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SENIOR SCENE



Agawam Council on Aging

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SHUFFLEBOARD IS BACK

Starting Tuesday, May 10, 2022 through the end of August.

Tuesday Mornings 9:30am-Noon

We are excited to be offering Shuffleboard once again at St. Johns Field. Caroline Bassette and her crew will be there every Tuesday morning from 9:30-12:00. Shuffleboard will run rain or shine as we have a covered area.

Feel free to bring your own equipment or borrow ours. Lawn chairs are also handy. We are so excited to be back out in the fresh air and enjoying our time together. All are welcome to join. Shuffleboard will run until Tuesday, August 23, 2022. We hope you can join us.



954 Main Street
Agawam, MA 01001



413-821-0604



Fax: 413-789-4092



Monday-Friday
8:00 am-5:00 pm



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

EVENT HIGHLIGHT

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

Page 10 A Night Out with Soul Porpoise

OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022

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NEWS FROM OUTREACH

BROWN BAG

Our Brown Bag pick up will be May 19 between 1 and 3 in the afternoon. To receive your bags, please drive around to the back of the center. If you are able, you may park your car and come to the packing area to receive your bags. If you need help carrying them we will have volunteers on hand. You also have the option to drive up to the pick up area and we will be happy to put them in your car. Delivery for Brown Bag is not always available as it is dependent on volunteers. You are welcome to have someone pick up your bag for you.

If you or someone you know would be interested in the Brown Bag Program, please call Lori at 726-2846.



This program has continued to grow every month. With the rising cost of groceries, more folks are depending on Brown Bag. We have come to realize we need more volunteers for assembly, packing and delivery. This would require approximately two hours of your time. If you would like to help us and have a good time socializing with other volunteers, please call Lori!!

WATCH OUT FOR SCAMS!!

Scammers are expected to steal over 3 billion dollars in 2022. You can avoid being scammed by following these three easy rules.

Scammers play on your emotions by telling you made up stories involving your family. Usually they will say a loved one has been

arrested and need bail money that can be sent through a gift card or by giving them your credit card number over the phone. Ask for their phone number and say you will call them back with information on payment. This will give you time to check out the legitimacy of the situation. Of course, they will usually hang up at this point.

Scammers usually will try to create a sense of urgency so they can get you to lower your guard. They will threaten legal action to intimidate you. Slow it down by asking questions to avoid being rushed into a bad situation.

Do your research. If you get an unexpected call and you sense this is a potential scam, hang up and call your bank, credit card company or agency such as the IRS. Do not be intimidated!!

To report a scam call you can call: 1-877-908-3360 (AARP Fraud Watch)

1-877-382-4357 (Federal Trade Commission)

MAY IS NATIONAL BLOOD PRESSURE AWARENESS MONTH.

Half of all adult Americans have high blood pressure. Some do not know it. The only way to find out if you have high blood pressure is to be checked by your doctor. Your blood pressure can be controlled with help from your doctor, medication, exercise and a healthy diet.



May is also Skin Cancer Awareness Month. With warmer weather and more exposure to the sun, it's important to remember basic prevention tips. Use sun screen 15 UV protection or higher when outside between 10-4pm. Wear a hat and sunglasses. Stay away from tanning booths! The most susceptible people are light skinned and those who easily freckle. The older population and those with a family history of melanoma should also take extra precautions.

OFFICE HOURS

May 2, 2022 10:30am-11:30am

Senator Velis will be in the dining room

May 14at 10:00AM

Council Member Anthony Russo will be in the conference Room

Legislative Contact Information

Senator John Velis

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

ACC APPLAUSE SERIES

Friday, May 6, 2022 7pm

The May installment of the Agawam Cultural Council's popular Applause Series will take place on Friday, May 6, 2022 at the Agawam Senior Center. Rick Spencer and Dawn Indermuehle will present 1960s American Pop: Songs from The Brill Building at 7:00 PM. The building opens to the public at 6:15 PM. This program will highlight the music of songwriters connected in some way to the legendary Brill Building at 1619 Broadway, New York City, the center of the American Popular Music universe – home to the composers, lyricists, recording studios, performers, and publishers responsible for some of the most memorable pop music ever created.

