

SENIOR NEWS



May 2022

(413) 772-1517

DINING CENTER LUNCH

Served at noon on Tuesday, Wednesday, and 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.

Register in advance for the whole month if you like,
or just certain days. 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 Life Path and a Community Development Block Grant through
Mass. DHCD and the City of Greenfield.*



SENIOR TAX WORK OFF PROGRAM

Application Period May 2 - 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. 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 or Hope.Macary@Greenfield-MA.gov

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.

For 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 Council on Aging/Senior Center

At John Zon Community Center



35 Pleasant Street, Greenfield, MA 01301
413-772-1517 | www.greenfield-ma.gov

Business Hours

Monday - Friday | 9:00am - 4:00pm

(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.)

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 Colber
Secretary | Peg Saulnier
Treasurer | Pat Jordan

GCOA Board Members

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

WEATHER RELATED DELAYS & CANCELLATIONS

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

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. 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 services in our area, sign up for their weekly e-newsletter, The Good Life, by visiting their website: LifePathMA.org then scroll to the bottom right, or call 413-773-5555 or (978) 544-2259 and ask for editor, Janis Merrell.

Movie Matinee

**Mondays & Fridays
Showtime 1:00 pm**

Free of charge.
Pre-registration is required.
Space limited to 8.



To reserve please call (413) 772-1517, ext. 0, or stop by our Front Desk.

May 2, 6, Seabiscuit, Story of the beloved racehorse, **2hrs. 21 min.**

May 9, 13, Shall We Dance, Fred Astaire, Ginger Rogers, **1 hr. 49 min.**

May 16, 20, Walk The Line, Story of Johnny Cash & June Carter, **2hrs. 15 min.**

May 23, 27, Joy, Wild story of a family dynasty, **2 hrs. 4 min.**

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 by appointment only.

NOTE: This consultation will get you started with elder law issues only: no divorce, bankruptcy, lawsuits, or other complex issues. Appointment required. Please stop by our Front Desk, or call (413) 772-1517 ext. 0 to make an appointment.



**FRTA (Bus Service)
413-774-2262**

**Life Path /
Meals on Wheels
413-773-5555**



HAVE YOU NOTICED?

Our newsletter has a new look. Thank you for your patience as we learn the new software!!! Soon, we will have more pages and use a larger font.

Meanwhile, please check out our many wonderful May offerings. Be sure to sign up early because our popular programs fill very quickly.



DRUM AND DANCE WORKSHOP

Thursday, May 12, 1:30 - 2:30 p.m.

Tara Murphy leads creative drum and dance classes for seniors of all abilities. Tara provides all drums and small percussion. Group drumming boosts your overall mood and spirits, providing easeful and healing social interaction. No experience needed. Free. Registration required. Please call (413)772-1517 ext. 0 or stop by our Front Desk to sign up. *Sponsored by Highland Street Foundation.*



MEMORY CAFÉ

Monday May 9, 10:45-12:30

A supportive gathering place for people living with memory loss, and their caregivers. Monthly activity followed by lunch. Free.

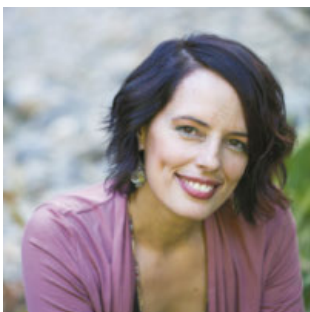
Pre-registration required. To register, call our Front Desk at (413) 772-1517 ext. 0. Questions? Please speak with Hope or Kathy. *Sponsored by partnership between Greenfield Council on Aging and the Arbors at Greenfield.*



LUNCH BY BUCKLEY HEALTHCARE CENTER

Friday May 20, 12:00 p.m.

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: Hot Dog, Potato Salad, Cucumber & Tomato Salad, and Dessert.



AROMATHERAPY: NATURAL SEASONAL FUN

Tuesday, May 17, 1:00-2:30 p.m.

Get creative and nurture your health and home environment with aromatherapy. Make a natural skin mist or room spray to bring home. Registration and Senior Center membership (free) is required. Please stop by our Front Desk or call 413-772-1517 ext. 0 to pre-register for this workshop offered by Lynne Nicole Smith. This program is supported by Highland Street Foundation.

