



THE

RiverMills Reminder

THE NEWSLETTER OF THE CHICOPEE COUNCIL ON AGING

May/June 2022

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

Join the Summer Fun at RiverMills Center!



SUMMER COMEBACK



Thursday, June 23rd
3:00 PM – 6:00 PM



Our summer picnic is back, but with a carnival twist! Come try your hand at some games, eat some carnival treats, and sit back and enjoy a summer night with your friends at RiverMills Center. Tickets are \$6 and will include a hamburger, hot dog, chips, ice cream and a drink. All other concessions and game tickets will be available to purchase. There will be no formal time for dinner, but ticket sales will be limited. Live performance by Matt York. You must register at RiverMills Center.

MAY IS OLDER AMERICANS MONTH “Age My Way”

“Age My Way” is the theme for Older Americans Month this year. The focus is on aging in place and how older adults can stay in their homes and live independently in their communities for as long as possible. RiverMills Center is one of many resources that helps older adults in the community stay in their homes safely. It’s important to have resources available so that educated decisions can be made about aging in place and aging your way.

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- ⇒ Craft Time..... 3
- ⇒ Groups & More..... 4
- ⇒ Weekly Activities..... 5
- ⇒ Monthly Calendars..... 6 & 7
- ⇒ Programs..... 8
- ⇒ More Programs..... 9
- ⇒ Friends Update..... 10
- ⇒ Travel Club & Transportation. 11
- ⇒ Health & Social Service..... 12
- ⇒ Support Groups & More..... 13
- ⇒ Announcements & More..... 14
- ⇒ Exercise Schedule..... 15



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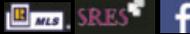
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March 8th, 2022



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.

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RIVERMILLS CAFÉ MANAGER
Anne Fountain and Antonio Catalfamo

RIVERMILLS CAFÉ ASSISTANTS
Ellen Garrow & Madelyn Pettico

Message from the Director

It's taken more than two years, but RiverMills Center is finally back to full pre-pandemic programming. For those of you who have missed the congregate meal site, the wait is over and lunch is served!

There are many exciting programs being offered in May and June, but I'll begin with details of the congregate meal site. A "soft" reopening took place the last week in April, followed by a full reopening the first week in May. Many of you who dined with us before the pandemic will notice changes, hopefully for the best. The most exciting change is we are making our meals in-house and not using WestMass Elder Care prepared food. Chefs Anne Fountain and Antonio Catalfamo are busy in the kitchen cooking up a storm. Meal cost and other details are outlined on Pg. 5 of the newsletter.

With the reopening of congregate meals comes the end of a successful two-year curbside meal pick-up program. That program was the direct result of the pandemic. When the senior center closed in March 2020, the staff and I immediately regrouped and brainstormed. We wanted to make sure the older adults in Chicopee were taken care of, even if you couldn't come to RiverMills. One of our goals was to keep you nourished, but out of the supermarkets. It's hard to believe how scared we all were of going shopping back then. That's when the curbside meal program was born. I know some of you have gotten used to the curbside program and will miss it, but its purpose was served and now we have to get back to the normal we once knew. If congregate dining isn't for you, RiverMills Café always has an entrée and other goodies for sale daily that will hopefully meet your needs.

Now let's talk about programming. There's plenty of it inside the pages of the May/June RiverMills Reminder. We are especially excited about the Summer Comeback Carnival on June 23rd. It's our first carnival at RiverMills and there will be games, food, music, and plenty of fun to be had. We hope to see you there. It will be our first big event since reopening our doors last July.

We also have a special Mother's Day Breakfast on May 10th and a Father's Day Breakfast on June 8th. The ladies will be doing floral arrangements after breakfast, and the men will be going to a Westfield Starfires baseball game following their meal. Speaking of food, we have a live virtual Wine and Cheese event from Rome, Italy on June 30th. The tour of Rome is virtual, but the wine and cheese will be "real" and ready to taste! If ice cream is your thing, there's a van trip to Barstow's Farm & Dairy Barn on May 19th.

We are also excited to be part of the Walk MA Challenge. The kick-off event for this six-month walking challenge will take place at Szot Park on May 11th. It's never too late to start walking.

We hope to see you at RiverMills Center soon.
Fondly,
Sherry



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CRAFT TIME

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

WATERCOLOR & PASTELS

TUESDAYS, MAY 10TH, 17TH, 24TH AT 1 P.M.

COST: FREE

In this workshop, led by our art teacher Virginia, you will create a Georgia O'Keefe style painting using watercolors and pastels. This class is limited.



FRESH FLOWER TEACUP

THURSDAY, MAY 5TH AT 10 A.M.

COST: \$15

Come and put together a beautiful live floral arrangement in a teacup. Just in time for Mother's Day.



BUTTERFLY WREATH

THURSDAY, MAY 12TH AT 10 A.M.