This Applause Series performance will also be live streamed on Agawam, Southwick, and Westfield Channel 15. Viewers outside of those towns can enjoy the broadcast in high-def from a browser window by clicking the "Watch" button on www.agawammedia.tv, the "Watch Channel 15" button on www.southwickma.org/channel-15-public-access or "Click Here for Live Stream" on www.cityofwestfield.org/511/Community-Access-TV.

FRIENDS MONTHLY MEETING

May 4, 2022 9:30am

Join the Friends' Board of Directors for their May meeting.

GOLDEN AGE CLUB MEETING

Chapter 1

Golden Agers Club Chapter One is inviting visitors to come May 11, 2022 at 1:30pm or May 25, 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. Member's Dues are \$6.00 that is due in January and meeting fee is \$1.50. We look forward to meeting new people.

Chapter 2

May 18th: We will meet at the Senior Center at 1:00 P.M. We will play bingo today. Do you feel lucky?

Two flowers signify the Spring are the daisy and the sweet pea. The daisy symbolizes innocence, loyal love, and purity. The sweet pea signifies blissful pleasure, and are used to say goodbye.

ALZHEIMER'S CAREGIVER SUPPORT GROUP

May 11, 2022 in East Longmeadow

Pleasant View Senior Center (East Longmeadow) 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. 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.

CHANNEL 12 PROGRAMING

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

The Agawam Library now has Hotspots to borrow!

A Hotspot allows you to have Wifi so your device can connect to the internet wherever you are.

Any Mass. resident, 17 yrs or older, with a library card in good standing may borrow a Hotspot.

Hotspots go out for 2 weeks with 1 renewal.

Pick up and return your Hotspot to the Information Desk at the Agawam Library.

Only one hotspot is allowed per household.

Each hotspot will support up to 10 computers or tablets.

Hotspots may be put on hold through the C/W Mars catalog. Call the Agawam library at 413-789-1550 ext 8858 for more information.



Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how we age and how we choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:

Planning: Think about what you will need and want in the future, from home and community-based services to community activities that interest you.

Engagement: Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.

Access: Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.

Connection: Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year, the Agawam Council on Aging is excited to celebrate OAM with our partners in the aging community. Check out our facebook page every Monday in May for resources on aging and staying

involved with your community!

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. Please join the Agawam Council on Aging in strengthening our community: you can start by joining the Agawam Senior Center, and volunteering your time!

To follow us on Facebook go to: www.facebook.com/AgawamSeniors

For more information, visit the official [OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation using [#OlderAmericansMonth](#).

To help us celebrate this years Older American’s Month we have some fun programs scheduled for you that you can read about in other parts of this newsletter including:

- Card making
- Crafts with Sunshine Village
- Paint and Sweets
- A Mosaic Art Class
- CarFit Program
- A Mother’s Day Plant Sale with FRIENDS
- Treats and Trivia Program
- Two evening entertainment opportunities
- Ice Cream Social

Age my way!



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, May 6

Forest Gump

Forrest Gump, a simpleminded man, finds himself in the middle of nearly every major event of the 1960s and '70s. Along the way, he makes friends, changes lives and yearns for his childhood sweetheart,

Jenny. Starring Tom Hanks This film runs **Two Hours and 35 minutes**

Friday, May 13

Singing in the Rain

Gene Kelly, Debbie Reynolds and Donald O'Connor combine their talents in one of the greatest big-screen musicals ever made, a two-time Oscar nominee that includes the songs "Good Morning," "Make 'Em Laugh" and the iconic title tune. When Hollywood attempts the transition from silent films to talkies, a matinee idol (Kelly) hopes to make the cut. But he's hampered by a silent-movie queen (Jean Hagen) with a voice like fingernails on a blackboard. Run Time 1 Hour and 43 minutes

