



# THE River Mills Reminder

THE NEWSLETTER OF THE CHICOPEE COUNCIL ON AGING

Nov/Dec 2021

5 West Main St • Chicopee, MA 01020 • 413-534-3698

## Tis the Season to Be Jolly!



### RiverMills Center's Holiday Curbside Meal Offerings

We wish we could have you all in for a big Thanksgiving meal and Christmas/Holiday dinner, but COVID continues to prohibit us from scheduling large gatherings. Instead, we have two delicious curbside pick-up meals planned. The two holiday meals are part of the center's ongoing curbside meal program and are available to Chicopee residents ages 55 and older. **The holiday meals will be \$5.** Pick up is on the upper level between 1 and 2 p.m. Please call 534-3698 to register for your meal. *Note: The curbside meal program will continue until further notice. The indoor lunch program will remain on hold during the pandemic.*

**Thanksgiving Meal on November 18<sup>th</sup>:** A turkey dinner with all the fixings. Dessert sponsored by River Mills Assisted Living. Reservation deadline is November 15<sup>th</sup>.

**Christmas/Holiday Meal on December 16<sup>th</sup>:** A roast beef dinner with all the fixings. Dessert sponsored by The Arbors at Chicopee. Reservation deadline is December 13<sup>th</sup>.

- ⇒ Craft Time..... 5
- ⇒ Groups & More..... 6
- ⇒ Weekly Activities..... 7
- ⇒ Monthly Calendars..... 8 & 9
- ⇒ Programs..... 10
- ⇒ More Programs..... 11
- ⇒ Friends Update & More..... 12
- ⇒ Zoom and Transportation..... 13
- ⇒ Health & Social Service..... 14
- ⇒ Support Groups & More..... 15
- ⇒ Pool League & More..... 16
- ⇒ Exercise Schedule..... 18

### Deck the Trees Fundraiser

Let's bring the lights and fun back to the holidays this year! Come and see



a bevy of beautifully decorated trees that will be on display inside RiverMills Center. Stop by and take a chance to win a tree to take home for your own personal viewing pleasure. It will cost you only \$5 a chance to win a fully decorated tree! Trees will be on display and tickets will be on sale starting November 1<sup>st</sup>. Proceeds will benefit programming at RiverMills Center.

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## Mission Statement

The Council's mission is to promote the emotional, social, physical, and spiritual well being of older adults. Our vision is to be an indispensable asset to older adults and the community.

### Staff Directory 413-534-3698

#### EXECUTIVE DIRECTOR EXT. 111

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#### RIVERMILLS CAFÉ MANAGER

Anne Fountain and Antonio Catalfamo

#### RIVERMILLS CAFÉ ASSISTANTS

Ellen Garrow & Madelyn Pettico

## Message from the Director

This time last year we were in the midst of the worst of the pandemic and lamenting the fact that we would not be able to spend the holidays with our families. It is easy to forget what we all went through last November and December. So with that in mind, let's really give thanks this year for all our blessings and embrace the true meaning of the holiday season.

RiverMills Center is here to cheer you. Come and see our sparkling Festival of Trees display and buy a chance at taking home one of the beautiful trees to enjoy through the holidays. There's nothing like lights and glitter to get you in a happy holiday frame of mind.

While the pandemic is easing, the staff and I are still making it a priority to keep you all safe. Our usual large gatherings for holiday meals will be a curbside meal pickup offering this year. On November 18<sup>th</sup> we will offer a Thanksgiving meal with turkey and all the fixings. On December 16<sup>th</sup> we will offer a holiday meal of roast beef. Details are on the front cover of the newsletter. We thank River Mills Assisted Living at Chicopee Falls and The Arbors at Chicopee for sponsoring the holiday meal deserts.

If music is your thing, come and enjoy holiday carols with singer Dave Colucci on December 9<sup>th</sup>. River Mills Assisted Living is sponsoring this concert. Dave is always a fan favorite and puts on a great show. He'll definitely get you in the spirit.

There will be plenty of crafts and special programming taking place throughout November and December. Many of the programs are focused on holiday issues, such as stress, healthy eating, and fraud protection. There will also be programs on diabetes prevention, pain management and Medicare.

We hope to see you soon at the center. There's plenty to do, along with bargains galore at the gift shop. It's the perfect place to pick up gifts and stocking stuffers for any age. Our café is open and serving pastries, meals, and soups, along with nutritious options. And, as always, our staff is always here to assist you.

Everyone here at RiverMills wishes you and your families a very blessed holiday season. Stay safe and be well.

Fondly, Sherry Manyak



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# CRAFT TIME

**\*Registration for all Craft Time workshops begins the last week of the previous month. Registration for November crafts opens the last week of October. Registration for December crafts opens the last week of November. You must register and pay in advance by stopping at RiverMills Center.**

## THANKFUL FALL DOOR DECOR

THURSDAY, NOV. 4TH AT 10 A.M.  
COST: \$12

Join us to make this beautiful fall decoration perfect for your wall or front door.



## WIRE PUMPKIN CRAFT

WEDNESDAY, NOV. 10TH AT 10 A.M.  
COST: \$10

Join us in making a wire pumpkin door hanger, perfect for the fall season. Space is limited.



## THANKSGIVING CORNUCOPIA

THURSDAY, NOV. 18TH AT 10 A.M.  
COST: \$12

Back by popular demand! Join us in making a fall cornucopia centerpiece just in time for Thanksgiving.



## FRESH GREENS ARRANGEMENT

THURSDAY, DEC. 2ND AT 10:00 A.M.  
COST: \$10

Who doesn't love the smell of fresh greens during the holidays? Join us in making a fresh greens arrangement.



## CHRISTMAS GREEN PLANTER

THURSDAY, DECEMBER 9TH AT 10 A.M.  
COST: \$12

Don't miss our annual Christmas Greens planter log craft. It looks nice on your front porch. Some participants bring them to the cemetery.



## CHRISTMAS THEME TAKEOUT BOX

WEDNESDAY, DECEMBER 15TH AT 10 A.M.  
COST: \$10

Join us in creating a Christmas Candle Arrangement perfect for your holiday gatherings. Tis the season!



## SOCK GNOME CRAFT

TUESDAY, DECEMBER 21ST AT 10 A.M.  
COST: \$10

These are the cutest little holiday decorations that can be kept up all winter long to stay in the holiday spirit!



