

Goal: of the Sheffield Senior Center is to facilitate seniors' abilities to enjoy a high quality of life.

Mission Statement ...to provide life-enriching activities and relevant information on issues that affect seniors, and to assist them in obtaining services necessary for their well-being.

Sheffield Senior Crier

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"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age."

Sophia Lauren

*News from the Council on Aging and Sheffield Senior Center, 25 Cook Road
413-229-7037*

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Hours: Mon-Fri 9AM-4PM, Jennifer Goewey, Executive Director, jenngoewey@sheffieldma.gov

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Sheffield Senior Crier is regularly posted on the town website (www.sheffieldma.gov)

Weekly updates of activities can be found in the Senior Bulletin Board section of the Monday edition of the Berkshire Eagle.

A Message from the Executive Director

Fall is approaching us and we are excited to have moved into a new fiscal year. Fall is a great time to reorganize, refocus and set new goals. The Council on Aging will be focusing their efforts on creating policies to support our new growth and vision. The board will also create a long term strategic plan, examining where we were five years ago, where we are now, and where we aspire to be in the next five years. The lower level project is still underway and we expect the project to move forward this fall. The Friends have been working hard to raise the funds needed for this project, please be sure to check out some of their upcoming events! I have been working hard to secure additional funding through grants and to move forward with a vision to expand our services while being relevant and innovative with our programming. Assistant Madonna Meagher has settled into her role having been here six months already! She recently obtained her certification to drive our transportation van, and recently took the serve-safe training. I would like to thank our new volunteers at the center and our senior tax work off placement for the additional support. If you are interested in volunteering at the center in any capacity, please contact our office. I will be expanding my knowledge and sharpening my tools as I participate in some training over the next few months. This includes: workplace and building safety, the annual Massachusetts Council on Aging (MCOA) Fall Conference, and a memory workshop on the brain, aging and alzheimer's disease. You will notice we have some new programming and we hope that you will join us as we strive to provide balanced programming that allows a wide variety of enrichment and services to all our aging community (which is all of us)! Please remember, heating season is fast approaching. If you need assistance applying for fuel assistance or recertifying, please contact our office to make an appointment. Lastly, I am looking forward to another year of success, growth and community while serving you and navigating any challenges. I leave you with a favorite quote by John Fitzgerald Kennedy. "One person can make a difference, and everyone should try". With warm regards, Jenn

Foot Nurse- First Thursday of every month: September 1, October 6, and November 3.

Please call the senior center to make an appointment, 229-7037.

LEO (Let's Eat Out) – Monday, September 12 at Olde School Deli in Canaan, CT

Wednesday, October 12 at the East in Gt. Barrington and Thursday, November 10th at GB Eats in Gt. Barrington- all at 5:30 pm: Please call the senior center to sign up. 229-7037.

Blood Pressure Clinics –Thursdays: September 15, October 13 and November 10 from 10am-11am: Please call to make your appointment. 229-7037.

Bereavement Support Group- Will meet the **2nd Tuesday each month (September 13, October 11 and *Wednesday, November 9 from 5:30-6:30** and the **4th Tuesday each month (September 27, October 25 and November 22) from 1:00-2:00** of every month. You may come once or twice per month as you wish, drop ins welcome. Group is led by Cynthia Casoff

Henry, who will be speaking on WSBS on September 8th at 9:25 to talk about the group!

"Brown Bag" Food Program- Wednesdays, September 14, October 12 and November 9 from 1-3: The bags are located in the nurse's office, please be sure to sign in.

BINGO- Wednesdays at 1pm: Following the congregate meals every week.

PITCH- Thursdays at 12pm: *please note- there is no pitch on November 10th, due to a lunch honoring our veterans.

Canasta- Fridays at 1pm: Please call to sign up if you would like to learn how to play, or are familiar and would like to join in on the fun! Canasta is a classic card game of the

rummy family of games. It is most commonly played by four in two partnerships with two standards decks of cards. Players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hand. 229-7037.

Therapeutic Breath & Movement Class: Mondays, from 3:30-4:30, beginning September 19, 2016, With Suzanne Mazzarelli, MSW, PYT. This class is designed to increase overall health and wellbeing. More information below.

