

Belchertown Council on Aging

Belchertown's Adult Community Center

June 2022

60 State Street

413.323.0420



Please Join Us for a Sock Hop on

Thursday June 23rd at 11:30am

Call to reserve a seat for this \$5.00 meal by calling Stephanie 323-0420 ext. 501. Reservations accepted beginning June 1st.

Enjoy a burger fresh off the grill, cooked on site by our friends Dave and Marcy from TRIAD. Then, take a walk through the ice cream sundae bar for dessert! Bring your dancing shoes for live entertainment provided by Joe Pereira.



We appreciate the sponsorship of this event provided by Christopher Heights of Belchertown, and the hands on help from our TRIAD partners.



Exploring the Ipanema District of Brazil

Join us June 29th at 1:30 pm at the Senior Center to connect via Zoom for a live, interactive, tour of the Ipanema District of Brazil!

This neighborhood within Rio De Janeiro is well known for the legendary song "The girl from Ipanema", however it has much more to offer. The beautiful beaches, cafes, and shops are not to be missed.

On this live tour we will be taken around the area for a glimpse of the beautiful beaches, inside some shops, and the Two Brothers Hills. Note: The tour could be rescheduled due to weather conditions, so be sure to register with Stephanie! 323-0420 ext. 501.

Beyond - Bring the World Home!

BCOA Book Club!

Join us on **Tuesday June 21st at 10 am** for the first monthly meeting of the BCOA Book Club! Facilitator Tim and group members will discuss their first book "Toward a True Kinship Of Faiths" written by The Dalai Lama.

Need a copy?

Call Stephanie and pick one up here at the Center!

This group will typically meet the Third Monday of each month.



Ukulele!

Want to try an instrument that is fun and easy to play?

Join Julie Stepanek as she shows the fundamentals of ukulele playing. No experience necessary. Bring your own ukulele or borrow one of hers.

Julie is a singer, songwriter, and musician. Originally from Nebraska, she now makes her home in Western Massachusetts, and for the last 15

years, has been teaching and making music at schools, libraries, and senior centers throughout New England!

Join us on June 6th and ****date change**** June 13th!

Registration is required. Call Stephanie to register at 323-0420 ext. 501, and be sure to mention whether you need to borrow a ukulele, or if you have your own.

This program is supported by a grant from the Belchertown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



LGBTQIA+ Social Group

The BCOA would like to welcome everyone to our newest social group which will meet on June 8th from 10 - 11 am.

All are welcome to stop in for a coffee and friendly chat in our Community Room.

Savvy Caregiver Free 6 Week Workshop

The Savvy Caregiver program is designed to support caregivers of individuals living with Alzheimer's and Dementia. This workshop teaches caregivers helpful tools to care for those living with Alzheimer's and Dementia while also caring for oneself, how to deal with difficult decision making and also how to navigate the health care system. The workshop will be held at the BCOA every Tuesday from 9 - 11 am, June 7th - July 12th. Please register directly with WestMass ElderCare by calling Ginger Cruickshank at 413-538-9020 x 337.

Whole Food Plant Based Taste Test! June 16th at 10 am

Join Becky Martin as she offers bite sized samples of some whole food plant based dishes. Register with Stephanie to ensure a sampler is saved just for you, but walk ins are always welcome!

Massage Therapy

Jodi Kaufman will be offering Massage Therapy at the Center on Tuesday June 7th. One hour appointments are \$65.00
Call Stephanie for an appt.

The Senior Center offers **Walmart** shopping trips twice a month on the 1st and 3rd Fridays. Have our van pick you up from home to shop at Walmart in Ware for only \$3.00 round trip! Call Kim for info!

New WiFi!

Belchertown_Guest Password: belchertown

PRESENTED BY SENATOR ERIC LESSER, HEALTH NEW ENGLAND & WWLP'S MASS APPEAL
WESTERN NEW ENGLAND UNIVERSITY | WNE | NEWS | Health New England

Senator Lesser wants to welcome constituents back safely to the Rivers Memorial Hall on Western New England University's Campus, 1215 Wilbraham Road Springfield, MA, on Friday June 24th from 10am-2pm. Visit exhibitors from state agencies, nonprofit and for profit organizations, hear from our health and wellness speakers, enjoy a boxed lunch and exciting door prizes. If you'd like a watch party planned at the BCOA, just let Stephanie know!

