



## Hadley Senior Community Center Newsletter

*September/October 2014*

On July 24 we had a vision discussion here with the public to share information, suggestions and ideas for what you wanted in a Senior Community Center. Approximately 50 people attended from the community to share their thoughts and ask questions regarding programming, resources and the future vision of the home of our Community Center. Having just passed the one year mark as the Senior Services Director, this forum gave me some great information moving forward, some of which you will see the direct result of here in the newsletter. The following is a synopsis of the forum and some of the actions taken as a direct result:

Exercise and socialization were reported to be the greatest draws to the Center. The suggestion to move the exercise equipment into the smaller adjacent recreation room was followed. Now folks do not need schedule their workouts around the exercise classes, they can come in anytime the Center is open.



People had questions about health and safety, as well as available legal and financial resources for seniors. We discussed how to report Elder Abuse and have subsequently posted flyers with that information around the Center, scheduled a “Benefits Check Up” *Lunch and Learn* presentation for Monday October 6<sup>th</sup>, and have included in this newsletter a list of medical equipment available for loan from the Community Nurse’s Office here at the Center.

The suggestion for a general support group was echoed during the meeting and so we have Jon Steinburg offering a free 8 week general support group here Fridays at 2pm starting Oct. 24<sup>th</sup> and ending before the holidays. Look for those details in the newsletter.

You asked for art classes, and we have scheduled a 4 week painting class in October, as well as a drop-in drawing group Wednesday afternoons starting September 17<sup>th</sup>.

When the topic of the building was brought up, the overwhelming majority stated that they wanted a more modern facility, air conditioning, a better elevator, and that they would prefer their own building rather than sharing it with others. That surprised me. I didn’t know they had such strong opinions on that prior to the forum.

Lastly, everyone there wanted to know: *What would entice YOU to frequent the Center?*

We agreed we should have a follow up discussion at a later time. However, don’t wait to send suggestions or to come chat with me about *your* needs or ideas! ~Suzanne Travisano

## Health and Safety

### From The Town Nurse:

Marge Bernard, RN has office hours every Wednesday at the Senior Community Center from 8am to noon. She is available to do blood pressure and glucose checks, and to answer general questions. The nurse's office also has varied donated medical equipment items available for loan to anyone that has a need. There is no charge. All that is required is to sign out what you take and upon return, leave a note describing what you returned. The nurse's office hours are on Wednesday mornings, but you can also access equipment with the help of the COA staff throughout the week. You may want to call ahead to be sure that you are looking for is available. 586-2513 or 586-403. Typical items available are:

- traditional canes & quad canes, crutches, walkers & walker baskets,
- grip & grab reachers, wheelchairs,
- bath benches & transfer benches,
- bedside grab rail handles & toilet safety frames, commodes & raised toilet seats,
- Some incontinence items.

The nurse also provides appropriate sharps disposal containers to residents and will accept filled containers for disposal.

### Free Senior Support Group

Jon Steinberg LICSW of *HomeVisitTherapy* will be leading a support group for seniors this fall. The group will meet weekly on Friday afternoons at 2:30 pm and will run 8 weeks starting October 24<sup>th</sup> and concluding on December 19<sup>th</sup>. The group will be informal and will emphasize the members sharing of experiences and ideas. The atmosphere will be nonjudgmental and what is shared will be confidential to ensure safe expression of feelings. Simply come in on Oct. 24<sup>th</sup> and see if it's for you. Group topics will be determined by the participants. Some anticipated concerns include: grieving the loss of loved ones especially during the Holidays, life as a single senior, coping with the stress of the Holidays, and confronting stereotyping of seniors.



(Support group continued)  
Jon has many years of experience in working with groups. His style is to assist in promoting discussion amongst the members of the group and to set down simple ground rules so that everyone has an opportunity to share in a safe space. Jon guarantees there will be open and honest conversation along with some laughter.

Jon Steinberg LICSW operates HomeVisit Therapy, a counseling/psychotherapy practice. Visits take place right in the homes of people in need of services. Jon previously worked as a psychotherapist in a Springfield adult mental health clinic for 17 years and also had a private practice in Chicopee. As a senior himself, he has firsthand experience with aging concerns.

