

Belchertown Council on Aging

Belchertown's Adult Community Center

July 2022

60 State Street

413.323.0420



Stop in for lunch and have an ice cream sundae for dessert, every Friday in July!!
Call Kim to reserve a seat 323-0420 ext 508

Join us July 12th at 10:30am at the Senior Center to connect via Zoom, for a live, interactive, tour of

Istanbul (Constantinople), Turkey!!

This tour will start at Sultanahmet Square, walking through the Hippodrome of Constantinople, once the public arena for chariot races, gladiatorial games, official ceremonies, celebrations and protests. We will then explore the courtyard of the Blue Mosque and the Baths of Roxelane. The tour will conclude at the extraordinary Saint Sophia.

In addition, our Nutrition Dept. will be preparing Turkish Style Marinated Chicken and Rice for lunch after the tour!

Register for the tour with Stephanie 323-0420 ext 501, and be sure to let her know if you'd like to stay for lunch!

Beyonder ~ Bring the World Home



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 323-0420 ext 508



Celebrate with us at the **Second Best Thrift Shop** this month and stock up on all your Christmas essentials!
Open T/Th 9-11:30 Wed 9-3

Chair Volleyball

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

Stop by outside the Senior Center, every Wednesday at 10:30, weather permitting and try for yourself!



Schedule an appointment this month with one of our fantastic clinicians!

Massage: Jodi Kaufman will be offering Massage Therapy on Tuesday July 5th, and the 1st Tuesday of every month!

Foot Care: Piper Sagan, RN and Certified Foot Care Specialist will be providing services on Friday July 15th and then the 2nd Monday of every month!

Nail Care: Sarah Hassett, owner of *Mobile Manicures by Sarah*, will be providing natural nail care and manicure services Monday, July 18th!

Skin Care: Diane Neill, licensed Esthetician will be offering facials and waxing services on Wednesday July 20th, and the 3rd Wednesday of every month!

Call 323-0420 Stephanie ext 501 or Kim ext 508 to make an appointment!

Make
 yourself a
 priority



From Grief To
Gratitude Certified
Coach

Grief/Loss Support by GuidanceByLi!

Thanks to a generous sponsorship from Beers and Story Funeral Homes and Cremation Services, we are pleased to announce that we are able to continue this amazing program for another 5 months!!

Owner and Founder, Liane Smola will be joining us on



Wednesday, July 6th at 12:30pm
Wednesday, August 3rd at 12:30pm
Wednesday, September 7th at 12:30pm
Wednesday, October 5th at 12:30pm
Wednesday, November 2nd 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 323-0420 ext 501 to register



UKULELE

Ukulele Continues!

Thanks to the help of a wonderful volunteer, we will be offering a Ukelele Group every Monday at 12:30, starting July 11th! Bring your ukulele and play along with old and new friends!



Book Club

If you love to read, stop in and join us at 10am on the 3rd Monday of every month!

We will read a new book each month, and discuss at the monthly meeting. Need a Copy? Call Stephanie and pick one up here at the Center!

New
WiFi!

Belchertown_Guest
Password: belchertown

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



Nurse Advocates, LLC
navigating healthcare

Maura Lessard RN, BSN, CCM, CDP
Nurse Advocate, Board Certified Case Manager, Aging Lifecare
Advanced Profession & Certified Dementia Practitioner

cell/text: 413-237-5724

www.NurseAdvocatesLLC.com • Maura@NurseAdvocatesLLC.com

BEERS & STORY FUNERAL HOMES



Burial • Cremation • Preplanning
Wendy Story & Marc Gaudreau

Directors and Certified Celebrants

PALMER — SOUTH HADLEY — BELCHERTOWN
283-9061 533-4400 323-6961

WWW.BEERSANDSTORY.COM



JANISE FITZPATRICK REALTOR®

Office **413-323-7295** Cell **413-219-2527**

Jfitzpatrick@JonesRealtors.com



Jones Group Realtors
45 North Main Street
Belchertown, MA



**CENTER FOR EXTENDED
CARE & REHABILITATION
AT AMHERST**
YOUR CENTER FOR SOLUTIONS

CALL FOR MORE INFORMATION
OR FOR A PERSONAL TOUR!
(413) 256-8185

A Family Tradition for Life's Transitions

Center for Extended Care & Rehabilitation

Pain Management • Cardiac Care • Dialysis • Wound Care Program & More!

