

SILVER CIRCLE

August 2021

Easthampton Council on Aging & Enrichment Center

Farewell Letter From the Director (see insert pg.3)

ECOIA Reopening August 2nd

*Re-opening plan details ...see pg. 3

*Fitness Center re-opening details ...See pg. 7

Jimmy Mazz in the Park See pg. 5

Welcome Back Outdoor Coffee HourSee pg. 5

●●● In Person Activities●●●

Canvas Resist Painting with Acrylics, Copper Bookmarks
with Heather ... See pg. 4

Tai Chi, Yoga, Healthy Bones, 4Ever Young and Walking Group... See pg. 6

Nutrition as you Age...See pg. 5

●●● SERVICES ●●●

Free Highland Valley Take and Go Meal pick-up for seniors 60+
(Mondays, WEDNESDAYS and Friday)...See pg. 8

HUGE Thanks to our volunteers:

Deb DeCarli, Ed Kazumas & Sharon Kazunas

For distributing the Highland Valley Meal. We couldn't do it without you!

The Easthampton Council on Aging building will remain closed to the public until August 2nd.

Outdoor programming will be offered in July.

Staff is available via Phone: MON.- FRI. - 8am to 4pm



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Easthampton Senior Center Building Access Plan

The Easthampton Senior Center is open for indoor and outdoor activities starting August 2nd, 2021. As we prepare for a “new normal”, please understand that the safety of our participants and clients is the number one priority. With guidance from the Easthampton Public Health Department, the ECOA has created a reopening plan that allows our center to take a cautious and phased-in approach by implementing a few COVID-19 restrictions (please see below). We know that these restrictions will limit some indoor activities & events, however, it is important to keep in mind that they are not permanent.

COVID-19 based limitations are as follows:

While the restrictions on masks and social distancing have been lifted, the ECOA will require those who have not been vaccinated to wear a mask. In addition, if you’ve been vaccinated and feel more comfortable wearing a mask, please continue to wear one. ***A mask mandate will stay in effect for COA Transportation until further notice.**

Participant maximums for the Easthampton Senior Center:

There is a maximum number of participants per room, based on both a three -feet social distancing protocol and a 10 person per 1,000 square feet (per room) recommendation, taken from the state’s Safety Standards and Checklist for Places of Worship, which is referenced as an occupancy standard by the April 28, 2021 Planning Tool for Aging Services Network Document that was co-created by the MCOA and the EOEA.

***All participants and clients will be required to fill out a visitation log-in sheet and sign into My Senior Center before an activity or event begins.**

Main Floor: A maximum of 25 people for activities/events; and a maximum of 15 people for exercise and movement-based classes.

Fitness Room: 2 people generally; or up to three if two of the members are from the same household. Members will be expected to call the center to reserve a 45-minute time slot. See page 4 for more details.

Tranquility Room: 3 people

TV Room: 5 people

Kitchen: 3 people

Downstairs Classroom: 5 people

Foot Care room: 2 people

Lounge and Billiards area: 4 people at set times.

Dining: There will be no onsite luncheons until further notice. Additionally, participants will be prohibited from bringing food into the center.

*The Highland Valley Elder Services “Grab and Go Meals” will still be offered every Monday, Wednesday, and Friday from 11am-12pm at 50 Payson Avenue (City Hall).

We will seek feedback throughout August and adjust as needed in the Fall.

Copper Bookmark Making With Heather Beck

When: Friday August 13th at 1pm
To Register: 413-527-6151 ext 0
Cost: Free to Easthampton
Residents 55+, Out-of-town
Participants \$5

Join us for an afternoon of hammering, laughing, and creating together. Heather Beck will teach you how to create the copper bookmark of your dreams with hammers, punches, letter stamps and metalsmithing tools. Prepare to refine your fine motor skills and learn a new craft in an hour and a half. You can stamp your favorite book quote with letter stamps or create unique designs & drawings from your imagination. Learn all about copper, its properties and how to blacken its surface with an antiquing patina. Are you ready to learn, get a little bit loud and hammer that stress out into a beautiful object of your creation? Then this class was made for you. Sign up today!

