

SENIOR NEWS



JUNE 2022

(413) 772-1517

QUILLING MADE EASY

**Wednesday, June 15, 10:00 a.m. -12:00 p.m. or
Tuesday, June 21, 1:00 - 3:00 p.m.**

Quilling, or paper filigree, is a simple and pleasantly addictive paper art that has fascinated people for hundreds of years. Many different shapes can be made out of rolled paper coils. Paper strips can make colorful and stunning designs when they are grouped together. Come and learn the basics of making quilled strips and designs and go home with an impressive homemade greeting card....and possibly a new hobby. Marcia Schuhle will provide instruction and materials. Free of charge. Preregistration and Senior Center membership are required. Register for one session only. To sign up, stop by our Front Desk or call 413-772-1517 ext. 0.



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. The monthly menu is available at our Front Desk. and online:
<https://lifepathma.org/resources/menus>

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. and the City of Greenfield.



WELCOME TO YOUR NEW 12-PAGE NEWSLETTER!

We're delighted to present our newly expanded Senior News!

A few things have been moved around, so here's a quick guide to your favorites:

- * List of ongoing programs is on page 6.
- * Fitness Class information is on page 7.
- * Movies are on page 9.
- * Coupon to order a paid 12-month subscription mailed by USPS is on page 12.

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 Colbert
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, Michelle DeLisio

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.

DONATIONS

**In Memory of Dorothy Giddings
from Mary Gamache**

Fitness Class Donations

Thank you to all of the fitness participants who put donations into the "blue boxes" to support our fitness program.

Life Path Lunch Donations

Voluntary lunch donations are accepted during the noon lunch hour. You may also mail a check directly to LifePath Inc if you prefer.

All programs and services are held at Greenfield Senior Center unless otherwise specified.

Schedule and program room assignments are subject to change.

If you need an accommodation to attend, please contact a staff member in advance.

Greenfield Senior Center membership (free) is required unless otherwise specified.



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

**LifePath /
Meals on Wheels
413-773-5555**



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.



**DRUM & DANCE WORKSHOP (rescheduled from May)
 Thursday, June 9, 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. No experience needed. Free. **People who registered for the May event which was cancelled are already signed up.** Others: Pre-register for wait list. Please call (413) 772-1517 ext. 0 or stop by our Front Desk to sign up. *Sponsored by Highland Street Foundation.*



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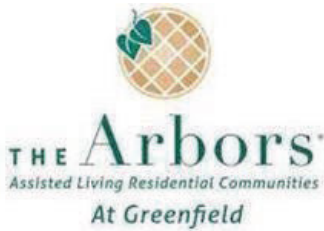
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PLEASE ASK ABOUT OUR LIMITED AFFORDABLE APARTMENTS
Call to schedule in person or virtual tour



MEMORY CAFÉ

Monday June 13, 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, June 17, 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:** Tarragon Chicken Salad Plate, Grilled Vegetables, and Strawberry Shortcake



DO YOU PLAY BRIDGE?

Mondays, 1:00- 3:30 p.m.

We've recently had new members interested in playing Bridge. If you like to play bridge and are available on Monday afternoons, come join this small but mighty group of dedicated bridge players. Drop-in, no pre-registration required.

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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Concert: Tom Neilson

Thursday, June 30, 1:30-2:30 p.m.

Celebrate International Asteroid Day with award winning songwriter, Tom Neilson, as he performs *Elon's Gone To Mars (what could possibly go wrong?)*, a musical program of satire and social commentary, thoughtfulness and irreverence, playfulness and poignancy. Tom Neilson, a member of AFM local 1000, has been performing since the age of 3 and has played his music in 22 countries on 5 continents. He has received over 30 national and international awards and nominations. He is a Greenfield resident.

The program is free, membership NOT required.

Pre-registration is required.

To sign up, please stop by our Front Desk or call us at 413-772-1517 x 0.

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

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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	\$35.00	Drop-in. Friendly, easy-going group.
Foot Care By Piper	Please call	FREE	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.

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.	



Fitness Program Guidelines

- * Age 55+ only, residents of all towns are welcome
- * Scan-in before you go into the program room
- * Instructor subject to change without notice
- * Free classes covered by grants might not remain "free"
- * Check with your healthcare provider before you begin any physical activity program.



Instructor Spotlight: Laura Rooney

Greenfield Mass native, Laura Rooney, is one of our newer instructors, but is no stranger to fitness in the community! Her formal training began in 1978 through Kathy Dunn's School of Dance, continuing through High School. In the 80's she enjoyed aerobics classes with Hope Macary and others at the YMCA, inspiring her to teach as well. She then became certified in Group Ex. & Nautilus. Past modalities range from Hi-Lo impact, Step, Core, PiYo, Pilates, Barre, Yoga, and Personal Training. Laura recently became certified in a data-based senior chair and resistance class: Enhance Fitness. If you're looking to have fun while improving your posture/core/flexibility, join her for **Pilates Plus offered Thursdays at 10:30 am.**



How do I know which level class is right for me?

We recommend most people begin by attending our "Mostly Seated" chair exercise classes to build stamina, strength, and balance.

May I just observe a class to see if I will like it?