Art Class with Ellen- Mondays at 1 pm: This class is being restructured to have a different focus each month. September: Canvas Painting, October: Paper Mache Masks and November: relief (surface) building. More information below.

Friendly Visitor Program, September 12, at 2pm: This will be a reorganizational meeting for this program for all current visitors and for anyone interested in joining this program.

Blue Cross Blue Shield: Health Plan Options for those with Medicare: Friday, September 9, at 11:00. Explanation of Medicare Parts A, B, and C, Medicare enrollment timeline, Medigap plans that help supplement Medicare coverage, Medicare Advantage plans, such as HMOs and PPOs, and Medicare Part D prescription drug plans. Light Lunch provided, but participants must register in advance! 229-7037.

Health & Nutrition talk with Sandy & Thea: Thursday, September 15th at 1:00 pm. Join us as Sandy French shares with us her expertise on the importance of exercising, and Thea Basis shares her knowledge on the importance of eating healthy! Light (healthy) refreshments provided, so please register in advance. 229-7037.

Hospice Basics and "Five Wishes" information Session- Thursday, September 29, 2016 at 1pm. June Green from HospiceCare in the Berkshires will be joining us to talk about the programs that HospiceCare in the Berkshires offers, as well as an information session on completing the "five wishes" form. Light refreshments will be provided, please sign up in advance. 229-7037

Sheffield Senior Center Ukulele Band- Beginning Tuesday, September 27th at 1pm: This is a five week session limited to 10 people so please sign up ahead of time. Deadline to sign up is September 13th. **Band will meet on September 27th and October 4th, 11th, 18th, and 25th at 1pm.** Please call 229-7037 to register and to let us know if you will need to borrow a ukulele.

Outdoor Community Movie Night- Friday, September 30, 2016 at the Sheffield Town Park featuring the 1985 classic, The Goonies"! "Gate" opens at 6:45 pm, Movie showing at 7:30 pm. Admission \$5.00 for adults, \$3.00 for children and seniors. Popcorn and snacks will be available for purchase. Bring your blanket or lawn chair and join us! For more information, please call 229-7037.

Toddler Program- This program will resume in October for the 2016-2017 school year, every other Wednesday from 10-11am. If you would like to learn more about this intergenerational program that we host in conjunction with the Southern Berkshire Childcare Program, please call the senior center. We are always looking for more volunteers. 229-7037

Men's Breakfast's- Last Monday of every month at 9 am. Mandatory sign up in advance to reserve a spot. 229-7037.

- **September 26-** Topic: Fred Hardwood –Shays' Rebellion
- **October 31-** Topic: Frank Clarke- Sharing pictures of his journey in Alaska
- **November 28 -** Topic: Mushrooms- John Wheeler

Small Group Personal Training: Special Six Week offering. Fridays, October 7, 14, 21, 28 and November 4 and 18. Session 1 is 9-10 & Session 2 is 10:15-11:15, with Elaine Mack, LMT, CPT from Integrative Functional Training and Body Work. More Information below.

Flu Shot Clinics: Tuesday, October 11 from 10 - 1pm and Monday, November 14 from 12-3pm. Price chopper will be hosting these clinics. Please call for more information and to pre-register. 229-7037.

Cross Country Slide Show with Fred Harwood: October 20, 2016 at 1:00 pm. Featuring the National Parks - Visits to Arches, Bryce Canyon, Mono Lake, Yosemite, Grand Tetons, and Yellowstone. Strawberry shortcake to be enjoyed while enjoying the journey, so please sign up in advance. 229-7037.

Get Cuffed Program- Thursday, October 27, from 2-3: Berkshire Health Systems will be hosting the "Get Cuffed Program" a blood pressure clinic and informational session. If you would like to participate you need to rsvp directly with BHS at 413-854-9929.

Matter of Balance- 8 week Series: beginning November 1st from 1-3 pm: Do you have concerns about falling? This program is offered by Berkshire Health Systems and will be held on November 1, 8, 15, 22 and 29 and December 6 and 13 and 20th. Many older adults experience concerns about falling and restrict their activities. This award winning program is designed to manage falls and increase activity level. This workshop is a free educational program. You must register for this program by calling the senior center, 229-7037.

