

# Hadley Senior Community Center Newsletter

December '15 / Jan, Feb. '16  
Partially sponsored by the EOE

**Holiday Happenings!** Our **Holiday Party** this year will be held at the Hadley Farms Meeting House on Thursday Dec. 3<sup>rd</sup> from noon to 3pm. and is partially sponsored by the Firemen's and Policemen's Associations to keep things affordable. (Thank you!) It's coming up soon, so come get your tickets as soon as you read this! More details inside.

**Deck the Halls:** the setting up of the Christmas Village and the Tree, while enjoying music and snacks on Wed. Dec. 2<sup>nd</sup> at 1pm. Everyone is invited.

We will once again, have Kathy from UMass Agriculture leading our **Holiday Centerpiece Making Workshop** on Thurs. Dec. 17 at 1pm. \$12. All materials will be provided.

On Dec. 18 we will be taking a wagon ride through **Bright Nights**, followed by dinner at Storrowton Tavern, and on Sunday Jan. 10 there is a trip to see the **Boar's Head Festival** in Springfield. See the "Trips" page for more information.

Come the New Year, we have opportunities for personal betterment through learning and exercise: Monday Jan. 11 at 2pm come to Gene Palmer's **slide presentation and discussion on the Pan American Health Organization and the US Military Medical Mission in Honduras**.

Take advantage of the 7 exercise programs being offered and start your New Year off on the right foot. There's plenty to do here, and we are always planning more. Have an idea? We'd love to hear it! Call or email Suzanne.

*From all of us at the Council on Aging;  
Merry Christmas, Happy Hanukkah, and Peace to All in the New Year!*

## **Hadley Senior Community Center**

46 Middle St, Hadley, MA 01035

Office: 413-586-4023, or [coa@hadleyma.org](mailto:coa@hadleyma.org)

Hours: Monday through Friday 9am-4pm

Meals on Wheels 584-6784

Highland Valley Elder Service 586-2000

## **A note about our new Friends group**

The Friends of the Hadley Council on Aging celebrate their 1<sup>st</sup> anniversary on December 1<sup>st</sup>. The Council on Aging is grateful to have an active, energetic and outgoing group concerned with fundraising and spreading the word about COA activities. Besides the support they offer, we all get to benefit from the original and fun events they plan that add another layer of life to our calendars and an opportunity to meet new people.

Since their inception, they have had 3 major fundraisers. Those efforts resulted in an additional day of van service to medical appointments and to the Center for seniors who no longer drive.

You can help support the Friends in the following ways:

- Make a tax-deductible donation
- Donate your vehicle (in good working condition)
- Vote for them at the Florence Savings Bank for a customers' choice grant if you have an account.

Contact Jane Nevinsmith, Chair, for more information at 586-3772. **Thank you!!**

## **Thank you for your Thoughtfulness.**

To the following groups and individuals for either their donations or volunteer endeavors: Merrill Tomaskowicz for the pendulum clock in the Education Room, Rita Montague and Louise Obrist, Alina's Restaurant, Barnes & Noble, Big E's supermarket, Big Y, Blue Bonnet Diner, Brewmaster's Tavern, Cup and Top, Eastside Grill, Essalon, Foster's Market, Four Season's Liquors, Fournier Footcare, Hometown Healthcare Store, Mi Tierra, Sylvester's, Shelburne Coffee Roasters, Stables, Starbucks, State Street Fruit Store, The Arbors.

# FRIENDS OF THE HADLEY COUNCIL ON AGING

## Business Sponsors

Be sure to support these local businesses and thank them!



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**Karen Walters-Zucco, MPA**  
Executive Director • Director of Marketing  
kwalters-zucco@arborsassistedliving.com

130 University Drive Amherst MA 01002 T. 413-548-6800 F. 413-548-6888



Jennifer Hudon  
director of catering / manager

99 Russell Street + Hadley, MA 01035  
W 413 585 1515 (w) 978 766 6019 (w) jennifer@esselon.com

**esselon.com**



(413) 586-5120

**OFFICE**  
Monday - Friday 10 - 6  
Saturday 10 - 4  
or by appointment

**GATE**  
24 hr. access

**SECURE:** Electronic gate access, illuminated, daily lock checks, fenced, video surveillance

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Florence Savings Bank    A. Dion & Son Floor Contractors, LLC    The Hair Shop  
Aegis Health Partners    Umass Five College Credit Union    Route 9 Diner, (Closed)  
State Rep. John Scibak    Helen Blatz, Financial Advisor, Edward Jones.

