

# Senior News



March 2022

35 Pleasant Street  
Greenfield, MA 01301  
(413) 772-1517



## MEDICARE 101



Monday, March 14

1:30 p.m. In-person

6:00 p.m. via Zoom

**Are you turning 65?** Avoid delays and penalties with your medical and prescription coverage. Join us for a SHINE (Serving Health Insurance Needs of Everyone) presentation on Monday, March 14. SHINE provides free unbiased Medicare information and education at no cost to Massachusetts residents. The SHINE Program can help you with decisions that you need to make about Medicare now -- so you can get on with what you want to be doing.

### Pre-registration is required.

**For the in-person presentation at 1:30 p.m.** please call Greenfield Senior Center Front Desk (413) 772-1517 ext. 0.

**For the Zoom at 6:00 p.m.,** please email [Kathy.Dunn@Greenfield-MA.gov](mailto:Kathy.Dunn@Greenfield-MA.gov) for the link

## COFFEE WITH COPS

Monday, March 21, 11 a.m. – 12 noon

Join our friendly officers from the Greenfield Police

Department for coffee and conversation. Get to know your men and women in blue.

Drop-in, free of charge. Greenfield Senior Center membership is not required.



## DINING CENTER LUNCH

Served at noon on Tuesday, Wednesday, Thursday

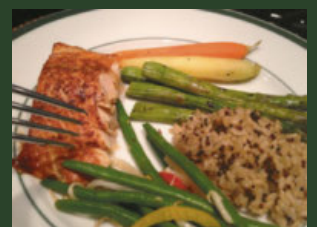
Sign up with Greenfield Senior Center Front Desk.

Please call (413) 772-1517 ext. 0, between 9:00 a.m. and 4:00 p.m.

**Please register no later than 9:15 am the day BEFORE you wish to dine.** Monthly menu available at our Front Desk.

Open to age 60<sup>+</sup> and your any-age spouse, and household members with disability. Free of charge. Voluntary donations accepted to support the meal program. Suggested donation amount \$3.00.

*Sponsored by LifePath and a Community Development Block Grant through Mass. DHCD and the City of Greenfield.*



# GREENFIELD

**Council on Aging / Senior Center**  
*at John Zon Community Center*

35 Pleasant Street  
Greenfield, MA 01301  
(413) 772-1517  
www.Greenfield-MA.gov

## SENIOR CENTER STAFF

Director ..... Hope Macary, RN  
Activities Director ..... Kathy Dunn  
Finance/Office Manager ..... MaryAnn Socquet  
Food Services Coordinator..... William Hume

## GCOA OFFICERS

Chair..... Marsha Stone  
Vice-Chair..... Janice Colbert  
Secretary ..... Peg Saulnier  
Treasurer ..... Pat Jordan  
Asst. Treasurer ..... Margot Peck

## GCOA BOARD MEMBERS

Marsha Stone	Marsha Staples-Love
Pat Jordan	Janice Colbert
Karen McCormack	Linda Smith
Peg Saulnier	Margot Peck

## BUSINESS HOURS

**Monday — Friday 9 a.m. to 4 p.m.**

If you are making a special trip to speak with a staff member, we recommend making an appointment to be sure they will be available to meet with you.

## WEATHER RELATED

### DELAYS & CANCELLATIONS

In case of bad weather, please listen to WHAI, Bear Country, WIZZ radio, or watch TV for closing announcements.

## TRANSPORTATION

FRTA..... 774-2262

## MEALS ON WHEELS

LifePath, Inc..... 773-5555

## DONATIONS

McCarthy Funeral Home  
Fitness Program Donations

## MOVIE MATINEE

**Mondays & Fridays**  
**Show Time 1:00 p.m.**



**Free of charge.**  
**Pre-registration required.**  
**Space limited to 6 per showing.**  
**To reserve please call (413) 772-1517, ext. 0,**  
**or stop by our Front Desk.**

- **March 4, 7, 11. On The Basis of Sex,** Ruth Bader Ginsberg Story **Runs 2hrs.**
- **March 18, 21, Skyfall,** 007 thriller with Daniel Craig **2 hrs. 23 min.**
- **March 25, 28, Friendly Persuasion,** Classic Gary Cooper, Dorothy McGuire **Runs 2 hrs. 18 min.**

LifePath, a nonprofit organization serving older people, people with disabilities, and caregivers in Western and Central Mass, helps people stay independent in their homes and communities. For example, they offer in-home services, Meals on Wheels, health insurance help, and much more. To stay up to date on the latest information on aging and services in our area, please sign up for LifePath's weekly e-newsletter, The Good Life, by visiting their website at LifePathMA.org and scrolling to the bottom right, or calling 413-773-5555 or (978) 544-2259 and asking for the editor of The Good Life, Janis Merrell. A monthly print version is available upon request.