150 University Drive | Amherst, MA 01002
info@cecaa.com • www.cecaa.com



CHRISTOPHER HEIGHTS™
AN ASSISTED LIVING COMMUNITY

**Christopher Heights has
Reasonable Rates for
Every Budget**

Christopher Heights of Belchertown

99 Front Street, Belchertown, MA 01007

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



www.christopherheights.com

Hairdresser to your door

*When you can't get out,
I'll come in...*



Stacia Salvatore -- Roy
155 old enfield rd.
belchertown, mass 01007

413 210 0212

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. Please ask staff to be connected with Patty Kleeberg or come to the 7/5 Meeting at 12:30 in the craft room!

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel

Contact us at: careers@4lpi.com | www.4lpi.com/careers



support our
ADVERTISERS

GROW YOUR BUSINESS
BY PLACING AN AD HERE!

CONTACT US!

Contact Susanne Carpenter
to place an ad today!
scarpenter@4LPI.com or
(800) 477-4574 x6348

Thrive
Locally

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

The Nutrition Department received a donation from Steve Setkewich and an anonymous donor. The Meals on Wheels program received a donation in memory of Sharon Ducharme from her loving daughter Tiffany Ducharme.

The HOPES fund received a donation from Cathy Mellin-Burton of Making Waves for the purchase of adult briefs.

The Outreach Department received a donation of adult briefs from Valley Dentists of Belchertown. The Gift Account received a donation from Kathleen Curto.

The New Van and Transportation accounts received donations in memory of Sharon Ducharme from the Ducharme family.

The Medical Transportation Account received a donation from a client and donations in memory of Constance Loftus from Patricia Galanski, Sheree Loftus, Kathleen and Richard Kimball, Joanne Sullivan, Deanna and Jeremie Wentworth, Timothy and Theresa Sugrue, Linda Barron, Laurie and Harry Ritter, Georgia Scura and Jack Riffelmacher, Mike and Joe Scklarz, Wayne and Mary Petrin, Paul and Nancy Mazut, the Nelson Johnson Family and Patrick Loftus.

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

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.



Are you registered to Vote? Need a mail in voter registration card or absentee ballot?

There are three more elections scheduled for 2022, Sept. 6th State Primary, October 3rd Special Town Election to fill the vacant Select Board seat and Nov. 8th State Election. If someone is new to town, has never registered to vote or would like to change their address or political party, they can use the mail-in voter registration card. Qualifications for an absentee ballot include difficulty getting to the polls—whether due mobility issues, being out of town on the day of the election, or having difficulty with the parking at the High School.

To receive either form, reach out to Theresa Camerlin, Town Clerk at (413)323-0281 ext. 340. Then, simply complete and mail to P.O. Box 629 in Belchertown or drop off in the box located at the Town Hall entrance in the back of the building.

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: _____

Tai Chi Outdoors In-Person!

Ljuba is offering Tai Chi at the Senior Center on **Tuesdays and Fridays at 11:15am.**

Class will be held outdoors as long as the temp. is over 40 degrees and not raining.

Tai Chi is a gentle, slow-paced, exercise routine that gives a full-bodied workout, improving over time: muscle strength, joint movement, flexibility, and balance. This hour-long routine includes simple movements that increase memory, focus, relaxation, and a sense of well-being.

****Zoom classes still offered Tuesday & Friday 3pm**

Healthy Bones & Balance

Increase your strength, mobility, flexibility and balance!

