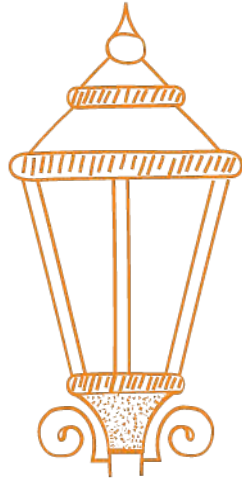


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Agawam Council on Aging

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JANUARY 2022

SPREADING HOLIDAY CHEER

Beautiful Holiday Baskets assembled by The Agawam Senior Center Outreach Director, Lori Arsenault and our fabulous crew of volunteers. Baskets were delivered to homebound seniors in town. A HUGE Thank You to the **FRIENDS Group, Polish American Club and the Tuesday Morning knitters** as well as all others who donated towards the baskets.



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954 Main Street
Agawam, MA 01001



413-821-0604



Fax: 413-789-4092



Monday-Friday
8:00 am-4:30 pm



Facebook:
@AgawamSeniors
Website:
www.agawam.ma.us

EVENT HIGHLIGHT

Check Page 4 for an exciting Winter Word Search.

On Page 5 please look for our movies that will be on Friday.

Page 9 Information from Senator John Velis

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NEWS FROM OUTREACH

FOR YOUR INFORMATION.....

BROWN BAG

Our next Brown Bag pick up will be January 20 between 1 and 3 in the afternoon. Please drive around to the back of the Center and your bag will be put in your car. If you know anyone who might be interested in the Brown Bag Program, please have them call Lori 726-2846.

NEWS FROM OUTREACH

It's that time of year again..... Scam Season! Scam artists have been practicing all year in hopes of taking advantage of you as you gather all your information for the upcoming tax season. Please remember the IRS will not call you for your personal information nor should they threaten you if you refuse to comply. The IRS will contact you through the mail with legitimate numbers to call if you have questions. Never give anyone your Social Security number over the phone. The IRS should already have this information and therefore should not be asking you for it. To verify any calls you might receive, you can call 1-800-829-1040.

There are also a number of scams involving your Medicare and other insurance numbers. No one should be asking for this information other than your doctor/providers.

One of the most cruel scams are the calls you might get from someone telling you a loved one has been in an accident or has been arrested and needs money sent immediately. Before sending money anywhere, please call family members or friends to confirm there has been an incident that requires your help. Do not give credit card numbers to anyone asking for money for medical bills, bail or lawyer fees. These scammers are very practiced in their ability to instill fear and to get you to send money. Ask them for a phone number to call them back. In most instances, they will hang up on you. Be wary of these calls and stay safe!

HEARING SERVICES

March 31, 2022 9:30am

Hearing screening and hearing aid cleaning will begin at the Agawam Senior Center on Thursday, March 31. Gary Winn, a licensed hearing specialist, offers hearing screenings & testing, along with hearing aid checks, servicing & cleaning. Appointments are required by calling the Agawam Senior Center at 821-0604.

FOOT CARE SERVICES

Fourth Thursday of the Month

The Agawam Senior Center offers foot care service once a month. Appointments can be made by calling the Senior Center. There is a cost for this service.

MONDAY, JANUARY 17

The Agawam Senior Center will be closed in observation of the Martin Luther King Jr. day.

NEW YEARS WISH

May the Year 2022 bring us all good health, happiness and love in our hearts.

SENATOR VELIS MONTHLY OFFICE HOURS

First Monday of the Month from 10:30-11:30

Senator Velis will be offering monthly office hours here at the Agawam Senior Center. Senator Velis will be available the first Monday of every month from 10:30-11:30, he will be located in the Dining Room of the Senior Center.

Monday, January 4

Monday, February 7

Monday, March 7

Monday, April 4

Thank you to Senator Velis and his team for making these office hours available.

Legislative Official Information

Senator John Velis

District Office Information
52 Court Street, Westfield
413-572-3920

Representative Nicholas Boldyga

District Office Information
413-569-3137 ext 103

Agawam Town Hall

413-786-0400

Fax: 413-786-9927

FRIENDS MEETING MONTHLY MEETING

The FRIENDS Group will be taking the months of January and February off. We will meet again on Wednesday, March 2, 2022 at 9:30am.