COST: \$10

Relax and make a butterfly grapevine wreath just in time to put out for the warmer months.



MEMORIAL DAY

PLANTER LOG

THURSDAY, MAY 19TH AT 10 A.M.

COST: \$10

Join us for our annual Memorial Day Planter Log craft. You must register in advance by calling RiverMills Center. Space is limited.



WAGON WHEEL WREATH

THURSDAY, MAY 26TH AT 10 A.M.

COST: \$10

Create this Wagon Wheel Wreath, perfect to hang on your door all summer long, or to add to the decorations around your home.



FAIRY GARDEN DECOR

THURSDAY, JUNE 2ND AT 10 A.M.

COST: \$10

Back by popular demand, come and make this fairy garden arrangement, complete with live plants.



OLD BOOK ART WORKSHOP

FRIDAY, JUNE 3RD AT 1 P.M.

COST: \$10

Join us in creating unique dictionary art. You will be able to choose from multiple images to create your artwork using transfer techniques and then using watercolors to make your image pop. Space is limited.



CREATE YOUR MAT

THURSDAY, JUNE 9TH AT 10 A.M.

COST: \$10

Show off your creative side and design your own custom welcome mat.



MAGNOLIA WREATH

THURSDAY, JUNE 16TH AT 10 A.M.

COST: \$10

Create a beautiful wreath of silk Magnolia leaves and flowers. Space is limited.



4TH OF JULY WREATH

THURSDAY, JUNE 23RD AT 10 A.M.

COST: \$10

Show your patriotic side and come create this 4th of July Wreath. Space is limited.



SUCCULENT PLANTER

THURSDAY, JUNE 30TH AT 10 A.M.

COST: \$15

Another popular activity that fills up quick. Come and create this succulent planter.



PAINT-N-DINE



May 10th
Roast beef



June 14th
Pork tenderloin

4:00 P.M. -7:00 P.M.
Cost: \$20

CRAFT GROUPS

NEEDLECRAFT GROUP

Fridays, 9:30 a.m.

Come knit and crochet with this friendly group of needle crafters.



SCRAPBOOKING/PAPERCRAFTING

3rd Wednesdays, May 18th & June 15th

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, June 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.

QUILTING GROUP

Thursdays, 1 – 4 P.M.

If you're a quilter, this group is for you. This is a casual quilting group. Bring your sewing machine and supplies and have fun quilting with others.



OPEN ART FRIDAYS (NEW)

Every Friday from 12:00 P.M.-2:00 P.M.

Beginning Friday, May 13th

Bring any art projects you are working on, such as pastels, watercolors, etc. to our Open Art class. Vicki Dowd will be available during this open art studio to assist with any painting/drawing projects you might be working on, whether you need help getting started or need guidance with something you are working on. Vicki has over 20 years experience with a background of many mediums. Vicki also used to be a substitute art teacher with Chicopee Comprehensive High School and the former Creative Art Center in Holyoke. Welcome Vicki!



OPEN ART TUESDAYS (New)

May 3rd & 31st and every Tuesday in June

1:00 P.M.-3:00 P.M.

Bring any art projects you are working on, such as pastels, watercolors, etc. to our Open Art class. Virginia Giokas will be available during this open art studio to assist with any painting/drawing projects you might be working on, whether you need help getting started or need guidance with something you are working on.

PHOTOGRAPHY CLUB

1st and 3rd Tuesdays at 1:00 P.M. The Photo Club is having regular meetings. Time and location may vary. If you would like to join us call 534-3698 ext.104.

ENTERTAINMENT

TUESDAY AT THE MOVIES

1st & 3rd Tuesday @ 12:30 P.M.

May 3rd: "The Lost Husband" 2020

May 17th: "The Unforgivable" 2021

June 7th: "King of Thieves" 2018

June 21st: "King Richard" 2021



BIRTHDAY PARTIES

Thursday, June 30th @ at 1:15 P.M.—

Entertainer-Laurie Festa

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

RiverMills Center will celebrate May and June birthdays on June 30th. Everyone is invited to the party, even if you don't have a birthday in those months.



Tickets will be available the day of the party. If you need a ride to the party, please call the Transportation Department at 536-5733 at least a week in advance.

TECH TIME

PROGRAM TECH OFFICE HOURS

Mondays & Wednesdays 10:00 A.M.– 12:00 P.M.

There are no available appointments at this time. All appointment spots have been booked through May. To schedule an appointment in June you must call on May 31st. To book a 1-on-1 in-person meetings call 534-3698 ext.104.

TECH CONNECT CLASS

2nd Fridays, May 13th & June 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.