Program	When	Cost	Description
Book Chat	1st Thurs 1:30	FREE	Drop-in. Chat about your fav books & authors.
Bridge needs players!	Monday 1:00	FREE	Drop-in. "Party Bridge" no partner needed.
Brown Bag	1st Thurs 10-11	FREE	Drop-in. Short application.
Canasta	Thursday 1:00	FREE	Drop-in. Friendly and fun!
Creative Coloring	Friday 1:30	FREE	Drop-in. Bring your own materials.
Cribbage	Tuesday 1:00	FREE	Drop-in. Friendly, easy-going group.
Foot Care By Piper	Please call	\$35.00	With Piper Sagan, RN, CFC (not a spa service)
Knitting Circle	Wednesday 1:30	FREE	Drop-in. Socialize and share your creative side.
Mah Jongg Beginner	Monday 1:00	FREE	Drop-in. Learn to play with patient teachers.
Mah Jong Advanced	Friday 1:00	FREE	Drop-in. Experienced players only.
Memory Café	2nd Monday 10:45	FREE	Monthly pre-registration required.
Movie Matinee	Mon & Fri 1:00	FREE	Reservations required. Space limited.
Pitch	Wednesday 1:00	FREE	Drop-in. Friendly, casual game.
Pool Players	Wednesday 1:00	FREE	Drop-in. Play ends at 3:45pm.
Rummikub	Tuesday 1:30	FREE	Drop-in. Easy to learn! Try it, you'll like it
Senior Tax Work Off	See Hope	FREE	Seasonal. Application required.
Sew What	2nd & 4th Mon. 10:30	FREE	Drop-in. Bring your own project.
SHINE	Please call	FREE	Help with Medicare sign-up and other issues.
Wifi in Lobby	Weekdays 9:00 - 3:45	FREE	Bring your own device.
Writers' Group	Monday 1:30	FREE	Drop-in. First come, first served. Space limited.

If you need accommodation to attend any program or service please ask a staff member in advance.



STOLEN MOMENTS CONCERT

Wednesday, May 25, 2:00 p.m.

Award- winning vocalist/flutist Sarah Clay leads the StarCats trio with guitarist Draa Hobbs, and bassist Steve Bulmer, playing retro-pop and jazz from the 1930's to the present. Free and open to the public. Pre-registration required.

Stop by our Front Desk or call (413) 772-1517 ext. 0 to reserve.

Program supported in part by a grant from the Greenfield Cultural Council, a local agency which is supported by the Mass, Cultural Council, a state agency.



CYBER SECURITY PRESENTATION

Friday, May 27, 11:00 a.m. - Noon

Learn how to protect yourself from scams (phone calls, internet, texts, etc.). Also learn how to detect if someone is trying to scam you and how to proceed. The presentation will be followed by a Question and Answer session. Presenters are Community Resource Officer Llewelyn, Officer Gordon, and Detective Purinton of the Greenfield Police Department.

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



BROWN BAG

Thursday May 5, 10:00 to 11:00 a.m.

By Food Bank of W Mass. Application required. If you are a Greenfield senior receiving Fuel Assistance, SNAP, or other benefits you will qualify.



SMITH-KELLEHER

TIMOTHY P. KELLEHER
FUNERAL DIRECTOR

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06-5099

Monday	Tuesday	Wednesday	Thursday	Friday
Dance Aerobics 9:15 - 10 studio Kathy Dunn Medium to Hard Standing Only	Stretch & Tone 9:30 - 10:15 Hope Macary All Levels Mostly Seated	Dance Aerobics 9:15 - 10 studio Kathy Dunn Medium to Hard Standing Only	Stretch & Tone 9:30 - 10:15 Hope Macary All Levels Mostly Seated	Aerobics 9:15 - 10 studio Emma Marscher Medium to Hard Standing Only
Chair Dance 9:30 - 10:15 Kathy Steinem All Levels Mostly Seated	Qi Gong 10:30-11:30 studio Lynne Nicole Smith Medium to Hard Standing Only	Functional Fitness 9:30 -10:15 Emma Marscher All Levels Mostly Seated	Pilates Plus 10:30 - 11:15 studio Laura Rooney Medium to Hard Floor Exercise	Chair Yoga 9:30 - 10:30 Libby Volkening All Levels Standing Optional
All classes are free of charge, drop-in, first come / first served. (except Seniority & Qi Gong which need pre-reg.) <i>Sponsored by MA Office of Elder Affairs</i>		Seniority 2 -3:30 studio Kathy Steinem Rehearse / Perform Standing Only	Classes marked "studio" are held on the hardwood floor. You must carry in clean shoes to wear for class.	

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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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Lisa Alber, AuD

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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Assistive Technology Road Show Tuesday May 31

United Cerebral Palsy (UCP) of Western Mass. is bringing their mobile Assistive Technology lab to Greenfield Senior Center. See and try dozens of unique items that can help you live more independently, such as: hearing, sight and mobility assistive devices and software.

They will also share details of their equipment loan program. **Pre-register for either a 1:00-2:00 p.m. or a 2:00-3:00 p.m. time slot. Space is limited.**

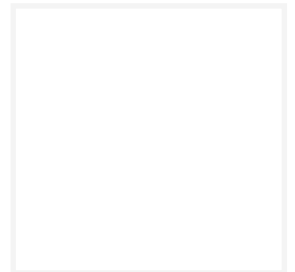
Pre-registration is required.


Call (413)772-1517 ext. 0 or stop by our Front Desk to register. The program is free and open to the public. Senior Center membership is not required.

Many thanks to Greenfield Commission on Disability Access for partnering on this important program.

Subscribe Online!
www.ourseniorcenter.com/finding/greenfield-council-on-aging

Greenfield Senior Center
35 Pleasant Street
Greenfield, MA 01301



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

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