## RiverMills Visiting Guidelines

- All visitors to RiverMills must sign a waiver their first time back to the center. Waivers are available at the main reception desk downstairs.
- All visitors to RiverMills must wear a mask per order of the city. Masks are required in all municipal buildings. Registration is required for most programs. Fitness classes are now being held inside the building and registration is required.
- All visitors must sign in at the kiosk with their swipe card. Participant applications are available at the main reception desk.
- Fitness renewals/waivers must be updated in order to participate in exercise classes and use the gym.
- All programming is subject to change due to the ongoing pandemic. Cancellations may occur.

All Programs are tentative and may change due to COVID-19 rising infection rates



## PAINT-N-DINE

November 9th  
Pork Tenderloin

December 14th  
Meat Lasagna

4:00p.m. -7:00 p.m.  
Cost: \$20

## CRAFT GROUPS

### PAINTING & DRAWING

RiverMills is currently looking for a volunteer to lead the painting and drawing classes on Tuesday and Thursday afternoons. At this time artists are welcome to do their artwork on those days at 1 p.m. Anyone who is interested in volunteering to lead the classes may contact Holly at 534-3698, ext. 103.

### BEADING GROUP

**Thursdays, 9:00 a.m.—11:00 a.m.**

Bring your own beads and create whatever you like.

### NEEDLECRAFT GROUP

**Fridays, 9:30 a.m.**

We thank Gloria Piela for leading this group for so many years. RiverMills is looking for a volunteer to lead this group and assist knitters and crocheters. Anyone interested in being the group leader may contact Holly Angelo at 534-3698, ext. 103.

### SCRAPBOOKING/PAPERCRAFTING

**3rd Wednesdays at 1:00 p.m.**

This scrapbooking class has expanded to include paper crafting. Start preserving life's most memorable moments yourself. Bring your own materials and supplies.

### CARD MAKING CLASS

**Tuesday, Nov. 9th & Dec. 14th at 10:00 a.m.**

**Cost: \$12**

Joanne Milloy leads this card-making class, which is limited to 12 people. Card-making materials are provided. Pre-registration is required by stopping by RiverMills.

## TECH TIME

### PROGRAM TECH OFFICE HOURS

**Mondays & Wednesdays 10:00 a.m.– 12:00 p.m.**

Program Technician Jona Ruiz is now offering 1-on-1 in-person meetings or drop-off for tech related issues. **Book an appointment** by calling 534-3698 ext.104 .

### TECH CONNECT CLASS

**2nd Fridays, Nov. 12th & Dec. 10th at 1:30 p.m.**

Are you interested in learning more about technology and how to use it? Join Program Technician Jona Ruiz as he leads classes on a variety of tech topics every month. Register by calling 534-3698 ext.104.

### IPAD TUTORIAL

**Monday, November 15th & 22nd at 1:30 p.m.**

**Cost: \$10**

Want to learn how to use and iPad? Register for this 2 part tutorial. We will cover iPad basics, system set up and security feature. Space is limited to 6 participants. iPads will be provided for participants. You must stop by RiverMills Center to register.

## GROUPS & MORE

### TUESDAY AT THE MOVIES

**1st & 3rd Tuesday @ 12:30 p.m.**

**Free movie and popcorn!**

**November 2nd :** "Senior Moment", 2021

**November 16th :** "It's Complicated", 2009

**December 7th :** "Poms", 2019

**December 21st :** "The Family Stone", 2005

### PHOTOGRAPHY CLUB

**1st and 3rd Tuesdays at 1:00 p.m.**

Do you enjoy photography? The Photo Club is having regular meetings. Time and location may vary. If you would like to join us call 534-3698 ext.104.

### BIRTHDAY PARTIES

**December 16th @ at 1:15 p.m.— Tom & Steve Duo (Party is earlier this month due to holidays)**

**Cost: \$2.00 Free for people attending on their birthday month.**

Everyone is invited to the bi-monthly birthday party, no matter their birth month. We will celebrate November and December birthdays on December 16th. Tickets are sold the day of the party at RiverMills. The party includes live entertainment, cake, ice cream and water. If you need a ride to the party, please contact transportation at least a week in advance by calling 536-5733.



## CARDS & GAMES

Monday	10:00 a.m.	Scrabble
	1-3:00 p.m.	Poker
Tuesday	9:00 a.m.	Cribbage
	1 -3:00 p.m.	Bridge
Wednesday	9:30 -11:00 a.m.	Beginners Bridge
	1:00 p.m.	Cribbage
Thursday	9:00 a.m.	Cribbage
	1-3:00 p.m.	Bridge
	1:00 p.m.	Mah Jongg
Friday	9:00 a.m.	Hand & Foot

## WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY
8:30 a.m.– Fit for Life (Fitness Rm) 9:00 a.m.–Chair Yoga (Garden Rm) 9:30 a.m.– Book Mobile (Outside) 10:00 a.m. -Gentle Exercise (Garden Rm) 10:00 a.m.– Scrabble ( Card Rm) 11:00 a.m.–Circuit Workout (Fitness Ctr.) 11:00 a.m.– Yoga w/Caitlin (Fitness Rm) 12:30-3:30 p.m.– Ping Pong (Fitness Rm) 1:00 p.m.– Poker (Card Rm)	8:30 a.m.– Country Beat (Fitness Rm) 9:00 a.m.– Cribbage (Card Rm) 10:00 a.m.– Gentle Balance (Fitness Rm) 11:00 a.m.– Cardio Mix ( Fitness Rm) 1:00 p.m.– Gentle Balance (Fitness Rm) 1:00-3:00 p.m.– Bridge (Card Room)	8:30 a.m.– Fit for Life (Fitness Rm) 9:30-11 a.m.– Beginner Bridge (Card Rm) 10:00 a.m.–Gentle Exercise (Garden Rm) 10:00 a.m.– Zumba (Fitness Rm) 11:00 a.m.–Circuit Workout (Fitness Ctr.) 1:00 p.m.– Cribbage (Card Rm) 3:00 p.m.– Line Dancing (Fitness Rm)
THURSDAY	FRIDAY	
8:30 a.m.– Country Beat (Fitness Rm) 9:00 a.m.– Cribbage ( Card Rm) 10:00 a.m.– Gentle Balance (Fitness Rm) 9-11:00 a.m.– Beading Group (Art Room) 11:00 a.m.– Cardio Mix ( Fitness Rm) 1:00 p.m.– Gentle Balance (Fitness Rm) 1:30 p.m.- Tai Chi (Garden Rm) 1-3:00 p.m.– Bridge (Card Rm) 1:00 p.m.– Mah Jongg (Class Rm)	8:30 a.m.– Fit for Life (Fitness Rm) 9:00 a.m.– Hand & Foot (Card Rm) 9:30 a.m.– Needlecraft Group (Art Rm) 10:00 a.m.-Gentle Exercise (Garden Rm) 11:00 a.m.–Circuit Workout (Fitness Ctr.) 12:30 p.m.– Ping Pong (Fitness Rm)  *Bingo has been cancelled until further notice.	