### Preventing Falls Among Older Adults

**Free Educational Series Offered by CDH VNA & Hospice at the Hadley Community Senior Center 1:00 to 2:00 p.m. on Fridays September 12, 19, 26, October 3, 10, 17.**

Unintentional falls are a threat to the independence and health of adults ages 65 and older. Every 18 seconds, an older adult is treated in an emergency department for a fall, and some die as a result of their injuries. Although one in three older adults falls each year in the United States, falls are not an inevitable part of aging. Falls are often preventable through strengthening and balance training, education, and improving home safety. The Cooley Dickinson VNA & Hospice in cooperation with the Hadley Senior Community Center would like to invite you to participate in a free educational series of six "Falls Prevention" sessions. VNA physical and occupational therapists will lead sessions on determining your own risk of falling, strengthening exercises, balance activities, managing your medications, visual concerns, and home safety recommendations. To reap the full benefits of this program, participants will be asked to commit to attending all 6 one-hour sessions. Practical items such as strengthening devices, medication organizers and visual aids will be distributed to series participants. *The sessions and items are free of charge; private grant funds received by the VNA are covering the program costs.*

***Call 586-4023 to reserve your space for this life-saving program.***

## Health and Safety



*Learn about the UMass  
Neuroscience and Psychology  
Newsletter highlighting studies  
on Cognitive Health in Older  
Adults*

### **Lunch and Learn: October 27 at 12:10pm**

Janna Mantua- is a PhD student in the Neuroscience & Behavior Program at UMass. She studies memory and has a particular interest in how sleep affects memory in older adults. Prior to coming to UMass, she spent time researching how sleep disorders, such as sleep apnea, may be linked with cognitive decline.

She will tell us about the recently developed newsletter aiming to highlight important research findings that focus on cognitive health. It includes short, succinct articles that sum up what these findings mean and how they are relevant to older adults in our community. The newsletter is written and prepared by students in the UMass Neuroscience and Psychology programs.

### **Flu Clinic**

The Town Nurse, Marge Bernard will be giving flu shots at the Center again this year, as we have in the past. We anticipate the flu clinic date to be mid-October to early November. We will publicize the clinic in the paper, on the sign out in front of the Center, and on cable at least 1-2 weeks prior. There is no charge for this clinic, however donations are greatly appreciated.

### **Frequently asked question: How can I get a copy of my Social Security Benefit letter to prove my income?**

If you need your income verification letter to prove income, but have misplaced your benefit letter, there are two ways to get a copy from Social Security. You can call **1-800-772-1213** Monday through Friday 7am-7pm. If you do not want to be on hold for any length, choose the option that has them call you back in 1 hour at the number you are

(SS benefit letter continued)

calling from. When you do speak with a representative, you will have to answer a brief series of questions to verify your identity. Then you can ask them to send you a copy of your Benefit Verification Letter. You can expect it in the mail in 7-10 days. The second way to get a copy of your benefit letter is go online to **Socialsecurity.gov** and create an account, then print it directly to your printer.

### **Medicare Open Enrollment:**

#### **Oct. 15 through Dec. 7**

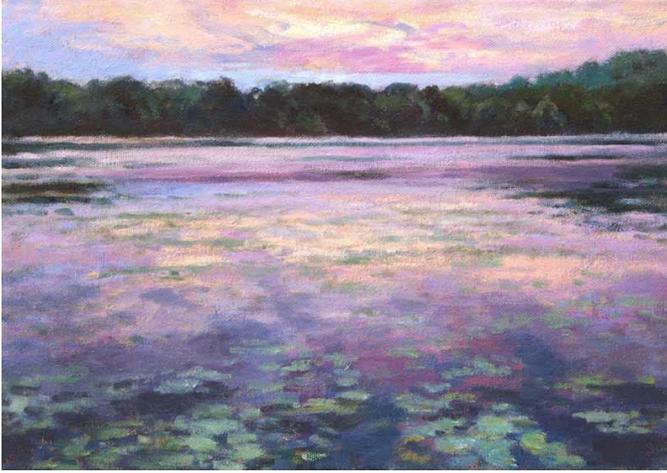
It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015: *it is important to **review, understand and save this information.***

Why would you want to change plans? Several scenarios could lead to looking at other plans, such as:

- After reviewing your plan you find that your current medication is no longer going to be covered
- The premiums are being raised and there might be cheaper options with comparable coverage
- The current copays are being raised and the plan offers less coverage than it did a year ago.

