



Sponsored by Hadley Council on Aging &
MA Executive Office of Elder Affairs

Ever wonder what *really* happens

Behind the scenes?

LET'S ACT OUT!

Join us

Tuesday March 18th

At 3:30 pm

The Hadley Senior Community Center

Let's Act Out!

Program participants
present a hysterical hour of
audience engaging improvisation,
one act plays and readings.

Refreshments following the show



This program has been sponsored by
the Hadley Cultural Council
and is free and open to the public

AARP Tax Clinics are Mondays March 17th and April 7th. If you have an appointment, you should be receiving paperwork in the mail from us reminding you of your appointment, as well as some paperwork that needs to be filled out and brought with you the day of your appointment.

Welcome to another Senior Community Center Newsletter. Be sure to read everything. We are introducing new programs like Lunch & Learn with guest speakers ranging from Jan Stiefel of Community Legal Aid to Jon Steinberg, a psychotherapist following a dream to bring counseling to those that are homebound, Veteran's Administration director, Steven James Connor, and Donald Loring Brown, teacher, Harvard graduate and author.

We also have a shout out to form a walking team for the Highland Valley Elder Services Meals on Wheels walkathon scheduled in May, new trips, and much, much more. For a full listing of activities, please refer to the monthly calendars

Senior Community Center Hours of Operation: Monday through Friday, 9am-4pm.

Suzanne Travisano, Director:
586-4023 or coa@hadleyma.org

Elsie Waskiewicz, Outreach: 586-4023 or
Hadleyoutreach@gmail.com

Lunch Reservations: 586-1910 (2 days in advance)

Thank you to the following people for their contributions, either through donations, volunteerism, or in-kind gifts to the Hadley Senior Community Center in January and February: Anna Goszcz, Katherine Persons, Gene Palmer for the donation of a dart board for the Recreation Room, Henry Barstow "Handyman Hank" for refinishing the butcher block work station in the kitchen and the tray line in the dining room. Not only is the wood beautiful again, but also restored close to how they were when they were originally built.

Spring Fling

Saturday April 5th, 2014

5:30-8pm

Hadley Senior Community Center



**Music by Cindy Reed and
The Good Times Band featuring a sing-a-
long of songs you know & love**



Hors d'oeuvres and dinner buffet



**Dinnertime Comedy and Magic Show
with Eddie Raymond**



**Tickets are \$12, and will be available
until March 28th**

At the Senior Community Center

Helpful Consumer Information & Resources



Veteran's Benefits: Steven James Connor is available on Wednesdays from 10-12 at the Center. If you are a MA Veteran or surviving spouse, and have questions about benefits stop by or call 413-587-1299.

Outreach Office Hours at Winfield Senior Estates and Golden Court are held one Tuesday per month with occasional guest speakers arranged and hosted by Outreach Coordinator Elsie Waskiewicz.

March 25

10am: Winfield Senior Estates, #32, Hadley fire Chief Mike Spanknebel presenting.

1pm: Golden Court: Listening session

April 22

10am: Winfield Senior Estates, #30, listening session.

1pm: Golden Court: TBD

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.

Cost Cutting Programs and Resources

Fuel Assistance- Help with heating costs for income eligible households. New applications start Nov. 1st. Contact Elsie to apply. 586-4023

SNAP (Supplemental Nutrition Assistance Program) may help you to buy more food. Elsie can help you apply. 586-4034 or Hadleyoutreach@gmail.com

Brown Bag Nutrition Program sponsored by the food Bank of W. MA is a program that brings a pallet of non-perishables and local produce once a month, which is bagged up by our volunteers for program participants. It offers great staples for the pantry, or in a pinch, to help with grocery budgets. Call us for information.

The Hadley Food Pantry is an ecumenical project based at the Most Holy Redeemer Church that is open every Sunday from noon-2pm. For more information call Christine Cullen at 549-0259.

Take and Eat Program: Homebound elders can receive a free, hot and nutritious weekend meal on the 1st Saturday and the 2nd Sunday each month. Call Kathleen at 413-664-1041 for more information or to register.