It's never too early to make a call, we are here for you.



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For information and tour about our community, call **Lorna Stone** at **413-323-5500**

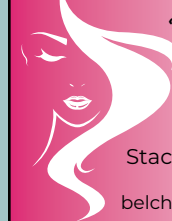


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Belchertown Adult Community Center Staff Contact Information

Executive Director Jessica Langlois

Monday: 8 am - 3:30 pm Tuesday - Friday: 8 am - 4:30pm

Phone # 413-323-0420 Fax # 413-323-8217

Jessica Langlois: Executive Director
ext. 503, jlanglois@belchertown.org

Kim Rossi: Receptionist/Transportation/
Medical Equipment
ext. 508, krossi@belchertown.org

Katy Martin: Administrative Assistant
ext. 502, kmartin@belchertown.org

Stephanie Fraleigh Program/Volunteer Coordinator
ext. 501, sfraleigh@belchertown.org

Laurie Moriarty: Senior Center Aide

Mariah Diesi: Custodian/Maintenance

Social Services and Outreach Department

Laurene Kendall: Social Services and
Outreach Coordinator
ext. 505, lkendall@belchertown.org

Heather Woodworth:
Social Services Assistant Coordinator
ext. 509, hwoodworth@belchertown.org

Nutrition Department

Laura Wagner: Nutrition Coordinator
ext. 507, lwagner@belchertown.org

Cheryl Mailloux: Nutrition Assistant Coordinator

Karisa Taylor: Nutrition Aide

Van Drivers: **Debbie Ducharme, Ed Ciosek,
Doug Sanford**

The Belchertown Senior Center Friends are looking for helpers to get the Travel Club up and running and also to fill available positions within the fundraising group. Specifically, new members to assist with fundraising ideas, follow through and a new Secretary. Please ask staff to be connected with Patty Kleeberg or come to the 6/7 Meeting at 12:30 in the craft room!

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Grief/Loss Support by GuidanceByLi!

Owner and Founder, Liane Smola will be joining us on **Wednesday June 8th at 12:30pm**

If you've suffered a loss, and feel that you need some help working through difficult emotions, please join Liane for help with your grief journey.

Thank you Beers and Story Funeral Homes for sponsoring!



**Call Stephanie to register, but walk ins are welcome!
323-0420 ext. 501**

**Cookies with the Candidate:
Know Your Sheriff**

All are welcome to join us from 10 am-11 am on June 23rd.

Candidate for Hampshire County Sheriff, Yvonne Gittelson, will be here to introduce herself.

Yvonne would like to invite community members to stop in to ask questions and/or hear about her vision for Hampshire County.

Deadline to Register to Vote in the September 6th Primary, is Wednesday, August 17, 2022



Is Keto Good or Bad? June 15th at 12:30 pm

Join Registered Dietitian Jen Belanger's intern Izzy Wilson while she discusses - What is Keto? How does Keto affect your body? Why your doctor might suggest the Keto Diet. Attendees will discuss some of the myths that surround the Keto diet, and get some healthy recipes for everyone to try out!

Scrapbooking Continues!!

June 15th at 1pm. Want more info or would like to attend? Call Stephanie!

CHAIR VOLLEYBALL

10:30 am Wednesdays in June!

Interested in how you can build core muscle strength, get a gentle workout, and have lots of fun without even leaving your chair?



Stop by the side of the BCOA, weather permitting, to see the set-up, and try for yourself!

**If interested in joining, call Stephanie
323-0420 ext 501**



Following a brief meeting at 9 am on June 1st, members of TRIAD will be making their way through town to pick up ALL Sand for Seniors Buckets. This will allow for them to be cleaned, filled and re-distributed to participating community members in the fall. Please place your buckets in a visible and easy to access area on JUNE 1st. Thank You!

Interested in Playing Dominoes?

A couple people have expressed interest in playing dominoes!

If you are interested in playing (or learning to play) contact Stephanie 323-0420 ext. 501!



Let Villa Rose Restaurant do the cooking on **Wednesday June 1st!** They have agreed to donate 20% of all food sales to the Belchertown Senior Center Friends!

SUPPORT OUR ADVERTISERS!



Would you like to support the Belchertown Council on Aging (BCOA) by making a donation?

