

SENIOR NEWS



JULY 2022

(413) 772-1517



JAZZ IN JULY with PaxSax Quartet



Wednesday, July 20, 2:00 - 3:00 p.m.

Celebrate summer with PaxSax Quartet, playing saxophones ranging from soprano to baritone sax. The group performs tightly arranged compositions drawn from an extensive collection. Their music covers a wide range of genres, from classical, ragtime, Americana, show tunes, swing and jazz, to contemporary composers. During the performance, they'll present a little background on each composer and composition. PaxSax is a quartet of professional musicians: George Owens (Whately), baritone sax, Jon Weeks (Leyden) soprano & alto, Cliff White (Granby) lead alto, and Dave Trenholm (Northampton) tenor. All have decades of experience teaching and performing in Latin, swing, and rock bands throughout the region. This performance is free of charge and is open to the public. Membership not required. **Pre-registration is required. To sign up, stop by our Front Desk or call 413-772-1517 ext. 0.**

This program is supported in part by a grant from the Greenfield Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. The program also sponsored in part by the Highland Street Foundation.



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, or stop by
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 here: <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.

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 for you.

Senior Center Staff

Director | Hope Macary, RN, BS
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

Fitness Class Donations

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

LifePath 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.

Coffee Donations

Thank you for helping us purchase supplies!

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



CELL PHONES & DEVICES

Please silence your cell phone, tablet, and other tech devices when in the Senior Center. This includes in the lobby. Audible "notifications" going off are disruptive. Please do not use the speaker phone function when you are indoors. We have headphones you may use if you forgot to bring your own. Thank you for helping limit excess tech noise.
 NOTE: This does **NOT** include healthcare related devices which notify you of a medical problem, such as a blood glucose monitor.



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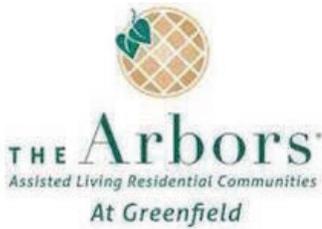


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MEMORY CAFÉ

Monday July 11, 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

There will be NO Buckley Healthcare Center Luncheon in July.

Chef, Mike Harrison, will return in August with another delicious meal for us! We appreciate our colleagues at Buckley Healthcare Center for sponsoring the (usually monthly) luncheons, and we hope they enjoy a month off! Please see our August Senior News for more information.



BRIDGE PLAYERS WANTED

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

We have a growing number of people interested in playing Contract Bridge! If you like to play bridge and are available on Monday afternoons, please drop-in and see who is ready to play. No pre-registration required.

Call now to schedule a tour and free lunch



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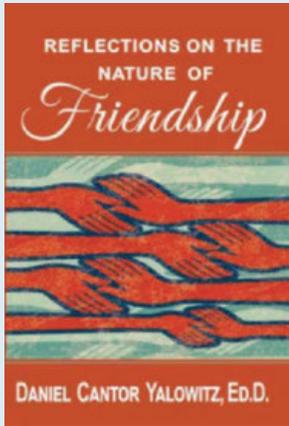
Author Talk

Daniel Cantor Yalowitz, Ed.D

Thursday, July 26, 1:30-2:30 p.m.

Daniel Yalowitz will talk about his latest book, *Reflections on the Nature of Friendship*, conceived and written during the early months of the COVID epidemic. It is a rich and nuanced journey that delves deeply into the fascinating, complex, and nearly universal experience of the world of friendship.

Daniel is a resident of Greenfield. He is a doctorally trained intercultural and developmental psychologist. There will be ample time for questions and answers, and time for book signing and sales following the program. (\$18 for his first book and \$20 for the latest book. Cash or check only). The program is free and open to the public. **Pre-registration is required.** To sign up, call (413) 772-1517 ext. 0 or stop by our Front Desk. **Senior Center membership is NOT required to attend.**