## ANNOUNCEMENTS

### Florence Bank Customers' Choice Community Grants

Help RiverMills Center get a share of \$100,000. Each year, Florence Bank donates \$100,000 to area non-profit organizations. Any organization that gets 50 votes gets a piece of the funding pie. Only Florence Bank customers can vote. Ballots are available at any Florence Bank branch, at RiverMills Center, and online at [Florencebank.com/Vote](https://www.florencebank.com/Vote). You must vote by December 31<sup>st</sup>. Voting for the next round of grants starts again on January 1, 2022.

### LORRAINE'S SOUP KITCHEN AND PANTRY

Lorraine's Soup Kitchen and Pantry services are available to ALL Chicopee residents, regardless of income level. Lorraine's is here to help anyone in need of food, whether it is to get a bag of food at the pantry, or get a dinner meal to take out or to eat there. You can get assistance for just one month, or you can go back more if your need continues. Pantry services are available Mon thru Fri, from 10 am to 2 pm. On your first visit, you will need to register showing proof of residency. After that, you can get food once a month. Dinner services are available Mon thru Fri, from 4:30 to 6:30 pm. No registration is necessary; you can eat in, or get the meal to go. In addition, Lorraine's is always looking for volunteers to sort donated food supplies and to cook the evening meals. If you have even a few hours a month to help out, or want to know more about their services, contact Lorraine's at 592-9528.

### RIVERMILLS CENTER CURBSIDE MEAL PICK-UP PROGRAM CONTINUES

RiverMills' curbside meal program will continue until further notice. We had hoped to start indoor dining in September, but COVID numbers prevented that from happening. The curbside meal pick-up is between 1 and 2 p.m., Monday through Friday, on the upper level. The cost is \$3 per meal. The program is open to older adults who live in Chicopee. You must reserve a meal at least a day in advance by calling 534-3698.

# NOVEMBER 2021 PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> 9:30 –11:00 a.m.-Book Mobile 9:30 a.m.– Therapeutic Foot Massage</p>	<p><b>2</b> 1 p.m.-Photography Club 12:30 p.m.- Movie 1 p.m.- Living Again</p>	<p><b>3</b> 9:00 a.m.-Foot Care</p>	<p><b>4</b> 8:15 a.m.-2:45 p.m. - Spa Facials 9:00 a.m.– Beading 10 a.m. Thankful Fall Door Decor</p>	<p><b>5</b> 9:30 a.m.- Needlecraft Group *DAY LIGHT SAVING IS THIS SUNDAY ! 9-11:00 a.m.– AIC Nursing Students</p>
<p><b>8</b> 9:30 –11:00 a.m.-Book Mobile</p>	<p><b>9</b> 8:30a.m.— Manicures 10:00 a.m.-Wire Pumpkin Craft 10:00 a.m.– Card Making 11:00 a.m.– Know Your Shopping Rights 12:30 p.m.– COPD Series pt.1 4:45 p.m.-COA Board 4:00 p.m.– Paint &amp; Dine 6 p.m.– Grandparents as Parents Support Group</p>	<p><b>10</b> 8:15 a.m.-2:45 p.m. - Spa Facials 10:00 a.m.-Wire Pumpkin Craft 11:00 a.m.– Diabetes Prevention &amp; Management</p>	<p><b>11</b> 9:00 a.m.– Beading</p>	<p><b>12</b> 9-11:00 a.m.– AIC Nursing Students 9:30 a.m.- Needlecraft Group 10:00 a.m.– FRIENDS meeting 11:00 a.m.– COPD Series pt.2 1:30 p.m.-Tech Connect</p>
<p><b>15</b> 9:30 –11:00 a.m.-Book Mobile 9:30 a.m.– Therapeutic Foot Massage 11:00 a.m.– Senior Medicare Patrol Program 1:30 p.m.– iPad Tutorial</p>	<p><b>16</b> 9:30 a.m.– Hearing Services 12:30 p.m.- Movie 1 p.m.-Photography Club 2 p.m. Roommate connections</p>	<p><b>17</b> 9:00 a.m.– Massage Therapy 11:00 a.m.– Healthy Snacking 1:00 p.m.-3:00 p.m.- Scrapbooking/Paper crafting 3:30 p.m.– Alzheimer’s Support Group 1:00 p.m.– Veteran’s Voice</p>	<p><b>18</b> 9:00 a.m.– Beading 10:00 a.m.– Thanksgiving Cornucopia</p>	<p><b>19</b> 9-11:00 a.m.– AIC Nursing Students 9:30 a.m.- Needlecraft Group</p>
<p><b>22</b> 9:30 –11:00 a.m.-Book Mobile 1:30 p.m.– iPad Tutorial</p>	<p><b>23</b> 8:30a.m.-2:30p.m.– Manicures with Irene</p>	<p><b>24</b> 9:00 a.m.– Massage Therapy</p>	<p><b>25</b>   <b>26</b></p> 	
<p><b>29</b> 9:30 –11:00 a.m.-Book Mobile 1:00 p.m.– Book Club</p>	<p><b>30</b> 9:30 a.m.– Travel Club Meetings</p>			