Weekly Classes are offered Tuesdays and Thursdays at 10am.

Walk-ins welcome!



YOGA REMINDER

Our yoga instructor will be off for the months of July and August, so there will be

**NO YOGA CLASSES
July 4th– Sept 9th**

Enjoy your summer!



**BELL &
HUDSON**
Insurance Agency, Inc.

Call for information about
Final Expense Life Insurance or
Any Insurance Needs

323-9611

800-894-9591

19 N. Main Street, Belchertown
www.bellandhudson.com

**The bank of
hometown values.**

Supporting the communities we serve since 1869



bankesb.com | 855.527.4111

bankESB

The bank of you.

WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.477.4574

Menu and Special Events - July 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.	Required charge for guests under 60 is \$5.00. Call Kim 323-0420 ext 508 to sign up or cancel!		1 Salisbury Steak w/gravy 10 Declutter Group
4 Closed Happy 4th of July	5 Chicken Parm Massage by Appt 9 Walking Group 12:30 BSCCA Meeting	6 Fish w/Crumb Top 10:30 Chair Volleyball 12:30 Grief/Loss Support	7 Tuna Salad 10:30 Senator Lesser's Representative	8 Stuffed Peppers 9-11 Brown Bag
11 Lasagna Foot Care by Appt 12:30 Ukelele	12 Turkish Chicken (MOW Fettucine Alfredo) 9 Walking Group 10:30 Turkey Tour/lunch	13 Pork Roast w/gravy 10 Veterans Social 10 LGBTQIA+ 10:30 Chair Volleyball 12:30 Movie	14 Teriyaki Chicken strips	15 Blueberry French Toast
18 Chili Nail Care by Appt. 10 Book Club 12:30 Ukelele	19 Beef Stew 9 Walking Group	20 Spaghetti Skin Care by Appt 10-12 Tech Help 10:30 Chair Volleyball 3-4 ASC Pickup	21 Grill Chicken Salad 10 Whole Food Program	22 Breaded Pollock
25 American Chop Suey 12:30 Ukelele	26 Chicken ala King	27 Hot Dog 10:30 Chair Volleyball 12:30 Movie	28 Ravioli 5:30 COA Board	29 Meatloaf

Daily / Weekly Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10 Bridge 12 Hand, Foot & Elbow, Card Game 12:30 Ukelele	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 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

SUPPORT OUR ADVERTISERS!





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

Council On Aging
Advisory Board

John Belding, *Chairperson*
 Colleen DuroShea, *Vice Chairperson*
 Maura Guzik, *Secretary*

Members:

James Dowling
 Robert Farrington
 Diane Plante
 Libby Overly
 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 July 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 July, the Quabbinaires plan to walk at 9 am on the first three Tuesdays, July 5th, July 12th and July 19th. All are welcome, and accommodations are made for anyone wishing to participate in a slower paced walk.



We had a blast celebrating Pride Month at our first monthly LGBTQIA+ Social Coffee Hour! Thanks to our volunteer Marc for organizing, and to all who attended!

We look forward to welcoming everyone back to the Senior Center on the **2nd Tuesday of every month at 10am!**



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 July 13th - King Richard
(2021 PG-13)

Richard Williams, father of legendary tennis champions Venus and Serena Williams, shows family and perseverance can achieve the impossible and impact the world. Based on a true story. Starring Will Smith, Aunjanue Ellis, and Saniyya Sidney



Wednesday July 27nd - Death on the Nile
(2022 PG-13)

Belgian sleuth Hercule Poirot's spectacular Egyptian vacation aboard a river boat becomes a terrifying search for a murderer after a picture perfect couple's honeymoon is cut tragically short. Based on Agatha Christie's novel, this tale of passion and jealousy is filled with wicked twists and turns until its shocking finale. Starring Tom Bateman, Annette Bening, and Kenneth Branagh