Congregate Meals at the Senior Community Center served Monday through Friday at 11:45. Call 586-1910 two days in advance. \$2 suggested donation

CLOSING / CANCELLATION POLICY

Please refer to the following venues for closing and cancellations of the
Hadley Senior Community Center

WGGB Channel 40 or WWLP Channel 22

WHMP/WRSI Radio

WHAI/Bear Country Radio

For Meals on Wheels refer to Highland Valley Elder Services Cancellations

News from the COA Office



In January we welcomed new staff member Beth Ginsburg. Beth lives here in Hadley with her husband, an assistant coach for the UMass basketball team, and her two children. Those of you who have met her will attest to the fact that she is a definite asset to our team. Beth will be sharing the position of Office Management Assistant with Kathy Fiske, whom I'm happy to say, will be staying on with reduced hours. Stop in and introduce yourself.



Newsletters Phase II

We are making headway in getting an increasing number of you to switch over to email to receive the newsletters which was phase I. To receive it in color and be put on the email list, please send us a request at coa@hadleyma.org

Phase II

For those of you that attend the Center on a regular basis, we are asking that you consider signing up as "picking it up at the Center" instead of having it mailed, to save on postage.

Beth has made sign up posters with an attached box to leave your confidential information for us to process your requests.

Thank you for helping us to reduce costs and go greener.

Hadley Senior Community Volunteer Opportunities

- Volunteer drivers to take seniors to local medical appointments once or twice a month
- Handy man willing to do light duty chores for seniors, such as putting in and taking out air conditioners, etc.
- Newsletter mailing volunteers
- Decoration committee to be in charge of seasonally decorating the Center.

We'd like to take the opportunity to thank Stan Brown for his years of service to the Senior Community here in Hadley as the generous "handy man" who made himself available to repair, move or help seniors with chores around their homes.

Calling All Walkers!

The Hadley Senior Community is now forming walking teams to represent Hadley at the **Meals on Wheels Walk-a-thon** being held Saturday May 17th at the Northampton High School Track. Many of you know someone who benefits from the hot meal and just as importantly, a daily check in. This invaluable program is underfunded and needs our support. Call or stop in to sign up as a "Hadley Walker for Meals on Wheels".



Financial Literacy Program- 3 part series, Starts Monday April 28,

10-11:30am. This is a great program being brought to us from HVES, through a grant from AARP and the Schwab Foundation. Session I: How to get a handle on where you stand financially, and understand how financial decisions affect one's life.

Session II: Taking control of credit card debt, understanding your credit report and score, and navigating debt. Session III: Building and protecting your assets, including a savings-how to, scams and predatory financial practices. Participants will make an Action Plan and Money Mentors will be made available to work one-on-one with elders to provide guidance, support and motivation. This program is **FREE** and will include the workbook [Finances50Plus](#).

Call early to reserve your space.586-4023

Health and Wellness

Check the monthly calendars for 'open gym' times to use our fitness equipment



MOVEMENT AND SCULPT



(formerly Dancercise)

Friday mornings at 10am with Lynne Nicole Smith.

New 8 week session starting March 21

This aerobic workout integrates dance, balance, and light hand weights for those of you looking to step up your fitness routine. \$24 for 8 weeks, or \$5 per 'drop in' class. Program is partially funded through the EOE.

Never tried this class before? Your First time is FREE!!! Bring a Friend.

Community Health Nurse Open Office

Hours: Wednesdays from 8am-noon on the main floor of the Senior Community Center. Medical Equipment loans, blood pressure and glucose checks are always available. 586-2513

Foot Care Clinics by Appointment: Offered by Diane Roeder, the third Tuesday, every other month. Cost: \$30 for clinic visit or \$50 for a home visit. Next clinic April 15. Call 586-4023 for an appointment.

Ear Care Clinics by Debcor Homecare by appointment: 549-6545. There is a fee.

