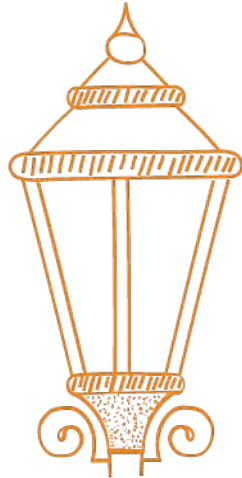


SENIOR SCENE



Agawam Council on Aging

Discover Your Center ~ Relight Your Purpose

FEBRUARY 2022

NAMI OF WESTERN MASSACHUSETTS TO PRESENT ON SEASON AFFECTIVE DISORDER

Do you feel the effects of Seasonal Affective Disorder? Join us Friday, February 18 at 10:00AM in the conference room for an educational seminar on SAD. SAD which stands for Seasonal Affective Disorder is a type of depression that returns at the same time every year, usually in late fall or early winter when there is less sunlight and the days get shorter.

When this type of depression falls on you, it may be hard to sleep, concentrate or enjoy our favorite activities. Learn why changes in sunlight at certain times of the year are to blame.

NAMI-WM is the local affiliate that's mission is to help raise awareness, provide essential education, support groups and advocacy for people in the Western Mass community living with mental health conditions and their loved ones. Bernice Drumheller and Donna Bunn will be speaking. Call Kristina at 726-2836 to register.

WHAT'S INSIDE

- Outreach News.....2
- Events.....3
- Valentine's Word Search.....4
- Film Fridays.....5
- Menu.....6
- Schedule of Events.....7
- Programs.....8
- Laughter Seminar.....9
- Night of Music.....10



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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 Laughter is the Best Medicine

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NEWS FROM OUTREACH

F O R Y O U R INFORMATION.....

BROWN BAG

Our next Brown Bag pick up will be February 17 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.

N E W S F R O M OUTREACH

FUEL ASSISTANCE/SNAP

If you have not filed for Fuel Assistance yet, you still have time! Fuel Assistance season runs until April 30, 2022. You may have noticed that your fuel and utilities may have increased recently. Fuel assistance is a great way to take a bite out of the cost of staying warm.

Have you been to the grocery store lately? Have you noticed the cost of food? You may qualify for the Supplemental Nutrition Assistance Program (SNAP). Many folks don't realize how simple it is to sign up for SNAP. If you would like help with Fuel Assistance and SNAP, please call Lori at 726-2846.

TAX INFORMATION

Soon you will start receiving tax documents from 2021. In the past we have been able to assist with helping you file your taxes.

At this time, we are not able to help with appointments at the Senior Center. Last year we had referred folks to Springfield Partners for Community Action.

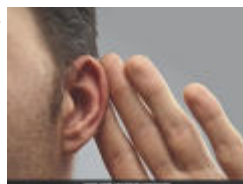
After confirming with them, they will once again be taking appointments for low income seniors. Please call 413-263-6500 to schedule an appointment.

Please keep in mind that tax season is the best time for scammers to try and talk you into giving them financial information. One of the more recent ones to surface is the "agent" on the phone will tell you how easy it is to file by phone because of Covid 19. They will tell you if you give them your information by phone, they can fill all the forms for you electronically. NO!! This is not true! The government is not going to ask you for your private information on the phone. If you receive a call like this, hang up. You can call 1-800-829-1040 for legitimate information and to report any scam calls.

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, FEBRUARY 21

The Agawam Senior Center will be closed in observation of the President's Day.

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, 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 February 9, 2022 at 1:30pm or February 23, 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.

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: VOCE PRERECORDED CONCERT BROADCAST FRIDAY - FEB. 4, 2022 - 7PM AGAWAM | SOUTHWICK | WESTFIELD - PUBLIC ACCESS TV15

New England-based a cappella and barbershop quartet with 75+ years of combined singing experience. Formed in 2014, VOCE placed sixth in international competition in 2019.

Information regarding all viewing options available at www.agawamcc.org

For more information, visit www.agawamcc.org The Agawam Cultural Council is an all-volunteer local partner of the Massachusetts Cultural Council, a state agency, and is funded, in part, by the MCC. The ACC is charged with bringing engaging, entertaining, and educational events and opportunities in the arts, humanities, and sciences, to children and adults from Agawam and the surrounding communities.

