

Lawn Chair Movie Tuesday Continues

May is Humphrey Bogart Month!!

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

Sheffield Senior Crier



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Don't Forget! Sheffield Town Meeting on Monday, May 5th, 7PM

Exercise is good medicine!

Join us for exercise class Tues & Thur from 9-10 with Sandy French – leader, teacher, encourager

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

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SHEFFIELD SENIOR CRIER

May 2008

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

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

Calendar of Events

Sheffield Annual Town Meeting (call Senior Center if you need a ride)	Mon, May 5 , 7:00
Blood Pressure Clinic (call SC for appointment)	Thur, May 8 , 9:00
Sheffield Annual Town Election (call Senior Center if you need a ride)	Mon, May 12 , 9:00
Yoga Class	Wed, May 14 , 10:00 Wed, May 28 , 10:00
3 rd Thursday Lunch – Indoor/Outdoor BBQ – burgers & dogs & fixins’ Program: Papermaking for our Future – Fruits of Our labor - Intro, video, presentation see article for details	Thurs, May 15 , Noon
Council On Aging (COA) Meeting	Wed, May 21 , 9:30
Community Health Programs – Healthy Communities Access Project (Includes cholesterol, glucose, and blood pressure testing - call SC for appointment)	Thur, May 22 , 9:00
Out to Lunch Bunch – New restaurant in GB (BYOPocketbook)	Thur, May 22
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” (Brown Bag It!)(Free popcorn) May – Humphrey Bogart month	Tuesdays, 11:30 curtain
Knitting Group (meets at Episcopal/Lutheran Church)	1 st Wed. 3:00; 3 rd Sat. 11:00 (May 7) (May 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:

This month begins a new feature in the Sheffield Senior Crier. Because of the importance of the newly formed Friends of the Sheffield Senior Center, I believe it is important for them to have a voice and to better enable us all to be informed as to what's happening and who's doin'. From time to time we will have 'Friendly Moment from Friends'. This month's message, written by President Pauline Schumann catches us up a bit. I applaud Pauline and the Friends for the success in producing the recent musical weekend that brought young and old together to enjoy music and dance and in advocating for the future of Sheffield senior citizens. Much is anticipated from the Friends group in support of the Senior Center and Council on Aging, present and future. So, join them! There are lots of opportunities for your time, talent, and money!

This past month saw some successful and wonderful programs from 3rd Thur Lunch talk, to movies, to exercise class, to yoga, to health services, to Gracious Living Day clean-up and pizza with Berkshire School students, to traditional French Canadian music and dance, to just plain gossipin' and visitin' at the Senior Center. This month and the summer will prove to be just as busy with a couple of trips planned, a tri-town picnic, 3rd Thurs. BBQ, exercise and yoga in the air conditioned town hall, opportunities to volunteer, and lots more. So, don't be left at home alone without something to do! Come on down to the Senior Center at Dewey Hall and check things out. I look forward to chatting.

John-Arthur Miller

Center News

Two trips planned for summer

Mark your calendars! Get your reservation in early for two trips. Number of seats limited.

Wed., July 16n – theatre trip to Mac-Hayden Theatre in Chatham, NY to see the production *Hairspray*
Cost: \$29 for show ticket and seat on the bus. Lunch plan to be determined.

Thur., August 7 – Hudson River Cruise on the Rip Van Winkle

Cost: \$20 for cruise ticket and seat on the bus. Lunch plan to be determined.

Volunteer Recognition Lunch

Invitations will be mailed shortly to those who have gone “above and beyond” in promoting and working for the Senior Center and its many aspects. This special recognition lunch to be held Wednesday, May 28th at the Egremont Country Club is a way to express our gratitude to these folks for their service. In addition to recognizing those individuals and thanking them, there will be a presentation by Executive Director Robert Dean and his staff of professionals from Elder Services, who will laud those volunteers and enlighten them to some of the offerings and services through this county organization, which works closely with other senior advocacy groups. If you know of someone whom you think might have been mistakenly overlooked in the invitation process please call John-Arthur or Barbara at the Senior Center.

Thanks and a hat tip to:

Pam Wyeth who has been helping some individuals with their computer needs AND aiding your staff with some glitches that needed fixin' to get this newsletter out! Thanks Pam!

Winnie Veretto who continues to be available for all who need help figuring their retirement benefits through S.H.I.N.E. She is also becoming more involved with Friends!

Norma Moulton who continues to peruse the Dollar Store finding great deals on paper products for our monthly 3rd Thurs. lunches and donating them!

Give the office a call if you know someone to whom we have yet to tip our hat!!

Yoga Class continues two Wednesdays in May. Bring your yoga mat! May 14th and 28th at 10AM

Friendly moment from Friends:

Thank you to all volunteers who worked on the "Celebration of Traditional Music and Dance" on April 4th and 5th. It was a huge success, because of you. Marc Maziade, leader of the "Reveillons!" summed up the weekend, "We are happy that all of this was such a success! The whole band had a great time with all you guys. Thank you for all the efforts you put in getting all of us to enjoy ourselves as much!"

This activity was initiated, planned, and executed with the purpose, as stated in the newly formed Friends of the Sheffield Senior Center by-laws:

"...supporting the Senior Center of the Town of Sheffield, ... its activities and functions including, ...raising funds for the Senior Center, and promoting a greater public awareness of such activities, functions and programs..."

The Friends are also working with Hurwit & Associates of Boston who specialize in legal counsel to acquire exemption from federal income taxation under Section 501(c)(3).

*We are a busy group, with lots of ideas for future fundraisers and fun raisers and **we need you!** We are looking to increase the Friends participation.*

This is a very exciting and challenging time as we look forward to a new building which will have to be furnished and equipped. As we look for grants and donors we welcome all who would like to be involved with this planning. The results of Sheffield's state grant application for the building will be know in just a few months.

Wouldn't you like to be one of the ones studying options in interior design and decorating? Wouldn't you like to be one of the ones considering furniture, and other equipment that will be in the building for you and your friends to use for years to come?

Call 229-8149 or email bevrkil9@aol.com and say, "Put me down on your list. I want to be part of the planning and funding for this new community resource for Sheffield". Thank you.

*Pauline W. Schumann, President
The Friends of the Sheffield Senior Center*

Outdoor Café help still needed

The Senior Center is still in need of volunteers to open and close the Outdoor Café on Mondays and Fridays at 9:00 and 1:00. The weather will soon be ready to accommodate them!

3rd Thurs. Lunch in May to feature Fall plans

In addition to enjoying an indoor/outdoor BBQ on May 15th, John-Arthur, Director, will be your host in presenting an exciting fall program and introducing some key figures who will be in charge of various aspects of Papermaking for Our Future – The Fruits of our Labor. This intergenerational and inter organizational activity will include Sheffield seniors, farmers, students, Historical Society, interested artists and others in a fun way to support and raise awareness and money for the new Sheffield Senior Center. Come and get on board!!

An Opportunity to serve and be served

On Thursdays the Breaking Bread kitchen offers a free meal at the American Legion Hall for all to enjoy dining and socializing together. Come and be a guest or help to set up, serve, or clean up at this community meal. A different organization spearheads each Thursday and could always use some more helping hands. Preparation usually starts around 4:00; dining around 6:00, cleanup and finish around 7:00. Come for all or part!