During **Medicare Open Enrollment, from October 15<sup>th</sup> to December 7<sup>th</sup>**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer **FREE** and **CONFIDENTIAL** counseling on all Medicare and related health insurance programs. To make an appointment with our SHINE counselor, call 586-402

## Art is for Every1-Painting Classes



Tuesday mornings, 10:30am-12noon

October 7 through October 28

Fee: \$40 plus materials list provided at registration  
\$10 materials fee for those who want to just show up and paint! Call 586-4023 to sign up.

### Taught by Lynne Adams

This four week acrylic painting class is designed for all levels of experience! This special method of teaching breaks the painting process into simple, direct steps, making the painting process very manageable and rewarding. Students from beginners to advanced will be amazed at how quickly they can produce impressive paintings! We will be working from photos of landscape scenes provided by the teacher. Please feel free to bring in your favorite landscape photos.

### Foundations of Investing

**You don't need to be wealthy to invest.**

**Lunch and Learn Sept. 23,  
12:10pm**

Join Helen Blatz of Hadley, a Financial Advisor with Edward Jones Investments "make sense of investing" at September's "Lunch and Learn" at the Hadley Council on Aging. Her seminar, "Foundations of Investing" will teach you how to develop a strategy and diversify your money. We'll discuss stocks, bonds and mutual funds, and Helen will be available to field questions following the presentation. Call 586-4023 to sign up.



## Fireman's Spaghetti Dinner



Friday September 26<sup>th</sup> from 5-7pm. Join Chief Mike Spanknebel and crew as they put on a free spaghetti dinner for us here at the Senior Community Center and give us some tips on fire safety. Just give us a call to let us know you'll be joining us! 586-4023

## Light Dancercise:



Friday mornings at 10am with Lynne Nicole Smith.

**9 week session starting Sept. 5-Oct. 31**

This aerobic workout integrates dance, balance, and light hand weights for those of you looking to step up your fitness routine.

**\$27 for 9 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.**

## Tai Chi

Taught by Bai Ling Li of the School of Tai Chi.

12 week Session starts

Monday Sept. 8 at 1:30pm

This program is partially grant funded from the Executive Office of Elder Affairs.

\$36 for the 12 week session, payable on the first class.

## Upcoming/Save the Date!

**Computer classes with Jane Nevinsmith.** We now have 3 new computers in the Education room on the second floor. Call 586-4023 to let me now you would like to be on the list for a class, and we will schedule it.

**Trip to Sullivan Station Restaurant followed by shopping at the Lee Outlets.** Monday 11/3. \$15 transportation plus the cost of lunch.

**Salute to our Veterans: Thursday Nov. 13 at the Log Cabin.** No transportation cost for veterans.

*Coming in January:*

**The Chronic Disease Self-Management Program** is a workshop given two and a half hours, once a week, for six weeks. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic diseases themselves.

Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) decision making, and, 7) how to evaluate new treatments.

Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions, 4th Edition*, and an audio relaxation CD, *Relaxation for Mind and Body*.\*

It is the process in which the program is taught that makes it effective. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

## Thank you!

To the following people for their contributions, either through donations, volunteerism, or in-kind gifts to the Hadley Senior Community Center: Leo Carney, Stanley Fill, Jack Yusko, Linda Mazeski, Polka Festival Volunteers: Elsie and John Waskeiwicz, Peg Wilson, Millie Szymkowicz, Elsie Andrews, Betty Faulkner, and Jane Nevinsmith.

## Recommended by you!

### Senior Cycling on the Norwottuck Rail Trail

Weekly on Wednesdays: May 7-October 22

10am-2pm (Reserve a cycle for a 1-hour timeslot or sign up for guided group rides at 10am and noon).

Cost: \$5/day or \$15/monthly pass. The program meets at 8 Railroad Street in Hadley.