TABLET LENDING PROGRAM

If you are a Chicopee senior with internet access who needs an updated device, or if you are thinking of buying a new tablet but are not sure what to get you can borrow one of our iPads for up to 3 weeks! These tablets can be used to get online, play games, or join Zoom programming. The tablets will also have charging and typing accessories, as well as a user's guide. If you are a Chicopee senior who could use a tablet please contact Program Technician Jona Ruiz at 534-3698 ext.104 or send an email to jruiz@chicopeema.gov.

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.– Fit for Life (Fitness 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 Rm) 1:00 -3:00 p.m.– Art (Art Rm)	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.) 11:00 a.m.– Line Dancing (Fitness Rm , <i> Begins May 18th!</i>) 1:00 p.m.– Cribbage (Card 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 (Garden Rm) 1:30 p.m.- Tai Chi (Fitness Rm) 1-3:00 p.m.– Bridge (Card Rm) 1:00 p.m.– Mah Jongg (Class Rm) 1-4:00 p.m.– Quilting Group (Art 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)	

CONGREGATE MEALS AT RIVERMILLS CENTER

Indoor Lunch Program Returns-Monday, May 2nd

RiverMills Center’s indoor lunch program is open for business! It has been two years since the congregate meal program went on hiatus due to the pandemic. The temporary curbside meal pick-up program ended on April 22nd. Meals are made in-house by RiverMills Center’s chefs, Anne Fountain and Antonio Catalfamo, replacing the WestMass Elder Care meals the center used to use for its lunch program.

Lunch Site Info:

- Meals are \$3. Exact change required. Meals must be eaten at the meal site. No meals to-go.
- Hours: 11:30 a.m. to 12:30 p.m. Meals served at 11:30 a.m.
- Reservations must be made at least one day in advance by calling 534-3698. No same-day reservations.
- Meal cancellations must be received by 4 p.m. the day before. No-shows will be charged for a missed meal and may lead up to exclusion in the future.
- Meal program is open to Chicopee residents only due to federal grant guidelines.



MAY 2022 PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:30 –11:00 a.m.-Book Mobile</p>	<p>3 12:30 p.m.- Movie 1 p.m.-Photography Club 1 p.m.- Living Again 1-3:00 p.m.– Open Art Time</p>	<p>4 8:00 a.m.-1:30 p.m.-Foot Care</p>	<p>5 8:15 a.m.-2:45 p.m. - Spa Facials 10:00 a.m.– Fresh Flower Teacup Arrangement 10:30 a.m.– Coffee with the Mayor 1-4p.m.– Quilting</p>	<p>6 9:30 a.m.- Needlecraft Group</p>
<p>9 9:30 –11:00 a.m.-Book Mobile</p>	<p>10 8:30a.m.-11:30– Manicures 9:00 a.m.– Mother's Day Breakfast 1 p.m. – Watercolor & Pastels Series 4:45 p.m.-COA Board 4:00 p.m.– Paint & Dine 6 p.m.– Grandparents as Parents Support Group <i>Maine Lobster/Kennebunkport</i></p>	<p>11 8:15 a.m.-2:45 p.m. - Spa Facials 9-11:00 a.m.- Walk MA Challenge Kickoff Event at Szot Park</p>	<p>12 9:00 a.m.– S.A.L.T. 10:00 a.m.– Butterfly Wreath 1-4p.m.– Quilting</p>	<p>13 9:30 a.m.- Needlecraft Group 10:00 a.m.– FRIENDS meeting 12-2:00 p.m.– Open Art Time 1:30 p.m.-Tech Connect</p>
<p>16 9:30 –11:00 a.m.-Book Mobile 1:00 p.m.– Summer Ice Cream Socials</p>	<p>17 9:30 a.m.– Hearing Services 11:30 a.m.– Ask an Attorney 12:30 p.m.- Movie 1 p.m.-Photography Club 1 p.m.– Watercolor & Pastels Series</p>	<p>18 1-3:00 p.m.-Scrapbooking/ Paper crafting 3:30 p.m.– Alzheimer's Support Group <i>Dancing Dream, ABBA Tribute, at Aqua Turf</i></p>	<p>19 9:15 a.m.– Barstow's Farm Tour & Dairy Barn 10:00 a.m.– Memorial Day Planter Log 1-4p.m.– Quilting</p>	<p>20 9:30 a.m.- Needlecraft Group 12-2:00 p.m.– Open Art Time 1:00 p.m.– Birds of Prey</p>
<p>23 9:30 –11:00 a.m.-Book Mobile 11:00 a.m.– Planning for Medicare 1:00 p.m.– Book Club</p>	<p>24 8:30a.m.-11:30p.m.– Manicures with Irene 11:00 a.m.– Community Coffee Talk 1 p.m.– Watercolor & Pastels Series</p>	<p>25 9:00 a.m.– Massage Therapy 10 –11:30 a.m.– Garden Club 11:00 a.m.– Home Improvement Contracting 1:00 p.m.– Veteran's Voice 1:30 p.m.– Tasty Tea with Eleanor Roosevelt</p>	<p>26 10:00 a.m.– Wagon Wheel Wreath 1-4p.m.– Quilting</p>	<p>27 9:30 a.m.- Needlecraft Group 12-2:00 p.m.– Open Art Time</p>
<p>30</p>  <p>CLOSED</p>	<p>31 9:30 a.m.– Travel Club Meeting 1-3:00 p.m.– Open Art Time</p>			