## BROWN BAG

**Thursday March 3, 10:00 to 11:00 a.m.**

Brown Bag applications on hand if you need to apply. If you are a senior receiving Fuel Assistance, SNAP, or other benefits you will qualify.

**To apply, call Food Bank of Western Mass at (413) 247-9738 or 1-800-247-9632.**

**Please arrive NO EARLIER than 10:00 a.m. It's always OK to send a friend to get your bag!**



## MEMORY CAFÉ

**Monday March 14, 10:45-12:30**

**A welcoming, supportive gathering place for people living with memory loss, their partners, and caregivers.** Each month is a different activity followed by lunch. Space is limited. Free. Pre-registration is required each month you wish to attend. To register, call our Front Desk at (413) 772-1517 ext 0. If you have questions about whether this program is a good fit for you and your loved one, please speak with Hope or Kathy. *Sponsored by partnership between Greenfield Council on Aging and the Arbors at Greenfield.*



## St Patrick's Day Concert

**Thursday, March 17, at 1:30 p.m.**

Folksinger and storyteller Tim Van Egmond will perform *Enchanted Tunes and Magic Wishes*, a leprechaun's treasure of Irish songs and stories ranging from the rib-tickling to the heart warming. He will accompany himself with guitar, hammered dulcimer, and limberjack (a wooden puppet that taps out a rhythm on a paddle board).

This program is free and open to the public. Registration is required. Please stop by our Front Desk or call (413)772-1517 ext. 0 to reserve your seat for this fantastic St. Patrick's Day event.

*The program is supported by a MusicianFest Program grant from the Music performance Trust Fund administered by the American Federation of Musicians Local 1000.*



## ASK THE LAWYER

**Monthly with Attorney Peggy Torello, Esq.**

Greenfield seniors age 60+ may reserve a 30-minute time slot for a free elder law consultation with Attorney Peggy Torello, Esq. By appointment only.

**NOTE: Yhis consultation will get you started with elder law issues only, no divorce, bankruptcy, lawsuits or other complex issues.**

**Appointment is required. Please stop by our Front Desk. or call (413) 772-1517 ext. 0 to make an appointment.**



<b>Ongoing Programs</b>	<b>Day/Time</b>	<b>Pre-Register</b>	<b>Cost</b>
Book Chat	1 <sup>st</sup> Thurs. 1:30-2:30	NO	Free
Bridge ( <i>Duplicate or Contract</i> )	Mondays 1-3:30	NO	Free
Brown Bag Food Distribution	1 <sup>st</sup> Thursday 10-11	Short application	Free
Canasta	Thursdays 1-3:30	NO	Free
Knitting Circle	Wednesdays 1:30-3:30	NO	Free
Creative Coloring	Fridays 1:30-3:30	NO	Free
Cribbage	Tuesdays, 1-3:30	NO	Free
Foot Care by Piper Sagan, RN	Some Thursdays by appt.	Yes. Greenfield only	\$35
Mah Jongg Beginner Class	Mondays, 1-3:30	NO	Free
Mah Jongg (experienced players only)	Fridays 1-3:30	NO	Free
Memory Cafe	2nd Monday, 10:45-12:30	YES	Free
Movie Matinee	Monday & Friday 1:00	YES	Free
Pitch	Wednesdays 1-3:30	NO	Free
Pool Players	Wednesdays 1-3:45	NO	Free
Rummikub	Tuesdays 1:30-3:00	NO	Free
Senior Tax Work Off Program	Ask Hope for details	YES	Free
Sew What	2nd & 4th Mondays 10:30a to 12p	NO	Free
SHINE (Health Insurance Help)	Call for appointment	YES	Free
Wifi in the Lobby — BYO device	9:00 am to 3:45	NO	Free
Writers Group	Mondays 1:30-3:30	YES	Free

**If you need an accommodation to attend any program,  
please contact a Greenfield Senior Center staff member in advance.**

# LUNCH BY BUCKLEY HEALTHCARE CENTER

## Friday, March 18, 12:00 p.m.

Enjoy a nice hot meal with friends. Please join us for a delicious luncheon at Greenfield Senior Center, sponsored by a generous partnership with Buckley Healthcare Center. This program is for ages 60+ only. Pre-registration required. **Greenfield Residents priority.** Please call (413) 772-1517 ext. 0 or stop by our Front Desk to reserve your seat.