GOLDEN AGE CLUB MEETING

Chapter 1

Golden Agers Club Chapter One is inviting visitors to come January 12, 2022 at 1:30pm or January 26, 2022 at 1:30pm to one of our meetings. We enjoy conversation, coffee and a treat.

Chapter One has been meeting twice a month since July and we look forward to seeing our members. If there is inclement weather or schools are closed, Chapter One will not meet. Members Dues are \$6.00 that is due in January and meeting fee is \$1.50. We look forward to meeting new people.

GOLDEN AGE CLUB MEETING

Chapter 2

Chapter 2 voted in November to eliminate the January and February meetings due to the possibility of inclement weather. We wish everyone a Happy and Healthy New Year.

Chapter 2 will not have a February meeting due to the possibility of inclement weather. Looking forward to seeing you on March 16, 2022.

Dues are \$7.00 per year and all are welcome. Come to the Senior Center for a great lunch (call ahead for reservation) and stay for our meeting. Please consider joining this wonderful group of people.

EAST LONGMEADOW TO HOST AN ALZHEIMER'S CAREGIVER SUPPORT GROUP

We will be holding a new monthly support group for people caring for a loved one living with Alzheimer's disease or a related dementia. The group will meet monthly on the 2nd Wednesday of the month, beginning on December 8th. This group will be facilitated by Carol Sachs PhD and Lissa Fontaine RN. Carol and Lissa have professional and personal experience caring for people with dementia. They also bring a wealth of experience in support group facilitation and have both completed the Alzheimer's Association training program for support

group facilitators. For more information please call 525-5436. Pre-registration is necessary.

ACC PRESENTS: TOO HUMAN

Join us for a spirited evening as Too Human presents jazz standards from the Great American Songbook. Performed with vocals, guitar, percussion and upright bass with passion, innovation and humor, the songs and arrangements are fresh – and sure to touch your spirit! THIS EVENT IS FREE AND OPEN TO THE PUBLIC. CONSIDER CALLING (413) 821-0604 TO LET US KNOW YOU'LL BE ATTENDING.

Join us on Friday, January 7, 2022 at the AGAWAM SENIOR CENTER located at 954 MAIN STREET, AGAWAM. SHOW TIME 7:00 PM / Building open to public 6:15 PM ADMITTANCE THROUGH LOWER LEVEL ENTRANCE ONLY ~ LIVE STREAMED ON AGAWAM, SOUTHWICK & WESTFIELD CHANNEL 15.

AGAWAM PUBLIC LIBRARY

January Events

The Agawam Senior Center is excited to promote the following events for the Agawam Public Library. We hope you can join us.

Book Clubs

- ◆ Tuesday, January 4th at 7:00 p.m.

The "Nightbookers" Book Discussion Group

- ◆ Monday, January 24th at 7:00 p.m.

Non-Fiction Book Discussion Group

- ◆ January 26th at 2:00 p.m.

"The Page Turners" Book Discussion Group

Trivia Nights

- ◆ Monday, January 3rd at 6:30 p.m.

Topic TBD

- ◆ Monday, January 31st @ 6:30 p.m.

Topic: Romance in Books and Film

Winter Word Search

S K I I N G S N O W B O O H T
S F I R E P L A C E I N G E O
L I E A R M U F F S C N Y T S
E W S B C O L T R A E S T A C
D I M L R O W S N O U G H E A
D N U I A U L O W P S H T O R
I T F Z E S A D E H A T A O F
N R B Z B A E R O W P L Y I I
G C O A T O T L Y D M W L C R
I T O R H A F R O T A S U I E
P O T D E C E M B E R I L C L
L A S N C R O V I N C L O L R
O A D H J K T C E S H O V E L
W J A N U A R Y O E S A H S T
M I T T E N S W E A T E R E L

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BOOTS
COAT
COCOA
COLD
DECEMBER
EARMUFFS
FEBRUARY

FIREPLACE
FROSTY
HAT
ICE
ICICLES
JANUARY
MARCH
MITTENS

PLOW
SCARF
SHOVEL
SKIING
SLEDDING
SNOW
SWEATER
WINTER



5 | FILM FRIDAYS

Join us each Friday at the Senior Center in the Veteran's Hall for a movie. Movies will begin at 1:00pm. Feel free to bring a snack or beverage with you. Below is a list of movies being offered and a brief description.