<p>Don Roy's AUTO BODY APPEARANCE CENTER INC. www.donroysautobody.com</p>	<p>Smart Choice... Very Smart! 413-593-5010 1416 Granby Rd. Chicopee</p>	
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JUNE 2022 PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:00 a.m.-1:30 p.m.-Foot Care 10:00 a.m.- Reviving Minds Webinar	2 8:15 a.m.-2:45 p.m. - Spa Facials 10:00 a.m.- Fairy Garden Arrangement 10:30 a.m.- Coffee with the Mayor 1-4p.m.- Quilting	3 9:30 a.m.- Needlecraft Group 12-2:00 p.m.- Open Art Time 1:00 p.m.- Old Book Art Workshop
6 9:30 -11:00 a.m.-Book Mobile	7 12:30 p.m.- Movie 1 p.m.-Photography Club 1 p.m.- Living Again 1-3:00 p.m.- Open Art Time	8 8:15 a.m.-2:45 p.m. - Spa Facials 8:15 a.m.- Father's Day Breakfast & Baseball Game 11:00 a.m.- Prediabetes and Carbs Workshop	9 10:00 a.m.- Create your own Welcome Mat 1-4p.m.- Quilting	10 9:30 a.m.- Needlecraft Group 10:00 a.m.- FRIENDS meeting 12-2:00 p.m.- Open Art Time 1:00 p.m.- Summer Ice Cream Socials 1:30 p.m.-Tech Connect
13 9:30 -11:00 a.m.-Book Mobile 10:00 a.m. Shifting Gears	14 8:30a.m.-11:30p.m.- Mani- cures with Irene 10:00 a.m.- Card Making 10:00 a.m.- Shifting Gears 1-3:00 p.m.- Open Art Time 4:00 p.m.- Paint & Dine 4:45 p.m.-COA Board 6 p.m.- Grandparents as Parents Support Group	15 8:00 a.m.-1:30 p.m.-Foot Care 1:00 p.m.-3:00 p.m.- Scrapbooking/ Paper crafting 3:30 p.m.- Alzheimer's Sup- port Group	16 10:00 a.m.- Magnolia Wreath Craft 1-4p.m.- Quilting	17 9:30 a.m.- Needlecraft 9:15 a.m.- Lee Outlets Van Trip 12-2:00 p.m.- Open Art Time
20  CLOSED	21 9:30 a.m.- Hearing Services 11:00 a.m.- Medicare Op- tions for Seniors 12:30 p.m.- Movie 1 p.m.-Photography Club 1-3:00 p.m.- Open Art Time	22 9:00 a.m.- Massage Therapy 2:00 Dane Kane-young singers <i>Memories of Patsy Cline/ Dan-</i>	23 10:00 a.m.- 4th of July Wreath Craft 1-4p.m.- Quilting 3-6:00 p.m.- Summer Come- back Carnival	24 9:30 a.m.- Needlecraft Group 12-2:00 p.m.- Open Art Time
27 9:30 -11:00 a.m.-Book Mobile 1:00 p.m.- Book Club 10 a.m. Sheriff's emotional sup- port dog visit	28 8:30a.m.-11:30p.m.- Mani- cures with Irene 9:30 a.m.- Travel Club Meeting 11:30 a.m.- Ask an Attorney 1-3:00 p.m.- Open Art Time	29 1:00 p.m.- Veteran's Voice	30 10:00 a.m.- Succulent Planter 1-4p.m.- Quilting 1:15 p.m.- Birthday Party 3:00 p.m.- Virtual Wine & Cheese Pairing, Live from Rome	

 <p>Denise Londraville REALTOR LICENSED IN MA 413-374-2890 "Selling Homes One Relationship at a Time" Denise.Londraville@HBRealestate.net • HBRealEstate.net</p>	 <p>• REAL ESTATE • 99 CHURCH STREET CHICOPEE, MASSACHUSETTS 01020</p>	 <p>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</p>
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PROGRAMS

COFFEE WITH THE MAYOR

Thursday, May 5th & June 2nd at 10:30 A.M.

Join Mayor John Vieau for a cup of coffee and a sweet. This is your chance to ask your elected officials questions and let them know what's on your mind.

Mother's Day Breakfast

Tuesday, May 10th at 9:00 A.M.

Cost:\$5

To all the special ladies out there, come Celebrate Mother's Day with a delicious breakfast and then put together a live floral arrangement using seasonal flowers in bloom. Space is limited and you must register in advance at RiverMills. Registration begins Monday, April 4th.

