

Senior News

April 2022



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

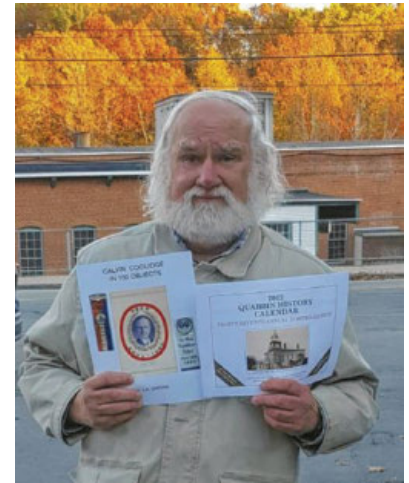


CALVIN COOLIDGE & QUABBIN HISTORY CALENDAR

with local author J. R. Greene

Tuesday, April 26, 1:30–2:15 p.m.

J.R. Greene will talk about his published books. His latest book chronicles the life of President Calvin Coolidge, the 30th President of the United States, a Vermont native who spent most of his time in Northampton, MA. He will also speak briefly describing his 2022 Quabbin History Calendar. The calendar features scenes from the towns destroyed to construct the Quabbin Reservoir.



There will be ample time for questions and answers. J.R. Greene is a lifelong resident of the North Quabbin, in Athol. He is the author of more than 20 books and publications.

Pre-registration is required. Please call (413) 772-1517 ext. 0 or stop by our Front Desk to reserve your seat for this free event. Greenfield Senior Center membership not required for this local-interest program. J.R. will have signed copies of his books and calendars for sale.

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.

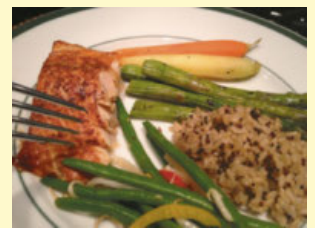
Monthly menu available at our Front Desk.

Open to age 60⁺ 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

In Memory of Darrell Slover
Lisah & Scott Carpenter

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.

- **April 1, Green Book**, Oscar winning story of friendship, 2hrs. 10 min.
- **April 4, 8, Lion in Winter**, Katherine Hepburn, Peter O'Toole, **Runs 2 hrs. 15 min.**
- **April 11, 15, Butch Cassidy & The Sundance Kid**, A classic, 1 hr. 40 min.
- **April 22, 25, 29, 42, The Jackie Robinson Story**, **Runs 2 hrs. 8 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 April 7, 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.

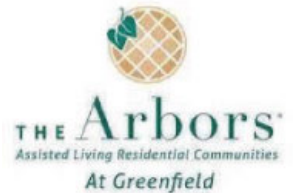
Please arrive NO EARLIER than 10:00 a.m. It's always OK to send a friend to get your bag!



MEMORY CAFÉ

Monday April 11, 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.*



LUNCH & LEARN: FALL PREVENTION

Monday, April 25, 12:00-1:00 pm

Join Shannon, LPN and Resident Care Director at the Arbors, and Hassan Khawaja, Physical Therapist from Lifelong for a presentation and demo on the latest in fall prevention information.

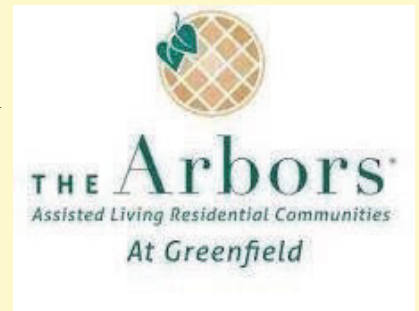
After the presentation, enjoy a boxed lunch: turkey sandwich on wheat bread, chips, pickle, and beverage.

The program and lunch are free of charge.

Greenfield Senior Center membership (free) and pre-registration are required. Greenfield residents priority reservations.

Please call (413) 772-1517 ext. 0 or stop by our Front Desk to register.

Sponsored by our community partner, The Arbors at Greenfield.



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: This 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.



Ongoing Programs	Day/Time	Pre-Register	Cost
Book Chat	1 st Thurs. 1:30-2:30	NO	Free
Bridge (<i>Duplicate or Contract</i>)	Mondays 1-3:30	NO	Free
Brown Bag Food Distribution	1 st 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, April 15, 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: Baked Stuffed Sole, Rice Pilaf, Green Beans, and Tiramisu.

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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PLEASE ASK ABOUT OUR LIMITED AFFORDABLE APARTMENTS

Call to schedule in person or virtual tour



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Dance Aerobics 9:15 -10 a.m. Kathy Dunn Medium to Hard <i>Standing Only</i></p>	<p>Stretch & Tone 9:30 -10:15 a.m. Hope Macary All Levels <i>Mostly Seated</i></p>	<p>*Dance Aerobics 9:15 -10 a.m. Kathy Dunn Medium to Hard <i>Standing Only</i></p>	<p>Stretch & Tone 9:30 - 10:15 a.m. Hope Macary All Levels <i>Mostly Seated</i> NOT 1ST Thursday</p>	<p>*Aerobics 9:15 -10 a.m. Emma Marscher Medium to Hard <i>Standing Only</i></p>
<p>Chair Dance 9:30 - 10:15 a.m. Kathy Steinem All Levels <i>Mostly Seated</i></p>	<p>*Qi Gong 10:30 - 11:30 a.m. Lynne Nicole Smith Medium to Hard <i>Standing Only</i></p>	<p>Functional Fitness 9:30 - 10:15 a.m. Emma Marscher All levels <i>Mostly Seated</i></p>	<p>*Pilates Plus 10:30-11:15 a.m. Laura Rooney Medium to Hard Mat/Standing <i>You must be able to get up and down from floor</i></p>	<p>Chair Assisted Yoga 9:30 - 10:30 a.m. 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, & Qi Gong). Space <u>may</u> be limited for safety. <i>Sponsored by MA Executive Office of Elder Affairs.</i></p>		<p>*Senior Dance 2:00- 3:30 p.m. 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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- 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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413-545-9576



IMPROVING LIVES, ONE EAR AT A TIME

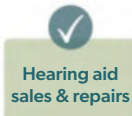
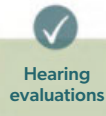


413-774-0100

33 Riddell St.
Greenfield, MA

www.alberhearing.com

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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SENIOR TAX WORK OFF PROGRAM

APPLICATION PERIOD MAY 2 - MAY 27, 2022



Greenfield homeowners age 60⁺ may apply to “work off” a portion of your real estate tax bill. This program may not be combined with other real estate tax exemptions. You may earn up to \$1,500 based upon the state minimum wage: \$14.25/hour this year. You must have lived in Greenfield for at least 5 years and in Massachusetts for 10 years.

You must fill out an application each year you wish to participate. If accepted, your work hours are performed at City of Greenfield departments and may begin on July 1, ending on or before November 30. Please contact Hope Macary for more info: (413) 772-1517 ext. 2.

STWO applications will be available beginning May 2 and completed applications will be accepted until May 27 at 3:30 p.m. There is NO online pre-screening this year.

Applications may be picked up at the Greenfield Senior Center Front Desk during business hours: Monday through Friday 9:00 am to 4:00 pm.

Veterans Tax Work Off Program: Please contact UPVVS at (413) 772-1571.

Other real estate tax exemptions and to help you choose the best one for you, please contact the Assessors Office at (413) 772-1506.

Greenfield Community College returns this spring with Senior Symposium. All Greenfield Senior Center afternoon programs will be cancelled on 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.

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