Friday, January 7, 2022

Queen Bees

Moving into a senior community while her home is being repaired, widowed Helen is dismayed to find a social scene resembling high school. But her perspective begins to change as she makes new friends and gets a second chance at love

Rated PG-13 1hour and 41 minutes

Friday, January 14, 2022

Spy

Unassuming CIA analyst Susan Cooper is far from being a James Bond type, but when she's thrust into the field to investigate the disappearance of her partner, she turns into an improbable superspy.

Starring Melissa McCarthy

Comedy—Rated R 1 hour and 55 minutes



Friday, January 21, 2022

The Money Pit

An up-and-coming entertainment lawyer and his yuppie girlfriend set out to renovate their dream house, only to be plagued by her ex-husband, an unscrupulous construction firm and the house's crumbling structure.

Starring Tom Hanks

Rated PG 1 hour and 31 minutes

Friday, January 28, 2022

Made in Italy

When London artist Robert travels to Italy with his estranged son to sell the house they've inherited, they're shocked at the villa's condition. As they work on repairs, their relationship becomes even more strained, but a bond slowly begins to form.

Starring Liam Neeson

Rated R 1 hour and 34 minutes

All information provided is from Netflix



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6 | JANUARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Sweet and Sour Meatballs over Rice Italian Blend Vegetables Fresh Pear</p>	<p>4</p> <p>Chicken Cacciatore Tomato Sauce with Peppers and Onion over Ziti Spinach Salad, Pudding</p>	<p>5</p> <p>Roast Pork with Gravy Roasted Potatoes & Carrots Applesauce Mixed Fruit</p>	<p>6</p> <p>Breaded Baked Fish Tomato Rice Spinach Baked Good</p>	<p>7</p> <p>Macaroni & Cheese Stewed Tomatoes Corn Bread Pineapple</p>
<p>10</p> <p>Shepards Pie Caesar Salad Fresh Apple</p>	<p>11</p> <p>Roast Turkey and Gravy Stuffing, Cranberry Sauce Mixed Vegetables Baked Good</p>	<p>12</p> <p>Minestrone Soup Egg Salad Sandwich Fruit Juice Diced Peaches</p>	<p>13</p> <p>BBQ Pulled Pork on a Roll Potato Salad Corn Pudding</p>	<p>14</p> <p>Asian Salad Topped with Chicken, Mixed Greens, Tomatoes,Olives, Crunchy Noodles Jello</p>
<p>17</p> <p>Senior Center Closed Martin Luther King Jr. Day Observed</p>	<p>18</p> <p>Delicious Meatloaf Mashed Potatoes, Gravy Peas Fresh Orange</p>	<p>19</p> <p>Broccoli & Cheddar Quiche Hash Brown Coleslaw Pudding</p>	<p>20</p> <p>Cheese Manicotti Homemade Tomato Sauce Garden Salad, Garlic Bread Pears</p>	<p>21</p> <p>Chicken Supreme with a White Sauce Mashed Potatoes, Glazed Carrots, Baked Good</p>
<p>24</p> <p>Stuffed Veal with a Marsala Sauce, Mashed Potatoes Brussel Sprouts Banana</p>	<p>25</p> <p>Turkey Noodle Soup Tuna Sandwich Lettuce & Tomato Pudding</p>	<p>26</p> <p>Spaghetti & Meatballs Homemade Tomato Sauce Green Beans Applesauce with cinnamon</p>	<p>27</p> <p>Beef Stew Vegetables and Biscuit Beet Salad Baked Good</p>	<p>28</p> <p>Oven Fried Chicken Drumsticks Rice & Beans, Carrots & Peas Fruit Cocktail</p>
<p>31</p> <p>Baked Crusted Cod Rice Pilaf, Vegetable Blend Fresh Fruit</p>		<p>Grab-N-Go pick 11-11:45 Congregate Dining at Noon Suggested Donation \$2/meal \$10 a week</p>	<p>Our nutrition program is partially funded by a Grant from EOEAA and the Federal Administration of Community Living</p>	<p>Meals on Wheels Suggested Donation \$2/meal \$10 a week or \$40 a month</p>



HAPPY 2022!
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DAILY EVENTS

Monday

09:00 AM Yoga (\$6)
 10:45 AM Line Dance (\$3)
 01:00 PM BINGO

Tuesday

08:30 AM Weight Training
 09:00 AM Knitting Group
 09:30AM Tai Chi (\$5)
 12:00 PM Ladies' Billiards
 1:00 PM Senior Boot Camp (\$1)
 1:30 PM Creative Writing group