## **Health, Wellness and Safety**

**Cleaning of Hearing Aids/Hearing Screenings** with Deborah Reed of Ascent Audiology on the 3<sup>rd</sup> Tues. every other month from 10-11am here at the Senior Community Center- Next Clinic **December 15**. Free, walk-in clinic.

**Community Health Nurse Open Office Hours:** Wednesdays from 8am-noon on the main floor of the Senior Community Center. 586-2513. Sharps containers accepted in approved containers only. Many medical devices available for loan. Call for more information.

**Foot Care Clinics:** Offered by Diane Roeder, RN every other month. Cost: \$30 for clinic visit or \$50 for a home visit. Next clinic date is Tues. Dec. 15. Call 586-4023 to schedule an appointment.

**\*NEW Lock Box Program Sponsored by Hadley TRIAD:** Now accepting names for high risk seniors to have a lock box installed so police and fire personnel have access to your home in the event of an emergency. Call 586-4023 for more information.

**At Home Counseling:** Jon Steinberg, LICSW, provides in-home counseling and psychotherapy, specializing in homebound elders. Insurance accepted. For more information call Jon at 413-210-5713 or [JONS629@comcast.net](mailto:JONS629@comcast.net)  
[www.homevisiththerapy.com](http://www.homevisiththerapy.com)

### **Exercise Classes**

*Want to start exercising, but you don't know if a class is right for you? You can always try 1 class for free to find out. Just let us know you're here.*

**Healthy Bones and Balance I (formerly Osteoporosis exercise) has been 'tuned up'.** Held Tues and Thurs at 9:30am with Betty Faulkner. Please note this class is at maximum capacity. New participants may join the Wednesday class. See below.

**Healthy Bones & Balance II**  
**NEW\* Wednesdays afternoons at 2pm for those that have been waiting to join and any other new members that want to try it out!** We welcome 2 new teachers, Georgia and Elaine. Call to have medical clearance forms mailed prior to starting. 586-4023. The class has no cost.



**The Exercise equipment room is open every day from 9-4. Free and open to those 55+.**

**Tai Chi Class** with Bai Ling Li. Our long-time Tai Chi teacher ends the current series on Dec. 7 and will return for her next 12 week session on Monday January 25. \$36 for the next session, payable on the first class. Mondays at 1:30pm. Partially grant funded through EOEa.

**Light Dancercise:** Led by Nicole Lynn Smith, an all-over, aerobic based class and cool down. Mondays at 10:30am. 6 wk series for \$35. Call for next series dates.

**Yoga, Stretch, Flex and Breathe:** Wed. 9:15am

FREE. Whether you have a lot of flexibility or a little, this class is all about loosening up, gentle stretching, and moving your body and mind toward a peaceful, integrated sense of calm. Exercises can be done sitting for those that prefer not to get down on the floor.

**Fun & Fit:** (*New day and time!*) Wednesdays at 12:45. Join us for an energizing, fun program that includes a variety of low-impact exercises set to stimulating music. We will use dumbbells, gym balls and more. You will work on strength, flexibility, balance, fall prevention and cardiovascular fitness. ***This is a work-out!*** Led by Sidra Ellison. Partially grant funded through EOEa. Next series: Dec. 2 through Feb. 24. 13 weeks for \$39 payable first class.