Lunch Honoring our Veterans- Thursday, November 10th at 12:30. This lunch is to honor our veterans who have served our country. All are welcome, lunch is free for veterans, and \$5.00 for all others. Must register in advance, 229-7037.

Continued Offering:

Small Group Personal Training: Special Six Week offering with Elaine Mack, LMT, CPT from Integrative Functional Training and Body Work. Elaine Mack has worked with the fitness and wellness industry for over 39 years and is certified as both a personal trainer and massage therapist. Balance, strength, and mobility small group training is designed to improve posture, increase overall balance and increased overall strength. The structure of this class is to provide individual attention in a small group setting, allowing for personal growth and results. *The class fee is \$5 per class, which is not included in the regular monthly pass. This six week series is \$30.00, and due at registration. Participants must register and pay in full to secure a spot. Participants should be able to commit to the six weeks, not missing more than one class unless special permission is granted. Please sign up in advance and call with any questions! 229-7037. This class is limited to 8 people.

New Offering:

Therapeutic Breath & Movement Class: This exciting new pilot program is offered by Suzanne Mazzarelli MSW, PYT. The goal is to increase overall health and wellbeing allowing you to: increase mindfulness through guided visualizations and meditation, learn tools for deep relaxation and sleep aid, improve breathing, circulation and lymphatic flow, to practice an active meditation recommended by the Alzheimer's Research and Prevention Foundation that "has been shown to reduce stress levels and increase activity in areas of the brain that are central to memory", to improve flexibility and strength to maintain quality of life (increase stability, balance and joint mobility, lessen the chance of a fall, build proprioception, reduce pain, etc.) and to build a community based on caring and positivity! This one hour class will be

offered on **Mondays from 3:30-4:30: beginning on September 19th**, and is open to the community regardless of age. The fee for this class is \$3.00 per class. We are excited for this opportunity, come join us!

Program Restructure:

The Monday art class with Ellen will now have a specific focus each month. Below are the descriptions for each month.

- September: This will be a memoir of something special in your life. Participants will be provided with two size canvas options, choosing between acrylic and oil paint.
- October: Participants will create a mask made from paper mache, constructed over clay and finished with paint and/or writing a permanent piece.
- November: The focus will be building up a relief (surface) on a cardboard surface, painting, printing or both.

All supplies are provided, and it is helpful if you call to let us know you will be participating. Please take advance notice that this class will not meet in December. 229-7037.

FRIENDS EVENTS:

Chili Dinner and Performance by the Berkshire Ukulele Band: Saturday, September 10th following the Sheffield in Celebration from 5-7 (continual serving) at the SHEFFIELD SENIOR CENTER! \$10.00 for adults, \$5.00 for children 12 and under. Includes chili, cornbread, dessert and drinks. Performance will be at 6 pm.

Murder Mystery- Friday, October 14 at 7PM. The Friends will be hosting their 3rd Murder Mystery! "A Taste for Wine and Murder". The cost is \$7.00 per person. Light refreshments will be served and the program is rated PG13. Please call the center to sign up, 229-7037.

Paint & Sip Fundraiser for Lower Level- Friday, November 11, 2016 from 6-8pm: at Bogies in Great Barrington. Please call to register (413) 205-8346 or go online at <http://www.berkshirepaintandsip.com/>.

Thanksgiving Lunch–Thursday, November 17, 2016 at noon: The Friends will be hosting their annual Thanksgiving Lunch. The price is \$8.00 per person. Entertainment will be provided by Mary Ann Palermo, funding provided in part by the Cultural Arts Council and the Council on Aging. We ask that you please sign up ahead of time so we can pre-order our turkeys. Please call the senior center to sign up by November 3rd. 229-7037.

SCHEDULED TRIPS:

Monday, November 14, 2016: Magic Wings Butterfly Conservatory & Yankee Candle Village.