WALK MA CHALLENGE KICKOFF

Wednesday, May 11th 9:00 A.M.– 11:00 A.M.

Rain Date: Friday, May 13th

Join RiverMills Center for the Walk MA Challenge Kickoff Walk at Szot Park. This annual program run by the Massachusetts Councils on Aging, is a community-wide walking challenge running May 1 - October 31, 2022 and is open to community members ages five and over. Each participant chooses from one of four predetermined challenges which is based on distance or frequency. Individuals who complete the challenge receive raffle prize entries for themselves and their Council on Aging. Individual prizes include gift cards of Visa (\$50), Amazon (\$25) and Dunkin' (\$10). Councils on Aging prize levels range from \$250-1,000! There will be refreshments, raffle prizes and other giveaways at this event, along with a stroll around Szot Park. Walkers, please wear appropriate clothing and shoes, and go at your own comfortable pace while walking. For more information about the walk challenge, please visit www.walkmachallenge.com or call Casey Conroy at 413-534-3698 ext. 118.

S.A.L.T. COUNCIL

Thursday, May 12th at 9:00 A.M.

The S.A.L.T. (Seniors and Law Enforcement Together) Council meets the second Thursday every other month. The council is looking for new members, especially people with a background in public safety. If interested, contact Casey Conroy at 534-3698, ext. 118.

Ice Cream Socials

Monday, May 16th & Friday, June 10th at 1 P.M.

Cost: \$1

Come enjoy an ice cream to celebrate the warmer weather or to beat the heat. Once a month during the warmer months, come to our Ice Cream Social! You must register in advance at RiverMills Center.

Ask an Attorney

Tuesday, May 17th & June 28th at 11:30 A.M.

Attorney Hyman G. Darling of Bacon Wilson P.C. will be back at RiverMills Center to discuss Estate Planning on May 17th and Real Estate and Homestead Exemptions on June 28th. You must register in advance as space will be limited.

BARSTOW'S FARM & DAIRY BARN

Thursday, May 19th departing at 9:15 A.M.

Cost: \$10

Rain Dates: May 24th or May 26th

RiverMills takes on Barstow's Longview Farm in Hadley. During this trip, you will take a walking tour of the farm, which includes the anaerobic digester, milking robot, milking barn, and calf barn. After the tour, we will head to the dairy store to grab lunch and will finish off the trip with an ice cream. This will be about a 45 minute walking tour with some uneven terrain, some hills and possible mud. Please do not sign up if you do not believe you can walk in these conditions. Please wear the appropriate footwear and bring a walking stick if needed. The cost of this trip includes the van ride, tour and a small ice cream. You are responsible for the cost of your lunch and any other purchases on this trip. You must register in advance as space will be limited.

BIRDS OF PREY AT RIVERMILLS

Friday, May 20th at 1:00 P.M.

Tom Ricardi of the Massachusetts Birds of Prey Rehabilitation Facility will be at RiverMills Center to present his Conservation Education Program as well as the importance of rehabilitation and breeding of these raptors. Tom will have live raptors with him during this presentation. Space will be limited for this presentation. You must register in advance.

PLANNING FOR MEDICARE

Monday, May 23rd at 11:00 A.M.

Planning for Medicare is a presentation and discussion led by a Blue Cross Blue Shield of Massachusetts representative. It's geared towards individuals approaching Medicare Eligibility. Topics covered include health insurance information outside of employer sponsored coverage, such as an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans and programs available to early retirees, and COBRA. You must register in advance.

BOOK CLUB

Monday, May 23rd & June 27th at 1:00 P.M.

Looking to join a book club? Books are picked up the month before the group meets.

MORE PROGRAMS

COMMUNITY COFFEE TALK

Tuesday, May 24th at 11:00 A.M.

Come enjoy a cup of coffee and chat with Sgt. Gazda of the Chicopee PD.

RIVERMILLS GARDEN CLUB

Wednesday, May 25th at 10-11:30 A.M.

The RiverMills Garden Club will have an organizational meeting for the upcoming growing season. Anyone interested in participating this year should attend this kick-off meeting. Chris Brown will give a presentation on herbs. Let's get growing! Please register in advance.

HOME IMPROVEMENT CONTRACTING

Wednesday, May 25th at 11:00 A.M.

The state's Office of Consumer Affairs and Business Regulation will present this program about how you can better deal with home improvement contractors, including the registration of contractors, and how to file a complaint, how to deal with arbitration, and information on the guaranty fund. You must register in advance.

