

SENIOR NEWS



AUGUST 2022

(413) 772-1517



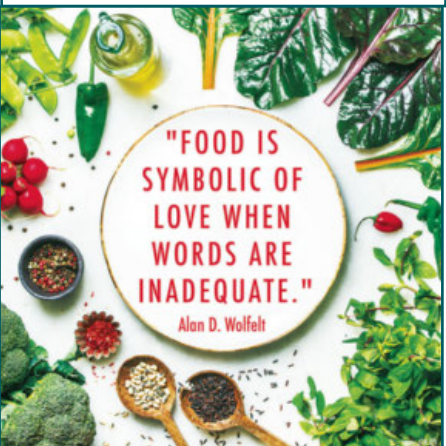
FARLEY STRING BAND

Tuesday, August 30, 2:00 - 3:00 p.m.

Don't miss the Farley String Band in concert at Greenfield's Senior Center! This lively performance will get your feet tapping and hands clapping with the mix of reels, jigs and favorite tunes. Come alone, bring a friend, or make some new friends while you're here. The performance is free of charge and is open to the public. Greenfield Senior Center Membership is not required.

Pre-registration is required.

To sign up, stop by our Front Desk or call 413-772-1517 ext. 0.



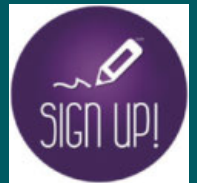
DINING CENTER LUNCH

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 using this link:

<https://lifepathma.org/resources/menus>

Open to age 60+ and your any-age spouse / partner, and also household members with disability. Free of charge. We accept voluntary donations to support LifePath's meal program.

Suggested donation amount \$3.00 per meal.

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, Randie Handleman

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

Thanks

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



MEMORY CAFÉ -- All towns welcome!

Monday August 8, 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 August 19, noon

Join us for a delicious luncheon at Greenfield Senior Center, sponsored by Buckley Healthcare Center. This program is for age 60+ only. Pre-registration required. Greenfield residents priority. Please call (413) 772-1517 ext. 0 or stop by our Front Desk to sign up.

MENU: Caesar Salad Plate w/ Grilled Chicken, Veggies, Dessert.



Unfortunately, the COVID virus is still very much active. We urgently request that you stay home when you have any cold-like symptoms, and get a COVID test before returning to the Center. Yes, it "might" be a cold, but no one wants that, either. Please help do your part to keep our staff, volunteers, and members safe. Stay home when sick, get vaccinated, & wash your hands!

Call now to schedule a tour and free lunch



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- Fix a faucet drip or a flat tire.
- Prepare a dinner your guests will admire.

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MEET THE AUTHOR

Author Talk Katherine J. Batsis

Tuesday, August 23, 2:00 - 3:00 p.m.

Katherine Batsis will talk about her first published book, *Dr. Andrew Batsis, Husband! Dentist! Kiwanian! Santa Claus!*

This memoir is filled with anecdotes, recipes, and letters of Greek and American cultures. Katherine "Kathi" was born in Concord MA and graduated Lesley College and Simmons College and was an Educational Media Specialist for 25 years in New Jersey. Time for book signing and sales will follow the program.

The program is free and open to the public.

Pre-registration is required.

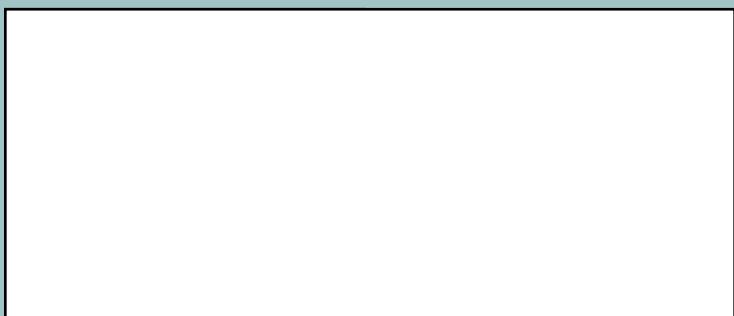
To sign up, call (413) 772-1517 ext. 0 or stop by our Front Desk. **Senior Center membership is NOT required to attend.**



Dr. Andrew Batsis,
Husband! Dentist!
Kiwanian! Santa Claus?
KATHERINE J BATSIS




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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!
Chromebooks 	Weekdays 9:00 - 3:45	FREE	Drop-in. Use in our lobby only.
Creative Coloring	Friday 1:30	FREE	Drop-in. Bring your own materials / use ours.
Cribbage	Tuesday 1:00	FREE	Drop-in. Friendly, easy going group.
Game Time	Wednesday 10:00 - 12	FREE	Drop-in. 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.

EXERCISE CLASSES

AUGUST 2022 7

Monday	Tuesday	Wednesday	Thursday	Friday
Dance Aerobics 9:15 - 10 studio Kathy Dunn Medium to Hard Standing Only	Stretch & Tone 9:30 - 10:15 Laura Rooney All Levels Mostly Seated	Dance Aerobics 9:15 - 10 studio Kathy Dunn Medium to Hard Standing Only	Stretch & Tone 9:30 - 10:15 Laura Rooney 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. 
<p>Most classes are free of charge, drop-in, first come / first served. **Excludes Seniority & Circuit which require pre-registration. Sponsored by MA Office of Elder Affairs</p>		<p>Seniority** 2 -3:30 studio Kathy Steinem Rehearse / Perform Standing Only</p>		<p>Classes marked "studio" are held on the hardwood floor. You must carry in clean shoes to wear for classes in the studio.</p>



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.