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# DECEMBER 2021 PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:00 a.m.-Foot Care	<b>2</b> 8:15 a.m.-2:45 p.m. - Spa Facials 9:00 a.m.– Beading 10 a.m.– Fresh Greens Arrangement	<b>3</b> 9-11:00 a.m.– AIC Nursing Students 9:30 a.m.- Needlecraft Group
<b>6</b> 9:30 –11:00 a.m.-Book Mobile 9:30 a.m.– Therapeutic Foot Massage 10:00 a.m.– Enjoy the Holiday with Less Stress Series pt. 1	<b>7</b> 12:30 p.m.- Movie 1 p.m.- Living Again 1 p.m.-Photography Club	<b>8</b> 8:15 a.m.-2:45 p.m. - Spa Facials 11:00 a.m.– Healthy Holiday Eating	<b>9</b> 9:00 a.m.– Beading 10:00 a.m.– Christmas Green Planter Log 1:00 p.m.– Holiday Concert with Dave Colucci	<b>10</b> 9:30 a.m.- Needlecraft Group 10:00 a.m.– FRIENDS meeting 1:30 p.m.-Tech Connect
<b>13</b> 9:30 –11:00 a.m.-Book Mobile 10:00 a.m.– Enjoy the Holiday with Less Stress Series pt.2 11:30 a.m.– Treating Pain Without Pills Workshop	<b>14</b> 8:30a.m.-2:30p.m.– Manicures with Irene 10:00 a.m.– Christmas Candle 10:00 a.m.– Card Making 11:00 a.m.– Holiday Fraud Prevention 4:45 p.m.-COA Board 4:00 p.m.– Paint & Dine 6 p.m.– Grandparents as Parents Support Group	<b>15</b> 9:00 a.m.– Massage Therapy 10:00 a.m. Christmas Themed Takeout Box Craft 11:00 a.m.– Don't Focus on Calories 1:00 p.m.-3:00 p.m.- Scrapbooking/Paper crafting 3:30 p.m.– Alzheimer's Support Group	<b>16</b> 9:00 a.m.– Beading 1:15 p.m.– Birthday Party	<b>17</b> 9-11:00 a.m.– AIC Nursing Students 9:30 a.m.- Needlecraft Group
<b>20</b> 9:30 –11:00 a.m.-Book Mobile 10:00 a.m.– Enjoy the Holiday with Less Stress Series pt.3 1:00 p.m.– Book Club	<b>21</b> 9:30 a.m.– Hearing Services 10:00 a.m.– Sock Gnome 12:30 p.m.- Movie 1 p.m.-Photography Club	<b>22</b> 9:00 a.m.– Massage Therapy	<b>23</b> 9:00 a.m.– Beading  CLOSING AT NOON	<b>24</b>  CLOSED
<b>27</b> 9:30 –11:00 a.m.-Book Mobile	<b>28</b> 8:30a.m.-2:30p.m.– Manicures with Irene	<b>29</b> 1:00 p.m.– Veteran's Voice	<b>30</b> 9:00 a.m.– Beading  CLOSING AT NOON	<b>31</b>  CLOSED

**SUPPORT OUR ADVERTISERS!**



# PROGRAMS

## COPD SERIES WITH HMC

**Tuesday, November 9th at 12:30 p.m. & Friday, November 12th at 11:00 a.m.**

**Part 1-** Tuesday, November 9th 12:30-1:30pm: COPD Participants will learn about the definition of Asthma and COPD. They will also learn about the use of inhalers, breathing techniques, oxygen do's and don'ts and recognizing when your breathing is being compromised.

**Part 2-** Friday, November 12th 11am-12pm: COPD Participants will learn about medication review, how to properly use your inhaled medication, signs that you may be getting sick, review oxygen pointers on how to use, breathing techniques and how to stay healthy. Heidi Milbier, Practice Manager, Holyoke Medical Center Specialty Practice of Pulmonology & Pain Management will be leading both workshops. Although this is a free event, you must register in advance.

## DIABETES PREVENTION & MANAGEMENT

**Wednesday, November 10th at 11:00 a.m.**

Join The Food Bank of Western Mass as they go over the basics of diabetes, what it is and what we can do to prevent it. You will also learn the importance of reading nutrition food labels, ways to manage blood sugar levels, and what carbohydrates are and how to count them. Although this is a free event, registration is required by calling 534-3698 or by stopping by RiverMills Center.

## SENIOR MEDICARE PATROL PROGRAM

**Monday, November 15th at 11:00 a.m.**

Join Annette Iglarsh with the Massachusetts Senior Medicare Patrol Program for a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. Although this is a free event, you must register in advance by calling 534-3698 or by stopping by RiverMills Center.

## ROOMMATE CONNECTIONS

**Tuesday, November 16th at 2:00 p.m.**

This is an organizational meeting for people who are looking for roommates, whether to share an apartment, rent a room in their house, or find any shared housing options. RiverMills Center gets many calls from people asking about affordable housing. If attendance at this first meeting is good, more frequent meetings will be scheduled in the future. For more information, call Outreach Coordinator Beth Ferrando at 534-3698, ext. 115.

FREE

## HEALTHY SNACKING WITH ASCENTRIA

**Wednesday, November 17th at 11:00 a.m.**

Snacks provide a significant percentage of our daily calories and are often high in fat and sugar, but can also contribute many important nutrients as well. In this workshop, led by Ascentria Care Alliance, we will discuss tips for choosing convenient, healthy and nutritious snacks that can help fill nutrient gaps and help contribute to our short and long term health. Although this is a free event, you must register in advance by calling 534-3698 or by stopping by RiverMills.

## BOOK CLUB

**November 29th & December 20th at 1:00 p.m.**

The book to be discussed at the November meeting is "Before the Flood: Destruction, Community and Survival in the Drowned Towns of the Quabbin," by Elisabeth C. Rosenberg. The book to be discussed at the December meeting is "A Year on Lady Bug Farm," by Donna Ball. When possible, the Chicopee Public Library assists in getting copies for the book selection. For more information, please call Gail Brodeur at 627-2723.

## THE HOLIDAY STRESS SERIES

**Mondays, December 6th, 13th & 20th at 10:00 a.m.**

**Cost: \$25**

Stress is a part of our lives, especially during the holiday season. How would you like to be in control of your reactions and responses to stress? Whether you're busy planning and preparing for the holidays or anxiously anticipating uncomfortable visits, you'll learn powerful techniques that you can do to eliminate stress and anxiety in just 5 minutes! This series is led by Robin Davis. You must register in advance as space is limited. Checks should be made out to Robin Davis.

## RIVERMILLS CENTER STAFF



Wishing you all a Happy Harvest!

## MORE PROGRAMS

### HEALTHY HOLIDAY EATING

FREE

**Wednesday, December 8th at 11:00 a.m.**

The Food Bank of Western Mass will be here with ideas for healthy holiday meals, smart grocery shopping on a budget, reducing salt, calories, sugar and saturated fats for heart health and diabetes and healthy recipe substitutions. Although this is a free event, you must register in advance.

### HOLIDAY CONCERT WITH DAVE COLUCCI

FREE

**Thursday, December 9th at 1:00 p.m.**

We are excited to welcome back Dave Colucci for our Holiday Concert! Enjoy the sounds of the holidays and sing along while enjoying some festive and tasty treats. This program is sponsored in part by our neighbors at the RiverMills Assisted Living. Seating is limited and you must register in advance.

