

*Lawn Chair Movie Tuesday 11:30  
Free popcorn*

*October-Potpourri month  
Call in your favorite movie ideas*

*Leaf Peeper Bus Ride  
October 9<sup>th</sup> !!*

*Sheffield Senior Crier*



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SHEFFIELD, MA  
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**Papermaking for our Future – The Fruits of Our Labor  
Part II – Another Chance!  
October 14, 10AM**

**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)*

October 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

Roast Beef Dinner at American Legion – \$10 Sponsored by Boy Scout Troop 28	Sat, <b>Oct.4</b> , 5-7
2 <sup>nd</sup> Annual Leaf Peeper Ride and Lunch (see article)	Thur, <b>Oct.9</b>
Blood Pressure Clinic (call SC for appointment)	Fri, <b>Oct.10</b> , 9:00
“Papermaking for Our Future – The Fruits of Our Labor” – Part II-final chance! (see article)	Tues, <b>Oct.14</b> , 10:00
Council On Aging (COA) Meeting	Tues, <b>Oct.14</b> , 5:00
3 <sup>rd</sup> Thursday Lunch – Debra Curran’s Orange Soup, Muffins, Pot-Luck Dessert	Thur, <b>Oct.16</b>
Construct Walk – Walk on the Senior Team or Support it (see article)	Sun, <b>Oct.19</b> , 12:00
Community Health Programs – Healthy Communities Access Project (Includes cholesterol, glucose, and blood pressure testing - call SC for appointment)	Mon, <b>Oct 20</b> , 10-12
Tandava Presentation- <b>NEW!</b> -try this experience! Featuring Martha Shaw (see article)	Wed, <b>Oct.22</b> , 10:00
Out to Lunch Bunch – Restaurant TBA (BYOPocketbook)	Wed, <b>Oct.23</b>
Physical Fitness/ Exercise Class	Tuesdays, Thursdays, 9
“Lawn Chair Movie Tuesdays” (Brown Bag It!)(Free popcorn) October – Potpourri month	Tuesdays, 11:30 curtain
Knitting Group (meets at Episcopal/Lutheran Church)	1 <sup>st</sup> Wed. 3; 3 <sup>rd</sup> Sat. 11 ( <b>Oct.1</b> ) ( <b>Oct.18</b> )
Meals on Wheels	Weekdays except Holidays

*Sheffield Senior Crier is regularly posted on the town website ([www.sheffieldma.gov](http://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:*

*Although the beautiful colors are upon us - autumn is my favorite season - it is a bit unnerving knowing that the cold days of winter are coming. And, with the increased costs of warming our homes we must be frugal, know the available options for help, and be sensitive to the needs and feelings of others. At the past 3<sup>rd</sup> Thursday Lunch we had the opportunity to become more informed about the help options for those in need this winter, information given through the Berkshire Community Action Council. Although politics crept into the discussion and comments were made that might have been misplaced and uncomfortable to some, it was clear that there is frustration with not being able in some situations to meet the basic needs. I urge all to feel free to call us here at the Senior Center and we will connect you with information and, hopefully, the help that you need this winter.*

*John-Arthur Miller*

### **Center News**

#### *Papermaking a big hit!*

Sheffield in Celebration saw Part I of the Senior Center Papermaking project – separating, cutting, shredding materials and boiling them to create the pulp. Part II was held at Dewey Hall, where the pulp was then mixed, blended, screened, and ironed into sheets in preparation for Part III – the printing, packaging, and selling of cards to benefit the Sheffield Senior Center. Part II will be repeated and we need your help! We made corn paper and goldenrod paper and will have another session to make cabbage paper and gladiola paper. So, come on down to the Senior Center at Dewey Hall on **Tues, October 14<sup>th</sup>**. We'll start the fun around 10:00 right after Exercise Class is over. See you there! No expertise needed! Easy and fun to learn!