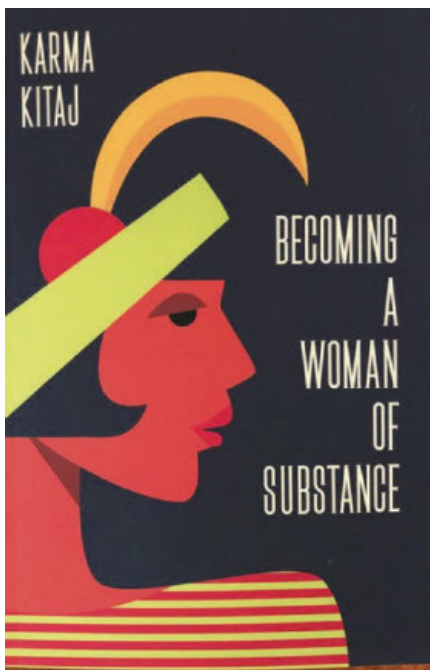
Because many people feel uncomfortable being watched while they workout, we have a No Spectators policy. Please attend the class you are interested in, start slow, and go at your own pace.



BROWN BAG

Thursday June 2, 10:00 to 11:00 a.m.

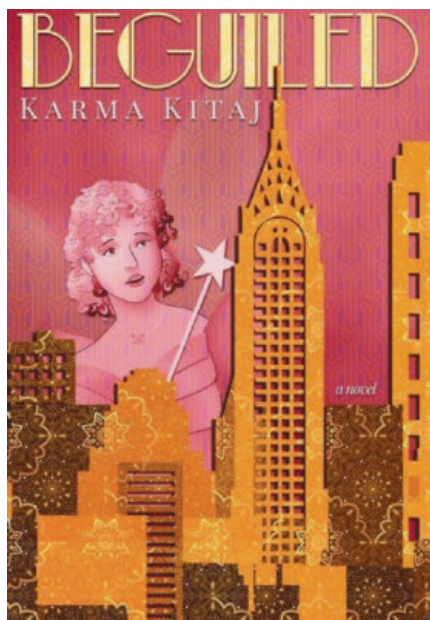
Grocery distribution for income qualifying seniors. Stop by anytime between 10:00 am and 11:00 am. If you are unable to get here, you may have a friend or neighbor pick up your bag for you. Offered by the Food Bank of Western Mass. An application is required and you may pick one up here at the Center. If you are a Greenfield senior receiving Fuel Assistance, SNAP, or other benefits you will qualify.



History in Historical Novels with Local Author, Karma Kitaj, PhD

Friday, June 10, 11 a.m. – 12 p.m.

Karma Kitaj, PhD, local writer, will discuss her two historical novels, *Becoming a Woman of Substance* (2021) and its prequel *Beguiled* (2018) by focusing on “writing about history in historical novels”. These stories are set in early 1900’s Boston, New York City, and Provincetown. The protagonist is Miriam Levine Butler, born in 1900; daughter of Jewish Russian immigrants grew up in Boston’s old west end. She had a passion for movies and theater and decided to forego Radcliffe for the uncertain future of being an actress in New York. The reader rediscovers Miriam in the sequel at age 38, beset by depression, failing marriage and a desire to make a mark on the world. The history of the early 20th century is a prominent feature in these two novels. Karma will call attention to three historical happenings: 1) the 1918 influenza plague and its current version; 2) The Federal Theatre Project, its remarkable leader Hallie Flanagan, and New Deal support for creative people; 3) the history of the old West End of Boston. There will be time for book sales and signing after the program. Special book prices for attendees: \$15. each or both for \$25.



Karma Kitaj is a Bernardston resident living her “Encore Career” having published her fourth book last fall. The program is free and open to the public. Pre-registration is required. To sign up, stop by our Front Desk or call 413-772-1517ext. 0.



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.



June 3, 6, 10, Downton Abbey, Movie version of popular TV show, **2hrs. 1 min.**

June 13, 17, Best Exotic Marigold Hotel, Judy Dench & Maggie Smith, **2 hrs. 4 min.**

June 24, 27, Father of the Bride, 1950, Liz Taylor & Spencer Tracy, **1 hr. 34 min.**

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The Polus Center's Evision 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.

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Our Foot Care service, offered by Certified Foot Care Nurse, Piper Sagan, is designed to support our seniors who cannot safely take care of their feet (*not a spa service*). For Greenfield residents only, age 60+. The fee is \$35 per visit. We do not accept insurance. Please contact our Front Desk at (413) 772-1517 ext. 0 for an appointment. *Foot Care is supported by Mass Executive Office of Elder Affairs and the Fred B Wells Trust Fund.*



BOOK DONATIONS

Books are accepted during regular business hours, and must be reviewed by staff. Books must be clean and in good condition. Only a few books at a time. Contemporary fiction and non-fiction are preferred. **PLEASE NO** : textbooks, cookbooks, condensed books, poetry, puzzle books, medical or self-help, oversized, or children's books. Thank you for your donations. **We take jigsaw puzzles, too!**

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Seniority Dance Company

Seniority Dance Company is once again performing after a two year hiatus due to COVID. Directed by Kathy Steinem, the group rehearses at Greenfield Senior Center and performs throughout the community, recently taking part in National Water Dance Day with performances in Easthampton and Colrain.

Registrations are closed for the 2022 dance performance season. Interviews and auditions for people with dance performance experience will take place in 2023 for the next performance season. *Seniority is sponsored by the Highland Street Foundation.*



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Our SHINE Counselor from LifePath, June Wilcox, is available to help with Medicare and other health insurance matters. By appointment only, please call (413) 772-1517 ext. 0. No Mass Health applications at this time.

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Cribbage, Canasta, and Pitch

As the days grow warmer, it's nice to know you can stop by to cool off in your Senior Center for a friendly card game and a free cup of coffee.

There have been a lot of rumors, but we can neither confirm or deny that the card players usually have the best snacks!

See for yourself on Tuesday, Wednesday, and Thursday afternoons.



Pool Players Wanted

Do you play pool and you're looking for some friendly competition? Our pool table is open on Wednesday afternoons (and at other times as long as the room is not already booked). BYO pool cue or borrow one of ours.

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Greenfield Senior Center

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