Tai Chi

12 week Session Starting

Monday April 13th at 1:30pm

This program is partially grant funded from the Executive Office of Elder Affairs. Taught by Bai Ling Li of The School of Tai Chi. \$36 for the series due 4/13.

Yoga Stretch, Flex and Breathe

Wednesday mornings at 9:15-10:30, ongoing, no cost. Volunteer leader Ed Golding has been leading this helpful program for 4 years. Easy going, and adaptable for all levels. Come try it!



**SATURDAY, April 26, 2014
10:00 AM – 2:00 PM**

**Hadley Police Dept.
Medicines can remain
in original containers
with labels**

ITEMS WE CANNOT ACCEPT:

NO NEEDLES- NO SYRINGES – NO LANCETS

No Thermometers, No IV bags,

No Chemo Drugs, NO liquids

**Sponsored by: DEA, TRIAD, D.A. Sullivan,
Sheriff's Depts., Police, DPH, MCOA,
Smith Voc., Gazette and others**

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

PRESORTED
STANDARD
US POSTAGE PAID
AMHERST MA
PERMIT NO 495

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

COUNCIL ON AGING STAFF MEMBERS

Senior Services Director: Suzanne Travisano
Office Management Assistant: Kathy Fiske
Community Outreach Coordinator: Elsie Waskiewicz
Clerical Assistant: Leslie Elliott
Newsletter Assistants: Kathy Fiske, Elsie Andrews
Van Drivers: Jane Nevinsmith, Dick Fydenkevez, John
Waskiewicz

MEMBERS OF THE COUNCIL ON AGING:

Elizabeth Faulkner, Chairperson
Glenn Clark, Vice Chair
David Storey, Secretary
Marguerite Wilson, Treasurer
George Ritter, Elsie Andrews and Rita Bishko

HIGHLAND VALLEY ELDER SERVICES'

BOARD REPRESENTATIVES:
Elizabeth Faulkner & 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
586-1910, at least 2 days in advance, to sign up for meals.

Veteran's Services Office Hours: Wednesdays from 10-12
in the Education room at the Senior Center

Central Hampshire Veterans Services 587-1299
Highland Valley Elder Services 586-2000
S.H.I.N.E. /RX Advantage 1-800-AGE-INFO
Hampshire Elder Law Program (H.E.L.P.)—civil legal
services at no cost to low income elders 586-8729
Salvation Army's Hadley Representative. 549-5473
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
Call for carbon monoxide alarm & smoke detector
assistance
Hadley's 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.

Day Trip Calendar

To sign up for Day Trips call the office at 586-4023.

- March 5th, Smith and Mt. Holyoke Colleges Bulb Shows, followed by lunch at the Smithsonian Chowder House in Northampton. Departs at 9:15am. \$6 transportation, entrance to shows by donation and lunch costs on your own.
- March 10th Lunch at the Cal's, Wood Fired Grille and Wine Bar in West Springfield
Depart 11:15am, \$6 Transportation, lunch cost on your own.
- March 21st Titanic Museum in Indian Orchard, followed by lunch at Bernie's Restaurant in Chicopee. \$6 transportation, \$4 museum entrance, and lunch on your own. Depart at 9:30am.
- March 26th Lunch Trip to Tavern on the Hill, Easthampton. \$6 transportation, lunch on your own.
Depart at 11:15am
- April 2nd Trip to shop at the Lee Outlets, \$10 transportation. Departs at 10am
- April 16th Lunch trip to Fish Tales, Hatfield. \$5 transportation, lunch on your own.
- April 30th Lunch trip to The Marina, Brattleboro, VT, \$7 transportation, lunch on your own.
- Oct. 9th Westchester Dinner Theatre, Elmsford NY, presents Rogers & Hammerstein's *South Pacific*. Elegant theatre featuring fine dining and full scale musical production. Depart 7:35am, return approx. 7:15pm. \$99 per person.

Overnight Trips

For overnight trips call Jane Nevinsmith 586-3772 for more info or to sign up.

