

Keep Tuned in for Updates on the building of  
our new Center!

Uncle Doug's Movie Pick for the Holidays  
*A Christmas Carol*  
Happy Holidays!

# Sheffield Senior Crier

PO Box 327  
Sheffield, MA 01257

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**Winter Open 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 all issues that affect them, and assist them in obtaining any services necessary to their well-being.  
(Published in part with funding from Executive Office of Elder Affairs)

# *Sheffield Senior Crier*

*News from the Sheffield Senior Center, Dewey Memorial Hall  
(Published in part with funding from Executive Office of Elder Affairs)  
Box 327, Sheffield, MA 01257*

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

## **December '09 Calendar of Events**

Holiday Lunch at Mt. Everett Regional High School (call center for reservation)	Thur, <b>Dec 3</b> , 12:00
Cookie Walk at Undermountain Elementary School	Sat, <b>Dec 5</b> , 10-3
Tree Lighting and ecumenical service at Old Parish Church	Sun, <b>Dec 6</b> , 6:30
Bingo Party Day! – at Claire Teague	Mon, <b>Dec 7</b> , 10:00
State Primary Election at Town Hall (call center for a ride)	Tue, <b>Dec 8</b> , 7AM-8PM
Blood Pressure Clinic	Thur, <b>Dec 10</b> , 9-11:30
Red Hats' Trip to Bright Lights – bus seats available for Seniors \$28 – lunch included	Fri, <b>Dec 11</b> , 4:00
Holiday Bake Sale at Christ Episcopal / Trinity Lutheran Church	Sat, <b>Dec 12</b> , 10-2
Council On Aging (COA) Meeting	Mon, <b>Dec 14</b> , 4:30
Healthy Communities Access Project (CHP) - at Dewey Hall	Mon, <b>Dec 21</b> , 10-12
Indoor Market at Dewey Hall	Sat, <b>Dec 5,12,19</b> , 10-2
TV Viewing of Sheffield Board of Selectmen Meeting	Tuesdays, 12:30
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” – Douglas Fairbanks “Clare Teague Movie Mondays” - Potpourri	Tuesdays, 11:30 at Dewey Mondays, 12:00 at Claire Teague
Knitting Group (meets at Episcopal/Lutheran Church)	1 <sup>st</sup> Wed. 3:00; 3 <sup>rd</sup> Sat. 11:00 (Dec 2) (Dec 19)
Festival for the Holidays at The Old Stone Store	Sat 10-2 ; Sun 11-3 (Dec 5,12,19); (Dec 6,13,20)
Meals on Wheels	Weekdays except Holidays (Dec 24,25,Jan 1)

*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:*

*Time flies when you're having fun! These thoughts are being written early – about mid-November. With Thanksgiving weekend we have had to get this newsletter together early in order to get it to you the first of December. Along with information this monthly epistle hopefully is a friendly hello and reminder that the Senior Center is your place to visit for needed information, and for a boost to your energy, motivation, and good cheer. Even though the coming holiday season is a time of joy and celebration, it is also a difficult time to many who might be alone, have lost loved ones this past year, or who might just be feeling a bit “blue”. I hope you all know that Barbara and I and all the regulars here wish you the happiest of holidays and hope you all know that this “home away from home” is available to cheer you up anytime you need a little boost. Give us a call, come on down to Dewey Hall (note the winter hours), have a cup’ a Joe, and say hello. We would love to see ya!*

*John-Arthur Miller*

### **Center News**

#### *Movie Mondays & Tuesdays in December – FREE!*

Mondays at <b>Claire Teague</b> – 12:00 Dec 7 – <i>Christmas in Connecticut</i> - 1945 Dec 14 – <i>Casablanca</i> - 1942 Dec 21 – <i>Miracle on 34<sup>th</sup> Street</i> - 1947 Dec 28 – <i>The Ghost and Mrs. Muir</i> - 1947
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Tuesdays at <b>Dewey Hall</b> – 11:30 Dec 1 – <i>The Three Musketeers</i> - 1921 Dec 8 – <i>Iron Mask</i> – 1929 Dec 15 – <i>Robin Hood</i> - 1922 Dec 22 – <i>The Thief of Bagdad</i> - 1924
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#### *Attention All Snowbirds! – 2<sup>nd</sup> Reminder*

It is that time of year when we lose some of you for a few months. Please, if you are going away, let us know to stop sending your newsletter, unless you give us an address. Bulk mail is not forwarded automatically and all our undeliverable newsletters are returned with a first class bill to pay! These are new rules/requirements of the USPO. So, give us a call if you want to stay in touch. We like to hear from you!