Wednesday

09:00 AM Yoga (\$6)
 10:45 AM Healthy Bones
 01:00 PM Bridge
 01:30 PM Golden Agers

Thursday

08:30 AM Weight Training
 09:00 AM Quilting Club
 11:30 PM Drop In Cornhole

12:30 PM Bridge

01:00 PM Mexican Train Game
 01:00 PM Senior Boot Camp (\$1)

Friday

01:00 PM Film Fridays
 Mah Jongg
 Canasta
 Cribbage
 Card games

Drop In Cornhole

Join Les and staff every Thursday from 11:30-12:30 for Drop In Cornhole Game in the Veteran's Hall. Put your skills to the test against Michael the "Cornhole King Squindo." We hope to see you there.

Please contact Kristina to register for programs.

SPECIAL EVENTS

Monday, January 3

10:30AM Senator Velis Office Hours

Wednesday, January 5

02:00PM Ballroom Dance

Friday, January 7

07:00PM ACC Event

Monday, January 10

10:00AM Craft w/Sunshine Village

1:00PM Coffee, Cookies, and Conversation with Colonial Forestiere Funeral Home

Tuesday, January 11

10:00 AM Computer and Tech Support Group

Wednesday, January 12

01:30PM Golden Age Chapter 1

Monday, January 17

Senior Center Closed in Observance of Martin Luther King Jr. Day

Monday, January 24

10:00AM Craft w/Sunshine Village

Tuesday, January 25

10:00 AM Computer and Tech Support Group

Wednesday, January 26

01:30 PM Golden Age Chapter 1

Thursday, January 28

Foot Care Available by Appointment Only

NEW YEAR NEW YOU**Senior Boot Camp Tuesday & Thursdays @ 1**

Senior Boot Camp is an exercise program to improve your strength through weight training and band resistance. Participants will be able to improve energy, flexibility, balance, and circulation with stretching and other exercises. Exercises are done both seated and standing. Classes are tailored to an individual's needs and abilities with room to grow. We look forward to you joining us.

FREE CRAFTING EVENT**Monday, January 10th at 10:00AM**

Sunshine Village will be hosting an Arts and Crafts activity at the Agawam Senior Center on Monday, January 10 from 10am-11:30am. This month we will be making winter gnomes. We will supply all the material! As new



members of the Agawam Community, we are very excited to meet folks within our community. We look forward to seeing you very soon.

**COLONIAL FORASTIERE FUNERAL & CREMATION
AND THE AGAWAM SENIOR CENTER PRESENT
Coffee, Cookies, & Conversation**

Monday, January 10, 2022 at 1:00 PM

Held At The Agawam Senior Center 954 Main Street

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Call Kristina to Register 726-2836.

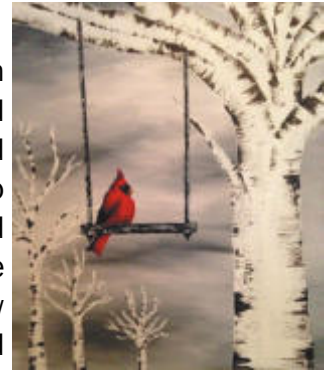
FREE CRAFTING EVENT**Monday, January 24th at 10:00AM**

Sunshine Village will be hosting an Arts and Crafts

activity at the Agawam Senior Center on Monday, January 24th from 10am-11:30am. This month we will be making blue snowflakes. We will supply all the material! As new members of the Agawam Community, we are very excited to meet folks within our community. We look forward to seeing you very soon.

**PAINT AND SWEETS SOCIAL****Tuesday, February 15 at 1:00PM**

Come enjoy a nice afternoon of socializing, snacks and painting. You will be guided by an artist, step by step to your completed painting. You will go home with your work of art to show off to your family and friends!!



