

*Lawn Chair Movie Tuesday Continues through Summer*

*June - Barbara Stanwick Month*

*July – Robert Taylor Month*

*August – Bette Davis Month*

*Call in your favorite movie ideas for the Fall!*

*Have a Great Summer!!*

## *Sheffield Senior Crier*



PRSR STD  
U.S. POSTAGE PAID  
SHEFFIELD, MA  
PERMIT NO. 1

Sign up for TWO TRIPS!! Check Calendar and call office to reserve seat

Exercise and Yoga Classes to be held in Air Conditioned Town Hall

July 13-August 9

While Art Show is in Dewey Hall

**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 Center Calendar for June–August 2008

### June

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2 Mo 9-2:30 Open for coffee, visits

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3 Tu 9-10 Exercise-Dewey Hall  
11:30 Movie-Barbara Stanwick

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4 We 3:00 Knitting at CCE/TLC

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5 Th 9-10 Exercise-Dewey Hall  
9 Community Health Project

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6 Fr 9-2:30 Open for coffee, visits

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9 Mo 9-2:30 Open for coffee, visits

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10 Tu 9-10 Exercise-Dewey Hall  
11:30 Movie-Barbara Stanwick

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11 We 10 Yoga at Dewey Hall

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12 Th 9-10 Exercise-Dewey Hall  
9 VNA Blood Pressure Clinic

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13 Fr 9-2:30 Open for coffee, visits

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16 Mo 9-2:30 Open for coffee, visits

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17 Tu 9-10 Exercise-Dewey Hall  
11:30 Movie-Barbara Stanwick

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18 We 9:30 COA Meeting

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19 Th 9-10 Exercise-Dewey Hall  
3<sup>rd</sup> Thurs – Bartholomew's Cobble

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20 Fr 9-2:30 Open for coffee, visits

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21 Sa 11 Knitting at CCE/TLC

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23 Mo 9-2:30 Open for coffee, visits

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24 Tu 9-10 Exercise-Town Hall  
11:30 Movie-Barbara Stanwick

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25 We 10 Yoga at Town Hall

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26 Th 9-10 Exercise-Town Hall  
12:00 Out to Lunch Bunch

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27 Fr 9-2:30 Open for coffee, visits

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30 Mo 9-2:30 Open for coffee, visits

### July

1 Tu 9-10 Exercise-Town Hall  
11:30 Movie-Robert Taylor

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2 We 3:00 Knitting Group

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3 Th 9-10 Exercise-Town Hall  
9 Community Health Project

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4 Fr Closed, no MOW

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7 Mo 9:00 Foot Clinic

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8 Tu 9-10 Exercise-Town Hall  
11:30 Movie-Robert Taylor

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9 We 10 Yoga at Town Hall

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10 Th 9-10 Exercise-Town Hall  
9 VNA Blood Pressure Clinic

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11 Fr 9-2:30 Open for coffee, visits

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14 Mo 9-2:30 Open for coffee, visits

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15 Tu 9-10 Exercise-Town Hall  
11:30 Movie-Robert Taylor

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16 We 9:30 COA Meeting  
TRIP-Mac Haydn Theatre

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17 Th 9-10 Exercise-Town Hall

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18 Fr 9-2:30 Open for coffee, visits  
11:30 Summer program/ice cream  
social at the Library

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19 Sa 3:00 Knitting at CCE/TLC

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21 Mo 9-2:30 Open for coffee, visits

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22 Tu 9-10 Exercise-Town Hall  
11:30 Movie-Robert Taylor

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23 We 10 Yoga at Town Hall

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24 Th 9-10 Exercise-Town Hall

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25 Fr 9-2:30 Open for coffee, visits

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28 Mo 9-2:30 Open for coffee, visits

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29 Tu 9-10 Exercise-Town Hall  
11:30 Movie-Robert Taylor

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30 We 9-2:30 Open for coffee, visits

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31 Th 9-10 Exercise-Town Hall

### August

1 Fr 9-2:30 Open for coffee, visits

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4 Mo 9-2:30 Open for coffee, visits

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5 Tu 9-10 Exercise-Town Hall  
11:30 Movie-Bette Davis

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6 We 3:00 Knitting at CCE/TLC,  
10 Yoga at Town Hall

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7 Th 9-10 Exercise-Town Hall  
9 Community Health Project  
TRIP-Hudson River Cruise

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8 Fr 9-2:30 Open for coffee, visits

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11 Mo 9-2:30 Open for coffee, visits

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12 Tu 9-10 Exercise-Dewey Hall  
11:30 Movie-Bette Davis

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13 We 9-2:30 Open for coffee, visits

---

14 Th 9-10 Exercise-Dewey Hall  
9 VNA Blood Pressure Clinic

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15 Fr 9-2:30 Open for coffee, visits

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16 Sa 3:00 Knitting at CCE/TLC

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18 Mo 9-2:30 Open for coffee, visits

---

19 Tu 9-10 Exercise-Dewey Hall  
11:30 Movie-Bette Davis

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20 We 9:30 COA Meeting  
10 Yoga at Dewey Hall

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21 Th 9-10 Exercise-Dewey Hall

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22 Fr 9-2:30 Open for coffee, visits

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25 Mo 9-2:30 Open for coffee, visits

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26 Tu 9-10 Exercise-Dewey Hall  
11:30 Movie-Bette Davis

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27 We 9-2:30 Open for coffee, visits