### TREATING PAIN WITHOUT PILLS

FREE

**Monday, December 13th at 11:30 a.m.**

Dr. Khurram Owais of Holyoke Medical Center will talk with participants, who will learn about new techniques in Pain Treatment that can help minimize pain in the shoulders, hips, knees, neck and lower back without having to take pills every day or getting regular steroid injections. Although this is a free event, you must register in advance.

### HOLIDAY FRAUD PREVENTION

FREE

**Tuesday, December 14th at 11:00 a.m.**

Robin Putnam, Manager of Community Outreach & Events from the Office of Consumer Affairs and Business Regulation, will lead a discussion on topics such as: Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices and how to spot them, and identity theft and fraud prevention. There must be at least 10 registrants for this workshop to take place. You must register by calling 534-3698 or by stopping by RiverMills.

### DON'T FOCUS ON CALORIES

FREE

**Wednesday, December 15th at 11:00 a.m.**

In this workshop, led by Ascentria Care Alliance, we'll discuss some of the common myths related to calorie intake, and ways to incorporate healthy eating into your diet that do not involve counting calories. We'll also discuss ways to make small shifts throughout the week to develop healthy eating patterns over time. A cooking demonstration and samples will be included in this workshop. Although this is a free workshop, you must register in advance by calling 534-3698 or by stopping by RiverMills.

## TRAVEL CLUB

**Robert Mashia**, President/Planner

**Sandra Prejsner**, Treasurer/Planner

**Ann Sweeney**, Secretary/Planner

**Ron Milkay**, Computer Support/Planner

**Joyce Fisher**, Planner

Meetings take place the last Tuesday of each month.

**Next Meetings: November 30th at 9:30 a.m.**

**No December meeting.**

### TRAVEL DESK

**MONDAY - FRIDAY, 11 A.M.-2 P.M.**

The Chicopee Senior Travel Club has relocated inside RiverMills Center! Your travel planners can now be found on the first floor opposite the billiard room, near the entrance to the large Garden Room. We are happy to see the response to our scheduled trips as we gear up to pre-pandemic levels. With our kick-off in July we have opened seven day trips and two overnight trips. Stop by the office to get trip details and check frequently for updates.

In addition, in response to ongoing pandemic concerns, all travelers will be required to sign a Travel Club waiver. We thank you in advance for your cooperation and look forward to traveling with you once again!

### Upcoming Trips:

- **November 3rd** – Goodspeed Opera House
- **November 16th** – Plymouth Plantation
- **December 7<sup>th</sup>** – Newport Playhouse
- **January 23rd, 2022**– Appreciation Luncheon

When taking a trip, please park in the last two rows of the lower level parking lot. Bus pick-up will be at the building entrance and drop off will be at the last two rows of the lot. Handicap parking is available with a handicap sticker closer to the building. All travelers must be independent and able to care for themselves while on a trip.

## DAY LIGHT SAVINGS

It's that time of year again.

Daylight Saving Time will end on Sunday, Nov. 7. Clocks will fall back an hour at 2 a.m., offering an extra hour of sleep that weekend.





**Friends of Chicopee Senior Citizens December Raffle Calendar**

A 501 (C) (3) NON-PROFIT ORGANIZATION DEDICATED TO HELPING OLDER ADULTS.

The Friends of Chicopee Senior Citizens, Inc. is hosting a raffle for the entire month of December. Tickets are 1 for \$20 or 2 for \$25. Payments must be made by mail using the slip below. Winners will be announced daily on Facebook and will receive a call.

The FRIENDS meet the second Friday of every month at 10 a.m. at RiverMills.  
The Friends will meet on November 12<sup>th</sup> and December 10<sup>th</sup> .

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <b>\$25</b>	2 <b>\$50</b>	3 <b>\$25</b>	4 <b>\$50</b>
5 <b>\$50</b>	6 <b>\$25</b>	7 <b>\$50</b>	8 <b>\$25</b>	9 <b>\$50</b>	10 <b>\$25</b>	11 <b>\$50</b>
12 <b>\$50</b>	13 <b>\$25</b>	14 <b>\$50</b>	15 <b>\$25</b>	16 <b>\$50</b>	17 <b>\$25</b>	18 <b>\$50</b>
19 <b>\$50</b>	20 <b>\$25</b>	21 <b>\$50</b>	22 <b>\$25</b>	23 <b>\$50</b>	24 <b>\$75</b>	25 <b>\$150</b> CHRISTMAS
26 <b>\$50</b>	27 <b>\$25</b>	28 <b>\$50</b>	29 <b>\$25</b>	30 <b>\$50</b>	31 <b>\$75</b>	1 <b>\$200</b> NEW YEAR

Cut out the slip below and mail it to RiverMills with your check to purchase your ticket/s.

Mail to: Chicopee Council on Aging, 5 W Main Street, Chicopee, MA 01020-1864. ATTN: Friends

Checks can be made out to: Friends of Chicopee Senior Citizens Inc.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

# JOINING A ZOOM MEETING

# Transportation

### Please allow extra time to get online.

If this is your first time using Zoom we ask that in consideration of the whole group, **please arrive 15 minutes early** in order to get successfully connected. Someone will be on hand to help you if needed. If you come late to the conversation and have difficulties connecting, please disconnect and phone in.

- Close any program on your computer that uses your camera, for instance Skype.
- Have a headset available if possible to minimize feedback – your cellphone earbuds will work well.
- Click the **Zoom link** that’s been sent to you in an email, and Zoom should automatically and quickly download to your computer.
- In Downloads on your computer, click Zoom\_launcher.exe. Zoom should direct you to this with a large orange flag.
- Once Zoom has launched, a screen should pop up asking for your name. This will identify you during the meeting. You should now be part of the meeting. Click the green button that says “Join Audio By Computer.”

### Join by tablet or smartphone

- If you choose to use your tablet or smartphone, be sure to download the Zoom app ahead of time. Once you have downloaded the Zoom app, follow the “Join by computer” instructions above.

### Join by telephone

- First, dial the phone number provided in the Zoom email.
- When prompted, dial the meeting ID number that is also provided. Your phone will be automatically muted once the meeting starts. If you want to speak, press \*6 to unmute. Don’t have a device to get online? Ask about our **Tablet Lending Program! Call: 534-3698 ext:104.**



The office hours of the Transportation Department will be curtailed in November and December due to staffing shortages. There should be someone in the office from 8 a.m. to 11:30 a.m., Monday through Friday. After 11:30 a.m., please leave a detailed message on the transportation line with your name, phone number and the date, time and place of the ride you are seeking. Someone will get back to you within 24 hours. Please remember that the Transportation Department needs several days notice for rides. Same-day rides cannot be accommodated. Transportation can be reached by calling 536-5733. Thank you for your patience and consideration.

