

# Hadley Senior Community Center Newsletter

October / November 2015

Now that the gardening season is almost over, it's time to focus on other things. We are busy revamping our exercise classes, adding a new Healthy Bones and Balance Class on Wednesdays at 2pm, new machines in the work out room, looking for new window treatments for downstairs and organizing special events such as: The **Fireman's Spaghetti Dinner** Fri. Oct. 23, from 5-7p where Chief Spanknebel will be introducing our **new Lock Box Program**, our next fundraiser for the Friend's (see write up on left), the Flu Clinic on Oct. 21, and the Holiday Open House (details in next newsletter). We also have a slide presentation on "**Wildflowers & Landscapes of the Northern Rockies**" on Oct. 29, **Holiday card making workshop** on Nov. 19 at 1pm, and the setting up of the Christmas Village to schedule.

We are working hard to help you stay healthy and safe with a phenomenal Self-Defense Course for Seniors (RAD) starting October 13 (see write up inside newsletter) and extra SHINE appointments for Medicare Open Enrollment time from Oct. 15 through Dec. 7. Please read through for information on Fuel Assistance and other resources available through the COA.

## **IMPORTANT**

**October Flu Clinic is different this year.**

Flu shots will be available only October 21 from 9-11am. Walk-in Clinic. Because the MA. Dept. of Public Health will no longer supply vaccine for any insured residents. **The Rite Aid pharmacy will be providing the vaccine for this clinic.** Insurance information will need to be provided at the time of the clinic **and there will not be any option of coming into the nurse's office at a later date** to get the vaccine. Residents are advised to utilize their primary providers or local pharmacies if they are unable to come to the scheduled clinic.

## **A Note from the Friends group**

The Friends of the Hadley COA had a really fun event with a cider and wine tasting, and music by the Dixieland Stomp band. Over 70 people attended, and it was a successful social event as well as a fundraiser.

**The next fundraiser is the Survivors Swing Band Concert on Sunday, October 25 at Hopkins Academy.** Proceeds will be split between Highland Valley Elder Service's 'Meals on Wheels' program and the Friends. Once again, there will be great door prizes. Save the date – from 2:30 – 4:30 in the afternoon.

The Friends have just begun tapping a new source for income. We had an automobile donated to us. The senior who donates it gets a **tax deduction** for the amount that we sell the car for, and no hassle in getting rid of it. The council benefits from the funds that are generated. Of course, we can only accept vehicles that pass inspection. Please remember this when you hear of people who are not driving anymore and have a vehicle they want to dispose of.

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

To the following groups and individuals for either their donations or volunteer endeavors: Polish American Citizen's Club, Flo Davidson, Linda Pirog Mazeski, Bill Banack, Helen LeBlanc, Gladys Nicholson, Ray Bender and Mary Pielas, Elsie Andrews, Betty Faulkner, Millie Szymkowitz, Jane Baer-Leighton, Elsie and John Waskiewicz, Doris Longpre, Dale Frank Insurance Agency, Hadley Cultural Council, Whole Foods, Rooted Acres Farm, Carr's Ciderhouse, Fit Women Gym, Ginger Garden, Mt. Warner Wines, North Hadley Sugar Shack, Casimir Kocot Salon, Diane Nevinsmith, Hadley Garden Center, Wanczyk's Nurseries, The Hair Shop, Dove's Nest, Vodka V One, Primo Pizza, Trader Joes, Home Depot, Lowe's

# FRIENDS OF THE HADLEY COUNCIL ON AGING

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**OFFICE**  
Monday - Friday 10 - 6  
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Aegis Health Partners    Umass Five College Credit Union    Route 9 Diner, (Closed)  
State Rep. John Scibak

## 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 Oct. 20. 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

**Foot Care Clinics** by Appointment: Offered by Diane Roeder, every other month. Cost: \$30 for clinic visit or \$50 for a home visit. Next clinic date is Tues. Oct. 20. Call 586-4023 for an appointment.

### **RAD (Self-Defense Course)**

Free, 10 week Series starting Tues. Oct. 13- Dec. 15 from 1-2:30pm. Being held here at Hadley Senior Community Center, taught by Lt. Susan Corey. Limited to 20 participants.

**What is RAD?** It is one of the best self-defense courses available. RAD is a program of realistic self-defense tactics and techniques. It is not a martial art. It is a comprehensive program that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defensive training proven tactics, and unique insights about the problems unique to older adults.