Please complete this easy checklist and include it with your donation

Please make Check payable to the **Town of Belchertown**. *Even though the check is written this way, the money can only be used by the BCOA. The BCOA is a non profit organization and your donation may be claimed on your taxes!

Donor's name (s) will appear in an upcoming newsletter in acknowledgement and appreciation of the gift, unless a request is received to remain anonymous. Check this box to remain anonymous.

Please place a check next to the program or account you wish to support. If you have no preference, please choose the Gift Account which will allow the BCOA to use your donation as needed.

Nutrition/Meals on Wheels Medical Transportation New Van Gift Account

Please check if this donation is In Honor Of is In Memory Of (Name) _____

Would you like us to send a card with a notification of your generous donation without the amount?

If yes, please provide name and address: _____

Our Deepest Thanks for the recent donations to the Council on Aging.

The Nutrition Program received donations from Paul Greene in memory of Hubert Greene, from an anonymous donor, and from Carole Desroches.

Programs and Activities received donations from clients.

The Trust fund received a donation from Joan McManus in memory of Irma Scharff.

We thank you kindly for your thoughtfulness, generosity, and continued support!

To subscribe to our newsletter online visit: www.ourseniorcenter.com/find/belchertown-council-on-aging

Click "subscribe" in the middle of the page to enter your name & email. You will receive a link to the newsletter monthly.

To receive by mail: Please send your name, address, and phone # to: 60 State St. Belchertown, MA 01007 Attn: Stephanie

The Center respectfully requests an annual donation of \$5 to help offset the cost of postage. Checks can be made payable to "BSCCA".

Please note that regardless of donation, you will not be removed from the mailing list.



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Coronavirus disease (COVID-19) diagnostic tests

Your Medicare Part B (Medical Insurance) covers FDA-authorized COVID-19 diagnostic tests (coverage could change when the public health emergency ends).

Your costs in Original Medicare

You pay nothing for a diagnostic test during the COVID-19 public health emergency when you get it from a laboratory, pharmacy, doctor, or hospital, and when Medicare covers this test in your local area.

*****Medicare now covers up to 8 over-the-counter COVID-19 tests each calendar month, at no cost to you*****

- This coverage continues until the COVID-19 public health emergency ends.
- Medicare Part B (Medical Insurance) will cover these tests if you have Part B. (Medicare won't cover over-the-counter COVID-19 tests if you only have Medicare Part A (Hospital Insurance) coverage, but you may be able to get free tests through other programs or insurance coverage you may have.)
- If you're in a Medicare Advantage Plan, you won't get this benefit through your plan, but will get it like you would if you weren't enrolled in the plan.
- You will need to show your red, white, and blue Medicare card to get your free over-the-counter COVID-19 tests (even if you have another card for a Medicare Advantage Plan or Medicare Part D plan).
These tests check to see if you have COVID-19. In some circumstances, a home health nurse, laboratory technician, or an appropriately-trained medical assistant may collect your specimen in your home for this test.

Things to know

You can get the covered tests at any participating eligible pharmacy at no cost to you, even if you aren't a current customer. It's suggested you call first to make sure they have them in stock. Currently, Costco, CVS, Stop & Shop, Walgreens, and Walmart are participating pharmacies in our area.

~ Stay Safe!

-Laurene

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



Menu and Special Events - June 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	Voluntary, Confidential, Suggested Meal Donation for Age 60+ is \$2.50 per meal.	1 Spaghetti & Meatballs 9 TRIAD Meeting SFS Bucket Pick Up 10:30 Chair Volleyball VILLA ROSE COOKS!	2 Turkey a la King 10:30 Senator Lesser's Representative	3 Fish w/Crumb Top 10 Declutter Group
6 Broccoli Quiche 12:30 Ukulele	7 Breaded Catfish Massage by Appt. 9 Quabbinaires 9 Savvy Caregiver 12:30 BSCCA Meeting	8 Chicken Marsala 10 Veterans' Social 10 LGBTQIA+ 10:30 Chair Volleyball 12:30 Grief/Loss support 12:30 Movie	9 Macaroni & Cheese 10 Book Club	10 Three Salads - Tuna, Potato & 3 Bean 9-11 Brown Bag 10 First Graders Sing
13 Hot Dog Foot Care by Appt. 12:30 Ukulele	14 Baked Chicken 9 Quabbinaires 9 Savvy Caregiver	15 Roast Beef & Gravy Skin Care by Appt 10-12 Tech Help 10:30 Chair Volleyball 12:30 What is Keto? 1 Scrapbooking 3-4 ASC Pick Up	16 Blueberry French Toast 10 Whole Food Plant Based Taste Test	17 Taco Salad
20 Center Closed No Meals on Wheels	21 Lasagna 9 Quabbinaires 9 Savvy Caregiver 10 Book Club	22 Meatloaf 10:30 Chair Volleyball 12:30 Movie	23 MOW: Grilled Chicken Salad 10 Cookies w/ Candidate 11:30 Sock Hop 5:30 COA Board	24 Baked Potato Bar Thrive After 55 @WNE
27 Chicken Drumstick	28 Ziti & Meat Sauce 9 Savvy Caregiver	29 Pork Roast & Gravy 10:30 Chair Volleyball 1:30 Brazil Virtual Tour	30 Chicken a la King	Required charge for guests under 60 is \$5.00. Call Kim to sign up or cancel!