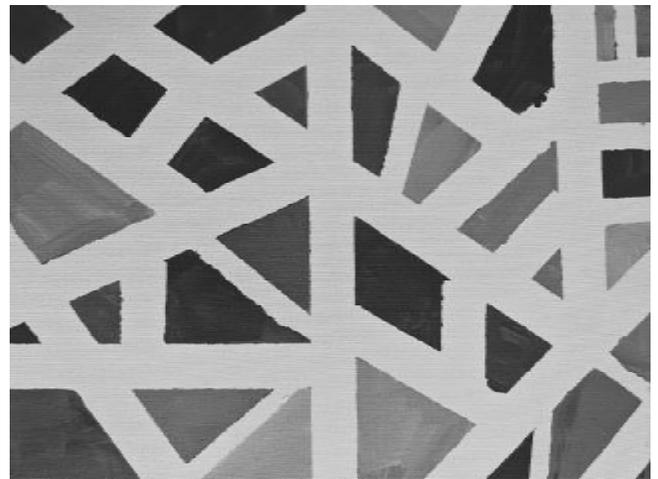


Canvas Resist Painting with Acrylics With Anne

When: Friday August 27th at 1pm
To Register: 413-527-6151 ext 0
Cost: Free to Easthampton
Residents 55+, Out-of-town
Participants \$5

In this one hour in-person workshop, participants will be able to complete their own make-and-take canvas project. In class, we will explore both resist painting in geometric designs (where we will use tape to mark out negative space) as well as color-mixing in order to create a one-of-a-kind canvas that participants can take home with them when the workshop is complete.

Participants will learn techniques for the project that they can use to make more art at home if they so choose.



Concert in the Park Featuring Jimmy Mazz

When: Monday August 30th at 11am
Where: Nonotuck Park Pavillion 4
To Register: 413-527-6151 ext 0

*preference given to Easthampton residents 55+,
Make reservations as soon as possible. Limited space available.

Bring your lawn chair and lunch and join us for a concert with Jimmy Mazz
in the park. Cookies will be provided by Care One, LLC.



Welcome Back Coffee Hour Under the Tent!

When: Friday Aug. 6th , 9:30-11am
Where: ECOA Parking lot
RSVP: 413-527-6151 ext 0

Join us for coffee and muffins outdoors under our tent. Check out our new back lot patio, say hello and wish Brendan well on his next adventure. Looking forward to seeing folks!



How Nutrition Changes as You Age With Erica Flood

When: Friday August 20th at 1pm
Where: At the ECOA
To Register: 413-527-6151 ext 0

Please join us as we explore both myths and facts about how nutrition changes as you age. We will also look at clean eating: how ditching the processed foods can improve your health and increase your energy



Fitness Classes - Suggested Donation \$5 All Classes

Chair Yoga

When: Wed. 10:30 - 11:30
Register: Call 413-527-6151

This class will combine mindfulness, breath, and movement practices to help students find a sense of empowerment.

Angelica has been practicing yoga for over a decade. After witnessing the positive mental and physical effects that the practice had on her personally, she decided to become a yoga teacher.

4 Ever Young - with George

When: Fridays 10:00 - 11:00
Register: Call 413-527-6151

Strength training with George is back! George is a certified personal trainer and senior fitness specialist. Studies have shown that maintaining our strength and flexibility as we age helps to prevent falls

HEALTHY BONES

Date: Mondays 9:30-10:30am
Register: Call 413-527-6151

For details, or to register, please call the ECOA at 413-527-6151. New participants will have a brief screening with the instructor.



Tai Chi



When: Wed. 9-10am
Register: Call 413-527-6151

Tai Chi class outdoors in our courtyard with Lenny of Whip City Tai Chi! *Haven't tried Ta Chi before? We are happy to have newcomers!!!* If you have any questions, please call 413-527-6151.

ECOA Walking Club

no donation for this group
When: Wednesdays 9:30am
Where: Nonotuck Park



Register: Please sign up so we know who to expect and who to contact if there is a cancellation due to rain. 413-527-6151

Join Dawn, our Activity Coordinator, for a walk in the park on Wednesdays. Pace will be determined by the participants.

ZUMBA with Johnna on ZOOM

ZUMBA GOLD with Johnna Tues. and Thurs. at 3pm via ZOOM \$5 per class suggested To register, contact Johnna at johnnadancer@gmail.com All classes recorded and available to participants for one week.



Weekly Events - August

*** IF ***

*please do not show up more than 15 minutes before your event

Mondays

9:30-10:30 Healthy Bones
1:00 - 4:00pm Mahjong

Tuesdays

Big Y Trips - 9:00am Start
8:00 - 10:30am Pool Table open
12:00pm - 3:00pm Bingo (Can arrive at 11am to set up)
1:00 - 3:00pm Cribbage
1:00 - 3:00pm Bridge
(*second Tuesday of the month)

Wednesday

9:00 - 10:00am Tai Chi
9:30 - 11:30am Games Group
10:30 - 11:30am Chair Yoga
1:00 - 3:00pm Handcraft Group
1:15 - 3:30pm Mahjong (National)

Thursdays

8:00am - 12:00pm Pool Table open
12:30pm - 2:30pm Men's Group
(2nd and 4th Thurs)

Fridays

Big E's Trips - 10:00AM Start
10:00 - 11:00am 4 Ever Young

*your group is not listed here and would like to be back;

*your group would like to start meeting at the ECOA;

*you would like to teach a class or lead a group;

please contact our Activity Coordinator, Dawn, to set that up.