**Yoga and Pilates Based Mat-Workout** with Sidra Ellison: Fridays at 10:30am. (Note new time!) Do you want to focus on core strengthening? Try this new class! Partially grant funded through EOEa. Next 11 week series Dec. 4 through Feb. 27. \$33 payable first class. (No classes 12/24, 12/31)

## Helpful Resources

**Need help setting up a computer?** Janice Jorgensen is our volunteer making house calls on our behalf to help fix glitches or configure your system. Call us to schedule a visit. Though there is no fee, donations to the COA are welcomed. 586-4023

**Heavier Chore Volunteer:** is willing to help residential homeowners with one-time chores requiring strength, such as taking out air-conditioners, or limited yard work. Please note, no home-making chores. Please call us to inquire. 586-4023. (We're sorry, but jurisdiction and liability dictate those that rent from landlords or live in senior housing must contact their own management to provide any services they might need)

**Fuel Assistance:** Don't wait until the tank runs down along with your heating funds. Now scheduling appointments to file applications, or recertification. Expected maximum income guidelines are as follows: (1 person) \$33,126, (2 people) \$43,319.

**Brown Bag** Nutrition Program sponsored by the food Bank of W. MA offers a bag of non-perishable groceries once a month. It offers great staples, emergency canned goods, and helps lower grocery budgets. Everyone eligible should be on this program! Call for guidelines.

**The Hadley Food Pantry:** an ecumenical project based at the Most Holy Redeemer Church open every Sunday from noon-1pm. **Fill a bag, no paperwork or ID required.** For the home-bound, a bag can be delivered each week by calling Christine at 549-0259. The Food Pantry is also looking for volunteers.

**Take and Eat Program:** Homebound elders can receive a free, hot weekend meal twice each month. Call Kathleen at 413-664-1041 for more information or to register.

**Lunch is Served** here Monday through Friday at 11:45. Call to reserve two days in advance. 586-4023. \$2 suggested donation. Come on in to have a hot meal with others.

**SNAP** (Supplemental Nutrition Assistance Program-formerly known as Food Stamps) can help. Food prices have gone up-but your fixed income hasn't. No one should have to choose between buying food or medicine. Call Elsie for more info. 586-4023



## Transportation Options

### COA Van Service on Tuesdays

The senior van is available to transport seniors to the Senior Community Center, local medical appointments, or to pick up prescriptions. Please see below for details:

- For Hadley residents age 60+ that do not drive and have no formal support system such as a friend or family member who drives.
- You must schedule your ride at least 2 business days in advance (preferably more) by calling 586-4023.
- There is a nominal fee of \$2 each way unless you are a HVES or Mass Health client, in which case there is no fee.
- Service area is Hadley, Hatfield, Amherst, Northampton and Florence.

*We reserve the right to make changes to this program at any time and will give due notice of any changes in advance of scheduling your ride and in the newsletters. Requests may be denied based on available seats, priority requests, or additional unforeseen circumstances.*



### Thursday Shopping Van

For those that do not drive, we use the van to go to the local supermarkets and box stores on Thursday mornings from 9am to noon. You must call no later than Tuesday to schedule. There is a nominal fee of \$2 each way unless you are a HVES or Mass Health client, in which case there is no fee.

### PVTA

Offers para-transit van service to elderly and disabled residents. To schedule a trip within 7 days, call toll-free **1-866-277-7741**. If you have a disability that prevents you from riding the regular, fixed route buses, you may apply for ADA transportation which offers extended service hours over the regular Dial-A-Ride program. Call the number above and ask to be transferred to the ADA Coordinator. PVTA van tickets are available for purchase at the Council office. A book of (20) \$2.50 one-way van tickets cost \$47.50.

Hadley Council on Aging  
Senior Community Center at Hooker School  
46 Middle Street  
Hadley, MA 01035

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RETURN SERVICE REQUESTED

THE COUNCIL ON AGING OFFICE & SENIOR  
CENTER IS OPEN MONDAY-FRIDAY FROM 9:00  
A.M.-4:00 P.M. 586-4023 or [coa@hadleyma.org](mailto:coa@hadleyma.org)

COUNCIL ON AGING STAFF MEMBERS  
Senior Services Director: Suzanne Travisano  
Community Outreach Coordinator: Elsie Waskiewicz  
Clerical Assistant: Leslie Elliott  
Van Drivers: Jane Nevinsmith, Dick Fydenkevez,  
Gladys Nicholson