Friday, May 20

Hello Dolly

Composer Jerry Herman's Tony Award-winning Broadway musical was adapted for the big screen in an outside production featuring Barbra Streisand as matchmaker Dolly Levi, a role originated on stage by a much-older Carol Channing. When wealthy merchant Horace Vandergelder (Walter Matthau) hires Dolly to find a mate for him, she decides to win him over for herself. Songs include "Before the Parade Passes By" and the glorious title tune. Starring Barbra Streisand Run Time is 2 Hours and 26 minutes

Friday, May 27

The Wizard of Oz

There's no place like home for young Dorothy (Judy Garland), who's been swept away from her farm in Kansas to a wonderland of munchkins, flying monkeys and different-colored horses. She must follow the Yellow Brick Road to the all-knowing Wizard of Oz to find her way home. Along the way, she meets the Scarecrow (Ray Bolger), the Tin Man (Jack Haley) and the Cowardly Lion (Bert Lahr), who help her fend off the Wicked Witch of the West (Margaret Hamilton).

Starring: Judy Garland, Frank Morgan, Ray Bolger, Bert Lahr, Jack Haley, Billie Burke, Margaret Hamilton, Charley Grapewin, Clara Blandick Run time is 1 Hour and 43 minutes



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6 | MAY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Hamburg & Gravy over Mashed Potatoes Dilled Carrots Fresh Apple</p>	<p>3</p> <p>Chicken Stir Fry w/ Vegetables Over Rice Mandarin Oranges Mixed Fruit</p>	<p>4</p> <p>Pasta Fagjole Egg Salad Sandwich Fruit Juice Pineapple</p>	<p>5</p> <p>Cinco De Mayo!!!! Chili Con Carne over Rice Fiesta Corn Salad Tapioca Pudding</p>	<p>6</p> <p>Parmesan Chicken Ziti w/homemade Tomato Sauce, Garden Salad Garlic Roll, Baked Good</p>
<p>9</p> <p>Lasagna and Meatballs Tossed Salad Fresh Orange</p>	<p>10</p> <p>Roast Chicken Roasted Potatoes Brussel Sprouts Pudding</p>	<p>11</p> <p>Country Pie (Layered Hamburg, Rice, Tomato & Cheese) Spinach Salad with Mushrooms, Peaches</p>	<p>12</p> <p>Pork Chop, Onion Gravy Mashed Potatoes, Peas Applesauce, Baked Good</p>	<p>13</p> <p>Baked Crusted Cod Rice Pilaf Buttered Spinach Pears</p>
<p>16</p> <p>Chicken Breast Supreme Scalloped Potatoes Mixed Vegetables Cantaloupe</p>	<p>17</p> <p>Garden Salad Topped with Chicken, Mixed Greens, Tomatoes, Cucumbers, Cheese Baked Good</p>	<p>18</p> <p>Meatloaf Mashed Potatoes Green Beans App: lesauce with Cinnamon</p>	<p>19</p> <p>Chicken Pot Pie Vegetables Puff Pastry, Caesar Salad Pudding</p>	<p>20</p> <p>Country Broccoli Soup Turkey & Cheese Sandwich Lettuce & Tomato Fruit Cocktail</p>
<p>23</p> <p>Spaghetti & Meatballs Homemade Tomato Sauce Spring Salad</p>	<p>24</p> <p>Roast Turkey, Gravy Stuffing, Cranberry Sauce California Blend Vegetable</p>	<p>25</p> <p>Chicken Marsala Mashed Potatoes Glazed Carrots</p>	<p>26</p> <p>Cheeseburger Lettuce & Tomato Macaroni Salad</p>	<p>27</p> <p>Baked Crusted Fish Scalloped Potatoes, Corn Pineapple</p>
<p>30</p> <p>Senior Center Closed Memorial Day Observed</p>	<p>31 - Kick Off To Summer! Low Sodium Hot Dogs, Bun* Homemade Baked Beans Tomato Cucumber Salad, Watermelon</p>	<p>Grab-N-Go pick 11-11:45 Congregate Dining at Noon Suggested Donation \$2/meal \$10 a week * = High Sodium</p>	<p>Meals on Wheels Suggested Donation \$2/meal \$10 a week or \$40 a month</p>	<p>Our nutrition program is partially funded by a Grant from EOE and the Federal Administration of Community Living</p>