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28 Th 9-10 Exercise-Dewey Hall

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29 Fr 9-2:30 Open for coffee, visits

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*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:*

*We wrap up this fiscal year at the end of June in the black, although, with a bit more funding, much more could have been done for and by Sheffield seniors. This year the Town of Sheffield spent about \$1.12 each week for each of its senior citizens. This next FY09 will prove to be another challenge with close to level spending budgeted. Our growth will be seen in other ways through inventive programming and with the growth of our volunteer numbers through the "Friends" organization and with more people giving of their time and talent when needed. The importance of volunteerism was the theme of the very enjoyable and successful Volunteer Appreciation Lunch held in honor of over 40 people last month at the Egremont Country Club. People were lauded for many reasons by the Director and by Elder Services representatives including the Executive Director, Robert Dean. "Volunteerism is the fabric of Community" cannot be overstated. I hope that in the coming year more of you will consider what strengths you might contribute to your community and in helping to strengthen the advocacy and programs for Sheffield seniors. With the limitations of a staff made up of a half-time Director and a less than half-time Assistant Director, the importance of volunteers should be obvious. The seniors of Sheffield should be served fulltime and I hope to gain support for a full time Director position and better funding for other staff needs. I need your voices! This will be the last of my "thoughts" for the summer. Let them be a sincere wish for you all to remain healthy and active. Keep your neighbor in mind, and let us know here at the Senior Center of your ideas, and any help or information that we might be able to offer. And, STOP BY AND SAY HELLO! We will be open all summer!!*

*John-Arthur Miller*

## **Center News**

### *Summer Trips*

There are still some seats available for two trips planned for this summer. Get your reservation made by paying the fee at the Senior Center office:

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. Leaves American Legion at 12:30.

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

Cost: \$20 for cruise ticket and seat on the bus. Leaves American Legion at 12:00.

### *Volunteer Recognition Lunch*

On May 28<sup>th</sup> a gathering was held at the Egremont Country Club to recognize and honor about 40 volunteers who gave "above and beyond" in many ways this past year. They enjoyed good wine and a delicious meal in a very attractive setting overlooking the golf course on a beautiful sunny day. John-Arthur Miller, Director, began the recognition celebration by saying "Thank you, thank you, thank you" and continued by explaining the importance and description of the many types and hours given by the folks present. The Executive Director of Elder Services, Robert Dean then took the podium and, along with three of his eloquent staff, explained and enlightened all to the many services offered through Elder Services. It was a good education for those volunteers who continue to be educated, empowering them as volunteers and advocates even more. They are truly giving valuable time and expertise to their community. They are a shining example for others to follow in giving to Sheffield.

*Thanks and a hat tip to:*

**Barbara Fletcher**, our beloved Assistant Director who has given much more than her wages may reflect. Welcome back! Stay healthy that you may continue to serve and be a shining example to us all!

**Barbara Davidson** for the delicious baked goods that she donates for our lunches!

*Exercise Class and Yoga Class to continue through summer*

Although the Housatonic Art League will occupy Dewey Hall for much of the summer, the Exercise and Yoga classes will continue to be held in the Selectmen's Meeting Room at Town Hall from June 24 – August 7. Check the Calendar for dates. The Senior Center Lounge and Office will be open as usual.

*3<sup>rd</sup> Thurs. Lunch in June to be at Bartholomew's Cobble*

Bring your Brown Bag Lunch to the Cobble to here a talk by Ranger Rene Wendell. Weather permitting, we will enjoy the porch and the beautiful outdoors and hear Rene talk about the unique features of the Cobble – in our own back yard! For those interested in a short walk, he will lead a talking stroll afterwards for any interested folks. Bring a \$5 donation. See you there!

*July 18 Library Program and Ice Cream Social*

At 11:30 on this Friday all of the Sheffield Senior Center are invited to experience the sound and presentation of young voices and share ice cream sundaes! The Library Summer Program is again hosting this gathering for seniors to enjoy. No reservation needed. Just arrive by 11:30 to share in the social gathering and goodies!

*Volunteer Opportunities at Sheffield Council on Aging*

Here is a partial list of volunteer opportunities for you to consider:

1. Delivering Meals on Wheels. Although at present we have a full compliment of dedicated fulltime (one day per week) drivers, we are looking to enhance our list of trained substitutes. Routes usually involve 15-20 clients and can take 1.5 - 2.5 hours to complete.
2. Driving Seniors to Doctor appointments. Although we do coordinate rides through Southern Berkshire Elderly Transportation Corporation (SBETC), many trip are out of their jurisdiction (any place north of Great Barrington) or last minute due to weather, etc. The time commitment is up to the driver's availability.
3. Set up and clean up of 3<sup>rd</sup> Thurs. Lunches. Anything from helping set up tables and chairs, placemats, silverware, napkins, tending dishes, making coffee, cleaning kitchen afterwards, etc.
4. Receptionist. Volunteer answers the phone and directs calls appropriately. Also responsible for greeting people coming into Senior Center and taking messages for Director and Assistant Director.
5. Friends of the Senior Center. Volunteers meet to discuss and participate in ways to fund programs and help with activities at the Senior Center.
6. Member of the Council on Aging (COA). This is a two-year appointment by the Select board. This volunteer sits on the COA, in an advisory capacity for the Director in developing, promoting, and implementing programs and services to meet the unmet needs of seniors in the community.