TASTY TEA WITH ELEANOR ROOSEVELT

Wednesday, May 25th at 1:30 P.M. Cost: \$5

Tasty Tea is back, but this month it comes with a twist. Join author and historian Carol Cohen for a look into the life of Eleanor Roosevelt, while enjoying a cup of tea and treats. During this presentation, you learn about her role as a human rights activist, and inspect many primary sources that were very much a part of Roosevelt's personal and professional life. Cohen's presentation is interactive focusing on Eleanor after the death of Franklin, when she is living at Val Kill on her own. Carol Cohen is on the faculty of Lesley University and is a published historian and playwright. You must register by May 18th.

REVIVING MINDS WEBINAR

Wednesday, June 1st at 10:00 A.M.

Join Reviving Minds for a live Webinar on Wednesday, June 1st at 10 a.m. Reviving Minds is an online/phone based group offering 1-on-1 health and wellness support. During this webinar, you will learn what Reviving Minds is all about and how it may be a beneficial piece of your health and wellness journey. You must register in advance.

PREDIABETES & CARB WORKSHOP

Wednesday, June 8th at 11:00 A.M.

A representative from the Food Bank of Western Massachusetts will lead this presentation. In this workshop, you will go over Diabetes basics, reading food labels, managing blood sugar levels, counting carbohydrates and more. You must register in advance at RiverMills Center or by calling 534-3698.

FREE

FREE

FREE

FREE

FREE

FATHER'S DAY BREAKFAST & GAME

Wednesday, June 8th at 8:15 A.M.

Cost: \$20 (includes breakfast, transportation & game ticket.)

To all the special men out there! Enjoy a breakfast at RiverMills Center followed by a Westfield Starfires Baseball game. The Westfield Starfires are a collegiate summer baseball team based in Westfield, Massachusetts. They play in the Futures Collegiate Baseball League, a wood-bat league with a 56-game regular season comprising eight teams from northern Vermont to western Connecticut.

You are responsible for all purchases while at the baseball game. You must register in advance at RiverMills Center. Registration begins Monday, May 2nd until Tuesday, May 31st.

SHIFTING GEARS:

MASS DEPT. OF TRANSPORTATION

Monday, June 13th at 10:00 A.M.

A representative with the Massachusetts Department of Transportation will be here for the program "Shifting Gears" where participants will get an overview of the rules of the road, defensive driving, and safe driving tips. You must register in advance.

Dan Kane and His Young Singers

Wednesday, June 22nd at 2 P.M.

Join us for a free performance from Dan Kane and his Young Singers. You must register in advance as space is limited.

Hampden County Sheriff's Dept.

Emotional Support Dog Visit

Monday, June 27th at 10 A.M.

The Hampden County Sheriff's Department Emotional Support Division will be visiting RiverMills Center. Sheriff Cocchi created this division to offer support through animal therapy. You will be able to chat with the division, ask questions and then say hello to the therapy dog. You must register for this event.

Live from Rome

Virtual Wine & Cheese Pairing

Thursday, June 30th at 3:00 P.M. -5:00 P.M.

Cost: \$10

Join Casa Mia Tours resident cheese expert, Eleonora, and their natural wine lover, Gina, as they share their knowledge of cheese and wine pairings LIVE from Rome, Italy. You will be pairing three summer wines with three cheeses during this live, interactive workshop. Space is limited. You must register in advance at RiverMills Center.

FREE

FRIENDS OF RIVERMILLS CENTER



Friends of Chicopee Senior Citizens June 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 June. 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 \$25	2 \$50	3 \$25	4 \$50
5 \$50	6 \$25	7 \$50	8 \$25	9 \$50	10 \$200 Friends Day	11 \$50
12 \$50	13 \$25	14 \$75 Flag Day	15 \$25	16 \$50	17 \$25	18 \$50
19 \$150 Father's Day	20 \$25	21 \$75 First Day of Summer	22 \$25	23 \$50	24 \$25	25 \$50
26 \$50	27 \$25	28 \$50	29 \$25	30 \$50		

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: _____

TRAVEL CLUB

Joyce Fisher, President /Planner
 Sandra Prejsner, Treasure/ Planner
 Ann Sweeney/ Secretary/Planner
 Ron Milkay, Computer Support/ Planner

Meetings take place the last Tuesday of each month.
Next Meetings: May 31, June 28 at 9:30 AM

TRAVEL DESK

Monday, Tuesday, Thursday, and Friday 11 AM-2 PM

I am happy to report that the Travel Club business is slowly improving. The following are events that we have opened for trips or are actively pursuing contracts:

- **May 10th- Maine Lobster/ Kennebunkport**
- **May 18- Dancing Dream, ABBA Tribute, at Aqua Turf**
- **June 18th- Hampton Beach /Sand Castle Contest**
- **June 22nd- Memories of Patsy Cline/ Danversport Yacht Club**
- **July 13- Cinderella – N. Shore Theater**
- **July 19th- Portsmouth Harbor/ Isle of Shoales Cruise**
- **August 17th- Murder at Howard Johnson's/ Newport Playhouse (Renovated)**
- **TBD- Beauport Princess/ Rockport**
- **TBD- Connecticut Lighthouse Cruise/ Lunch at Mystic**
- **September 19th-21st- White Mountains/ Mt Washington**

To view this schedule on the website get on the internet and enter "COA Chicopee Travel Club". Click on the link that says Travel Club Chicopee, MA and you will be directed to the Travel Club page on the City's website. The current status of events can be obtained by visiting, calling or e-mailing the Travel Club. The RiverMills Reminder is issued every other month and an event could be wait-listed before it appears in the latest issue. **Phone # 413-534-3698, ext. 113; Email address: coatravel@chicopeema.gov**

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.