MEMBERS OF THE COUNCIL ON AGING:  
Glenn Clark, Chair  
David Storey, Vice Chair  
Elizabeth Faulkner, Treasurer  
Margie Townsend, Secretary  
Elsie Andrews and Marguerite Wilson

HVES BOARD REP: Jack Wright

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

Central Hampshire Veterans Services	587-1299
Highland Valley Elder Services	586-2000
Hampshire Elder Law Program (H.E.L.P.)—civil legal services at no cost to low income elders	586-8729
Social Security ( <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a> )	1-800-772-1213
Social Security (Holyoke Office)	1-877-480-4989
Medicare ( <a href="http://www.medicare.gov">www.medicare.gov</a> )	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)	
Community Health Nurse, Marge Bernard, R.N.	586-2513
Hadley Housing Authority at Golden Court:	584-3868

STATE SENATOR STAN ROSENBERG may be reached  
at the State House, Boston, MA 02133 (617-722-1532) or at  
his district office at 1 Prince Street, Northampton (587-  
6365).

STATE REPRESENTATIVE JOHN SCIBAK  
413-539-6566, by mail to P.O. Box 136, So. Hadley, MA  
01075, or by e-mail to [Rep.johnscibak@hou.state.ma.us](mailto:Rep.johnscibak@hou.state.ma.us).

# December 2015 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>9:30 Healthy Bones &amp; Balance</b> 11:45 Lunch COA Van Service	<b>2</b> 8am-12 Nurses Hours 9:15 Yoga Stretching <b>10-12 Veterans Hours</b> 10:30 Spanish 11:45 Lunch <b>12:45 Fun &amp; Fit</b> <b>1-3p Deck The Halls:</b> <b>2p Healthy Bones &amp; Balance</b>	<b>3</b> <b>9:30 Healthy Bones &amp; Balance</b> 9:30-12 shopping van. 11:45 Lunch  <b>Holiday Party</b> <b>12-3pm Hadley Farms Meeting House \$15</b>	<b>4</b> <b>10:30 Yoga/Pilates mat</b> 11:45 Lunch 12:30- Canasta
<b>7</b> <b>10:30 Dancercise</b> 11:45 Lunch <b>1:30 Tai Chi (last)</b> 	<b>8</b> <b>9:30 Healthy Bones &amp; Balance</b> 11:45 Lunch 10:30 COA Board meeting Van Service	<b>9</b> 8am-12 Nurses Hours 9:15 Yoga Stretching <b>10-12 Veterans Hours</b> 10:30 Spanish 11:45 Lunch <b>12:45 Fun &amp; Fit</b> <b>2p Healthy Bones &amp; Balance</b>	<b>10</b> <b>9:30 Healthy Bones &amp; Balance</b> 9:30-12 shopping van. 11:45 Lunch	<b>11</b> <b>10:30 Yoga/Pilates Mat</b> 11:45 Lunch 12:30- Canasta
<b>14</b> <b>10:30 Dancercise</b> 11:45 Lunch	<b>15</b> <b>10-11 Hearing Aid Cleaning/hearing screenings</b>  <b>9-12 Foot Clinic</b> <b>9:30 Healthy Bones &amp; Balance</b> 11:45 Lunch COA Van Service <b>1pm RAD –Last Class</b>	<b>16</b> 8am-12 Nurses Hours 9:15 Yoga Stretching <b>10-12 Veterans Hours</b> 10:30 Spanish 11:45 Lunch <b>12:45 Fun &amp; Fit</b> <b>2p Healthy Bones &amp; Balance</b>	<b>17</b> <b>9:30 Healthy Bones &amp; Balance</b> 9:30-12 shopping van. 11:45 Lunch <b>Brown Bag Program</b> <b>Pick up from 10:15-1p</b>  <b>1pm Holiday Centerpiece workshop \$12</b>	<b>18</b> <b>10:30 Yoga/Pilates Mat</b> <b>11:45 Lunch followed by December Birthday Celebration</b> 12:30- Canasta <b>Trip to BrightNights and Storrown town</b>
<b>21</b> <b>10:30 Dancercise</b> 11:45 Lunch  <b>Steve Damon bringing Holiday music at noon.</b>	<b>22</b> <b>9:30 Healthy Bones &amp; Balance</b> 11:45 Lunch COA Van Service  <b>10a Windfield #32 Outreach Office Hours</b>	<b>23</b> 8am-12 Nurses Hours 9:15 Yoga Stretching <b>10-12 Veterans Hours</b> 10:30 Spanish 11:45 Lunch <b>12:45 Fun &amp; Fit</b> <b>2p Healthy Bones &amp; Balance</b>	<b>24</b> <b>9:30 Healthy Bones &amp; Balance</b> 9:30-12 shopping van. 11:45 Lunch  <b>Closing after lunch</b>	<b>25</b> <b>CLOSED</b> 
<b>28</b> <b>10:30 Dancercise</b> 11:45 Lunch	<b>29</b> <b>9:30 Healthy Bones &amp; Balance</b> 11:45 Lunch COA Van Service	<b>30</b> 8am-12 Nurses Hours 9:15 Yoga Stretching <b>10-12 Veterans Hours</b> 10:30 Spanish 11:45 Lunch <b>12:45 Fun &amp; Fit</b> <b>2p Healthy Bones &amp; Balance</b>	<b>31</b> <b>9:30 Healthy Bones &amp; Balance</b> 9:30-12 shopping van. 11:45 Lunch	<b>CLOSED</b>  