#### *Bingo at Claire Teague*

The Claire Teague Senior Center in Great Barrington is again hosting Bingo and lunch party on the first Monday on Dec 7<sup>th</sup>. Lots of fun was enjoyed in November so they have extended the invitation again! Join John-Arthur, Rebecca, and the gang at 10:00 and then have lunch at 11:30. Give a call to reserve a lunch. We will also run a “Bingo Shuttle”, if needed!

#### *Voices from the Fields: Sheffield Family farms*

This collaboration of the Sheffield Land Trust and the Sheffield Historical Society is calling for volunteers. A spring exhibit at the Old Stone Store will include photographs on the history and current status of these farms. Organizers are looking for people who would like to help interview our local farmers. Written questionnaires and tape recorders will be provided to facilitate these interviews. If you are interested in participating as a questioner or farmer please contact Susan Rothschild at 229-2931.

### *Red Hats Going to Bright Lights*

A bus trip planned for Dec. 11 still has seats available. The Red Hats have graciously invited seniors to go with them to Springfield to see this well-known holiday light display and then to stop for dinner. The cost of \$28 includes dinner and the bus ride, which will leave the American Legion at 4:00 on that Friday. Call 229-2091 to reserve your spot.

### *Winter Hours Reminder-closed on Fridays December thru March*

It is that time of year! For numerous years the Senior Center has remained closed on Fridays during the winter months in order to save on energy costs. This will again be the case as per our yearly rental contract with the Friendly Union. Just think about next year in our new space! With adequate staffing we might even *expand* our hours!

### *2010 Prescription Advantage Plan Changes*

Because of the current nationwide economic situation and its impact on Massachusetts, it is necessary to change the benefits that many Prescription Advantage participants now receive. These changes become effective January 1, 2010. It is highly recommended that you review your health care information, including any letters you have received in the past 2-4 weeks to alert you of any changes. Prescription Advantage mailed notice letters the second week of November. If you need help deciphering any confusion give us a call and we will put you in touch with someone who can help.

### *Wii purchased with Kiwanis Donation*

This electronic game has been growing in popularity with all ages and has become a great tool in senior centers for promoting physical activity, social interaction, and great fun! We thank the Kiwanis for providing the funding needed to purchase this game which has the potential for many add-ons for much enjoyment! Now we have to put it together and figure out how to get started. Any volunteers?!

### *Digital Camera Gifted to Senior Center*

Another item on our "wish list" has been crossed off. Krystal McCarthy, a friend of one of our COA members learned of our "wish list" item and generously donated a Polaroid for our use. It will be a great tool in documenting not only our programs and activities but also to photograph the progress of our new building. Thank you Krystal! You are a true Friend of the Sheffield Senior Center!

### *A Plug For Exercise – New Year's Resolution?*

Certified as an older adult fitness instructor, Sandy French leads seniors – or anyone interested in a basic fitness level – through traditional but simplified aerobic moves, followed by strength training and stretching. The participants begin the class at whatever level of expertise they may find themselves. If a person is not comfortable attempting aerobic moves, they might concentrate on walking or begin with just the sitting exercises. These classes can help a person become stronger and more flexible, relieve arthritis pain, build bone mass, and help to maintain good blood sugar and blood pressure levels. So, consider attending Tuesdays and/or Thursdays at 9:AM for the modest fee of \$6/week. It is a supportive and fun group!

### *Kitty Looking for a Home*

Anyone looking for a young friend? Call Dottie Callahan at 528-2747. She has a longhaired black & white kitten – about 10 weeks old, has had all shots, and is looking for a home! (The cat, not Dottie)

### *Computer Help Offered*

David Armstrong is volunteering to help seniors with computer questions or repairs. He is a computer technician at Neonet in Housatonic and owns DC Computer Tech in Sheffield. His number is 528-2747.