FITNESS ROOM RESERVATIONS BEGIN JULY 30th!!!!

Fitness Room members will be required to make reservations with the COA Receptionist (413-527-6151 ext. 0) no earlier than one business day before coming in to exercise. We will offer several 45 minute time-slots throughout the day (Monday-Friday 8:15am to 3:45pm). If a time-slot remains vacant, a member can choose to extend their session. Be sure to check-in with staff on the day of your reserved time-slot to see if this is an option.

Monday- Friday Time slots listed below:

8:15-9:00am	11:15-12:00pm	2:00-2:45pm
9:15-10:00am	12:15-1:00pm	3:00-3:45pm
10:15-11:00am	1:00-1:45pm	

Please know that this system is temporary and we plan on returning to our normal operations (i.e. extended hours and no reservations) in the near future. Thank you for your patience. we transition members back into the building.

Reservation: 413-527-6151 and press 0

Highland Valley Take Out Meal Pick-up

We are partnering with Highland Valley to provide drive-up take out meals on Mondays , Wednesdays and Fridays to Seniors 60+ who do not receive Meals on Wheels. Suggested donation: \$3.

Sign Up: You must call Jenna by noon time at LEAST ONE WEEK IN ADVANCE to schedule your meal. Please call Jenna early. **413-527-6151 ext. 136**

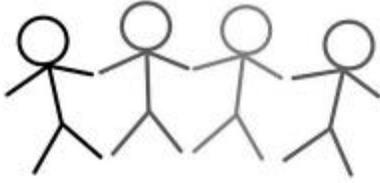
Pick-up: Meals available for pick-up from **11:00am -12:00pm** at **50 Payson Ave.**

**** All Meals will now be served warm. Please plan accordingly.**

Monday	Wednesday	Friday
<p>2nd: Spinach and Cheese Quiche -Roasted Summer Squash and Zucchini -Rice Piaf #Cherry Muffin -Chilled Pears</p> <p>Cal: 919 Sodium: 808 Carb: 111</p>	<p>4th: Juicy Roast Pork w/ Gravy -Steamed Green Beans -Homemade Stuffing -Whole Wheat Bread -Applesauce</p> <p>Cal: 703 Sodium: 632 Carb: 78</p>	<p>6th: Chicken Alfredo -Steamed Broccoli -Spaghetti Noodles -Whole Wheat Bread #Birthday Cake</p> <p>Cal: 761 Sodium: 996 Carb: 92</p>
<p>9th : Beefy Sloppy Joe -California Blend -Red Bliss Potatoes -Hamburger Bun -Blueberry Yogurt</p> <p>Cal: 699 Sodium: 756 Carb:98</p>	<p>11th : Chilled Tuna Salad Plate -Lettuce, Tomato, Cucumber -Tangy Vinaigrette Pasta Salad -Whole Wheat Roll -Fresh Fruit</p> <p>Cal: 711 Sodium: 647 Carb:75</p>	<p>13th: All-Beef Reduced Sodium Hot Dog -Steamed Carrots -Baked Beans Hot Dog Roll -Fruited Jell-O with Whipped Topping</p> <p>Cal: 734 Sodium 1217 Carb: 82</p>
<p>16th : Swedish Meatballs -Steamed Broccoli -Cavatappi Noodles -Whole Wheat Roll -Fresh Fruit</p> <p>Cal: 660 Sodium: 792 Carb: 86</p>	<p>18th: Lemon Chicken -Steamed Peas -Oven Browned Potatoes -Whole What Bread #Vanilla Pudding w/ Whipped Topping</p> <p>Cal: 741 Sodium: 967 Carb: 94</p>	<p>20th: Chilled Seafood Salad -Lettuce, Tomato, Cucumber -Macaroni Salad -Hot Dog Roll -Mixed Fruit</p> <p>Cal: 801 Sodium: 1088 Carb: 91</p>
<p>23rd : Shepard's Pie -Steamed Corn -Whipped Potatoes -Whole Wheat Bread #Warm Apple Crisp</p> <p>Cal: 651 Sodium:717 Carb: 83</p>	<p>25th : All-Beef Homemade Meat-loaf w/Gravy -Roasted Butternut Squash -Whipped Potatoes -Rye Bread -Mixed Fruit</p> <p>Cal: 626 Sodium: 756 Carb:76</p>	<p>27rd: Roasted Pepper and Onion Pizza -California Blend -Cherry Muffin -Fresh Fruit</p> <p>Cal: 889 Sodium: 956 Carb: 125</p>
<p>30th: NO HV MEAL</p> <p>Jimmy Mazz Concert -See Page 5 for details</p>		