**Lock Box Program Coming to Hadley:** Our phenomenal TRIAD Council will be rolling out the program *here at the Fireman's Spaghetti Dinner on Friday Oct. 23, from 5-7pm.*

**Medicare Open Enrollment:** October 15 through Dec. 7 is the time-frame to review your health insurance plans for changes, and assess if it still suits your needs. During this time, you may make changes without penalty for Medicare plans that will start Jan. 1. Call to schedule an appointment with our SHINE counselor if you need assistance. 586-4023

**At Home Counseling:** Jon Steinberg, LICSW, provides in-home counseling and psychotherapy, specializing in homebound elders. Experience with emotional and physical challenges of aging, depression, anxiety, and acceptance of life transitions. 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)

We are adding new exercise machines by the end of the year, and are looking for input on what you would like to see. Our hope is to add a circuit training program in the coming year.



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

### Exercise Classes

**Healthy Bones and Balance (formerly Osteoporosis exercise) has been 'tuned up'.** This class has been revamped with a new routine to reflect their added emphasis on balance and strengthening. We keep the same time frame on Tues and Thurs to a full class at 9:30am with Betty Faulkner as our lead facilitator.

**NEW\* adding Wednesdays afternoons at 2pm for those that have been on the waiting list 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 to you so you'll be ready for the Oct. 28<sup>th</sup> start! 586-4023

**Tai Chi Class** with Bai Ling Li. Mondays at 1:30pm. Partially grant funded through EOE.

**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.

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

**Fun & Fit:** Fridays at 10:30am Aerobic and low-impact exercises. Partially grant funded through EOE.

**Yoga and Pilates Based Mat-Workout** with Sidra Ellison: Fridays at 1pm. Do you want to focus on core strengthening? Try this new class! Partially grant funded through EOE.

## 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:** We have a new volunteer 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:** It's that time of year again. 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 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:** 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 homebound, a bag can be delivered each week by calling Christine at 549-0259. The Food Pantry is also looking for volunteers on Sundays. Please call Christine if you are interested.

**Take and Eat Program:** Homebound elders can receive a free, hot weekend meal on the 1<sup>st</sup> Sat. and 2<sup>nd</sup> Sun. 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.

## 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.*

### 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 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

Hadley Council on Aging  
Senior Community Center at Hooker School  
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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).