### MENU: Caprese Salad, Creamy Garlic Chicken & Broccoli Pasta, Carrot Cake

*Menu subject to change based on availability.*

*Many thanks to Buckley Healthcare Center and especially Chef Mike Harrison for this partnership with Greenfield Council on Aging.*



## SMITH-KELLEHER

**TIMOTHY P. KELLEHER**  
FUNERAL DIRECTOR

87 Franklin St. • Greenfield, MA 01301  
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**SUE CARPENTER, CLIENT CARE COORDINATOR**

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Office: 413-344-9281 Cell: Sue 413-822-2177

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4-D-5-5

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06-5099

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*Dance Aerobics</b>  <b>9:15 -10 a.m.</b>                      Kathy Dunn                      Medium to Hard  <i>Standing Only</i></p>	<p><b>Stretch &amp; Tone</b>  <b>9:30 -10:15 a.m.</b>                      Hope Macary                      All Levels  <i>Mostly Seated</i></p>	<p><b>*Dance Aerobics</b>  <b>9:15 -10 a.m.</b>                      Kathy Dunn                      Medium to Hard  <i>Standing Only</i></p>	<p><b>Stretch &amp; Tone</b>  <b>9:30 - 10:15 a.m.</b>                      Hope Macary                      All Levels  <i>Mostly Seated</i>  <b>NOT 1<sup>ST</sup> Thursday</b></p>	<p><b>*Aerobics</b>  <b>9:15 -10 a.m.</b>                      Emma Marscher                      Medium to Hard  <i>Standing Only</i></p>
<p><b>Chair Dance</b>  <b>9:30 - 10:15 a.m.</b>                      Kathy Steinem                      All Levels  <i>Mostly Seated</i></p>	<p><b>*Qi Gong</b>  <b>10:30 - 11:30 a.m.</b>                      Lynne Nicole Smith                      Medium to Hard  <i>Standing Only</i></p>	<p><b>Functional Fitness</b>  <b>9:30 - 10:15 a.m.</b>                      Emma Marscher                      All levels  <i>Mostly Seated</i></p>	<p><b>*Pilates Plus</b>  <b>10:30-11:15 a.m.</b>                      Laura Rooney                      Medium to Hard                      Mat/Standing  <i>You must be able to get up and down from floor</i></p>	<p><b>Chair Assisted Yoga</b>  <b>9:30 - 10:30 a.m.</b>                      Libby Volckening                      All Levels  <i>Standing Optional</i></p>
<p>All classes are now free of charge!                      You may drop-in, first come/first served (except Senior Dance, &amp; Qi Gong).                      Space <u>may</u> be limited for safety.                      Sponsored by MA Executive Office of Elder Affairs.</p>		<p><b>*Senior Dance</b>  <b>2:00- 3:30 p.m.</b>                      Kathy Steinem                      Medium to Hard  <i>Standing Only</i></p>		

**Check with your healthcare provider before beginning a new physical activity. Classes marked with \* are held in Fitness Studio and require you to carry-in clean shoes.**

*Call now to schedule a tour and free lunch*



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**If you need help to**

- Shop for food or clean your house.
- Provide home care for parent or spouse.
- Drive you to the doctor or a movie show.
- Mow your lawn or shovel snow.
- Weed your garden or trim a tree.
- Turnaround clean your Airbnb.
- Fix a faucet drip or a flat tire.
- Prepare a dinner your guests will admire.

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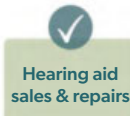
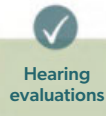


413-774-0100

33 Riddell St.  
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**WALK-IN HOURS:**  
10 - noon, Monday - Friday  
Hearing aid cleaning & supplies



### VOLUNTEER DRIVERS NEEDED



The Polus Center's Emission Success Project (ESP) helps blind and visually impaired students (ages 14-22) to learn work readiness skills. Volunteer drivers are needed to provide safe transportation to educational field trips, internships and social activities. We are looking for caring, compassionate and dedicated individuals seeking a rewarding volunteer experience.

For more information, contact:

Nona Narayan  
774-420-5678  
nharayan@charter.net



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Polus Center for Social & Economic Development



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# MEDICARE 101

Monday, March 14  
1:30 p.m. In-person  
6:00 p.m. via Zoom

**New to Medicare?  
We have answers!**

See page 1 for more information.

## LET'S PLAY CARDS!

Bridge, Cribbage, Pitch, and Canasta

Almost every afternoon there's a friendly drop-in card game going on. Don't worry if you're a little rusty -- it's a relaxed group. Come for lunch, stay to play cards!  
See page 4 for game days & times.



**Greenfield Community College returns this spring with in-person Senior Symposium. All Greenfield Senior Center afternoon programs will be cancelled on these dates: March 22, April 5, and May 3. Greenfield Senior Center morning programs and Lunch will be held on those days. Please contact GCC directly for more info and to register.**

### Subscribe Online!

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www.ourseniorcenter.com/find/  
greenfield-council-on-aging](https://www.ourseniorcenter.com/find/greenfield-council-on-aging)

**Subscribe by mail:** Complete this form and mail it to us with a check for \$10.00 payable to "City of Greenfield"

Full Name

Mailing Address

Greenfield Senior Center  
35 Pleasant Street  
Greenfield, MA 01301

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