

*Lawn Chair Movie Tuesday 11:30  
Free popcorn*

*April - Comedy Month  
Call in your favorites*

# *Sheffield Senior Crier*

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Sheffield, MA 01257

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**Open Hours!!!  
Monday-Friday  
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-Fri, 9-2:30 John-Arthur Miller, Director Telephone 229-7022  
Barbara Fletcher, Assistant Director*

**April '09**

**NOW OPEN ON FRIDAYS!**

## **Calendar of Events**

Friends of the Senior Center Meeting	Fri, <b>April 3</b> , 10:00
Blood Pressure Clinic (call SC for appointment)	Thur, <b>Apr. 9</b> , 9-11
Council On Aging (COA) Meeting	Mon, <b>Apr. 13</b> , 5:00
Gracious Living Day – Join us for Free Pizza with Berkshire School Students	Thurs, <b>Apr. 16</b> , Noon
Patriots' Day – Office Closed, No Meals on Wheels	Mon, <b>Apr. 20</b>
Glory Be Clowns to entertain at Friday Lunch-catered by PJ's - \$7	Fri, <b>Apr. 24</b> , Noon
Healthy Communities Access Project (CHP) at Old Parish Church	Tue, <b>April 28</b> , 10-12
Out to Lunch Bunch – Restaurant TBA (BYOPocketbook)	Thur, <b>Apr. 30</b>
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” (Brown Bag It!)(Free popcorn) April – Comedy month	Tuesdays, 11:30
Knitting Group (meets at Episcopal/Lutheran Church)	1 <sup>st</sup> Wed. 3:00; 3 <sup>rd</sup> Sat. 11:00 ( <b>Apr 1</b> ) ( <b>Apr 18</b> )
Meals on Wheels	Weekdays except Holidays
Elders to Juniors Reading Volunteers (call office if interested)	Weekdays

Future Day Trips – BUY TICKET TO RESERVE SEAT! – The early bird catches the worm!

**Fri, June 26 – Newport Flower Show - \$55 (coach bus)**

**Thur. July 16 – Hyde Park, FDR Home - \$35 (school bus)**

**Thur. August 13 – Mac-Haydn Theatre – *Crazy for You* - \$35 (school bus)**

*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:*

*The Friends of the Senior Center has passed a milestone thanks to the dedicated persistent work of many but of one person in particular. Pauline Schumann has been indefatigable over the past years in promoting many things for the COA and has now completed the process of making the Friends group a 501(c) 3 organization. This allows all donations from supporters to be tax deductible and the organization is now exempt from income taxes, which will mean more bang for the donated buck. In these tough economic times it is imperative that we do our best with the available funding. However, good advocates and leaders are equally important. The Friends organization is looking for interested dedicated people to help in the organization and running of this important part of senior advocacy in Sheffield. They would work closely with the COA and with me in determining and supporting useful and helpful programs, materials, and equipment for our present Senior Center at Dewey Hall and for our future facility. If you are interested please contact Pauline or me and/or attend the next meeting April 3<sup>rd</sup> at 10AM. Thanks and congratulations to Pauline and all!*

*John-Arthur Miller*

### **Center News**

#### *Lawn Chair Movie Tuesdays in April*

Laughing is good for your health! The emphasis is Comedy for the Movies in April. Bring your brown bag lunch; enjoy free popcorn and coffee for the following feature films:

April 7 – *Waking Ned Divine* - 1998

April 14 – *Planes, Trains, and Automobiles* - 1987

April 21 – *A Fish Called Wanda* - 1988

April 28 – *My Cousin Vinny* - 1992

Curtain at 11:30. (lawn chair optional – we are indoors!)

#### *Renewing Your Driver's License*

Remember that the MA Registry of Motor Vehicles no longer mails renewal notices. Be sure to renew at least ten days before your birthday to ensure that you receive your new license before the old one expires.

