



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

Hadley Senior Community Center Hikes for Meals on Wheels

Home Delivered Meals "The Senior Nutrition Program provides nutritious meals to seniors who are unable to leave their homes due to illness, disability or frailty through the Home Delivered Meals Program.

Who Qualifies?

People age 60 or older if they: Have physical, emotional, or cognitive impairments, or have inadequate kitchen facilities; resulting in an inability to prepare nutritionally adequate meals; Are unable to attend congregate meal sites; Have no one to help with meal preparation; Act as a caregiver to an immediate family member, and the family member is disabled or homebound." ~Executive Office of Elder Affairs

Suzanne's note: Drivers are trained to wait for someone to answer the door, to ensure all is well. For many of the people receiving Meals on Wheels, especially those that live alone, the priceless benefit of having someone check in on them daily can be life-saving. A particularly frightening fact is that there are approximately 80 people in the Highland Valley Elder Service area that are on a waiting list to get onto this program. Consider the elderly woman, (your neighbor, mother, sister) recently home from a hospital stay with limited mobility. She no longer drives and lives alone, with no family in town. How will she get at least one nutritious meal a day for a voluntary, suggested donation of \$2 a day without this program?

"We are Meals on Wheels So No Senior Goes Hungry." Highland Valley's 1st Annual Walkathon to support our Meals on Wheels program!

Saturday, May 17, 2014, 8:30 – 12 noon. Registration 8:30 am...Walk to begin at 10 am. Rain or Shine at Northampton High School Track, Northampton, MA.

Our team "Hadley Hikers for Meals" is walking to support this important resource in our community. We need more Team members! Jane Nevinsmith will donate \$10 for every member we have on the team! Join us for the Team meeting on Friday May 9th at 1pm. Materials and donation information will be distributed to walkers.

Can't walk but want to sponsor the Hadley Hikers for Meals? Make out a check to Highland Valley Elder Services and Send it to: Hadley Senior Community Center, 46 Middle Street, Hadley 01035.

THANK YOU!

News, Classes & Announcements

Thank you!

To the following people for their contributions, either through donations, volunteerism, or in-kind gifts to the Hadley Senior Community Center: Joan Johnson, Polish American Citizen's Club, Mary Fitzgibbon, Ed Golding, David and Lynn Adams, George and Norma Ritter, Leo and Joan Carney, Raymond Bender, Mary Pelis, Gene and Anne Palmer, Ken and Judy Parker, Clare Hawes, Geraldine Clark, Diane Anderson and Peggy Stosz.



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

Windfield Senior Estates now has openings for 1 bedroom apartments. Small, medium and large size available. For more information call Debbie Broga at 413-256-0016

Photo on front cover masthead: Jessica and Mike Spanknebel having a round table *Lunch and Learn* here on March 19.
Below: Best dress at the April 5th Spring Fling: Matthew Ginsburg and George Ritter!



Classes



Cluttered Closets? Learn to Sell on eBay

2 part series taught by Lorraine Desrosiers
Tues. June 17 & 24, 12:30-2pm. Call 586-4023 to sign up. Space is limited.

Free Painting Demo "Art is 4 Everyone!" Tues. May 20, 10:30am-noon

Come to a free demonstration given by artist and painting instructor Lynne Adams. Lynne will show a unique method of teaching painting that makes it accessible to everyone. Unlike traditional painting classes, students turn out rewarding paintings with the first try. For experienced artists it allows the painter to work quickly with room for more creative expression.



Sunset on Leverett Pond

If you like to try it for yourself, you can sign up for the 4 week course scheduled on Tuesdays June 3, 10, 17, 24 at 10:30-noon. Cost and supply info will be available at the May 20th presentation.

The First Congregational Church of Hadley is having its annual Hadley Asparagus, Baked Ham, Potato Salad and Strawberry Shortcake Supper on Saturday, May 17, 2014 at 5:00 and 6:30pm. Save by prepaying: Adults \$12 (\$13 at door), Children (6-12) \$5 (\$6 at door), under 6 free. By reservation only, please call 413-362-6654 or 584-4117

FREE SHREDDING FOR SENIORS AT THE HADLEY SENIOR COMMUNITY CENTER PARKING LOT

BRING YOUR DOCUMENTS AND YOUR APPETITE!

Free hamburgers and
hotdogs- hot off the grill
while you wait!

FRIDAY JUNE 20TH 11am-2pm

**Sponsored by: Hadley Police Dept., TRIAD,
Valley Green Shredding and Hadley COA**

PROTECT YOURSELF FROM IDENTITY THEFT!