- Price- \$25.00 (includes lunch, transportation and guided tour)
- Lunch- Box Lunch provided: Choose from- Turkey Wrap, Tuna on Wheat, Ham and Cheese on Rye or Seafood Salad on Wheat. Includes chips, cookie, and soft drink, coffee or tea.
- Departure- **8:45 am from the senior center**
- Sign up deadline: October 1, 2016 (including payment) 25 Maximum Sign up, payment reserves spot. No refunds given for cancellations after tickets are purchased.

September

			1 9 Foot Nurse 9 Exercise Class 10 Bridge 12 Pitch	2 1 Canasta
5 Labor Day Senior Center Closed	6 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 11:30 Friends Meeting	7 <u>12 Congregate Meal</u>	8 State Primary Senior Center Closed	9 11 Blue Cross Blue Shield: Health Plan Options for Seniors 1 Canasta
12 10-12 Mahjongg 1 Art Class 2 Friendly Visitor Meeting 5:30 LEO: Olde School Deli	13 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 4 COA Meeting 5:30 Bereavement Support Group	14 <u>12 Congregate Meal</u> 1 BINGO 1-3 Brown Bag 3:30 Chair Yoga	15 9 Exercise Class 10 Bridge 10 Blood Pressure Clinic 12 Pitch 1 Health & Nutrition Talk with Thea & Sandy	16 1 Canasta
19 10-12 Mahjongg 1 Art Class 3:30 Therapeutic Breath & Movement	20 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie	21 <u>12 Congregate Meal</u> 1 BINGO 3:30 Chair Yoga	22 9 Exercise Class 10 Bridge 12 Pitch	23 1 Canasta
26 9 Men's Breakfast 10-12 Mahjongg 1 Art Class 3:30 Therapeutic Breath & Movement	27 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 1 Bereavement Support Group 1 Ukulele Band	28 <u>12 Congregate Meal</u> 1 BINGO 3:30 Chair Yoga	29 9 Exercise Class 10 Bridge 12 Pitch 1 Hospice Basics and Five Wishes Info	30 1 Canasta Outdoor Movie Night

Saturday, September 10th - Chili Dinner: 5-7 at the Sheffield Senior Center!

October

<p>3</p> <p>10-12 Mahjongg</p> <p>1 Art Class</p> <p>3:30 Therapeutic Breath & Movement</p>	<p>4</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p> <p>11:30 Friends Meeting</p> <p>1 Ukulele Band</p>	<p>5</p> <p><u>12 Congregate Meal</u> 1 BINGO</p> <p>10 Toddler Program</p> <p>3:30 Chair Yoga</p>	<p>6</p> <p>9 Foot Nurse</p> <p>9 Exercise Class</p> <p>10 Bridge 12 Pitch</p>	<p>7</p> <p>Small Group Personal Training</p> <p>Session 1- 9:00 Session 2-10:15</p> <p>1 Canasta</p>
<p>10</p> <p>Columbus Day</p> <p>Senior Center Closed</p>	<p>11</p> <p>9 Exercise Class 10:15 Sit to Be fit 10-1 Flu Clinic</p> <p>1 Ukulele Band 4 COA Meeting</p> <p>5:30 Bereavement Support Group</p>	<p>12</p> <p><u>12 Congregate Meal</u> 1 BINGO 1-3 Brown Bag</p> <p>3:30 Chair Yoga 5:30 LEO: The East</p>	<p>13</p> <p>9 Exercise Class 10 Bridge</p> <p>10 Blood Pressure Clinic</p> <p>12 Pitch</p>	<p>14</p> <p>Small Group Personal Training</p> <p>Session 1- 9:00 Session 2-10:15</p> <p>1 Canasta</p> <p>7 Murder Mystery</p>
<p>17</p> <p>10-12 Mahjongg</p> <p>1 Art Class</p> <p>3:30 Therapeutic Breath & Movement</p>	<p>18</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p> <p>1 Ukulele Band</p>	<p>19</p> <p><u>12 Congregate Meal</u></p> <p>1 BINGO 10 Toddler Program</p> <p>3:30 Chair Yoga</p>	<p>20</p> <p>9 Exercise Class</p> <p>10 Bridge 12 Pitch</p> <p>1 Cross Country Slide Show with Fred Harwood</p>	<p>21</p> <p>Small Group Personal Training</p> <p>Session 1- 9:00 Session 2-10:15</p> <p>1 Canasta</p>
<p>24</p> <p>10-12 Mahjongg</p> <p>1 Art Class</p> <p>3:30 Therapeutic Breath & Movement</p>	<p>25</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p> <p>1 Bereavement Support Group</p> <p>1 Ukulele Band</p>	<p>26</p> <p><u>12 Congregate Meal</u></p> <p>1 BINGO</p> <p>3:30 Chair Yoga</p>	<p>27</p> <p>9 Exercise Class</p> <p>10 Bridge 12 Pitch</p> <p>2 Get Cuffed</p>	<p>28</p> <p>Small Group Personal Training</p> <p>Session 1- 9:00 Session 2-10:15</p> <p>1 Canasta</p>
<p>31</p> <p>9 Men's Breakfast</p> <p>10-12 Mahjongg</p> <p>1 Art Class</p> <p>3:30 Therapeutic Breath & Movement</p>				

