANCE LUNCH RESERVATION REQUIRED 413-586-4023 TOWN NURSE HOURS TUESDAYS & WEDNESDAYS 9AM -12 PM VAN SERVICE MWF 9-12