The Following is an excerpt from Protectmyid.com

“If your list of spring cleaning chores includes finally doing something about those boxes of old receipts, credit card statements and tax records, keep in mind that clearing out the clutter isn’t the only incentive – or concern – when getting rid of old paperwork. Those financial forms could become a potential gold mine for identity thieves.

As for what to shred, you should destroy unneeded items that bear account numbers, birth dates, Social Security numbers, passwords, PINs, signatures, full names, addresses, phone numbers or e-mail addresses.

So what should you keep and for how long? For most people, these guidelines will suffice.

Pay and shred immediately:

- * Phone bills
- * Utility bills
- * Credit card statements (unless you need them for taxes or as proof of purchase)

Keep for one year:

- * Bank statements
- * Pay stubs
- * Medical records (but longer if there’s a question over reimbursement or insurance)

Keep for about six years:

- * Tax records, including copies of returns and supporting documents
- * Documents relating to the purchase or sale of a home, or payment for home improvements

Keep longer:

- * Insurance records should be kept as long as the policy is in effect, plus five more years.
- * Hold on to IRA contribution documents until you withdraw the money, but shred quarterly statements.
- * Warranty documents should be retained as long as the warranty is in effect.”



For the complete article see the URL below:

<https://blog.protectmyid.com/2011/02/09/spring-cleaning-guidance-for-what-to-shred-and-what-to-keep/>

Helpful Consumer Information & Resources



Veteran's Benefits: Tom Geryk 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.

May27 10am: Winfield Senior Estates, #32, Chris Geffin Speaks to the Prescription Medication Epidemic 1pm: Golden Court

June 24 10am: Winfield Senior Estates, #30, 1pm: Golden Court

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. **Application deadline has been extended until May 15.** 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

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

Health and Recreation

Light Dancercise: The Joy of Movement



Last 7 week session May 16~June 27

Fridays at 10am with Lynne Nicole Smith.

\$21 for 7 weeks, or \$5 per 'drop in' class.

Program is partially funded through the EOEA

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

Improve your flexibility, lose weight, build strength and dance to joyful music from around the world. This class combines light dance/aerobics, yoga and a relaxing cool down that will give you a Whole Body Workout to help keep you healthy and strong.



Note from Community Health Nurse:
Marge Bernard will not be in for office hours on Wed. June 18 and June 25.

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 June 17. Call 586-4023 for an appointment.



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

Check the monthly calendars for 'open gym' times to use our fitness equipment and the Recreation Room: NuStep, treadmills, and cycles, billiards, ping pong and darts are available for use.

Tai Chi with Bailing Li

Will run until the end of June

This program is partially grant funded by the Executive Office of Elder Affairs and taught by Bai Ling Li of The School of Tai Chi.

Tai Chi practice sessions with Linda Pirog Mazeski will begin on Monday mornings in July.

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!

Billiards, Darts and Ping Pong!

Thanks to the hard work of a few- the Recreation Room has a fresh coat of paint, a new dart board, and the billiard table base has been cleaned and protected! Next, framing and hanging the sports memorabilia, and moving the cable to the other corner for Wii Bowling! Thank you to Gene and Anne Palmer, Ken and Judy Parker and Dave and Lynn Adams.

Let the Games Begin!



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.

- May 7 Lunch and Shopping: 99's in West Springfield, followed by shopping at Savers and Home Goods. \$6 transportation, plus cost of lunch and shopping. Depart at 11am
- May 19 Lunch Trip to Sofia's Restaurant in East Windsor CT. \$7 transportation plus cost of lunch. Depart at 10:45
- June 2 Pickety Place, Mason NH – Garden Tour and 5 course luncheon. \$50 inclusive. Depart at 9am
- June 13 Lunch Trip to Bridge Side Grille. \$5 transportation plus cost of lunch. Depart at 11:15
- June 25 Showtime at the Log Cabin: Beatles Tribute Band and Lobsterfest! \$60 inclusive. Depart at 11:15
- Aug 27 Saratoga Race Course, NY, Admission and reserved Grandstand seating: Lunch & Dinner on your own \$62. Sign up deadline: July 20th
- 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.

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, Lunch at the Rhinecliff Hotel, tour of 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)

December 3 – 5, 2014 Christmas in Bethlehem, Pa. Includes lodging, breakfasts, dinners: Tony Orlando's Great American Christmas Concert, A visit to the Moravian Museum, Bethlehem by Night Tour, Moravian Church Christmas Putz, Allentown Farmers Market and the Christkindlemarkt. \$409 per person (double occupancy)

PANAMA CANAL CRUISE 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!** *Sign up soon – almost sold out*

Lunch and Learn

Lunch and Learn is an Educational, Social or Recreational forum for local and national topics, stories or persons of interest to you! You may join us for lunch at 11:45 with the presenter, by calling 586-1910 at least 2 days in advance. Presentations generally begin following lunch at 12:15pm. Have a topic you'd like to know more about? Let us know!

