

Lawn Chair Movie Tuesday Continues

April is Marlon Brando Month!!

*Call in your favorite movie ideas –
Lawn Chair Movie Tuesday theme still not chosen for May!*

Sheffield Senior Crier



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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

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

SHEFFIELD SENIOR CRIER

April 2008

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

We are now open on Fridays!

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

Calendar of Events

- Community Health Programs – Healthy Communities Access Project Thur, **April 3**, 9:30
(Includes cholesterol, glucose, and blood pressure testing - call SC for appointment)
- Celebrate a Weekend of Traditional Music and Contra Dance – featuring Reveillons
Musical Heritage Show at Dewey Hall Fri, **April 4**, 7:30
Reveillons Workshops at Dewey Hall Sat, **April 5**, 2:00
Reveillons Show/Dance at SBSchool Elementary Café Sat, **April 5**, 7:30
- Blood Pressure Clinic (call SC for appointment) Thur, **April 10**, 9:00
- Gracious Living Day (Community Service with Berkshire School Students) Fri, **April 11**, 9-2
see article
- Council On Aging (COA) Meeting Wed, **April 16**, 9:30
- Yoga Class Wed, **April 16**, 10:00
- 3rd Thursday Lunch – **Pot Luck** Thurs, **April 17**, Noon
Program: Sue Spring – Hiking the Appalachian Trail in your Golden Years
- Out to Lunch Bunch – Salmon Run (BYOPocketbook) Thur, April 24
- Yoga Class Wed, **April 30**, 10:00
- Physical Fitness/ Exercise Class Tuesdays & Thursdays, 9-10
- “Lawn Chair Movie Tuesdays” (Brown Bag It!) Tuesdays, 11:30 curtain
April – Marlon Brando month
- Knitting Group (meets at Episcopal/Lutheran Church) 1st Wed. 3:00; 3rd Sat. 11:00
(**Apr 2**)(**Apr 19**)
- Meals on Wheels Weekdays except Holidays

Reopening on Mondays and Fridays – Outdoor Café with good weather

Sheffield Senior Crier is regularly posted on the town website (www.sheffieldma.gov) and on the Dewey Hall Community Bulletin Board. Weekly updates of activities can be found in the Senior Bulletin Board section of the Monday edition of the Berkshire Eagle.

Center Director Thoughts:

HELP WANTED! With better weather arriving and more activities and programs planned, the Sheffield Senior Center staff is being stretched to the limit! Limited funding means limited paid staff hours and a growing need for volunteer help. I'm finding that asking for help is the first requirement for building a volunteer program, so, here is a start. Are there individuals that would volunteer for the following specific tasks?

Outdoor Café opening – responsible for general setup of card table, tablecloths, chairs, making coffee, etc.- approximate time – 8:45-9:15 Mondays and Fridays

Outdoor Café closing – the reverse of opening procedure - approximate time – 1:00-1:30 Mondays and Fridays

Office and Café Reception – Mondays thru Fridays 9-2:30 – any consistent amount of time would be helpful

As we establish a corps of helpers in the office it is important to have consistency and friendliness, so I will be “training” those who might need some hints about answering the phone, for example. People can volunteer for as much time as they wish. A regular schedule will be arranged so that volunteers will not be put on the spot to extend their obligation or be called at the last minute for coverage. It is my hope that the time spent at the Center will be enjoyable and fulfilling, knowing that your service is invaluable in helping to free Barbara and myself to fulfill other needed outreach and program planning responsibilities. Please give some thought to this needed service and speak with me.

John-Arthur Miller

Center News

Gracious Living Day – Intergenerational Experience

April 11th will be an active Friday around Sheffield. Students from Berkshire School will be interacting with Sheffield folk at a number of sites, spring cleaning, sprucing up, visiting, and having lunch together for the second year in a row. All seniors are urged to make a date of it by calling the office, signing up for a team to work for two hours cleaning at the Sheffield Historical Society, Sheffield Firehouse, Sheffield Library, Food Pantry, Ashley Falls Cemetery, or Dewey Hall. Some light work is available as well as preparing the Senior Center for all to return to Dewey Hall for pizza lunch. If your schedule permits only a limited time please come at 9 to welcome the students and at noon to visit for lunch. Let us show the younger generation that we are still willing and able to help where we can and are really good company!

Outdoor Cafe is Coming Again!

If warm weather finally arrives in Sheffield the Senior Center will again be a stop off for folks getting their mail or doing their banking. Monday and Friday morning, red and white-checked tablecloths will again be in evidence under the overhang in front of Dewey Hall. All who might want to take a breather from their busy mornings can have coffee and treats, news and conversation. Stop by, listen to some music, and enjoy the bird sounds of spring at our Outdoor Café.

Health Programs Reminder

Two organizations are now regularly providing services monthly for Sheffield seniors at the Senior Center. The Berkshire Visiting Nurse Association regularly provides a free blood pressure clinic the 2nd Thursday of each month. Cindy Croce, R.N. is our regular friendly, welcoming nurse each month. The first Thursday each month, two representatives from Community Health Programs provide free screenings for a variety of services including blood pressure, glucose, and cholesterol testing. Luci Leonard and Octavio Hernandez have also become regular friendly faces each month. Both organizations and those individuals are very helpful in our taking an active role in keeping ourselves aware of our health. Spread the word and give a call to reserve a time to see and talk with these folks regularly. Thank you, Cindy, Luci, and Octavio.

Free Yoga Class at the Senior Center is growing

After a trial class in March the Senior Center has decided to continue the new Yoga Class. Jaya Jacobs, teacher and yoga enthusiast has volunteered to schedule two more classes in April. The times will be the 1st and 3rd Wednesday at 10:00. Participants are asked to consider purchasing a yoga mat - \$15-\$20 at Kmart or Online – in order to be comfortable. The Center mats used last month have proven to be too slippery and inappropriate for yoga. Call the Senior Center if you need help. The room temperature – previously too cool - will be adjusted for the class, making it a more appropriate environment. Jaya insists that you need not have participated in yoga previously. Come try something that can aid spiritual and physical health. Call the office to reserve your spot for April 16th and 30th.

Sarah Williams of S/O/S and Laura Frambach, LMT at the Senior Center

Sarah, a Daily Money Manager from Sheffield who specializes in work with elders, and Laura, specializing in Swedish Chair Massage are both still available by appointment at the senior center. Daily Money Managers pay bills, reconcile accounts, gather tax data, and generally keep paperwork organized for those who may find it difficult or just don't like doing it. Please feel free to call and select a time to meet Sarah and/or Laura and together you can keep your affairs in good order as well as being more relaxed.

3rd Thursday Lunch Program – April 17th

April is Spring. Spring makes people ache to get out of doors, whether it is in the yard, in the garden, on the road, or on the trail. This 3rd Thursday Lunch program we will hear from Sue Spring about her adventures on the trail – The Appalachian Trail. Please come and enjoy her talk, and the variety of Pot Luck dishes that you and your neighbors will contribute. Lunch is at Noon and the talk follows announcements. See you there!

REMEMBER – Even though you do not generally file a tax return you may be eligible for the economic stimulus payment. But you must file to receive it! Some help is available at the Senior Center. Call for appointment.