Seniors (60+) are invited to join the All Out Adventures cycling program, a grant funded program promoting health, community and independence for those with disabilities and their families and friends through outdoor recreation. They supply the bikes. They accommodate riders of all abilities with stable recumbent tricycles, tandem cycles- including a wheelchair tandem, hand-peddled cycles and more. Funded by Tufts Health Plan Foundation in cooperation with the MA Dept. of Conservation and Recreation's Universal Access Program. Registration is required by calling 413-584-2052 or email [www.alloutadventures.org](http://www.alloutadventures.org).

### Tully Lake

A U.S. Army Corps of Engineers Recreation Area 1,300 acre reservoir area for Boating, Biking, Camping, Hiking, Fishing and Hunting, Disc Golf, Geocaching, and Nature Study. Located in Athol, MA, there are restrooms available for your day outdoors.

For more information contact:

Tully Lake Park Office

2 Athol-Richmond Road, Royalston, MA 01368  
(978) 249-9150

[www.corpslakes.us/tully](http://www.corpslakes.us/tully)

## 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 Windfield Senior Estates and Golden Court** is held one Tuesday per month with occasional guest speakers arranged and hosted by Outreach Coordinator Elsie Waskiewicz.

**Sept. 23** 10am: Windfield Senior Estates, #32, 1pm: Golden Court

**October 28** 10am: Windfield 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

**SNAP** (Supplemental Nutrition Assistance Program) may help you to buy more food. Elsie can help you apply. 586-4034 or [Hadleyoutreach@gmail.com](mailto: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 1<sup>st</sup> Saturday and the 2<sup>nd</sup> 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

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

Suzanne Travisano, Director:  
586-4023 or [coa@hadleyma.org](mailto:coa@hadleyma.org)

Elsie Waskiewicz, Outreach: 586-4023 or  
[Hadleyoutreach@gmail.com](mailto:Hadleyoutreach@gmail.com)

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

## Trip Calendar September & October 2014

### Day Trips: To sign up for Day Trips call 586-4023

#### **Bernie's for Lunch**

Fri. September 5<sup>th</sup>. \$8 transportation, plus lunch. Depart at 11am.

#### **Clark Museum**

Tuesday September 9. \$45 includes transportation and admission with guided tour. Depart at 9:15am

#### **The Big E**

Tuesday September 16. \$8 transportation plus \$12 senior admission. Depart at 9:30am

#### **Grafton Village Cheese Shop, Brattleboro/ Matterhorn Inn for lunch.**

Monday September 29. Specialty Cheese and Wine Shop, petting farm, and a view at how this cheese is handmade. Continue north to the Matterhorn Inn in West Dover, for Polish/American Cuisine at the Chopin Restaurant. \$15 transportation plus cost of lunch. Departs at 9:30am

#### **VT Train Ride followed by a visit to VT Country Store**

Tuesday October 7<sup>th</sup>. \$40 includes transportation and train ride. Lunch on your own. Departs at 8:30am

#### **Annual Fall Mystery Tour**

Wednesday October 15. \$20 transportation plus lunch on your own. Departs at 9:30am

#### **Lunch at Salem Crofs Inn**

Wednesday October 29. \$15 transportation plus cost of lunch. Departs at 10:30am

### ***Trips via Travel Hosts***

To schedule call travel coordinator Jane Nevinsmith at 413-586-3772

#### **South Pacific**

Thurs. Oct. 9 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- Full, call to add to wait list

#### **Hudson Valley & Finger Lakes, NY**

October 20-23, 2014 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)

#### **Christmas in Bethlehem, Pa**

December 3 – 5, 2014 . 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)

#### **Christmas in Newport, RI**

Wed. December 10. 2014, Depart from Hadley at 7am and ride in a motor coach to tour the elaborately decorated Mansions; The Breakers and Marble House Mansion, lunch at the Atlantic Beach Club with your choice of baked stuffed scrod or Chicken Tarragon. (entrée choice in advance) \$92 per person.

**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*

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](mailto:coa@hadleyma.org)

**COUNCIL ON AGING STAFF MEMBERS**

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

**MEMBERS OF THE COUNCIL ON AGING:**

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

**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](http://www.socialsecurity.gov)) 1-800-772-1213  
Social Security (Holyoke Office) 1-877-480-4989  
Medicare ([www.medicare.gov](http://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](mailto:Rep.johnscibak@hou.state.ma.us).

