

SHEFFIELD SENIOR CRIER

April, 2007

*News from the Sheffield Senior Center, Dewey Memorial Hall
Box 372, Sheffield, MA 01257*

(Published in part with funding from Executive Office of Elder Affairs)

Hours: Mon-Fri, 9-2:30 Director, John-Arthur Miller Telephone 229-7022

Mission Statement *...to facilitate seniors' ability to live independently and enjoy a high quality of life...to provide life-enriching activities, relevant information on issues that affect them, and assistance in obtaining services*

Starting April 13 – OPEN on FRIDAYS!

Calendar of Events

- Blood Pressure Clinic (Call Senior Center for sign-up) Thursday, April 12, 9-11
- Lunch – ***Gracious Living Day*** with Berkshire School students Fri, April 13, 12-1:30
Pizza & salad – share stories from morning activities
(see ***Center Director Thoughts*** :)
- Out To Lunch Bunch (Bennigans-Lenox - call office for carpool & reservation) Thur, April 19
- Council On Aging (COA) Meeting Tuesday, April 24, 10:15
- Physical Fitness Tuesdays & Thursdays, 9-10
- “Lawn Chair Movie Tuesdays” (Brown Bag It!) Tuesdays, 11:30 curtain
April featured actor: **Sidney Poitier**
- Knitting Group Wednesdays, 1 – 2:30
- Memoirs Project Wednesdays, 10:30-12:00
- Adult Computer Course (call office if interested) Wednesdays, 4:30-6:00
- NEW! Ballroom Dancing Class** (call office if interested) Thursdays, 6-7:30
- Meals on Wheels Weekdays except Holidays
- Drop-in conversation, free coffee/tea, visits Weekdays, 9-2:30

Center Director Thoughts:

*The big news for April is the start of our Spring/Summer hours. We are now open **five days** for all to participate in programs and to drop by for visits, coffee, and conversation. We will have a great start to our Friday activity with **Gracious Living Day on Friday the 13th**! This annual event is an opportunity to serve and enjoy the company of the students of Berkshire School. Groups of Berkshire School students and Sheffield seniors will have the opportunity to work together sprucing up different places in Sheffield in the morning and then re-grouping at Dewey Hall for pizza/salad lunch. At this writing there will be teams painting at the Sheffield Historical Society, raking and weeding at the Bushnell Sage Memorial Library, washing trucks at the Sheffield Firehouse, and preparing lunch at Dewey Hall. This promises to be a wonderful group effort from all ages and all organizations. Don't miss out! Call the Senior Center – 229-7022 – to sign up for a team. Many hands make light work. Also a great opportunity to get in touch with another generation!*

J-A

Center News

Thanks and a hat tip to

Sandy French, our Exercise Class instructor and all of those who sponsored her at the recent Berkshire South Spin-a-thon where money was raised for good health practices!

Welcome back to

Winnie Veretto, our SHINE (Serving Health Information Needs of Elders) Counselor. She is trained and certified by the Massachusetts Executive Office of Elder Affairs in many areas of health benefits. SHINE Counselors provide information on Medicare (Part A, Part B, and Part D), Medigap insurance, prescription drug coverage, retiree insurance plans, Medicaid and free or reduced cost health care programs. Winnie is a wonderful lady, willing and able to help you in understanding these areas. Call the Center for info on reaching her.

Jeanette Johnson, our Thursday MOW driver. She had a wonderful trip to Australia and brought back a neat picture of a *Tasmanian Devil*, introduced at our last lunch. (The picture, that is!) Check it out on our bulletin board. Thanks to **Herb Abelow** for filling in while she was away.

New program!

One, two, three, one, two, three, one, two, three. Remember Bob Weber from our Getting To Know You lunch? Barbara Fletcher and he were pictured dancing in the Berkshire Eagle? Bob has started a ballroom dancing class for some daring and adventurous couples on Thursday evenings. The six class session is filled but will be the first of many if there are more interested couples. Perhaps a dance party for all is in the making? Stay tuned!

Check tax saving tips

On the bulletin board in the Center is posted numerous tips for tax time. Just a reminder that information and help with money management is available through Elder Services of Berkshire County. Ask us for contact info.

Sorry if you missed it!

A wonderful time was had by all at our March Corned Beef Lunch and Irish Sing-a-long. Special thanks go to Jessica Roseman who gave us wonderful support at the piano. Lots of good voices

and some very good listeners attended. Perhaps a regular singing group is in the future at the Center?

A call for office help

As you know our part-time Director has another part-time life driving a school bus and must leave before our doors close at 2:30. Fortunately our Assistant Director, Barbara Fletcher is able to cover that time on Tue, Wed, and Thur. and Lovina Gulotta has been gracious and willing to cover many of the Mondays. Now that we are open again on Fridays we are **looking for a “regular closer” for Fridays** and some other “occasional closers” to spell Lovina and a Friday “regular closer” when they can’t be on duty. That duty includes being a welcoming face at the Center office from about 1:45-2:30, answering the phone and taking messages, taking in the flag, turning the “open” sign around, turning OFF the coffee pot (cleaning it would be nice also), turning the lights out, the heat down, and locking the door! Pretty easy, eh?! And the pay is great – many, many thank-yous and visits with wonderful folks! Talk to J-A if interested.

SBETC reminder

Southern Berkshire Elderly Transportation Corporation is financially supported by Sheffield to help our non-driving citizens with rides to doctor appointments, grocery shopping trips, and other transportation needs. **This service is available to you!** For a small \$6-\$10 fee and a prearranged phone call, you can receive door to door service from a dependable and friendly driver. Please call us at the Center – 229-7022 – for simple instructions on how to receive this service!

Lots of Sheffield opportunities for spring, Passover, and Easter

Be sure to check the Berkshire Eagle on Mondays for the Senior Bulletin Board, telling of activities for the coming week. Also, especially with Passover and Easter upon us, religious activities are listed usually on Saturdays. An Ecumenical Good Friday Service will be quite evident in Sheffield as Christians process from church to church for services. Pray for good weather, and check for service times.

Newsletter now on the town website!

For all of you non-luddites out there, be aware that you can now read the *Sheffield Senior Crier* online! Go to the Sheffield Town Website – www.sheffieldma.gov – click on Town Departments, then, click Senior Center. How about that! Isn’t technology sumpin’? And, down the road we might save some postage costs. Please call the Center if you might be taken off the “hard copy” distribution. Thanks.

Future Dates - MAKE NOTE!!

May 10 – **Volunteer Appreciation Lunch** – program includes return of Linda Gray Kelley as
A Lady Alone

Elizabeth Blackwell, MD

First Woman Doctor in America

June 22 – **Concert and Dinner at American Legion** – featuring *The Wood's Tea Company*
American folk music group based in Burlington, Vermont - sea shanties, folk songs, Irish drinking songs, and Celtic music. The group is known for their energy, musical talent, and their dry sense of humor between songs.

Please choose my favorite actor for May "Lawn Chair Movie Tuesday":

(April winner was Sidney Poitier by vote at luncheon)

Specific Movie choices are:

check here if any movie with my **star** in it will do

(Email info to shfldsrs@bcn.net, snail mail or hand-deliver to Senior Center.)