

*Lawn Chair Movie Tuesday 11:30
Free popcorn*

*December-Holiday Films
January- Fabulous Foreign Films
Call in your favorites*

Sheffield Senior Crier



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**Winter Hours!!!
Monday-Thursday
9-2:30**

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

News from the Sheffield Senior Center, Dewey Memorial Hall

Box 327, Sheffield, MA 01257

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

Barbara Fletcher, Assistant Director

December/January Calendar of Events

Papermaking for Our Future Final Preparation (see article)	Wed, Dec. 3 , 10-2
Singing School-Community Singing Event (see article)	Fri, Dec. 5 , 5:30-8:30
Cookie Walk and Fair at Mt. Everett (see article)	Sat, Dec. 6 , 10-3
Blood Pressure Clinic (call SC for appointment)	Thur, Dec.11 , 9-11 Thur, Jan.8 , 9-11
Holiday Lunch at Mt. Everett (presented by Culinary Arts Students)	Thur, Dec. 11 , Noon
Community Health Programs (Includes cholesterol, glucose, and blood pressure testing - call SC for appointment)	Mon, Dec.15 , 10-12 Mon, Jan. 19 , 10-12
Sheffield Historical Society-Festival for the Holidays (At Old Stone Store)	Weekends in December (Sat 10-2) (Sun 11-3)
CLOSED FOR HOLIDAYS	Thur, Dec. 25 - Thur, Jan.1
Foot Clinic – call for an appointment	Mon, Jan. 5 , 9-12
Health for Seniors Symposium (see article)	Mon, Jan. 12 , 2:30-4:30
3 rd Thursday Lunch – Pot Luck (Program TBA)	Thur, Jan.15 , Noon
Out to Lunch Bunch (Place TBA)	Thur, Jan. 22
HAPPY NEW YEAR!	January 1st
Council On Aging (COA) Meeting	2 nd Tues – 5PM (Dec.9)(Jan.13)
Physical Fitness/ Exercise Class	Tuesdays, Thursdays, 9
“Lawn Chair Movie Tuesdays” (Brown Bag It!)(Free popcorn)	Tuesdays, 11:30 curtain
Knitting Group (meets at Episcopal/Lutheran Church)	1 st Wed. at 3; 3 rd Sat. at 11 (Dec.3 , Jan.7) (Dec.20 , Jan.17)
Meals on Wheels	Weekdays except Holidays

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.

COA Director Thoughts:

You'll notice that this edition of Sheffield Senior Crier covers December and January events known at print time. Certainly all that goes on at the Senior Center and around town is not written here, especially during this busy holiday season. All folks are urged to keep in touch, be friendly to your neighbor, lend a helping hand to others, and stay healthy and happy. Let us know here at the Senior Center how we might help to make your holiday season and the coming year a wonderful one! Bless you all and thank you for your continued support and advocacy for the senior citizens of this wonderful town of Sheffield. How fortunate we all are.

John-Arthur Miller

Center News

Papermaking for Our Future Final Preparation - Finished Cards on sale at Cookie Walk

Our papermaking project funded by the Joseph H. and Carol F. Reich Fund will finally produce cards in time for the holidays. **December 3** is the final "Packaging Party". Made from cornhusks, gladiolas, cabbage, or goldenrod with images created and printed by the art students at Mt. Everett, these cards will be packaged for sale in very limited supply at the high school **December 6** at 10:00. Thanks to all Sheffield Seniors and Mt. Everett students who participated in this interesting project. All are welcome to paste and package on Dec. 3rd any time between 10 and 2.

Shape-Note music and Sacred Harp Singing Event Offered

Alice Maggio, student at Wesleyan and graduate of Mt. Everett is again bringing this wonderful experience to Dewey Hall. Guest artist and teacher Tim Eriksen will lead this class tracing the oldest living American singing tradition back to its New England roots and teaching four-part singing harmonies of the Sacred Harp. Singers and non-singers are welcome to attend **December 5**, starting with a potluck Dinner at 5:30. So, bring a favorite dish and your voice to eat and sing in harmony with others. See you there for this free event sponsored by the Eagle and Janet Funds.

Health for Seniors Symposium to be Held

A number of guest speakers will be addressing different subjects at the Bushnell-Sage Library from 2:30-4:30 on Monday, **January 12**. Tentative speakers will include an Elder Law Specialist, an Internist, Dermatologist, Podiatrist, and Rheumatologist. This program is being produced by Sheffield resident Ann Shanks and is free and open to the public. Light refreshments will be served. Thank you Ann for your hard work.

3rd Thursday Lunch in January a Pot Luck

Get your favorite recipe out for **January 15**. Time for another pot luck lunch! Check in a bit closer to the time to find out the program. Suggestions welcome! Lots of options.

Don't Forget!! Medicare D Prescription Drug Coverage

January 1st will be too late! Now is the time to evaluate your particular health situation and determine if your current plan is the best for you. From November 15 to December 31 you will have an opportunity to make changes that will take effect January 1, 2009. You will be receiving information from your present company and from other companies detailing changes that might make things more cost effective. It is *very important* to review. Your monthly premiums, deductibles, and co-pays for 2009 may have changed! If you would like assistance in determining what the changes will be for you or if you need help in changing plans, please contact us at the Senior Center or call our S.H.I.N.E. counselor, Winnie Veretto.

Rosemarie Wright Welcomed to the Council On Aging

The Sheffield Selectboard has appointed Rosemarie Wright to fill the position left vacant with Peter Traub's moving out of town. She has lived in Sheffield for many years and has recently become quite active, participating in our papermaking project, in addition to volunteering as a driver and in other capacities. We welcome her! She will now serve along with Joan Brooks, Mary Ellen Demming, Natalie Funk, Lovina Gulotta, Anne Hyatt, Dick Magenis, Dawn Massini, and Carol Sica.

Heads Up! No Reminder on your License Renewal!

If it's your birthday, you'd better check your driver's license. The Registry of Motor Vehicles no longer mails drivers a notice reminding them 45 days in advance that their license needs to be renewed. Registrar of Motor Vehicles said relying on drivers to check their own licenses and renew them every five years before they expire — without a notice from the Registry — will save the agency \$600,000 annually. So, get out your wallet and check that license!

A February Outdoor Activity for the Hearty!

Keep in mind the dates **February 6, 7, 8**. That weekend is the continuation of a great tradition! It is the 83rd Annual - Salisbury Invitational Ski Jumps - Eastern National Ski Jumping Championships - an annual event in Salisbury, Connecticut. There are murmurs about a possible outing for us in February – to **observe!** The competition! Let us know here at the Senior Center if you have an interest. If not a busload, perhaps a couple of car loads?

Out To Lunch Bunch Resumes in January

Folks who enjoy an occasional lunch break mark your calendar for **January 22**. Carpool with this friendly group to a local lunch spot and enjoy eating and socializing. Make restaurant suggestions to Barbara Fletcher.