# September 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <div style="text-align: center;">  <p><b>LABOR DAY</b></p> </div> <p><i>Center is Closed</i></p>	<p>2</p> <p>9:30 Osteo Exercise 11:45 Lunch</p>	<p>3</p> <p>9:15 Yoga Stretching <b>10-noon Veteran's Office Hours</b> 11:45 congregate Meal</p>	<p>4</p> <p>9:30 Osteo <b>9:30-12 shopping van</b> 10:45 Knitting Group 11:45 Lunch 12:30 Mexican Train</p>	<p>5</p> <p>10am Dancercise 11:30-12:30 <b>Rep. John Scibak-office hours (please call to confirm)</b> 11:45 Congregate Meal</p>
<p>8</p> <p>11:45 Lunch 1:30-Tai Chi with Bailing Li</p>	<p>9</p> <p>9:30 Osteo Exercise 10:30 COA meeting 11:45 Lunch</p> <p><b>Trip to the Clark Art Museum</b></p>	<p>10</p> <p>9:15 Yoga Stretching <b>10-noon Veteran's Office Hours</b> 11:45 Congregate Meal</p>	<p>11</p> <p>9:30 Osteo <b>9:30-12 shopping van</b> <b>9:30 TRIAD/SALT meeting</b> 11:45 knitting 11:45 Lunch 12:30 Mexican Train <b>12:30 Spanish II-starts today</b></p>	<p>12</p> <p>10am Dancercise <b>11:45 Congregate Meal</b> <b>1-2pm CDH/VNA Falls Prevention 6 week series</b></p>
<p>15</p> <p>11:45 Lunch 1:30-Tai Chi with Bailing Li</p>	<p>16</p> <p><b>S.H.I.N.E. appointments today</b></p> <p>9:30 Osteo Exercise 11:45 Lunch</p> <p><b>Big E Trip</b></p>	<p>17</p> <p>9:15 Yoga Stretching <b>10-noon Veteran's Office Hours</b> 11:45 Lunch</p> <p><b>1-3 Drop in Drawing Group starts today</b></p>	<p>18</p> <p><b>Brown Bag Day</b> Pick up is 10:15- noon unless other plans are made with us in advance. 9:30 Osteo <b>9:30-12 shopping van</b> 10:45 Knitting 11:45 Lunch 12:30 Mexican Train <b>12:30 Spanish II</b></p>	<p>19</p> <p>10am Dancercise 11:45 Congregate Meal</p> <p><b>1-2pm CDH/VNA Falls Prevention week2</b></p>
<p>22</p> <p>11:45 Lunch 1:30-Tai Chi with Bailing Li</p>	<p>23</p> <p>9:30 Osteo Exercise 11:45 Lunch</p> <p><b>Monthly Outreach Office Hours</b> <b>10am Windfield #32</b> <b>1pm Golden Court</b></p> <p><b>12:10 Lunch &amp; Learn: Basics of Investing</b></p>	<p>24</p> <p>9:15 Yoga Stretching <b>10-noon Veteran's Office Hours</b> 11:45 Congregate Meal</p> <p><b>1-3 Drop in Drawing Group</b></p>	<p>25</p> <p>9:30 Osteo <b>9:30-12 shopping van</b> 10:45 Knitting 11:45 Lunch 12:30 Mexican Train <b>12:30 Spanish II</b></p>	<p>26</p> <p>10am Dancercise <b>11:30 Lunch and Sept. Birthday Celebration!</b></p> <p><b>1-2pm CDH/VNA Falls Prevention wk 3</b></p> <p><b>5-7pm Fireman's Spaghetti Dinner</b></p>
<p>29</p> <p>11:45 Lunch 1:30-Tai Chi with Bailing Li</p> <p><b>Trip: Grafton Cheese Village/Lunch at Matterhorn Inn</b></p>	<p>30</p> <p>9:30 Osteo Exercise 11:45 Lunch</p>		<p style="text-align: center;"><u>Thursday Shopping Trips</u></p> <p>The Senior Van is available to bring seniors shopping locally on Thursday mornings from <b>9:30am</b> to noon. \$4 round trip fare, free for HVES clients or ADA rider companions. Please call 586-4023 by Tuesday to schedule.</p> <div style="text-align: right;">  </div>	