Sunday, June 15-Saturday, June 28, 2014:

15 day/14 night Alaskan Land Tour and Cruise aboard Royal Caribbean's Radiance of the Seas—Per person double occupancy prices: inside cabin (N) \$4489, outside cabin (H) \$4689, balcony cabin (E3) \$5189. All taxes are included. 6 night land tour from Fairbanks, 7 night cruise from Seward, 1 night in Vancouver. All taxes are included. ***SOLD OUT! (Cruise meeting being held at the Senior Community Center Mon. 3/17 at 1pm)***

July 28 – August 1, 2014

Niagara Falls, Canada & Lockport NY featuring Lockport Canal Cruise. 5 days/4 nights. 4 breakfasts, dinners, Dinner Show, All day Niagara Tour, Royal botanical Gardens, Tour of FX Chocolates, Casino. \$719 per person (double occupancy)

October 20-23, 2014

Hudson Valley & Finger Lakes, NY. Includes lodging, breakfasts, dinners, tour of Culinary Institute of America, FDR Home and museum, Corning Museum of Glass, Sonnenberg Gardens and Mansion, Three Brothers Winery, Finger Lakes Casino, Willard Memorial chapel. \$569 per person (double occupancy)

REPOSITIONING CRUISE through the PANAMA CANAL March 30, 2015, 15 nights. Depart from Fort Lauderdale, FL, stopping at Cartagena, Columbia: Colon, Panama Canal (Cruising Canal); Costa Rica, Puerto Quetzal, Guatemala, Puerta Vallarta, Mexico, Cabo San Lucas, Mexico; and ending at San Diego CA. **\$2714 includes airfare to Fort Lauderdale and back home from San Diego!**

(Info session March 17, 2014 at 1:45pm- Senior Community Center)

NEW! **Lunch and Learn**

Stay tuned for some interesting speakers coming to join us for lunch at 11:30, visit, educate us on various topics, and to tell their stories. Take advantage of this informal opportunity to socialize and learn. Call 586-4023 at least 2 days in advance of the scheduled speakers to reserve your seat. Below a listing of Lunch and Learn topics and dates:



Wed. March 12

Jon Steinberg, LICSW has begun a home visit counseling/psychotherapy practice in our area. He is coming to our Senior Center on Wednesday, March 12th to explain his Home Visit Therapy practice.

“I went back to school in my 50s to get my Masters in Social Work so I could become a psychotherapist. I am myself a senior. I took “late” retirement from regular employment last summer. Within a few weeks, I knew that my retirement job was going to be providing counseling for people in their own homes. If people are having difficult feelings, confusion, a loss of direction, or the need to make changes in their lives, I help them sort things out so they can get their lives back on track. The people I am looking to serve are seniors, people with disabilities, and the homebound.”

Jon will describe common feelings of loss, depression, isolation or life changes that can be navigated more easily with the help of a therapist, as well as get your feedback on how to best reach home-bound or isolated seniors that could benefit from his practice. He takes Medicare and other insurances to make it affordable for seniors, those with disabilities and the home bound. Could you, or someone you know benefit from a little help, but can't get out? **Join us Wednesday March 12 for lunch at 11:45 followed by Jon's presentation**



Lunch and Learn, continued

Wednesday March 19th

Lunch with Mike and Jessica Spanknebel: Hadley's Fire Chief and Town Clerk. This should be interesting and fun. Come talk with them about all things Hadley.

Thursday April 10

Derek Kellogg, UMass Men's Basketball Coach: End of Season recap with Derek, some of his staff and players!

Tuesday April 15

Jan Stiefel of Community Legal Aid

Civil legal aid programs that provide free legal services to low-income and elderly families and individuals in central and western MA.



Friday April 18

Steven James Connor, Director of Central Western MA Veteran's Services. What's new, who's eligible? Ask the questions, learn from others.



Tuesday April 29

Donald Loring Brown, Author of the inspirational memoir The Morphine Dream “is not just a title for this book, it was a real event. It occurred while I was a patient in the New England Baptist Hospital on Mission Hill in Boston. It was on a warm summer night long ago – in 1981. I was lying in my hospital bed, trying to wake up from the latest of several knee surgeries. It was yet another failed attempt to get me walking. The prognosis was not good. The Doctors were saying I wouldn't walk again. Worse, I was in terrible pain.”