Friday May 9, Meal on Wheels Volunteer Drivers

Michael Stevens of Highland Valley Elder Services joins us to talk about the invaluable folks that deliver Meals on Wheels to those that are homebound and isolated in our community. Ever wondered if this could be a way you might give-back to the community? Michael's short presentation is at noon.

Friday May 16, noon-1:30pm Elder Law Education Program

Do you have all the Essential documents? What's the difference between an Estate that goes to Probate versus having a Trust? Can the state take your home if you go into a long-term care facility? Come ask these questions and others:

Taking Control of Your Future: A Legal Checkup

The Elder Law Education Program is made possible due to both the MBA's Probate Law Section Council and the MA Chapter of the National Academy of Elder Law Attorneys. This year we welcome Attorney Lynnette Goodnow, who will be covering everything from Estate planning, Essential Documents, the Probate process, Medicaid, Medicare, Long-Term Care/Insurance, to Protecting your home, and more! A limited amount of Program Books will be distributed, so sign up early.

Wednesday May 21, Helping families through serious illness: Physician, nurse to speak about palliative care

Cooley Dickinson-affiliated physicians, nurses, and representatives from the Cooley Dickinson Patient Family Advisory Committee will offer a presentation on palliative care, Wednesday, May 21, 11:45 am, at the Hadley Council on Aging/Senior Center at Hooker School, 46 Middle St.

While sometimes confused with end-of-life care, palliative care is a way to help people and their families manage serious illness, such as cancer, liver failure, chronic obstructive pulmonary disease, and congestive heart failure.

Speakers include Jeffrey Zesiger, MD, director, Palliative Care Program, Maureen Groden, RN, Cooley Dickinson VNA & Hospice Program, and Patient Family Advisory Committee Members Ray Ducharme, Howard Nenner, and Don Reutner.

Zesiger said the information to be given at the talk is important to help people understand what palliative care is, how it differs from Hospice care, and how the team approach to care assists with managing symptoms and supports people and their families during a time of serious illness.

In addition, Zesiger and team will discuss the new Massachusetts MOLST form, which gives people the ability to state the goals of their medical care as well as their wishes for advance care planning. MOLST is an acronym that stands for Medical Orders for Life-Sustaining Treatment.

Attendees are invited to bring questions; handouts will be distributed at the end of the discussion.

Wed. June 11, Meet and Greet Molly Keegan, Hadley's Newest Select Board Member Join us for an informal gathering and get to know Molly Keegan. 11:30-12:30

May 2014 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Thursday morning Shopping Trips</p> <p>The Hadley Senior 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>			<p>1</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 or Billiards</p>	<p>2</p> <p>10am Light Dancercise 11:45 Lunch with Rep. John Scibak-office hours 12:30-4 Open gym 12:30-4 Canasta</p>
<p>5</p> <p>9-1pm Open gym 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi</p> <p>2:30 Open gym or Billiards</p>	<p>6</p> <p>9:30 Osteo Exercise 11:45 Lunch 12:30-3pm Open gym or Billiards</p> 	<p>7</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11am Trip to 99's for lunch followed by shopping. 12:30 Mahjongg 12:30-4pm Open gym</p>	<p>8</p> <p>9:30 TRIAD/SALT 9:30 Osteo 10-12 shopping van 11:45 knitting 11:45 Lunch 12:30 Mexican Train 12:30 Spanish Class 12:30 Open gym or billiards</p>	<p>9</p> <p>10am Light Dancercise (last in series) 11:45 Lunch & Learn about opportunities to be a volunteer Meals on Wheels Driver. 12:30-4 Open gym 12:30-4 Canasta 1pm MOW walk meeting</p>
<p>12</p> <p>9-1pm Open gym 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi 2:30 Open gym or Billiards</p> 	<p>13</p> <p>9:30 Osteo Exercise 10:30 COA Meeting 11:45 Lunch 12:30-3pm Open gym or Billiards</p> 	<p>14</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 12:30-4pm Open gym or Billiards Volunteer Appreciation Luncheon -by invitation</p>	<p>15</p> <p>Brown Bag Day Pick up is 10:15- noon unless other plans are made with us 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>16</p> <p>10am Light Dancercise (7 week Session starts today.) 11:45 Lunch and Learn: Elder Law w/ Attorney Goodnow 2-4pm Open gym or Billiards 12:30-4 Canasta</p>
<p>19</p> <p>9-1pm Open gym 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi with Bai Ling Li 10:45 Lunch Trip to Sophia's in E. Windsor, CT 2:30 Open gym or Billiards</p>	<p>20</p> <p>S.H.I.N.E. appointments today 9:30 Osteo Exercise 11:45 Lunch 12:30-3pm Open gym or Billiards 10:30 Painting Demonstration-how anyone can learn to paint. Presented by Lynne Adams</p>	<p>21</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:30 Lunch & Learn: Palliative Care not just for End of Life. 12:30 Mahjongg 12:30-4pm Open gym.</p>	<p>22</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 or Billiards</p>	<p>23</p> <p>10am Light Dancercise 11:45 Lunch 12:30-4 Open gym or Billiards 12:30-4 Canasta</p> 
<p>26</p> <p>Memorial Day Senior Community Center is Closed</p> 	<p>27</p> <p>9:30 Osteo Exercise 11:45 Lunch</p> <p>Monthly Outreach Office Hours 10am Windfield #32 1pm Golden Court</p>	<p>28</p> <p>9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 12:30-4pm Open gym.</p>	<p>29</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 or Billiards</p>	<p>30</p> <p>10am Light Dancercise 11:30 Lunch and May Birthday Celebration 12:30-4 Open gym 12:30-4 Canasta</p>