## PASSENGER SAFETY

**The RiverMills Center Transportation Department follows the CDC and State Standards for drivers, passengers and vehicle safety.**

1. Passengers and drivers must wear masks at all times while inside a COA vehicle. Masks and hand sanitizer are available in each vehicle.
2. All vehicles are cleaned and disinfected before and after each passenger.

### ROUND TRIP TRANSPORTATION FEES

- \$1 – Chicopee Senior Center
- \$2 – Anywhere in Chicopee
- \$4 – Springfield and West Springfield, Holyoke and South Hadley

*The Chicopee Council on Aging receives Federal Older Americans Act Funding from local Area Agency on Aging, West Mass Elder Care, the State Executive Office of Elder Affairs, and the Federal Administration for Community Living.*

## Important Resource Phone Numbers

- Massachusetts Vaccine Call Center: 211
- Massachusetts Elder Abuse Hotline: 800-922-2275
- Social Security: 800-772-1213
- Medicare: 800-633-4227
- Veteran’s Crisis Hotline: 800-273-8255
- FoodSource Hotline: 800-645-8333
- WestMass Elder Care: 413-538-9020
- Lorraine’s Soup Kitchen & Pantry: 413-592-9528

## WELLNESS

Hours	Monday– Thursday	Friday
	8:00 a.m.– 3:00 p.m.	8:00 a.m.– 2:00 p.m.
Wellness Center Nurses	<b>Helen Biglin, R.N. Dianne Copeland, R.N.</b>	

Wellness Center Nurses are available for free, one-on-one consultations, such as blood pressure checks. Older adults are served on first come, first serve basis.

## HEALTH SERVICES

*Cholesterol clinics are on hold because cholesterol testing supplies are not available in the marketplace at this time. The nurses are available for blood pressure checks during their regular hours. Thank you for your understanding.*

### HEARING SERVICES

**3rd Tuesdays, starting at 9:30 a.m.**

**November 16th & December 21st**

Gary Winn, a licensed hearing specialist, offers hearing screenings & testing, along with hearing aid checks, servicing & cleaning. There are no fees for this service. Appointments are required by stopping by RiverMills, or calling 534-3698.

### FACIALS WITH DIANE

**1st Thursdays & 2nd Wednesdays at 8:15 a.m.**

**Cost: \$30**

Pamper yourself with a facial from licensed esthetician Diane Neill. Additional skin care services are available. Appointments are required by stopping by RiverMills, or calling 534-3698.

### MANICURES WITH IRENE ARE BACK!

**2nd & 4th Tuesdays 8:30 a.m.– 2:30 p.m.**

**November 9th & 23rd and December 14th & 28th**

**Cost: \$12-\$15**

Make an appointment with licensed nail technician Irene O'Brien. Manicures start at \$12 and are by appointment only. You must register in advance at RiverMills Center or by calling 534-3698.

### MASSAGE THERAPIST

**3rd & 4th Wednesday every month at 9:00 a.m.**

**November 17th & 24th December 15th & 22nd**

**Cost: \$15 per 15 minutes**

Schedule an appointment to see one of our Licensed Massage Therapists Debee Boulanger or Holly White of Abundant Wellness. Appointments may be made at RiverMills or by calling 534-3698.

## SOCIAL SERVICES

### SNAP INFORMATION

The Food Bank of Western Massachusetts has set up a SNAP phone line to help people obtain food stamps during the pandemic. Clients can call 413-992-6204 to apply for SNAP over the phone. People are asked to leave a voicemail and their call will be returned. Income guidelines are as follows:

1-person household, gross monthly income of \$2,127

2-person, \$2,873

3-person, \$3,555

4-person, \$4,292

**50+ Job Seekers Program:** Any Massachusetts resident 50+ years old can register to participate. Each session is guided by a professional employment coach. Please

Visit: [www.50plusjobseekers.org](http://www.50plusjobseekers.org) to register.

### FUEL ASSISTNACE

The cooler weather is here! So is fuel assistance. The fuel assistance program helps income-eligible households pay part of their winter heating bills. If your gross household income falls within the limits, you may qualify for fuel assistance.

1-person household: maximum annual income of \$40,491

2-person household: maximum annual income of \$53,551

To apply for fuel assistance you will need to complete an application along with documentation verifying income, identification, and utility bills.

Applications for new participants are now available at the RiverMills Center.

Current fuel assistance participants should have received renewal applications in August.

For more information or to schedule an appointment contact Outreach Coordinator, Beth Ferrando at 413-534-3698, ext 115.

### AIC NURSING STUDENTS

**Every Friday from 9:00 a.m.-11:00 a.m.**

**November 5th -December 3rd**

The AIC Nursing Students will be at RiverMills Center for their blood pressure and blood glucose screenings, as well as various health teachings.

Students will be here Fridays beginning November 5th thru

December 3rd, excluding Thanksgiving week.



## SUPPORT GROUPS & MORE

### ALZHEIMER'S SUPPORT GROUP

**3rd Wednesdays, 3:30 p.m.-5:00 p.m.**

**November 17th & December 15th**

This group is for caregivers of older adults with memory loss. Gerry Bennett, R.N., is the facilitator.

### GRANDPARENTS AS PARENTS

**2nd Tuesdays from 6 p.m.-7:15 p.m.**

**November 9th & December 14th**

This support group is for grandparents who have assumed the caregiving responsibility for their grandchildren.

This group is open to all grandparents, regardless of how old they are or where they live. Childcare is offered during the meeting. For more information call Beth Ferrando at 534-3698 ext.115.

The Council on Aging's *Grandparents As Parents Program (GAPP)* is in need of volunteers to assist with babysitting while the group meets. Our group meets the 2<sup>nd</sup> Tuesday of each month from 6:00pm-7:15 pm. If you are able to help us out, please call 413-534-3698 Ext 115.

### VETERAN'S BENEFITS COUNSELING

Chicopee Veterans' Services Department is available to answer questions about veterans' benefits. Any veteran or surviving spouse of a veteran is encouraged to call the Veterans' Services Department at 594-3470 between 8 a.m. and 4 p.m. on weekdays with any questions they may have.

### LIVING AGAIN

**1st Tuesdays at 1:00 p.m.**

**November 2nd & December 7th**

This group supports anyone who has suffered the loss of a loved one and needs the support of others. A facilitator runs the group. For more information contact Beth Ferrando at 534-3698 ext.115.