Hear about “the Amazing journey from the Factory to the Halls of Harvard Law School.”

March 2014 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9-1pm Open gym 11:45 Lunch 12:30 Mahjongg 1:30-2:30 Tai chi with Bai ling Li.</p>	<p>4</p> <p>9:30 Osteoporosis Exercise Class 11:45 Lunch-informal Mardi Gras 3:15-4:30 Let's Act Out rehearsals for 3/18 show.</p>	<p>5</p> <p>9:15 Yoga-stretch, flex and breath-FREE Trip: Spring Bulb Shows followed by lunch at Smithsonian Chowder House 11:45 Lunch 10-noon Veteran's Office Hours 12:30 Mahjongg 12:30-4 Open gym</p>	<p>6</p> <p>9:30 Osteo 10-12 shopping van 10:45 Knitting Group 11:45 Lunch 12:30 Mexican Train 12:30 Spanish Class 12:30-4pm Open gym</p>	<p>7</p> <p>10am Movement and Sculpt Exercise 11:45 Lunch with Rep. John Scibak-office hours 12:30-4 Open gym 12:30-4 Canasta Class</p>
<p>10</p> <p>9-1pm Open gym Lunch Trip: Cal's, W. Springfield leaves at 11am. 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi</p>	<p>11</p> <p>9:30 Osteo Exercise S.H.I.N.E. appointments today 10:30 COA Meeting 11:45 Lunch 12:30-3pm Open gym 3:15-4:30 Let's Act Out rehearsals for 3/18 show.</p>	<p>12</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:30 Lunch & Learn with Jon Steinberg 12:30 Mahjongg 12:30-4pm Open gym</p>	<p>13</p> <p>9:30 TRIAD/SALT 9:30 Osteo 10-12 shopping van 11:45 Lunch 12:30 Mexican Train 12:30 Spanish Class 1-4:30pm Osteo Exercise Leaders Training (no open gym today)</p>	<p>14</p> <p>10am Movement and Sculpt Exercise 11:45 Lunch 12:30-4 Open gym 12:30-4 Canasta Class with Alice Holmes</p>
<p>17 Happy St. Paddy's Day</p> <p>9-1pm Open gym AARP Tax Clinic by appt. 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi 1pm Alaskan Cruise Meeting upstairs classroom. 1:45 info re: Panama Canal Cruise</p>	<p>18</p> <p>9:30 Osteo Exercise 11:45 Lunch</p>  <p>3:30 Let's Act Out Premier Sponsored by the Hadley Cultural Council</p>	<p>19</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:30 Lunch with Mike and Jessica Spanknebel-Hadley's Fire chief and Town Clerk 12:30 Mahjongg 12:30-4pm Open gym</p>	<p>20</p> <p>Brown Bag Day Pick up is between 10:15-noon unless other arrangements are made in advance. 9:30 Osteo 10-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30 Spanish Class 12:30-4pm Open gym</p>	<p>21</p> <p>10am Movement and Sculpt Exercise New 9 week Session starts today. 11:45 Lunch 12:30-4 Open gym 12:30-4 Canasta Class with Alice Holmes Trip: Titanic Museum and lunch at Bernie's</p>
<p>24</p> <p>9-1pm Open gym 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi with Bai Ling Li</p>	<p>25</p> <p>9:30 Osteo Exercise 11:45 Lunch</p> <p>Monthly Outreach Office Hours 10am Windfield #32 1pm Golden Court</p>	<p>26</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 12:30-4pm Open gym. Lunch Trip: Tavern on the Hill</p>	<p>27</p> <p>9:30 Osteo 10-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30 Spanish Class 12:30-4pm Open gym</p>	<p>28</p> <p>10am Movement and Sculpt Exercise 11:30 Lunch and March Birthday Celebration 12:30-4 Open gym 12:30-4 Canasta Class with Alice Holmes</p>
<p>31</p> <p>9-1pm Open gym 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi with Bai Ling Li</p>	<p>Thursday morning Shopping Trips The Hadley Senior Community Van is available to bring seniors shopping locally on Thursday mornings from 10am to noon. \$4 round trip fare, free for HVES clients or ADA rider companions. Please call 586-4023 by Tuesday to schedule.</p>			