FRIENDS MEETINGS

FRIDAY, MAY, 13TH AND JUNE 10TH AT 10:00 A.M.

TRANSPORTATION

Transportation hours of operation are now Monday through Friday from 8 AM to 3 PM. Transportation can be reached at 536-5733.

- Rides are available for: medical/dental, shopping, pharmacy, banking and anywhere in Chicopee.
- All rides require a reservation. Rides must be requested **at least** 3 to 5 business days prior to your appointment.
- If no one answers the Transportation phone, please leave a voice message and someone will call you back as soon as possible, and no later than the next business day.

The following information is required to make a medical/dental appointment:

- Your name, phone number, and address
- Date and time of your appointment
- Doctor's name, phone number, and complete street address
- Rides outside of Chicopee are to a limited area, primarily to medical offices at:
 - Baystate Medical Center and the Main St. Springfield physician office buildings
 - Mercy Hospital and physician offices
 - Holyoke Medical Center and physician offices
 - Parts of Riverdale St. West Springfield
 - Raymond Center in South Hadley
 - Inform us if you need a wheelchair van

The RiverMills Center Transportation Department follows the state safety standards for public transportation during COVID-19. Until further notice, passengers and drivers must wear a mask while inside a COA vehicle. Hand sanitizer is provided.

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 Friends message

Friends to Hold Election of New President at May Meeting: The Friends will elect a new president at its May 13, 2022 meeting. A Nominating Committee has been formed to present a candidate. Nominations from the floor will also be accepted. This is an important meeting. Friends members are urged to attend. The meeting is at 10:00 a.m.

WELLNESS

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

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

FOOT CARE CLINIC

May 4th and June 1st and 15th

8:00 a.m.-1:30 p.m.

Cost: \$30

Meet our new Foot Care provider. Sarah Hassett, the owner of Mobile Manicures, provides professional natural nail and foot care services to clients on-site. Sarah is a master licensed nail technician with over 11 years of experience working in high-end resort spas and Elizabeth Arden. She specializes in natural nail care and loves to make her clients feel comfortable and pampered by alleviating common foot conditions with careful nail trimming and gentle care. This clinic is by appointment only. Please call RiverMills Center at 534-3698 or stop by to register.



FACIALS WITH DIANE

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

May 5th & 11th and June 2nd & 8th

Cost: \$35

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

2nd & 4th Tuesdays 8:30 a.m.– 11:30 p.m.

May 10th & 24th and June 14th & 28th

Cost: \$12-\$15

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

HEARING SERVICES



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

May 17th & June 21st

Gary Winn, a licensed hearing specialist, offers hearing screenings & testing, along with hearing aid checks, servicing & cleaning. Appointments are required by stopping by RiverMills, or calling 534-3698.

MASSAGE THERAPIST

4th Wednesday every month at 9:00 a.m.

May 25th & June 22nd

Cost: \$15 per 15 minutes

Schedule an appointment with Licensed Massage Therapist Holly White. Appointments may be made at RiverMills or by calling 534-3698.

SOCIAL SERVICES

SNAP INFORMATION

Anyone who needs information or help obtaining SNAP benefits should call Outreach Coordinator Beth Ferrando at 534-3698 ext.115. She will be able to help you with your food stamp needs. Gross monthly income guidelines are:

1-person household, \$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 to register.

2022 SUMMER FARM SHARE

The Chicopee Council on Aging is once again offering 56 farm shares through Community Involved in Sustaining Agriculture (CISA). The cost is \$10 for 10 weeks.

You must be 60 years old or older to qualify. In addition, you must be able to answer yes to at least one of the following four criteria:

- I receive SNAP benefits (food stamps), Medicaid, SSI, AFDC, welfare, or veteran's aid.
- I participate in the Food Bank's Brown Bag Program.
- I live alone and my income is below \$27,180
- The total income of my household is below \$36,620 (only one share per household please).
- **Application deadline:** June 1st

If interested, please call Beth Ferrando at 534-3698

SUPPORT GROUPS & MORE

LIVING AGAIN

1st Tuesdays at 1:00 p.m.

May 3rd & June 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.