### VETERAN'S VOICE

**Last Wednesdays at 1:00 p.m.**

**November 17th & December 29th**

This group is for veterans of all ages. A guest speaker is usually featured every month. Coffee and a sweet treat are served. The November meeting is early due to the holiday.



### FOOT CARE CLINIC

**1st Wednesdays starting at 9:00 a.m.-2:00 p.m.**

**November 3rd & December 1st**

**Cost: \$30**

The Foot Care clinic is by appointment only. Please register by calling 534-3698, or stopping by RiverMills.

### THERAPEUTIC FOOT MASSAGE

**Monday, Nov. 1st & Dec. 6th at 9:30 a.m.**

**Cost: \$40**

Licensed Massage Therapist Debee Boulanger will be offering Therapeutic Foot Massages. Choose from either CBD or an Essential Oil Blend for relaxation, pain relief or immune support. You must register in advance at RiverMills. Participants will need to fill out an intake form which allows Debee to maximize the effectiveness and safety of her services.

### SHINE—SERVING THE HEALTH INSURANCE NEEDS OF ELDERS

A SHINE volunteer counselor is available by appointment on Wednesdays to answer your questions about Medicare and other health insurance issues. Please call RiverMills at 534-3698 to schedule an appointment. The SHINE counselor has resumed in-person appointments, but will do phone appointments on request.

## Volunteers Needed

RiverMills Center is in need of volunteers for the following programs:

- Transportation Drivers
- Art class
- Babysitters for Grandparents as Parents Program
- Reception (Upstairs and Substitutes)
- Sewing/Quilting (looking for a group leader to start a program)
- Lunch Program
- Knitting group

Please contact Holly Angelo at 534-3698, ext. 103, if you are interested in volunteering in those areas. CORI background checks are required for all volunteers.



## ANNOUNCEMENTS

## SENATOR VELIS

**SENIOR TRAVEL POOL LEAGUE**

Interested in playing in the Senior Travel Pool League for Chicopee? The Senior Travel Pool League will start up in Early 2022 and matches are played every Monday within the Chicopee Senior Center and surrounding senior centers. For more information about signing up, you can contact Chicopee Captain Chip Melcher at 413-535-5813 or Song Petit at 413-427-0859.

**COUNCIL ON AGING BOARD**

The Council on Aging Board meets the 2nd Tuesday of the month at 4:45 p.m. at RiverMills. The board will meet on November 9th and December 14th

**Susan Tawrel**, Chairwoman

**Sherryl Gelinis**, Vice Chairwoman

**Claire Gemme**, Treasurer

**Karen Rousseau**, Secretary

**Members:** Ernest Laflamme, Henry Lenart, Joseph Lukasik, Stephen Michalik, Mary

Rider, Kathleen LaBreck and Lynn Houle

**GET UPDATES SOONER**

If you would like to be added to our Email Update List, please e-mail [jruiz@chicopeema.gov](mailto:jruiz@chicopeema.gov). This is the fastest way for us to share any schedule changes. You may also call us in the office at 534-3698. If you still don't see the e-mails, please check your spam/junk/promotions folder.

**CHICOPEE TV (Charter Channel 192)****Gentle Exercise**

- ◆ Mondays, Wednesdays, and Fridays - 6:00 p.m.
- ◆ Tuesdays & Thursdays - 7:30 a.m. & 7:30 p.m.
- ◆ Saturdays & Sundays - 6:00 p.m.

**Reset with Robin**

- ◆ Mondays, Wednesdays, and Fridays - 6:30 p.m.
- ◆ Tuesdays & Thursdays - 8:00 a.m. & 8:00 p.m.
- ◆ Saturdays & Sundays - 6:30 a.m.

**ALEXA FOR ISOLATED SENIORS**

RiverMills Center is offering a program that will allow us to get the latest Amazon Echo technology into the hands of isolated seniors. The *Alexa Program for Isolated Seniors* is an attempt to connect older adults with their loved ones and the Internet, along with assisting them with daily tasks and offering some level of companionship. Alexa is a voice-activated virtual assistant that works through a Amazon smart speaker Echo. Alexa can be incredibly useful for someone who is having memory issues. It can remind you to take your medication or when your next doctor's appointment is. You can even use it to order prescription refills and have them delivered to your home. To learn more about the program please call Program Technician Jona Ruiz for more information at 534-3698 ext.104. This program is for Chicopee seniors and will require in-house internet access.

Holiday season is upon us!!

Whether you're celebrating Thanksgiving, Christmas, Diwali, Ramadan, Yom Kippur, Hanukkah or any other holiday, I wish you the warmest wishes. May your celebrations be filled with joy, love and laughter. I hope you're starting to prepare those shopping lists, I sure am.

With in-person holiday gatherings, I'd like to again urge those who have yet to be vaccinated to do so as soon as possible. Vaccinating is the best and most effective way to protect yourself, your family, and your community from COVID-19. Vaccine locations and information can be found at: [mass.gov/covid-19-vaccine](https://mass.gov/covid-19-vaccine).

With Veterans Day right around the corner, I also wanted to take a moment to acknowledge all those who have served or are currently serving our country. I am proud to have served alongside your strength, unwavering dedication, and unending sacrifice. As Chair of the Veteran and Federal Affairs committee I will continue to advocate for legislation on behalf of veterans and active service members alike. Throughout the months of October and November, the Committee has been hard at work hosting public hearings on a series of bills that will benefit Veterans and service-members across the Commonwealth.

The Legislature has also been busy recently with our Commonwealth's federal American Rescue Plan Act (ARPA) Covid Relief funding. This one-time aid of \$5.3 billion will be absolutely critical as we return from the pandemic and continue our economic recovery.

The Legislature began holding public hearing as we consider how to best utilize the funds. I am looking forward to championing the needs of Chicopee and all our communities.

It's been great to get out and about in the district recently, with one of the highlights being visiting the Big E this fall, especially during Chicopee's Parade! From the vendors to the fantastic food, it was great to see so many constituents and hear about all that you have been up to. It was great to be back at the fair this year and I hope those of you who visited had a fun time as well.

This November I also dropped in at the senior center for a meeting with Chicopee Veterans. We had a great conversation about our service as well as the Holyoke Soldiers' Home construction project. I look forward to more events at the center and in Chicopee soon.

My office is always available to help or assist in any way that we can. You can reach me at 413-572-3920 or at [john.velis@masenate.gov](mailto:john.velis@masenate.gov). I can be also found online at [senatorjohnvelis.com](http://senatorjohnvelis.com), where you can sign up for my newsletter. - Sincerely John C. Velis



The Arbors offers affordable living apartments and a memory support community.  
**Call: 413.593.0088**  
 For more information or to arrange for a guided tour.