CIRCUIT TRAINING FOR WOMEN**

Tues / Thurs, 12:30 -1:15, Sept. 6 - Nov. 17 **studio**

With Hope Macary, Certified Wellness Coach, Certified Personal Trainer, Certified Group Fitness Instructor. Individualized program using hand weights & stretch band. Estimated total workout time 30 mins, will vary based on your workout program. Equipment provided. Must be able to get down onto and up from floor. Mostly Standing. Limit 6. **Greenfield only.** Contact Hope to see if this class is right for you and to pre-register: (413) 772-1517 x 2 or hope.macary@greenfield-ma.gov.



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 August 4, 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.



CONGRATULATIONS!

Cyndi Snow, member of our Seniority Dance Company, won Honorary Mention in the Fish Publishing 2022 Poetry Contest. The same poem previously took 1st Place in the Poet's Seat Poetry contest.

Right, is her winning poem.

From Fish Publishing:

" Cynthia Snow's writing has appeared in the Massachusetts Review, Peace Review, Plant-Human Quarterly, and elsewhere. Slate Roof Press published Cindy's chapbook, Small Ceremonies. Her fascination with the 17th Century botanical artist and naturalist Maria Sibylla Merian led to a manuscript of poems.

Cindy lives in Shelburne Falls and works at Greenfield Community College.

In addition to words and stories, she loves to dance, sing, and hike.

She likes challenges, especially flower arranging."



For Leonard

When the box arrives,
I tear off tape, unfold
crisp paper, slip soft
new leather shoes
from their covering,
hold them in my hands.
I curl toe to heel, check
for flexibility. Yes,
dance shoes, light
on my palm. I toss them
in the air as one might
a small laughing child.
My toes begin to hum.
I slip in my foot, lace it snug,
race down the hall, slide
across the wood floor,
and onto the stairs—up one,
down two, up one, the beat
tender on the rug. And I'm
circling the dining room, twirling
around slat-back chairs. I have
tucked in my father, closed
the latch on his bedroom door,
turned on the intercom, in case
he wakes. I have folded back
page one of today's newspaper
—another man, another shooting.
I have said yes to my mother. I will
visit on Sunday. Light waltzes in
through the kitchen window,
wraps its warm fingers around
my waist, takes my hand, and we
lean, Hallelujah, into each other.

~Cynthia Snow



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.



New Films! Extended Showings!

August 1, 5, 8, 12, Respect, 2021 Aretha Franklin Story starring Jennifer Hudson, **2 hrs. 25 min.**

August 15, 19, 22, 26, 29, West Side Story, 2021 Steven Spielberg Oscar winner, **2 hrs. 36 min.**

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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 any insurance. Please contact our Front Desk at (413) 772-1517 ext. 0 to make 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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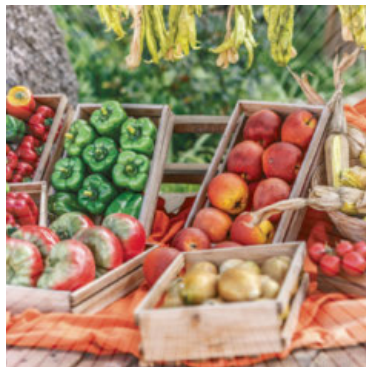


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Farmers' Market Coupons?

Each summer we partner with LifePath to distribute coupon books for income eligible seniors to be used at the Farmers' Market.

Due to supply chain issues, at the time this newsletter is going to print, **we do not yet have a distribution date.** Please watch for updated information from LifePath about when these coupons will be available. Sorry it's so late this year, and thank you for your ongoing patience!



S.H.I.N.E.

Serving Health Insurance Needs of Everyone

Our SHINE Counselor from LifePath 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. Not Social security help (sorry).

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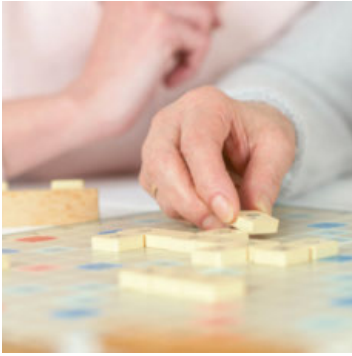
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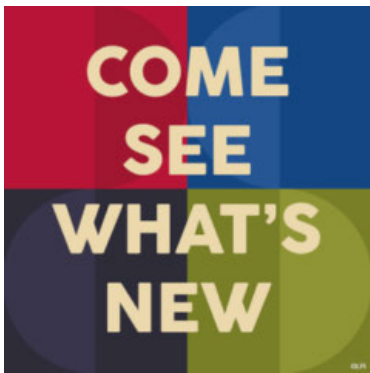


GAME TIME

Wednesdays 10:00 - 12:00

The "Rec Room" is 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!



CHROMEBOOKS! Available in August!


Greenfield Senior Center members age 55+ may drop-in to use one of our four new Chromebooks (like a small laptop). Free of charge. Chromebooks may be used in our lobby. City of Greenfield Computer Use Policy must be followed. Stop by our Front Desk to use a Chromebook. *Please be aware that no tech support is offered at this time.*



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Greenfield Senior Center
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