CHANNEL 12 PROGRAMING These programs run daily

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

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



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, February 4, 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, February 11, 2022

Remember the Night - Romantic Comedy

Lee Leander is a petty shoplifter on trial for swiping an expensive bracelet from a local jewelry store. When her trial is postponed until after New Year's, sympathetic Assistant District Attorney John Sargent bails her out of jail. Together, they find themselves falling in love when he invites her to his family's home for the holidays where she discovers the warmth and love she's never had but always wanted.

Not Rated 1 Hour and 34 Minutes

Friday, February 18, 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

Friday, February 25, 2022

FOOTLOOSE

This special edition of the movie that shot Kevin Bacon to the stratosphere of fame features the actor playing Ren McCormack, a decidedly urban teen who's transplanted to a small Midwestern town where dancing is outlawed. Recruiting his best pal, the quiet Willard (Chris Penn), and his girlfriend (Lori Singer), a clergyman's daughter, Ren starts a revolution by moving to the beat. Includes commentaries, footage from the musical and more.

Rated PG 1 Hour and 47 minutes

All information provided is from Netflix





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6 | FEBRUARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 Swedish Meatballs over Egg Noodles Brussel Sprouts Pudding	2 Roast Turkey, Gravy Stuffing, Cranberry Sauce California Blend Vegetables Pineapple	3 Salisbury Steak Mashed Potatoes Dilled Carrots Baked Good	4 Chicken Cordon Bleu Roasted Potatoes Broccoli Pears	
7 Cream of Broccoli Soup Turkey & Cheese Sandwich Fruit Juice, Banana	8 Pork Chop with Gravy Mashed Potatoes, Peas Apple Sauce Baked Good	9 Chili Con Carne over Baked Potato, Cheddar Cheese, Caesar Salad Mixed Fruit	10 Chicken Breast and Broccoli Alfredo over Pasta Cucumber Salad Pudding	
14 Parmesan Chicken Ziti with Tomato Sauce Tossed Salad, Garlic Bread Baked Good	15 Delicious Meatloaf Mashed Potatoes, Gravy Green Beans Peaches	16 Vegetable Pizza Three Bean Salad Jello	17 Roasted Chicken Legs Roasted Potatoes & Carrots Orange Pudding	
21 Senior Center Closed Presidents Day Observed	22 Ravioli with Meat Sauce Spinach Salad with Mandarin Oranges Apple	23 Harley Mushroom Soup Tuna Salad Sandwich Fruit Juice Fruit Salad	24 Chicken Breast Supreme Mashed Potatoes, Broccoli Pudding	
28 Macaroni & Cheese Stewed Tomatoes, Corn Bread Fresh Pear	25 Hot Open Faced Turkey Sandwich, Gravy, Cranberry Sauce California Blend Vegetables Applesauce with Cinnamon	25 Meals on Wheels Suggested Donation \$2/meal \$10 a week or \$40 a month	Our nutrition program is partially funded by a Grant from EOE and the Federal Administration of Community Living	



Spring into
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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

09:00 AM Yoga (\$6)
 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

Wednesday, February 2

02:00PM Ballroom Dance

Friday, February 4

7:00PM ACC Virtual Concert

Monday, February 7

10:30AM Senator Velis Office Hours

Tuesday, February 8

10:30AM Computer and Tech Support Group

Wednesday, February 9

1:30PM Golden Agers Meeting

Friday, February 11

6:00PM Free Concert with Floyd Patterson

Monday, February 14

10:00AM Craft w/Sunshine Village

Tuesday, February 15

1:00PM Paint and Sweets Social

Friday, February 18

10:00AM Seasonal Affective Disorder Seminar

Monday, February 21

Senior Center Closed in Observance of Presidents Days

Tuesday, February 22

10:30AM Computer and Tech Support Group

Wednesday, February 23

1:30 PM Golden Agers Meeting

Thursday, February 24

Foot Care Available by Appointment Only

Monday, February 28

10:00AM Craft w/Sunshine Village

IF YOU REST, YOU RUST**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.

Our FREE Crafting Event was canceled for the month of January. Below you will find the re-scheduled events with dates and times.

Monday, February 14th at 10:00AM

Sunshine Village will be hosting an Arts and Crafts activity at the Agawam Senior Center on Monday, February 14 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. This will take place in front of the stage.

**FREE CRAFTING EVENT****Monday, February 28th at 10:00AM**

Sunshine Village will be hosting an Arts and Crafts activity at the Agawam Senior Center on Monday, February 28th 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. This event will take place in front of the stage.