# October 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Thursday Morning Shopping</b></p> 	<p>The Senior Van is available to bring seniors shopping locally on Thursday mornings from <b>9:30am</b> 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 9:15 Yoga Stretching <b>10-noon Veteran's Office Hours</b> 11:45 Congregate Meal <b>1-3 Drop in Drawing Group</b></p>	<p>2 9:30 Osteo <b>9:30-12 shopping van</b> 10:45 Knitting 11:45 Lunch 12:30 Mexican Train <b>12:30 Spanish II</b></p>	<p>3 10am Dancercise <b>11:45 Lunch with Rep. John Scibak-office hours</b>  <b>1-2pm CDH/VNA Falls Prevention week 4</b></p>
<p>6 11:45 Lunch <b>12:10 Lunch &amp; Learn Benefits Checkup</b> 1:30-Tai Chi with Bailing Li</p>	<p>7 9:30 Osteo Exercise 10:30-12 Painting class 1 of 4.  11:45 Lunch Trip: VT train ride and Country Store</p>	<p>8 9:15 Yoga Stretching <b>10-noon Veteran's Office Hours</b> 11:45 Congregate Meal <b>1-3 Drop in Drawing Group</b></p>	<p>9 9:30 Osteo <b>9:30-12 shopping van</b> <b>9:30 TRIAD/SALT meeting</b> 10:45 Knitting 11:45 Lunch 12:30 Mexican Train <b>12:30 Spanish II</b></p>	<p>10 10am Dancercise 11:45 Lunch  <b>1-2pm CDH/VNA Falls Prevention week 5</b></p>
<p><b>Columbus Day</b></p> <p><b>Center is Closed</b></p>	<p>14 9:30 Osteo Exercise <b>10:30 COA meeting</b> 10:30-12 painting class 2 of 4 11:45 Lunch</p>	<p>15 9:15 Yoga Stretching <b>10-noon Veteran's Office Hours</b> 11:45 Lunch <b>1-3 Drop in Drawing Group</b>  <b>Trip: Fall Mystery Tour</b></p>	<p>16 9:30 Osteo Exercise <b>Brown Bag Day</b> Pick up is 10:15- noon unless other plans are made with us in advance. <b>9:30-12 shopping van</b> 10:45 Knitting 11:45 Lunch 12:30 Mexican Train <b>12:30 Spanish II</b></p>	<p>17 10am Dancercise 11:45 Lunch  <b>1-2pm CDH/VNA Falls Prevention (last class)</b></p>
<p>20  11:45 Lunch 1:30-Tai Chi with Bailing Li</p>	<p>21 <b>S.H.I.N.E. appointments today</b> 9:30 Osteo Exercise 10:30-12 painting class 3 of 4 11:45 Lunch <b>Foot Care Clinic-by appointment</b> Monthly Outreach Office Hours 10am Windfield Estates #30 Golden Court: 1pm</p>	<p>22 9:15 Yoga Stretching <b>10-noon Veteran's Office Hours</b> 11:45 Lunch <b>1-3 Drop in Drawing Group</b></p>	<p>23 9:30 Osteo <b>9:30-12 shopping van</b> 10:45 Knitting 11:45 Lunch 12:30 Mexican Train <b>12:30 Spanish II</b></p>	<p>24 10am Dancercise <b>11:45 Lunch</b>  2:30pm Free 8 week Senior Support Group starts today through 12/19</p>
<p>27 11:45 Lunch <b>12:10 Lunch and Learn-Cognitive Health in older adults</b> 1:30-Tai Chi with Bailing Li</p>	<p>28 9:30 Osteo Exercise 10:30-12 painting class (last class)  11:45 Lunch</p>	<p>29 9:15 Yoga Stretching <b>10-noon Veteran's Office Hours</b> 11:45 Lunch <b>1-3 Drop in Drawing Group</b> <b>Lunch Trip: Salem Crofs Inn</b></p>	<p>30 9:30 Osteo <b>9:30-12 shopping van</b> 10:45 Knitting 11:45 Lunch 12:30 Mexican Train <b>12:30 Spanish II</b></p>	<p>31 10am Dancercise <b>11:30 Lunch and Oct. Birthday Celebration!</b> 2:30pm Senior Support Group</p>