929 Memorial Drive, Chicopee • [www.arborsassistedliving.com](http://www.arborsassistedliving.com)



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# EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 a.m.	Fit for life	Country Beat	Fit for life	Country Beat	Fit for life
9:00 a.m.	Chair Yoga				
10:00 a.m.	Gentle Exercise	Gentle Balance with Ruth	Gentle Exercise Zumba	Gentle Balance with Ruth	Gentle Exercise
11:00 a.m.	Circuit Workout Yoga with Caitlin	Cardio Mix	Circuit Workout	Cardio Mix	Circuit Workout
12:30 p.m.	Ping Pong				Ping Pong
1:00 p.m.		Gentle Balance with Ryan		Gentle Balance with Ryan	
1:30 p.m.				Tai Chi	
2:00 p.m.					
3:00 p.m.			Line Dancing		

### RIVERMILLS FITNESS POLICY

Anyone who wants to participate in an exercise program or use the Fitness Center must have their doctor fill out and sign the Council on Aging's Fitness Program Application. *That form must be renewed yearly. Without a waiver, you cannot exercise.* Waivers are available at the reception desk. Chicopee residents are given priority for all classes and use of equipment.

### CLEAN SNEAKER POLICY

Fitness Program users **MUST** change into a 2<sup>nd</sup> pair of sneakers prior to using the Fitness Center and the Exercise Studio.

<b>FIT FOR LIFE</b>	This is an energetic class featuring an aerobic workout, along with strength, balance and flexibility elements. <b>Cost: \$2 donation</b>
<b>COUNTRY BEAT</b>	Get your country groove on and start the day right. <b>Cost: \$2 donation</b>
<b>GENTLE EXERCISE</b>	This class focuses on functional movement & fun. The exercises offered are both standing & sitting. <b>Cost: \$1 donation</b>
<b>GENTLE BALANCE</b>	Focuses on exercises to help with balance. <b>Cost: \$2 donation</b> <b>Tuesdays &amp; Thursdays with Ruth @ 10 a.m.</b> <b>Tuesdays &amp; Thursdays with Ryan @ 1 p.m. (Ryan teaches more advance balance techniques.)</b>
<b>LINE DANCING</b>	Rose Sullivan will be holding weekly Line Dancing classes every Wednesday at 3 p.m. starting on, October 5th. The cost is \$3 to participate.
<b>CIRCUIT WORKOUT</b>	Join us for a five exercise circuit workout. Participants will move from one exercise station to another on timed intervals. Grouped together the exercises will target full body strength, balance, and endurance. Please register at the reception desk, or call 534-3698. <b>Cost: \$3 donation</b>
<b>TAI CHI</b>	Come experience the many slow and gentle benefits of Tai Chi Fit/Qigong. The class is led by Michelle Zemba LMT, Certified in Tai Chi/Qigong. <b>Cost: \$3 donation.</b>
<b>ZUMBA</b>	This class is designed for active older adults who can move to the music. This is a modified class that recreates the original moves at a lower intensity. <b>Cost: \$2 donation.</b>
<b>CARDIO MIX</b>	Cardio Mix is a combination of exercise ranging from Aerobics, Dance, Strength & Balance, some floor exercise focusing on abs and legs. Based on the classes needs. <b>Cost: \$3 donation</b>
<b>YOGA CLASSES</b>	<b>Yoga</b> on Mondays @ 11 a.m. Led by Caitlin Lavin. <b>Cost: \$3 donation.</b> <b>Chair Yoga</b> on Mondays @ 9 a.m. Led by Debra Vega. <b>Cost: \$3 donation.</b>

# RiverMills Reminder Donations

Won't you think of adding your name to the list of contributors by sending in your donation today? THANK YOU to all who have given to support the [RiverMills Reminder & Programming](#). Recent contributors are below:

<p><i>Program &amp; Reminder donations</i></p> <p>David &amp; Marilyn Goudreault          Mary K. Rider          Jay Gardin          Sue Beauchemin          Ron &amp; Terry Pete          Celeste Martel          Michael J. Pieciak          Christine Harrison          Cynthia Curran          Normand &amp; Denise Lussier</p>	<p>Robert Joseph Zygarowski          Francis &amp; Constance Rondeau          Margaret Pioggia          Sharon Amons          Mary Houle          Normand &amp; Denise Lussier          Carol Jean Meade          Eleanor Kapinos          Eleanor Dowd</p>	
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**DONATIONS TO THE COUNCIL ON AGING SENIOR CENTER & RIVERMILLS REMINDER**  
*In gratitude for the services & programs of the Chicopee Council on Aging,  
 I am enclosing the following donation amount to the:*

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Do you want your name published in the RiverMills Reminder? Yes \_\_\_\_\_ No \_\_\_\_\_

**Thank you kindly for your gift!**  
**Checks should be made payable to:** City of Chicopee, Council on Aging  
**Mail to:** Chicopee Council on Aging, 5 W. Main Street, Chicopee, MA 01020-1864

## Program/Event Registration Policy

Chicopee residents will have priority registration for one week following the date registration opens. Non-residents will then be able to buy tickets or register for programs after the one-week resident registration period ends. RiverMills Center welcomes all older adults ages 55 and older, but must give priority to City of Chicopee residents. The Council on Aging is a city department that is supported by taxpayers. Thank you for your understanding. Registration for any event begins on the first of the month the event is taking place. If an event is scheduled the 1st week of a month, registration will begin a week early.

## Acknowledgments

The RiverMills Reminder is printed and distributed with funds provided by the City of Chicopee, the state Executive Office of Elder Affairs, local businesses, and individual contributors. The Chicopee Council on Aging receives federal Older Americans Act funding from local Area Agency on Aging WestMass Elder Care, the state Executive Office of Elder Affairs, and the federal Administration for Community Living. The Chicopee Council on Aging is a proud member of the Massachusetts Council on Aging & Senior Centers; National Council on Aging; and National Institute of Senior Centers.



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## RiverMills Center

CHICOPEE SENIOR CENTER

5 WEST MAIN ST.

CHICOPEE, MA 01020

### Hours

Monday-Friday

8:00 A.M.- 4:00 P.M.

### COA Phone Number

Main 534-3698

Transportation 536-5733

Travel Desk 534-3698

Fax 557-6989

[Chicopeema.gov/COA](http://Chicopeema.gov/COA)

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