#### *Rae Eastman has radio program on WHDD 91.9 FM*

Our dear friend and retired COA Director Rae Eastman can be heard as host of her radio show entitled *Theme and Variations* aired Mondays from 7-8PM and Thursdays 1-2PM. She will present mostly works of 20<sup>th</sup> century composers along with commentary. Tune in!

#### *Tired of Getting Repeated Marketing Calls?*

Make sure you are on the state and federal “do not call” list by calling these two numbers and following the instructions:

MA Commonwealth # - 1-866-231-2255

Federal Registry # - 1-888-382-1222

**Still accepting participants as *Elders to Juniors Reading Volunteers*.  
Just call the office!**

### *COA March Meeting at Dewey Way a Successful Beginning*

Although there was a slight miscommunication about meeting place (entirely your Director's fault!), a dedicated handful of residents at Dewey Way attended a reception and meeting at their community room and met members of the Council On Aging. All agreed to increased activity at that site because of the ease with which many of the residents might attend in their own backyard! In addition to occasional COA meetings at the site, there was talk of congregate meals and perhaps even some bingo! Thanks to all who attended. Thanks also to Sherry Steiner, Manager with B.C.R.H.A., who has also been supportive of the use of the space.

### *Kiwanis Donates \$500 to Friends*

Kiwanis International has a reputation for raising money for many good causes and the Sheffield contingent is always in the forefront in supporting various and multiple organizations. The *Friends of the Senior Center* is happy and grateful to be of that number. In the past gifts from Kiwanis have been used for purchasing equipment such as a computer, printer, and digital projector. The *Friends* and the COA are yet to determine what this latest gift will be used for. Call in your suggestions and stay tuned! Many thanks to Kiwanis!

### *New Postal Requirements for our Mailings*

We need your help!! Because of increased costs and new bulk mail requirements, all returned mail is costing us, the sender, a first class fee. So, if you would help us by letting us know – especially all you snow birds! – if you are going on extended leave of Sheffield and will not be receiving mail except for 1<sup>st</sup> class, or are stopping mail – LET US KNOW, so that we might hold your *Sheffield Senior Crier* and will not have to pay postage due. It all adds up! Thanks.

### *Two Lunches in April!*

Point of clarification! As noted in the calendar, we will host Berkshire School students for free pizza lunch on Thur, April 16<sup>th</sup> as thanks for their Gracious Living Day work that morning doing various projects around town. This has become an annual celebration. Then, Fri, April 24 we celebrate our Friday re-opening with the Glory-Be Clown Troupe and a lunch catered by PJ's – yummy goulash, fresh salad, warm dinner rolls and dessert treats for the modest price of \$7! Hope you can come to both! Call the office if you need a ride.

### *Uncle Doug's 2008 Movie Hits*

We have been either blessed or cursed (he will agree either way!) to have a wonderfully talented young (old) man amongst us who is a real cinephile! Doug Levy, who is also a regular participant at our exercise class and who comes to use the hall for personal workouts in the bad weather as well, has been a huge help in discussing and determining what good movies to enjoy at our Lawn Chair Movie Tuesday. In addition he puts out his annual picks and comments before each Academy Awards. Space does not allow a complete listing of comments but we would like to list some of his favorites of '08. The management invites you to meet and converse with this knowledgeable and clever fellow on any subject – including the movies! You can usually find him at the Senior Center most mornings working out or at Sandy's exercise class! Thanks Doug! His favorites in no particular order:  
In Bruges..Miss Pettigrew Lives for a Day..The Bank Job..Young at Heart..Smart People..The Visitor..Iron Man..Wall-E..The Dark Knight..Elegy..Appaloosa..Rachel Getting Married..What Just Happened..Happy Go Lucky..Pride and Glory..Quantum of Solace..Australia..Cadillac Records..Frost/Nixon..Slumdog Millionaire..Doubt..The Reader..Gran Torino..Milk..Revolutionary Road..The Wrestler..Defiance

Happy movie going! Join us on Tuesdays!