# October 2015 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Local Shopping in the Senior Van: Thursday Mornings: 9:30-noon \$4 round trip. You must call by Tuesday to reserve your seat. 586-4023</p> 		<p><b>SAVE the DATE!</b> <b>Sun. 10-25, 2:30pm</b> <b>Survivor's Swing</b> <b>Band Benefit</b> <b>Concert for Meals</b> <b>on Wheels and</b> <b>Friends of Hadley</b> <b>COA</b> Get tickets at Senior Center.</p>	<p><b>1</b> <b>9:30 Healthy Bones &amp; Balance</b> 9:30-12 shopping van. 11:45 Lunch</p>	<p><b>2</b> <b>10:30 Fun &amp; Fit</b> 11:45 Lunch 12:30- Canasta <b>1pm Yoga/Pilates mat work</b></p> <p><b>11:30-12:30 Rep. John Scibak office hours</b></p>
<p>5 <b>10:30 Dancercise</b> 11:45 Lunch <b>1:30 Tai Chi</b></p>	<p>6 <b>9:30 Healthy Bones &amp; Balance</b> 11:45 Lunch COA Van Service 1pm Ballroom Dancing (last)</p>	<p>7 8am-12 Nurses Hours 9:15 Yoga Stretching <b>10-12 Veterans Hours</b> 10:15 Spanish 11:45 Lunch</p>	<p>8 <b>9:30 Healthy Bones &amp; Balance</b> <b>9:30 TRIAD meeting</b> 9:30-12 shopping van. 11:45 Lunch</p>	<p>9 <b>10:30 Fun &amp; Fit</b> 11:45 Lunch 12:30- Canasta <b>1pm Yoga/Pilates mat work</b></p>
<p>12 <b>Columbus Day</b>  <b>Center is Closed.</b></p>	<p>13 <b>9:30 Healthy Bones &amp; Balance</b> <b>10:30 COA meeting</b> 11:45 Lunch COA Van Service <b>1pm RAD (Self-defense) Starts Today!</b></p>	<p>14 8am-12 Nurses Hours 9:15 Yoga Stretching <b>10-12 Veterans Hours</b> 10:15 Spanish 11:45 Lunch <b>Fall Foliage Mystery Trip</b></p>	<p>15 <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></p>	<p>16 <b>SHINE appts</b> <b>10:30 Fun &amp; Fit</b> 11:45 Lunch 12:30- Canasta <b>1pm Yoga/Pilates mat work</b> <b>Lunch trip to Cal's wood fired Grill</b></p>
<p>19 <b>9-10:15 Yoga Makeup day for Wed.</b>  <b>10:30 Dancercise</b> 11:45 Lunch <b>1:30 Tai Chi</b></p>	<p>20 <b>10-11 Hearing Aid Cleaning/hearing screenings</b> <b>9-12 Foot Clinic</b> <b>9:30 Healthy Bones &amp; Balance</b> <b>SHINE appts</b> 11:45 Lunch COA Van Service <b>1pm RAD</b></p>	<p>21 <b>9-11 Rite Aid Flu Clinic Downstairs. (no Yoga)</b> <b>10-12 Veterans Hours</b> 10:15 Spanish 11:45 Lunch <b>SHINE appts</b>  <b>Spfld Museum trip</b></p>	<p>22 <b>9:30 Healthy Bones &amp; Balance</b> 9:30-12 shopping van. 11:45 Lunch</p>	<p>23 <b>10:30 Fun &amp; Fit</b> 11:45 Lunch 12:30- Canasta <b>1pm Yoga/Pilates mat work</b> <b>5-7 Fireman's Spaghetti Supper</b></p> 
<p>26 <b>10:30 Dancercise</b> 11:45 Lunch <b>1:30 Tai Chi</b></p>	<p>27 <b>9:30 Healthy Bones &amp; Balance</b> 11:45 Lunch COA Van Service <b>1pm RAD</b>  <b>10a Windfield #32, Golden Court 1pm Office Hours</b></p>	<p>28 8am-12 Nurses Hours 9:15 Yoga Stretching <b>10-12 Veterans Hours</b> 10:15 Spanish 11:45 Lunch <b>2p Healthy Bones &amp; Balance STARTS!!</b> Trip to Griswald Museum</p>	<p>29 <b>9:30 Healthy Bones &amp; Balance</b> 9:30-12 shopping van. 11:45 Lunch <b>2p: Slide presentation of Wildflowers and Landscapes in the Northern Rockies with Ed and Linda Golding</b></p>	<p>30 <b>10:30 Fun &amp; Fit</b> <b>11:45 Lunch followed by Oct. Birthday Celebration</b> 12:30- Canasta <b>1pm Yoga/Pilates mat work</b></p>