Daily / Weekly Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:30 Yoga 10 Bridge 12 Hand, Foot & Elbow, Card Game	9 Open Craft Time 10 Cribbage 10 Healthy Bones and Balance 11:15 Tai Chi** 12:30 Bingo 3 Zoom Tai Chi	10:30 Chair Volleyball** 12:30 Mah - Jongg 12:30 Canasta	10 Healthy Bones and Balance 10 Pitch 10 Zendoodle 12:30 Bingo	9:30 Open Craft Time 9:30 Yoga 10 Wii Bowling 11:15 Tai Chi** 3 Zoom Tai Chi

Fees for Yoga Classes: Age 60+ Drop in fee \$8.00/class, pay for month in advance \$5/class, Under 60 \$10/class. Volunteer led classes (Tai Chi and HBB (Healthy Bones and Balance) are a requested \$.50 donation. All exercise class or equipment use participants are required to have a current exercise waiver on file with the Center. Please wear sneakers and comfortable clothing.

**Classes will be offered outside, weather dependent, registration required

Zoom = Activity will be held virtually. Contact Stephanie for instructions at 323-0420 ext 501

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Belchertown Adult Community Center
Belchertown Council on Aging
 60 State Street
 Belchertown, MA 01007

Council On Aging
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Members:

James Dowling
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 Karin Camihort, *Associate Member*

**Meetings are at 5:30 p.m. on the
 4th Thursday Every Month**

The Belchertown Adult Community Center reserves the right to utilize photos of participants for publicity purposes. Participants not wanting their photo used must notify the Center in writing.

The BCOA receives Federal Older Americans Act funding from local Area Agency on Aging WestMass ElderCare, the state Executive Office of Elder Affairs and the federal Administration for Community Living.

Quabbinaires



The Quabbinaires is a friendly walking group with outings ranging from one-hour walks on pavement, to light hikes.

Please Contact Stephanie 323-0420 ext. 501 or sfraleigh@belchertown.org to register for the group and to be added to the email/contact list.

The Senior Center will send out information to those who have registered, in the beginning of June about the walks planned. Automated calls will be sent the day prior to each walk as a reminder, and also if a walk is cancelled or rescheduled due to weather.

In June, the Quabbinaires plan to walk at 9 am on the first three Tuesdays, June 7th, June 14th and June 21st. All are welcome, and accommodations are made for anyone wishing to participate in a slower paced walk.

Swift River Students make their way to the BCOA!

Please join us and be entertained by 7 classes, nearly 150 first grade students, as they share some of the songs they've learned this year. One of our favorite days of the year, we hope you stop in and join us on **June 10th at 10 am!**



This will be rain or shine, but if outside, will be on the side of the building by the parking lot. If mother nature doesn't behave, we'll move the festivity inside. Looking forward to seeing everyone!



Wednesday Movies
every 2nd & 4th
Wednesday at
12:30 pm!

Complete with popcorn for a 50¢ donation!

Call Kim in advance if you'd like a lunch reservation, and stay for a FREE movie!

Wednesday June 8th - Ford v Ferrari
(2019 PG-13)

American automotive designer Carroll Shelby and fearless British race car driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966.



Wednesday June 22nd - West Side Story
(2021 PG-13)

From producer and director Steven Spielberg, with a script by screenwriter and playwright Tony Kushner, comes WEST SIDE STORY. An adaptation of the 1957 musical, the film tells the tale of forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.