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Program	When	Cost	Description
Book Chat	1st Thurs 1:30	FREE	Drop-in. Chat about your fav books & authors.
Bridge	Monday 1:00	FREE	Drop-in. "Party Bridge" no partner needed.
Brown Bag	1st Thurs 10:00 - 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.	With Piper Sagan, RN, CFC (not a spa service)
Game Time NEW!	Wednesday 10:00 - 12	FREE	Drop-in to play Scrabble, Mah Jongg, Rummikub, Cards, Backgammon, etc.
Knitting Circle	Wednesday 1:30	FREE	Drop-in. Socialize & 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
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 Asst.Yoga On summer break.  Returns in Sept.
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: Libby Volckening
 Libby Volckening, E-RYT 500, YACEP, teaches a breath-centered style of Hatha yoga that focuses on developing healthier movement patterns and reintegrating body, mind and spirit. Libby's teaching draws inspiration from many sources including Patty Townsend, Gary Kraftsow, Tom Myers, and Bonnie Bainbridge-Cohen. Libby is a proud graduate of the 200 and 500 hour EmbodYoga® teacher trainings with Patty Townsend at the former Yoga Center Amherst, and she has also studied extensively with American Viniyoga Institute's founder Gary Kraftsow Since 2014, Libby has also been offering kirtan throughout New England with her band Heart Centered Kirtan, a devotional music group that weaves Sanskrit and Buddhist mantras into their original blend of rock, folk, blues, and reggae. **Chair Assisted Yoga is on summer break.**



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 improve 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 slowly, and go at your own pace.



BROWN BAG

Thursday July 7, 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.



PLANT-BASED LIVING

NEW!

with Hope Macary, RN, BS, Certified Wellness Coach

Second Fridays, starts July 8, 1:30 - 3:00 p.m.

Your diet plays a critical role in how you feel day to day, and whether you do -- or don't -- develop chronic illness. Plant-based eating reduces inflammation, slows the aging process, and supports your immune system. And, you'll save money, too.



Learn how to reduce / eliminate animal products in your meals and snacks. We'll swap recipes and learn about new products (Pumfu, anyone?). Join Hope monthly on 2nd Fridays to talk about plant-based shopping, cooking, and eating. Learn how to be healthier, while also lessening your impact on our planet's resources. Hope's model for "plant-based" is not 100% vegan. It allows for consumption of some animal products as you wish. But to join this group you'll want to feel ready to lean towards eating more plants.

The goal of this program is to connect you with other like-minded people choosing a plant-based lifestyle. The program is not a clinical support group, nor is it official medical advice. Always consult with your primary care provider and/or a registered dietitian before making any significant changes in your eating habits. For example, getting enough calcium, vitamin B-12, and protein is very important for seniors.



Pre-registration is required. Maximum 10 participants. Greenfield residents only because group size is limited (sorry). To sign up, stop by our Front Desk or call 413-772-1517 ext. 0.

****This is a pilot program to gauge interest in the topic.**

We hope to run this group for a 6 month session and then evaluate. If you have questions, please call or email Hope: (413) 772-1517 ext. 2 or hope.macary@greenfield-ma.gov.



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.

**July 1, 8, On The Town, Gene Kelly, Frank Sinatra
1hr. 38 min.**

**July 11, 15, Mama Mia, 2008 original with Meryl Streep.
1 hr. 48 min.**

**July 18, 22, Mamma Mia Here We Go Again, 2018, sequel
with Cher, 1 hr. 54 min.**

July 25, 29, First Man, Apollo 11 story, 2 hrs. 21 min.

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The Polus Center's Envision 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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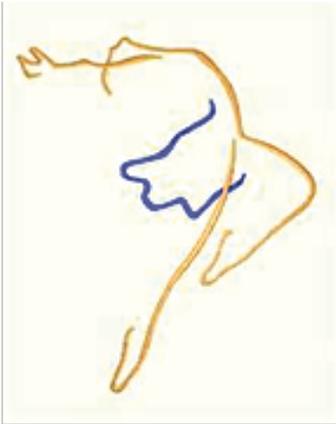
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Seniority Dance Company

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.*



S.H.I.N.E.

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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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GAME TIME **NEW!**

Wednesdays 10:00 - 12

The "Rec Room" is now open for drop-in games on Wednesday mornings between 10:00 a.m. and noon. Play some of our games: Scrabble, Rummikub, Mah Jongg, Cards, Backgammon -- or bring your own!



SENIOR TAX WORK OFF UPDATE

The application period has closed for the Fiscal Year 2023 City of Greenfield Senior Tax Work Off Program and the work period begins July 1.

If you have questions about your real estate taxes and how to apply for exemptions, please contact the City of Greenfield Assessors Office at 413-772-1509

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Greenfield Senior Center
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