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DAILY EVENTS

Monday
 9:00 Yoga (\$6)
 10:45 Line Dance (\$3)
 1:00 BINGO
Tuesday
 8:30 Weight Training
 9:00 Knitting Group
 9:30 Shuffleboard at St. Johns
 9:30 Tai Chi (\$5)
 12:00 Ladies' Billiards
 1:00 Senior Boot Camp (\$1)
 1:30 Creative Writing group
Wednesday
 9:00 Yoga (\$6)
 10:45 Healthy Bones & Balance
 1:00 Bridge
 1:30 Golden Agers

Thursday
 8:30 Weight Training
 9:00 Quilting Club
 12:30 Bridge
 1:00 Mexican Train Game
 1:00 Senior Boot Camp (\$1)
Friday
 9:00 Yoga (\$1)
 1:00 Film Fridays
 Mah Jongg
 Canasta
 Cribbage
 Card games

Please contact Kristina to register for programs

SPECIAL EVENTS

Monday, May 2
 10:30 Senator Velis Office Hours
Tuesday, May 3
 3:00 Card Making
Wednesday, May 4
 9:30 FRIENDS Meeting
 2:00 Dance with Richie Mitnick
Friday, May 6
 7:00 Applause Series
Monday, May 9
 10:00 Craft w/ Sunshine Village
 1:00 Mosaic Art Class
Tuesday, May 10
 10:00 Computer & Tech Support
Wednesday, May 11
 1:30 Golden Agers Chapter 1
Tuesday, May 17
 1:00 Paint and Sweets Social
Wednesday, May 18
 10:30 Mass EDP Seminar
 01:00 Golden Agers Chapter 2

Friday, May 20
 11:30 Car Fit Program
 6:30 A Night Out - Studio 954
Monday, May 23
 10:00 Craft w/ Sunshine Village
Tuesday, May 24
 10:00 Computer and Tech Support Group
Wednesday, April 27
 1:30 Golden Agers Chapter 1
Thursday, April 28
 Foot Care by Appointment
Monday, May 30 - Center Closed

CARD MAKING**TUESDAY, MAY 3, 2022 3:00PM**

Join us in the dining room of the Agawam Senior Center for Card Making. Please call Kristina at 726-2836 to register, space is limited. We hope you can join us for this fun event.

CRAFTING EVENT WITH SUNSHINE VILLAGE**Monday, May 9 & Monday, May 23 10AM**

The Agawam Senior Center is excited to partner up once again with Sunshine Village for two crafting events at the Senior Center. May 9 we will be making Bird Book marks on May 23 we will be making and Air



Freshener Jars. Call Kristina at

726-2836 to register. Class is held in the Auditorium.

**PAINT AND SWEETS SOCIAL****Tuesday, May 17, 2022 at 1PM**

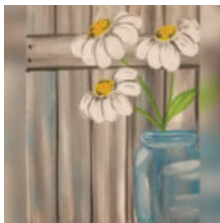
Come enjoy a nice afternoon of socializing, snacks and painting. You will be guided by an artist, step by step to your completed painting. You will go home with your work of art to show off to your family and friends!!

LOCATION: Agawam Senior Center Auditorium

TIME: 1:00pm

COST: \$25

Call to Register

**YOU LOOK SMASHING – MOSAIC CLASS****Monday May 9 & Monday, May 16 at 1pm**

Experience the joy of Mosaic Art with artist Elizabeth Thomas. She will instruct on how to lay broken dishes/tile/pottery and other materials on a 6" by 6" surface to achieve a



beautifully unique image. Bring a plate to break if you would like to use it as a part of your art piece. This is a

2-part workshop. The first session will be to adhere our shards and the second session (a week later) will be to grout our finished products. Bring a rag towel. No experience required. Limited seating.

Led by Elizabeth Thomas, 'smasher' and educator who teaches creative arts for all ages. The cost of this class is a one time fee of \$20. Class is limited to 8 people, please call Kristina to register.

CAR FIT PROGRAM**Friday, May 20, 2022**

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed, or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies. By 2030 more than 70 million Americans will be 65 or older. With age comes natural changes to vision, information processing, flexibility and the speed of reflexes, which can affect a person's ability to drive safely.