#### *Artists needed-experienced or beginners*

As Part III of our papermaking project approaches, we need simple drawings of different historic sites in Sheffield (covered bridge, Old Stone Store, Old Parish Church, etc.) that can be transformed into linoleum cuts for printing on our paper. The sketches should be no larger than 3.5”x 4”. Try your hand! Even John-Arthur is giving it a try! Sketches should be submitted to the Senior Center office by October 20<sup>th</sup>. Call with any questions.

#### *2<sup>nd</sup> Annual Leaf Peeper Ride and Lunch*

Last year's trip was so successful we will do it again but with a different route. Our trip planner is working on a route up in Lenox, Stockbridge area and will end at a lunch destination to be announced. So, mark your calendar for **Thurs, October 9**, reserve your spot on the bus for \$20, and plan on enjoying the colors of the Berkshires. Lunch (included in the price) will be a fancy box lunch at a surprise location. Thanks to our trip planner Dawn Massini!

#### *Thanks and a Hat tip to-*

**Barbara Davidson** for donating goodies for our Outdoor Café

## *Director John-Arthur heading the Senior Center Team for Construct 20<sup>th</sup> Annual Walk*

On **Sunday, October 19** the annual walk to prevent homelessness will again be supported by the Sheffield Senior Center. Those folks not able to walk but wanting to support the cause should stop by Dewey Hall with their donations or get them to John-Arthur who will gladly accept them for Construct. Any amount is welcomed.

### *Last chance for “Economic Stimulus Payment”!*

To receive your payment you should file Form 1040A with the IRS by October 15, 2008. Visit [IRS.gov](http://IRS.gov) for details or call the Senior Center for help at 229-7022. You might be loosing out on \$300-\$600!

### *Martha Shaw to present Tandava*

Anyone who knows Martha Shaw, visual artist and resident of Ashley Falls knows that her interests and expertise is constantly broadening. On **Wed. October 22, 10:00** Martha will share the experience of Tandava, developed over 5000 years ago in Northern India. Martha took a workshop with Daniel Odier from France and has practiced on her own to develop a practice of body alignment through this very slow motion meditative movement exercise in both seated and standing form. Eyes closed. With this tension and relaxation of small and large muscle groups of the body, Tandava also helps to develop awareness of subtle energies within and around us. The only cost for this hour is your time! Come and experience Tandava and the wonderful knowledge, talents, and charm of Martha Shaw.

### *Three November Dates – Heads up!*

**November 4** – Election Day. Call the Senior Center if you need a ride to the poles.

**November 9** – Benefit Concert for the Sheffield Good Samaritan Fund - The Wood's Tea Company will return to Sheffield in a performance at Old Parish Church at 2:00. The admission is a free will offering, which will help build the Sheffield Good Samaritan Fund for the anticipated need of help with heating bills this winter. Mark your calendar and plan to attend!

**November 13** – Sheffield Senior Center at Dewey Hall will again host an annual **Flu Clinic** sponsored by Visiting Nurses. Time is 9-11. Mark your calendar.

### *Friendly Caller Program*

If you or someone you know might benefit from an occasional hello by phone, let John-Arthur know at the office or call Joan Brooks who is heading up this new valuable program. Especially when the weather changes and more people are kept inside more, even to the point of “cabin fever”, it is nice to hear a friendly voice on the telephone to share greetings, or to let someone else know of any needs.

### *S.B.E.T.C. is here to serve you*

The Southern Berkshire Elderly Transportation Corporation, a non-profit transportation provider provides door-to-door service for elders, their escorts, and disabled persons to medical appointments, hair appointments, grocery shopping, etc. with cheerful, courteous, and respectful drivers. Sheffield is one of nine towns in an agreement that helps non-driving seniors get to appointments as far north as Great Barrington. If you could use a lift give us a call at the Senior Center or call S.B.E.T.C. directly for information. A modest fee is requested to help support this needed service. This is one more link in the plan to help seniors stay at home in their communities. Spread the word.