June 2014 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi with Bai Ling Li 2:30 Open gym or Billiards 9am: Day Trip to Pickety Place in Mason, NH	3 9:30 Osteo Exercise 10:30 Painting Class #1 11:45 Lunch 12:30 Open gym or Billiards	4 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 12:30 Open gym or Billiards	5 9:30 Osteo 10-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train No open gym today due to Osteo Leader Training	6 10am Light Dancercise 11:45 Lunch with Rep. John Scibak-office hours 12:30- Canasta 12:30 Open gym or Billiards
9 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi with Bai Ling Li 2:30 Open gym or Billiards	10 9:30 Osteo Exercise 10:30 Painting Class #2 10:30 COA Meeting 11:45 Lunch 12:30 Open gym or Billiards	11 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:30 Lunch & Learn with Hadley's newest Select board member, Molly Keegan. 12:30 Mahjongg 12:30-4pm Open gym	12 9:30 Osteo 9:30 TRIAD/SALT 10-12 shopping van 10:45 Knitting 12:30 Mexican Train 12:30 Open gym or Billiards 12:30 Spanish Class(Last class)	13 10am Light Dancercise 11:45 Lunch 12:30 Open gym or Billiards 12:30-Canasta 11:15 Lunch Trip to Bridge Side Grille
16 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi with Bai Ling Li 2:30 Open gym or Billiards 	17 S.H.I.N.E. appointments today 9:30 Osteo Exercise 10:30 Painting Class #3 11:45 Lunch 12:30-4pm Open gym Foot Care Clinic-by appointment 12:30-2 Learn to sell on Ebay, class #1	18 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 2:30 Open gym or Billiards	19 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 11:45 Lunch 12:30 Mexican Train 12:30-4pm Open gym	20 10am Light Dancercise 11-2pm Safe Shredding for Seniors w/Hadley Police, TRIAD, COA and Valley Green Shredding-here! 11:45 Lunch 12:30 Canasta 12:30 Open gym or Billiards
23 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi with Bai Ling Li 2:30 Open gym or Billiards 	24 9:30 Osteo Exercise 10:30 (Last) Painting Class 11:45 Lunch 12:30-2 Learn to sell on Ebay, class #2 Monthly Outreach Office Hours 10am Windfield Estates #30 Golden Court: 1pm	25 9:15 Yoga Stretching 10-noon Veteran's Office Hours 11:45 Lunch 12:30 Mahjongg 12:30-4pm Open gym 11:30 Showtime at the Log Cabin: Beatles tribute band and Lobsterfest	26 9:30 Osteo 10-12 shopping van 10:45 Knitting 11:45 Lunch 12:30 Mexican Train 12:30 Open gym or Billiards	27 10am Light Dancercise Final class. 11:30 Lunch Followed by June Birthday Celebration! 12:30-4 Open gym 12:30-Canasta
30 11:45 Lunch 12:30 Mahjongg 1:30 Tai chi with Bai Ling Li (Last class) 2:30 Open gym or Billiards	 Coming July 30! Showtime at the Log Cabin: The Riverboat Ramblers and Lobsterfest.	Coming July 1~ Day Trip to lunch at Norwich VT Inn, Dan & Whit's Vermont General Store, and Simon Pearce glassblower factory store	Thursday morning Shopping  The Hadley Senior 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.	