LOCATION: Agawam Senior Center Stage Area

TIME: 1:00pm

COST: \$25 cash paid to instructor day of class

REGISTRATION: Call Kristina 413.726.2836

CHANNEL 12 PROGRAMING**THESE PROGRAMS RUN DAILY**

Monday - Friday 11:00 AM Exercise with Dr. Gorman

Monday - 10:00 AM Exercise with Jules

Tuesday - 10:00 AM Exercise with Jules

Wednesday - 10:00 AM Exercise with Jules

Thursday - 10:00 AM Exercise with Jules

Friday - 10:00 AM Exercise with Jules

Programs on channel 12 are available for viewing on demand visit: <https://agawamvod.cablecast.tv>

Scroll to bottom click on "Senior Living" chan. 12

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 E: lkaczman@agawam.ma.us

MARCIA TANGREDI
 Greeter (M-W)
 P: 413-821-0604

TRISH BROWN
 Greeter (W-F)
 P: 413-821-0604

SHINE Counselor
 P: 413-726-2838
 E: SHINE@agawam.ma.us

SENATOR JOHN VELIS

Season's Greetings!

I hope everyone is doing well! Wishing everyone a healthy and happy holiday season as we enter further into the winter months.

The holidays are a great time to get together and see the ones you love, but as the weather gets colder, we are reminded of the serious threat of COVID-19 that still prevails in our communities. COVID-19 Booster vaccines are now available in Massachusetts! Visit mass.gov/covid-19 to find a location near you. Additionally, you can also call the toll-free number 2-1-1 or 877-211-6277 to set up an appointment, however, do not hesitate to reach out to my office for assistance.

In recent and exciting news, the Legislature is finalizing our ARPA Bill (America Rescue Plan Act) which provides necessary and important federal funding for our state's economic recovery during these unprecedented times. I am proud that as part of this bill I was able to secure \$75,000 for the Agawam Senior Center to purchase a new transportation van, and an additional \$150,000 to address significant infrastructure and road improvements throughout Agawam! This is an important step to continue to maintain the welfare of our communities here in Western Massachusetts and I was glad I could advocate for Agawam during our Senate debate on the bill.

I am also excited to announce the airing of my new, monthly local cable TV show, "Beacon Hill to the 413". This show aims to give viewers an inside look into the work happening on Beacon Hill, and how it impacts our district. I am excited to bring on some special guests to help answer pressing questions about policy changes in the district! Keep an eye out on your local channel 15, or you can stream episodes online from Agawam Media.

Big things are happening here in Western Mass and it's been great to get back out in the community recently. My team has been holding office hours throughout our district, including at the Senior Center, and it has been fantastic to see so many residents stop by. In December I also joined Mayor Sapelli, Representative Boldgyga, and Director Squindo to announce \$50,000 in Fiscal Year 2022 budget funding for resources and programming at the Senior Center. I look forward to being back soon to present this new funding from the ARPA Bill.

As always, my office is available to help or assist in any way that we can. You can reach me at 413-572-3920 or at john.velis@masenate.gov. I can be also found online at senatorjohnvelis.com, where you can sign up for my newsletter.

Sincerely,

John C. Velis

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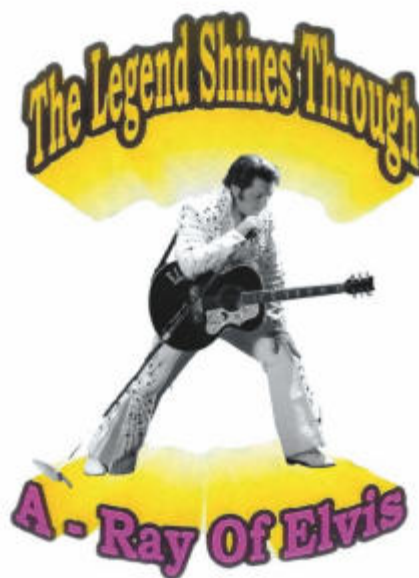
06-5051

A Night Out with The Floyd Patterson Band Friday, February 11, 2022 6:00PM-8:00PM



More information to follow in the February newsletter and the Agawam Senior Center Facebook Page.

A Night Out with A- Ray of Elvis Friday March 11, 2022 6:00PM-8:00PM



DONATE TO THE "FRIENDS OF AGAWAM SENIOR CENTER"

Your tax deductible gift/donation to the "Friends" will help to improve programs; and support the purchase of equipment and supplies for the Senior Center. Your support is appreciated!

Donation from: _____ Address: _____

(Circle one) Contribution in Memory / Honor of: _____

Send acknowledgement to: _____

Donation amount \$ _____

Please make your check payable to:

Friends of the Agawam Senior Center, 954 Main Street, Agawam, MA 01001-3128