**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

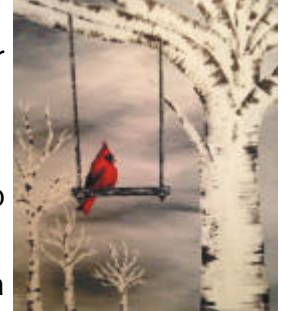
step to your completed painting. You will go home with your work of art to show off to your family and friends!!

LOCATION: Agawam Senior Center Stage Area

TIME: 1:00pm

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

REGISTRATION: Call Kristina 413.726.2836

**AGAWAM PUBLIC LIBRARY EVENTS****Jazz and the Civil Rights Movement**

With World Renowned Lecturer, and Flautist; Galen

February 15, 2022 at 6:00pm

This is a Virtual Event Via Zoom

FEBRUARY IS LIBRARY LOVERS MONTH!

The Agawam Senior Center is excited to promote the following events for the Agawam Public Library. We hope you can join us. Grab and Go Adult Craft Bags Available. Use your creativity and decorate a quilt square that shows your love of libraries.. Return it to the Info Desk and it will become part of an Agawam Library wall hanging. Available while supplies last.

DIGITAL LIBRARY SEMINAR

Start the New Year with the Digital Library! Get a new tech gadget for the holidays? Come learn how to use the Library applications to gain access to digital books, magazines, e-audio books, and streaming content. The library is holding four different sessions for your convenience. Be sure to bring your device and your library card so that we can get you started. Click on the desired date to register. Wednesday, February 2@ 6:00 p.m., Thursday, February 3 @ 1:30 p.m. Wednesday, February 16 @ 6:00 p.m. Thursday, February 17 @ 1:30 p.m. For more information, please contact Laura Paul, lpaul@agawamlibrary.org or call 413-789-1550 X4

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CAN YOU LAUGH IT OFF

LAUGH FOR THE FUN OF IT

Trevor Smith, Chief Happiness Officer

Tuesday, March 22, 2022

Location Agawam Senior Center Stage Area

The Agawam Senior Center is HAPPY to present Laugh for the Fun of it with Chief Happiness Officer, Trevor Smith.

Agawam, Ma. – Laugh the stress of life away at the Agawam Council on Aging on March 22nd at 1:00pm 2022, when Trevor Smith of Blue Sky Consulting will present a program called "Laugh for the Fun of it: Creating Healthy Lifestyles through Laughter."

Participants will learn a systematic method of chuckles, chortles, giggling and guffawing that promises to help reduce stress, prevent hardening of the attitudes and contribute to world peace. The laughter routine, designed to make anyone feel better, works without using jokes or comedy to stimulate the laughter.

Smith has completed training offered by the World Laughter Tour, Inc. and Laughter Yoga International to become a Certified Laughter Leader and has organized and facilitated Therapeutic Laughter programs for a variety of community organizations.

"There can be many sensitive issues around humor, such as people not getting jokes or being offended by them," Smith said. "So we skip jokes altogether. We laugh with each other, never at each other. Peals of genuine happiness-and-health-boosting laughter ring out and roll on."

Smith leads Laughter Clubs across the Valley in workplaces, schools, health clubs, senior centers, libraries and nursing homes. A physician in India originated the laughter club idea in 1995, and three years later, it was taken up by an American psychologist, Steve Wilson of Columbus, Ohio, who borrowed some ideas from yoga and founded the World Laughter Tour, Inc. Smith said laughter is proven to be a healing and a factor in happiness and good health.

Pre-registration is required. Call Kristina at 726-2836 to join this uplifting seminar.

For more information on Smith's therapeutic laughter programs, contact him at 413-204-8308 or tsmith@blueskyconsulting.us

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Agawam Council on Aging, Agawam, MA

06-5051

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



The Agawam Senior Center will be hosting A Night Out with The Floyd Patterson Band sponsored by Agawam Media. Join us at the Agawam

Senior Center, 954 Main Street on Friday, February 11 from 6:00-8:00 PM.

“Floyd Patterson and his band certainly know how to get the crowd going. A local favorite, Floyd Patterson has been playing at every kind of venue you can think of in Western Mass. Playing your favorite Motown hits to Bruno Mars we guarantee you’ll be on your feet dancing by the end of his performance”
springfielddowntown.com

Reservations to attend are strongly suggested and can be done by calling Kristina at 726-2836. Space will be limited. Walk-ins will be on a space available basis at the time of program.

This program will be broadcast live on Channel 15.

DONATE TO THE “FRIENDS OF AGAWAM SENIOR CENTER”

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