In 2006, AAA, AARP and the American Occupational Therapy Association collaborated to develop CarFitSM - a community-based educational program that promotes continued safe driving and mobility among older drivers by focusing attention on safety, comfort and fit. Through a quick, 20-minute checkup, CarFit starts a conversation about the actions drivers can take to be as safe and comfortable as possible in his or her own vehicle. CarFit is not an evaluation of driving ability, not used to determine if a person should continue to drive, nor is it a car inspection.

The Agawam Senior Center is hosting a CarFit event on May 20, 2022 starting at 11:30am. This event will be led by Occupational Therapy Assistant faculty from Springfield Technical Community College who are trained CarFit Event Coordinators and students training to become CarFit Technicians. During the event, drivers will be provided information, education, and community-based resources in a quick and easy manner using a 12-point checklist to help them assess how they "fit" in their vehicle.

Reservations for your spot in Car Fit are REQUIRED. Call Kristina. Spaces are limited and will fill fast.

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SHINE Counselor
413-726-2838
SHINE@agawam.ma.us

Lunch Sign Up Available At
myactivecenter.com

FRIENDS MOTHERS DAY

PLANT SALE

**Monday, May 2, 2022 9:30am
(until supplies last)**

The FRIENDS of the Agawam Senior Center is pleased to once again offer the Mother's Day Plant Sale. FRIENDS will offer a variety of **hanging flower baskets at \$23 each** and **Patio Tomato Plant for \$20**. Supplies will be limited. We want to thank Stepanik Green House for partnering with us once again. Come and support your FRIENDS Group. The plants will be available at the Agawam Senior Center located at 954 Main Street in the lower entrance of the building.

MASSACHUSETTS EQUIPMENT DISTRIBUTION PROGRAM

Wednesday, May 18 10:00am

The Massachusetts State 911 Department funds and oversees the Massachusetts Equipment Distribution Program or more commonly referred to as MassEDP. The program provides adaptive telephone equipment to people who have difficulty using a landline or wireless telephone due to issues such as hearing loss or vision loss. The telephone's that are part of the program can assist with providing a more clear, independent phone communication and the ability to contact 9-1-1 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. We look forward to sharing more information about the

application process in order to receive telephone equipment through MassEDP.

TREATS AND TRIVIA

**Thursday, May 19, 2022
10:30 AM in the Dining Room
of the Agawam Senior Center**

Join Nicole Matson of Home Helpers for a fun filled morning of Treats, Trivia and Prizes!! All are welcome to attend. Call Kristina at 726-2836 to register.



ICE CREAM SOCIAL

**Tuesday, May 31, 2022
12:30**

If you are interested in signing up for lunch that day which is Hot Dogs, Homemade Baked Beans, and Watermelon, sign up for lunch by calling 821-0604 or on myactivecenter.com. (please sign up 24 hours in advance for lunch) We will then be treated to a delicious ice cream social. If you want to join us for ice cream only, we will be starting at 12:30. We here at the Agawam Senior Center want to end Older American's Month and officially kick off summer with a cool and sweet treat generously provided by Quail Run.



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A Night Out with Studio 954
Featuring:
Soul Porpoise
Friday, May 20, 2022 6:30PM-8:00PM

Studio 954 will be hosting an evening out at the Agawam Senior Center. Studio 954 is a collaboration between the Agawam Media and the Agawam Council on Aging to bring entertaining programs and opportunities to you, these exciting events can also be delivered into your home through local cable channel 15.

Join us at the Agawam Senior Center, 954 Main Street on Friday, May 20 from 6:30-8:00PM. You can also watch along on your TV on Channel 15 if you have cable or stream online at www.agawamvod.cablecast.tv

Reservations to attend are strongly suggested as seating is limited. If you are not a member of the Senior Center you will be asked to register either at the time of registration or on the evening of the event.

Early access to the event will be at 5:45 for those who are pre registered. For those who do not register doors will open at 6:15pm.

Call 413-821-0604 or Kristina at 413-726-2836 to register for the show.



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