November

	<p>1</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p> <p>11:30 Friends Meeting</p> <p>1 Matter of Balance</p>	<p>2</p> <p><u>12 Congregate Meal</u> 1 BINGO</p> <p>10 Toddler Program</p> <p>3:30 Chair Yoga</p>	<p>3</p> <p>9 Foot Nurse</p> <p>9 Exercise Class 10 Bridge 12 Pitch</p>	<p>4</p> <p>Small Group Personal Training</p> <p>Session 1- 9:00 Session 2-10:15</p> <p>1 Canasta</p>
<p>7</p> <p>10-12 Mahjongg</p> <p>3:30 Therapeutic Breath & Movement (at Legion Hall)</p>	<p>8</p> <p>Election Day</p> <p>Senior Center Closed</p> <p>1 Matter of Balance (at Legion Hall)</p>	<p>9</p> <p><u>12 Congregate Meal</u> 1 BINGO</p> <p>1-3 Brown Bag 3:30 Chair Yoga</p> <p>*5:30 Bereavement Support Group</p>	<p>10</p> <p>9 Exercise Class 10 Bridge 10 Blood Pressure Clinic</p> <p>12:30 Lunch Honoring our Veterans</p> <p>5:30 LEO: GB Eats</p>	<p>11</p> <p>Veterans Day</p> <p>Senior Center Closed</p> <p>6 Paint & Sip-Bogies</p>
<p>14</p> <p>8:45- Trip: Magic Wings/Yankee Candle</p> <p>10-12 Mahjongg 12-3 Flu Clinic</p> <p>1 Art Class</p> <p>3:30 Therapeutic Breath & Movement</p>	<p>15</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p> <p>4 COA Meeting</p> <p>1 Matter of Balance</p>	<p>16</p> <p><u>12 Congregate Meal</u> 1 BINGO</p> <p>10 Toddler Program</p> <p>3:30 Chair Yoga</p>	<p>17</p> <p>9 Exercise Class</p> <p>10 Bridge 12 Pitch</p> <p>12 Friends Annual Thanksgiving Lunch</p>	<p>18</p> <p>Small Group Personal Training</p> <p>Session 1- 9:00 Session 2-10:15</p> <p>1 Canasta</p>
<p>21</p> <p>10-12 Mahjongg</p> <p>1 Art Class</p> <p>3:30 Therapeutic Breath & Movement</p>	<p>22</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p> <p>1 Bereavement Support Group</p> <p>1 Matter of Balance</p>	<p>23</p> <p><u>12 Congregate Meal</u> 1 BINGO</p> <p>3:30 Chair Yoga</p>	<p>24</p> <p>Thanksgiving Day</p> <p>Senior Center Closed</p>	<p>25</p> <p>Senior Center Closed</p>
<p>28</p> <p>9 Men's Breakfast 10-12 Mahjongg</p> <p>1 Art Class</p> <p>3:30 Therapeutic Breath & Movement</p>	<p>29</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p> <p>1 Matter of Balance</p>	<p>30</p> <p><u>12 Congregate Meal</u> 1 BINGO</p> <p>10 Toddler Program</p> <p>3:30 Chair Yoga</p>		