FRIENDS PAGE

REACH US AT EXT. 140



HELP NEEDED!!!!

It has been a tough year and we are looking forward to resuming a more normal life. If we are to continue, we need your help.

We have a craft fair scheduled for Saturday, October 2, 2021. We will need someone to sell raffle tickets, two people to cook and sell the hotdogs, soda, and popcorn, and someone to greet people at the door.

Our biggest need is for someone with word processing and spreadsheet knowledge. That person would manage the membership and the mailing of the newsletter.

Also, if someone is interested in taking on the Travel Club, I'm sure it would be appreciated because I do not plan on doing it anymore.

This situation is critical. If we don't get some help we will have to close. If you could volunteer for even one thing, it would help.

Ginni Hurteau, President of the Friends
413-626-7891



AUGUST BIRTHDAYS

Robert Wojczyk	8/1
Joan Cepek	8/3
Rita Morin	8/7
Jeffrey Pluta	8/7
James Dorunda	8/8
Stuart Nicol	8/8
Gladys Pluta	8/8
Alma Craig	8/9
Mary Tharaldson	8/12
Barbara DeBastiani	8/14
Marie Equi	8/15
Shirley LaValley	8/15
Deb Barthelette	8/16
Bobbie Egan	8/16
Audrey Bashista	8/18
Josephine Duda	8/20
Connie Baron	8/24
Kathryn Carey	8/26

THANK YOU!!!

Thanks to the Friends for our new patio furniture here at the ECOA!



OUTREACH NEWS

Big E's and the ECOA Home Shopping Delivery Program

The home shopping program provides free grocery shopping and delivery for Easthampton seniors through Big E's Supermarket to keep you safe and out of the grocery store. **This program is available three days a week: Mondays, Wednesdays and Fridays.** Call us before 11am on Monday, Wednesday or Friday with a grocery list and we will provide same day grocery shopping and delivery. Snap benefits may be used. Any order placed after 11am will be delivered on the next service day. **For questions or to place a grocery order, call us at 413-527-6151.**

Farmer's Market Coupons Are Back!!!!

Easthampton residents, 60 + should call for the latest update on Farmer's Market Coupons. Income guidelines apply. 413-527-6151 ext. 136 or 137

Easthampton Farmer's Market: Back at 50 Payson on Sunday from 10am - 2pm! HIP and SNAP Benefits accepted. <https://easthamptonmarket.com>

Sunderland Farm Cooperative + SNAP/EBT and HIP

Sunderland Farm Cooperative is a group of local farmers who have teamed up to offer their products in a convenient online marketplace and offer home delivery to Easthampton on Wednesdays and Saturdays. Visit their website to sign up. <https://sunderlandfarmcollaborative.localfoodmarketplace.com>

They are certified to accept SNAP/EBT and HIP. You can sign up to have your monthly HIP benefit automatically credited . Delivery and pick-up fees waived for SNAP customers.

Local Free Food Resources:

- ◆ **Easthampton Community Center** - contact Robin Bialecki at: 413-527-5240 or by email: etoncommctr@gmail.com ***Delivery options available to seniors***
- **Easthampton Congregational Church** - Easthampton Congregational Church's Food Cupboard is open the second Wednesday of each month from 10:00-noon. Please call the church office at 527-4790 for more information.
- **Small Oven Bakery** - Bread for Friends. **Every other Monday** from 12pm-2pm. Loaves put out on the table until they run out.



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19 Union Street - Easthampton, MA 01027

Center Hours:

MON.- FRI. - 8a.m. to 4pm,
Phone: 413-527-6151 Fax: 413-529-1475

Connect with us

Website: easthamptoncouncilonaging.org
Look for us on Facebook:

Easthampton Council on Aging and Enrichment Center

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Dawn Graichen-Moore, Activity Coordinator X138

Linda Talbot, Outreach Worker X137

Jenna Ferguson, Outreach Worker X136

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