GRANDPARENTS AS PARENTS

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

May 10th & June 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. Beth is also available to meet for 1:1 support when needed. The group meets the 2nd Tuesday of each month from 6:00-7:15 p.m. The Council on Aging's *Grandparents As Parents Program (GAPP)* is in need of volunteers to assist with babysitting while the group meets. If you are able to help us out, please call 413-534-3698 Ext 115.

ALZHEIMER'S SUPPORT GROUP

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

May 18th & June 15th

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

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.



VETERAN'S VOICE MEETING

Last Wednesdays at 1:00 p.m.

May 25th & June 29th

This group is for veterans of all ages. A guest speaker is usually featured every month. Coffee and a sweet treat are served.



SHINE—SERVING THE HEALTH INSURANCE NEEDS OF ELDER

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.

DIFFICULTLY HEARING THE PHONE?

CaptionCall will have a representative and informational table at RiverMills Center on May 9th and June 15th from 10:00 a.m.-12:00 p.m. CaptionCall is part of a federally funded program designed to help qualified individuals with hearing loss use the phone by reading what the incoming caller is saying. CaptionCall does not charge for the captioning service, phone or mobile app, delivery, or any form of customer support. If you want more information please stop by the information table.



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

ANNOUNCEMENTS

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 May 10th and June 14th

Susan Tawrel, Chairwoman

Sherryl Gelinas, Vice Chairwoman

Claire Gemme, Treasurer

Karen Rousseau, Secretary

Members: Ernest Laflamme, Henry Lenart, 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. This is the fastest way for us to share any schedule changes. If you still don't see the e-mails, please check your spam/junk folder.

CHICOPEE TV (Charter Channel 192)

Gentle Exercise

- ◆ Monday-Sun at 6:00 a.m.
- ◆ Tuesdays & Thursdays at 6 a.m. and 7:30 p.m.
- ◆ Saturdays & Sundays at 6 a.m. and 6 p.m.

Reset with Robin

- ◆ Monday-Sunday at 6:30 a.m.
- ◆ Tuesdays & Thursdays at 6:30 a.m. and 8 p.m.
- ◆ Saturdays & Sundays at 6:30 a.m. and 6:30 p.m.

ALEXA FOR 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 Jona Ruiz for more information at 534-3698 ext.104. This program is for Chicopee seniors and will require in-house internet access.

LEE OUTLET VAN TRIP

FRIDAY, JUNE 17, AT 9:15 A.M.

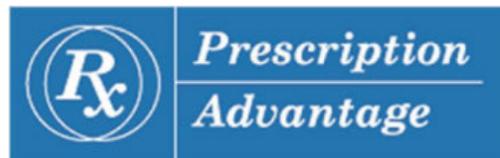
Join RiverMills for a trip to the Lee Outlets. The cost of the trip is \$4. You are responsible for all purchases on this trip.



WHY DO I NEED PRESCRIPTION ADVANTAGE?

“Why do I need Prescription Advantage?” This question is often asked. Many say, “I don't need it. I already have a Medicare Part D plan” or “I have coverage from my former employer.” Even with Part D or other coverage, **there are many reasons to join Prescription Advantage, including:**

- It does not replace your existing coverage, it supplements it.
- It can lower your co-pays if you reach that coverage gap, also known as the “donut hole”.
- It allows you to change your Medicare plan outside of Medicare's open enrollment.
- At certain income levels it's FREE!



Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by **calling 1-800-243-4636** or visiting **www.prescriptionadvantagemma.org**

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.





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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				
9:30 a.m.	Fit for life				
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 Line Dancing	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.					

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 2nd pair of sneakers prior to using the Fitness and Exercise Studio.

LINE DANCING	Roseann Sullivan will be here to teach Line Dancing classes at 11am every Wednesday beginning Wednesday, May 18th. Class is \$3.
FIT FOR LIFE	This is an energetic class featuring an aerobic workout, along with strength, balance and flexibility elements. Cost: \$2 donation
COUNTRY BEAT	Get your country groove on and start the day right. Cost: \$2 donation
GENTLE EXERCISE	This class focuses on functional movement & fun. The exercises offered are both standing & sitting. Cost: \$1 donation
GENTLE BALANCE	Focuses on exercises to help with balance. Cost: \$2 donation Tuesdays & Thursdays with Ruth @ 10 a.m. Tuesdays & Thursdays with Ryan @ 1 p.m. (Ryan teaches more advance balance techniques.)
CIRCUIT WORKOUT	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. Cost: \$3 donation
TAI CHI	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. Cost: \$3 donation.
ZUMBA	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. Cost: \$2 donation.
CARDIO MIX	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. Cost: \$3 donation
YOGA CLASSES	Yoga on Mondays @ 11 a.m. Led by Caitlin Lavin. Cost: \$3 donation. Chair Yoga on Mondays @ 9 a.m. Led by Debra Vega. Cost: \$3 donation.

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:

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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

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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

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