# November 2015 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>10:30 Dancercise (last in series)</b> 11:45 Lunch <b>1:30 Tai Chi</b></p> <p><b>Lunch trip to Brewmaster's Tavern</b></p>	<p>3</p> <p><b>9:30 Healthy Bones &amp; Balance</b> 11:45 Lunch COA Van Service</p> <p><b>1pm RAD</b></p>	<p>4</p> <p>8am-12 Nurses Hours 9:15 Yoga Stretching <b>10-12 Veterans Hours</b> 10:15 Spanish 11:45 Lunch <b>2p Healthy Bones &amp; Balance</b></p>	<p>5</p> <p><b>9:30 Healthy Bones &amp; Balance</b> 9:30-12 shopping van. 11:45 Lunch</p>	<p>6</p> <p><b>10:30 Fun &amp; Fit</b> 11:45 Lunch 12:30- Canasta <b>1pm Yoga/Pilates mat work</b></p> <p><b>11:30 Rep. John Scibak</b></p>
<p>9</p> <p><b>9am Yoga make up Day for 11/11.</b></p> <p><b>10:30 Dancercise (new 6 wk series)</b> 11:45 Lunch <b>1:30 Tai Chi</b></p>	<p>10</p> <p><b>9:30 Healthy Bones &amp; Balance</b></p> <p><b>10:30 COA Board meeting</b> 11:45 Lunch COA Van Service <b>1pm RAD</b></p>	<p>11</p> <p><b>Veteran's Day</b></p>  <p><b>We are closed</b></p> <p><b>Trip to see ShowBoat</b></p>	<p>12</p> <p><b>9:30 Healthy Bones &amp; Balance</b> <b>9:30 TRIAD meeting</b> 9:30-12 shopping van. 11:45 Lunch</p>	<p>13</p> <p><b>10:30 Fun &amp; Fit (last)</b> 11:45 Lunch 12:30- Canasta <b>1pm Yoga/Pilates mat work (Last)</b> <b>Lunch Trip to the Steaming Tender and Chmura's Bakery</b></p>
<p>16</p> <p><b>10:30 Dancercise</b> 11:45 Lunch <b>1:30 Tai Chi</b></p> <p><b>Holiday Shopping Trip to Basketville, Putney Diner, and Vermont Country Store</b></p>	<p>17</p> <p><b>9:30 Healthy Bones &amp; Balance</b> 11:45 Lunch COA Van Service</p> <p><b>1pm RAD</b></p>	<p>18</p> <p>8am-12 Nurses Hours 9:15 Yoga Stretching <b>10-12 Veteran's Office Hours</b> 10:15 Spanish</p> <p>11:45 Lunch <b>2p Healthy Bones &amp; Balance</b></p>	<p>19</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 <b>1pm Hand-crafted Christmas Card making with Betty Fydenkevez</b></p>	<p>20</p> <p><b>11:45 Lunch followed by Nov. Birthday Celebration</b></p> <p>12:30 Canasta</p>
<p>23</p> <p><b>10:30 Dancercise</b> 11:45 Lunch <b>1:30 Tai Chi</b></p>	<p>24</p> <p><b>9:30 Healthy Bones &amp; Balance</b> 11:45 Lunch COA Van Service</p> <p><b>1pm RAD</b></p> <p>10am Outreach Office Hours Windfield #30</p>	<p>25</p> <p>8am-12 Nurses Hours 9:15 Yoga Stretching <b>10-12 Veteran's Office Hours</b> 10:15 Spanish 11:45 Lunch <b>2p Healthy Bones &amp; Balance</b></p>	<p>26</p>  <p><b>Closed</b></p>	<p>27</p> <p><b>Senior Community Center is Closed</b></p>
<p>30</p> <p><b>10:30 Dancercise</b> 11:45 Lunch <b>1:30 Tai Chi</b></p>	<p>Dec. 1</p> <p><b>9:30 Healthy Bones &amp; Balance</b> 11:45 Lunch COA Van Service</p> <p><b>1pm RAD</b></p>	<p>Dec. 2</p> <p>8am-12 Nurses Hours 9:15 Yoga Stretching 10:15 Spanish <b>10-12 Veteran's Office Hours</b> 11:45 Lunch <b>2p Healthy Bones &amp; Balance</b></p>	<p>Dec. 3</p> <p><b>9:30 Healthy Bones &amp; Balance</b> 9:30-12 shopping van. 11:45 Lunch</p>	<p>Dec. 4</p> <p>11:45 Lunch 12:30- Canasta</p>

## *Trip Calendar*

*To sign up call the office at 586-4023, unless specified differently under listings*

Wed. Oct. 14: Annual Fall Mystery Tour. Depart 8:30am, \$40. Can't say anymore, or it wouldn't be a mystery...

Fri. Oct. 16: Lunch at Cal's Wood Fired Grill, West Springfield. \$7 transportation, lunch cost on your own. Depart at 11:15.

Wed. Oct. 21: Springfield Museum to see American Impressionism Exhibit. \$27 Transportation and admission, lunch cost on your own at the Museum Café. Depart at 11am.

Wed. Oct 28, Griswald Museum with Wee Farie Village in Old Lyme, Ct, one of the early colonies of the American Impressionists. \$70. Lunch on your own, leaves at 8:30

Mon. Nov. 2: Lunch at Brew Master's Tavern, Williamsburg. (Famous for \$5 lunches) Depart 11am, \$7 transportation, plus cost of lunch on your own.

**SHOWBOAT**, Wednesday, November 11, Westchester Dinner Theatre, \$119 per person, reservations on a first come, first serve basis. Music by Jerome Kern and lyrics by Oscar Hammerstein, include "Ole Man River" and "Make Believe". ***Please call Jane Nevinsmith to register for this trip 586-3772***

Fri. Nov. 13: Lunch at the Steaming Tender in Palmer, MA with a stop at Chmura's Bakery on the way back. Depart at 10:45am, \$12 transportation, lunch and shopping your cost.

Mon. Nov. 16: Holiday Shopping at the Vermont Country Store in Weston, VT., Basketville, Putney, VT, and lunch at the Putney Diner. Departs at 8:30 am, \$25 transportation.

Dec. 9-11, White Mountain Trip. (Waiting list only) ***call Gladys Nicholson 413-658-7773***

Fri. Dec. 18: Bright Nights-Horse Drawn Wagon Ride followed by Dinner at Storowton Tavern. Depart at 4:30pm. \$27 transportation and admission to Bright Nights. Dinner cost on your own.

Sun. Jan. 10: Boar's Head Festival. Depart at 2:30pm, \$40 Includes Transportation and admission.

### **International Trips**

**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, 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.**