# January 2016 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p><b>10:30 Dancercise</b> 11:45 Lunch</p>	<p>5</p> <p><b>9:30 Healthy Bones &amp; Balance</b> 11:45 Lunch COA Van Service</p>	<p>6</p> <p>8am-12 Nurses Hours 9:15 Yoga Stretching <b>10-12 Veterans Hours</b> 10:30 Spanish 11:45 Lunch <b>12:45 Fun &amp; Fit</b> <b>2p Healthy Bones &amp; Balance</b></p>	<p>7</p> <p><b>9:30 Healthy Bones &amp; Balance</b> 9:30-12 shopping van. 11:45 Lunch</p>	<p>8</p> <p><b>10:30 Yoga/Pilates mat</b> 11:45 Lunch 12:30- Canasta</p> <p><b>11:30 Rep. John Scibak</b></p> <p>Lunch at Champney's</p>
<p>11</p> <p><b>10:30 Dancercise</b> 11:45 Lunch</p> <p>2pm <b>Pan American Health Organization and the US Military Medical Mission in Honduras.</b></p>	<p>12</p> <p><b>9:30 Healthy Bones &amp; Balance</b></p> <p><b>10:30 COA Board meeting</b></p> <p>11:45 Lunch</p> <p>COA Van Service</p>	<p>13</p> <p>8am-12 Nurses Hours 9:15 Yoga Stretching <b>10-12 Veterans Hours</b> 10:30 Spanish 11:45 Lunch <b>12:45 Fun &amp; Fit</b> <b>2p Healthy Bones &amp; Balance</b></p>	<p>14</p> <p><b>9:30 Healthy Bones &amp; Balance</b></p> <p>9:30-12 shopping van.</p> <p>11:45 Lunch</p>	<p>15</p> <p><b>10:30 Yoga/Pilates mat</b> 11:45 Lunch 12:30- Canasta</p>
<p>18</p> <p><b>Martin Luther King Jr., Day</b></p>  <p><b>Center is Closed</b></p>	<p>19</p> <p><b>9:30 Healthy Bones &amp; Balance</b> 11:45 Lunch COA Van Service</p>	<p>20</p> <p>8am-12 Nurses Hours 9:15 Yoga Stretching <b>10-12 Veteran's Office Hours</b> 10:30 Spanish</p> <p>11:45 Lunch <b>12:45 Fun &amp; Fit</b> <b>2p Healthy Bones &amp; Balance</b></p>	<p>21</p> <p><b>9:30 Healthy Bones &amp; Balance</b> 9:30-12 shopping van. <b>Brown Bag Day-pick from 10:15-noon</b> 11:45 Lunch</p>	<p>22</p> <p><b>10:30 Yoga/Pilates mat</b> <b>11:45 Lunch</b> 12:30 Canasta</p> <p>Trip to Seymour Planetarium</p>
<p>25</p> <p><b>10:30 Dancercise</b> 11:45 Lunch</p> <p><b>1:30 Tai Chi –start of 12 week session</b></p> <p>Trip to Rein's Deli</p>	<p>26</p> <p><b>9:30 Healthy Bones &amp; Balance</b> 11:45 Lunch COA Van Service</p> <p><b>10am Outreach Office Hours Windfield #30</b></p>	<p>27</p> <p>8am-12 Nurses Hours 9:15 Yoga Stretching <b>10-12 Veteran's Office Hours</b> 10:30 Spanish 11:45 Lunch <b>12:45 Fun &amp; Fit</b> <b>2p Healthy Bones &amp; Balance</b></p>	<p>28</p> <p><b>9:30 Healthy Bones &amp; Balance</b></p> <p>9:30-12 shopping van.</p> <p>11:45 Lunch</p>	<p>29</p> <p><b>10:30 Yoga/Pilates mat</b> 11:45 Lunch followed by January Birthday Celebration 12:30- Canasta</p>
<p><b>Boar's Head Festival</b> <b>Sunday January 10</b></p> <p><b>Depart at 2:30</b> <b>\$40</b></p>				