April 2014 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 9:30 Osteo Exercise 11:45 Lunch 12:30-4pm Open gym</p>	<p>2 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 12:30-4pm Open gym Trip to the Lee Outlets \$10</p>	<p>3 9:30 Osteo 10-12 shopping van 10:45 New Knitting Group meeting in upstairs Education Room 11:45 Lunch 12:30 Mexican Train 12:30-4pm Open gym</p>	<p>4 10am Movement and Sculpt Exercise 11:45 Lunch with Rep. John Scibak-office hours 12:30-Intro to Canasta</p>
<p>7 AARP Tax Clinic by appt. 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi with Bai Ling Li</p>	<p>8 9:30 Osteo Exercise S.H.I.N.E. appointments today 10:30 COA Meeting 11:45 Lunch 12:30-4pm Open gym</p>	<p>9 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 12:30-4pm Open gym</p>	<p>10 9:30 Osteo 9:30 TRIAD/SALT 10-12 shopping van 10:45 Knitting Group 11:30 Lunch and Learn with Derek Kellogg, UMass basketball coach 12:30 Mexican Train 12:30-4pm Open gym 12:30 Spanish Class</p>	<p>11 10am Movement and Sculpt Exercise- 11:45 Lunch 12:30-4 Open gym 12:30-Intro to Canasta</p>
<p>14 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi with Bai Ling Li</p>	<p>15 9:30 Osteo Exercise 11:45 Lunch and Learn with Jan Stiefel from Community Legal Aid 12:30-4pm Open gym Foot Care Clinic-by appointment</p>	<p>16 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 12:30-4pm Open gym 11:15 Lunch Trip to Fish Tales</p>	<p>17 9:30 Osteo Brown Bag Day Pick up is between 10:15-noon unless other arrangements are made in advance. 10-12 shopping van 10:45 Knitting Group 11:45 Lunch 12:30 Mexican Train 12:30 Spanish Class 12:30-4pm Open gym</p>	<p>18 10am Movement and Sculpt Exercise 11:45 Lunch and Learn with Steven James Connor of the Veterans Administration 12:30-4 Open gym 12:30 Intro to Canasta with Alice Holmes</p>
<p>21 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi with Bai Ling Li</p>	<p>22 9:30 Osteo Exercise 11:45 Lunch 12:30-4pm Open gym Monthly Outreach Office Hours 10am Windfield Estates #30 Golden Court: 1pm</p>	<p>23 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 12:30-4pm Open gym</p>	<p>24 9:30 Osteo 10-12 shopping van 10:45 Knitting Group 11:45 Lunch 12:30 Mexican Train 12:30 Spanish Class 12:30-4pm Open gym</p>	<p>25 10am Movement and Sculpt Exercise- 11:30 Lunch Followed by April Birthday Celebration! 12:30-4 Open gym 12:30-Intro to Canasta</p>
<p>28 10-11:30am Financial Literacy Program starts today. First of 3 Classes. Free. 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi with Bai Ling Li</p>	<p>29 9:30 Osteo Exercise 11:45 Lunch Lunch and Learn with Donald Loring Brown, author of The Morphine Dream, the amazing journey from the factory to Harvard</p>	<p>30 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 12:30-4pm Open gym 11:15 Lunch Trip to Brattleboro Marina</p>	<p>Hopkins Academy Wanted! Senior Alumni Band Members Meet, and strike up a tune with some of your former band members for the Memorial Day Parade- May 25th. Directed by Art Dragon ('62), recently retired from the Disneyland Band. Do you still play? Are you ready to give this a try? Contact Jean Baxter (Art's sister-in-law) 413-575-4299 jbxaxter@amherst.edu</p>	