## Trip Calendar

**December 9–11, White Mountain Christmas Trip:** (We still have room for a few more people.)  
*Call Gladys 413-658-7773*

**To sign up for the below day trips call the office at 586-4023**

**Horse drawn wagon ride through Bright Nights, followed by Dinner at Storowton Tavern.**  
Friday December 18, Depart 4:00 (change of departure time) \$27 for transportation and admission, cost of dinner on your own.

**Lunch at Champneys at the Deerfield Inn,** Friday January 8. Depart 11:45: transportation \$10, lunch cost on your own.

**The Boars Head Festival,** and Ancient Epiphany Processional Celebration. Sunday January 10.  
Depart 2:30 pm. \$40 includes transportation and admission.

**Seymour Planetarium, Springfield Museums** Friday, January 22. Depart 11am. \$30 includes transportation and admission. Additional time for lunch at Blake House cafe (own cost) and/or a visit to other exhibits. (Leaving our mark: In celebration of the Pencil- an exhibit of pencil drawings.)

**Lunch at Rein's Deli,** Vernon, Ct, Monday January 25. Depart 10:30: transportation \$12, lunch cost on your own.

**Quilt Museum, Lowell,** Friday February 5. *Quilts of Japan, The 12<sup>th</sup> Quilt Nihon.* Depart at 8am, lunch on your own at Greek Restaurant. \$40 transportation and admission.

**International Trips**– call Jane Nevinsmith 584-3772

**FRENCH RIVERBOAT CRUISE** May 8 – 18, 2016, Airfare, 2 nights Mont St Michel and 7 nights on a Paris and Normandy River Cruise: prices from \$5799 pp/double. Includes guided tours of Mont St Michele, Paris, Giverny, Vernon, Rouen, Normandy Beaches, and Conflans. Call Jane Nevinsmith for a flyer, or the Ship Shop to make a reservation. River boat only has 190 passengers, so space is limited. *Call Jane N. 586-3772*

**TRANS-ATLANTIC CRUISE: Aug 27 –Sept 13, 2016. Royal Caribbean, Sail from Copenhagen to Boston, stopping at the following ports: Oslo, Norway: Kristiansand, Norway: Klaksvik, Faroe Islands: Reykjavik, Iceland (2 days): Akureyri, Iceland: Halifax, Nova Scotia then home to Boston. Includes airfare, transportation to airport and home from ship and all taxes. Starting price \$3136 p/p double – 16 nights, 18 days. Call Jane N. 586-3772 for more info.**