

*Lawn Chair Movie Tuesday 11:30
Free popcorn*

June– George Cukor Films

Sheffield Senior Crier

PO Box 327
Sheffield, MA 01257

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Congrats to all Fathers and June Graduates!

**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
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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

June '09 Calendar of Events

Council On Aging (COA) Meeting	Mon, June 8 , 5:00
Blood Pressure Clinic (call SC for appointment)	Thur, June 11 , 9-11
Healthy Communities Access Project (CHP) - at Dewey Hall	Mon, June 15 , 10-12
Pied Potter Hamelin – unique pottery wheel demonstration (see article) Presented by Sheffield Cultural Council at Sheffield Town Park	Thur, June 18 , 10:00
3 rd Thursday Lunch – PICNIC Pot Luck – Hot Dogs and Burgers provided Come early for Pottery demonstration! Sheffield Town Park	Thur, June 18 , Noon
Friendly Union Father's Day Pancake Breakfast	Sun, June 21 , 8-11
Healthy Communities Access Project (CHP) - at Old Parish Church	Tue, June 23 , 10-12
Out to Lunch Bunch – Restaurant TBA (BYOPocketbook)	Thur, June 25
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
Outdoor Café Under the Portico (weather permitting)	Mondays & Fridays, 9:30-12:30
“Lawn Chair Movie Tuesdays” (Brown Bag It!)(Free popcorn) June – George Cukor Films	Tuesdays, 11:30
Knitting Group (meets at Episcopal/Lutheran Church)	1 st Wed. 3:00; 3 rd Sat. 11:00 (June 3) (June 20)
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:

It is time for that pep talk and gentle nudge to convince you all to get out (or in) and exercise. Lord knows I need reminding! Sitting in the office and on a bus is not very conducive to great exercise! And, just last week I finally took the bicycles down from the rack in the garage, dusted them off, and tried them out in the driveway! Yep! They still work! With the good weather making a more consistent effort we should all be proactive in moving our bodies around a bit more! An excellent opportunity for movement and fun exists here at the Senior Center every Tuesday and Thursday morning from 9-10. Our wonderful leader Sandy French, who is a Certified Senior Fitness Instructor, puts us “through our paces” with good cheer and encouragement. Participants are at various levels of mobility but with Sandy’s watchful eye and experience all are able to participate at their own level and feel free to sit out at times when things get “too rowdy”! It is a wonderful time together and that joie de vivre helps us all to get out there and “do it”! Don’t let lack of transportation keep you away. We have willing drivers that will get you here! And, if you feel a bit nervous about getting out of the house, put some music on and dance, move your arms, move your legs, move your toes, work your fingers, sing, whistle, hop, skip, weed the garden, stroke the cat, toss a ball to the dog, yell at your husband, kiss your wife! Spring and summer is a wonderful time to come alive!

John-Arthur Miller

Center News

Newport Flower Show Trip Cancelled

Unfortunately there was not enough interest. Perhaps the cost or the length of the trip – it would have been a long day with lots of walking. We are still planning to have the trips in July and August, so get your reservation in early!

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

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

Lawn Chair Movie Tuesdays in June

Films of Director George Cukor are featured in June. Bring your brown bag lunch; enjoy free popcorn and coffee for the following feature films:

June 2 – *My Fair Lady* - 1964

June 9 – *Born Yesterday* - 1951

June 16 – *A Double Life* - 1947

June 23 – *The Philadelphia Story* – 1940

June 30 – *Little Women* - 1933

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

News From the Library

Nancy Hahn, our hard working Library Director, reminds us that we have a wonderful collection of books on gardening and cooking at the Bushnell-Sage Library. With the beginning of the growing season upon us there are wonderful opportunities for healthy fresh local produce to be included in our diets. And, of course, canning and freezing for later! So get over to the library for some “how to” books to vary and improve your eating habits. Another date to note on your calendar is July 9 at 10:30. The Balloon Man is coming! Come join the children for some ice cream. That will vary your diet!

June 18 Picnic Program to Include Renown and Respected Pied Potter Hamelin

Rick Hamelin has been potting since 1976 and became committed to learning about the historical Redware potters after learning of the Colonial and Early American industries that existed in his native Central Massachusetts. Pied Potter Hamelin can be taken linguistically apart and understood as a “Colorful Potter from a Small Town”. Pied means multicolored. Potter is his trade. Hamelin translates into “one from a small town”. He has taught and worked in museums and currently demonstrates and lectures throughout Massachusetts. The Sheffield Cultural Council has made it possible for his coming to our picnic lunch to demonstrate and display his talents. So, come early to the picnic at Sheffield Town Park and enjoy this artistic experience. He will begin around 10. Check out Rick’s website at www.americanredware.com.

Don’t Forget Dad on June 21!!

Take Dad out to breakfast on Father’s Day! The Friendly Union will be having their annual Pancakes affair at the Friendly Union that Sunday morning. So bring him, kids, grandkids, etc. over for sausage, pancakes, and some Joe! Breakfast served 8-11.

Transportation Still a Problem but Improving

In South County it is difficult to get around without a driver’s license. The Senior Center is trying to help. We are building a cadre of drivers who don’t mind occasionally taking someone to an appointment. Southern Berkshire Elderly Transportation Corporation (S.B.E.T.C.) is trying valiantly to keep up with the need as far north as Great Barrington. The Berkshire Regional Planning Commission is continuing to try to update and implement an improved Regional Transportation Plan for the Berkshires. Certainly accessibility to and from Sheffield and South County would be improved with some added public transport using the Route 7 corridor. We support all of these options for improving the mobility of our older and non-driving citizens and call upon you all to stay informed, be prepared to tell your stories of need, and even perhaps volunteer to drive a friend to the doctor, the hairdresser, the grocery store, or to pick up a prescription. Call the Senior Center if you would like to be added to our “Friendly Driver List”. And if you have a need to get someplace – please call. We will do our best to get you there!

Call for Bridge Players!

There have been inquiries for those interested in playing Bridge at Dewey Hall. Anyone out there interested? Give the Senior Center a call and we will try to put out a “contract” or a “‘trump’ et” call for your “bidding” pleasure. Perhaps you may find a partner who will “suit” you and hopefully will be no “dummy”! You might even take lots of “tricks” and have a real treat together!

Morris Dancers to Welcome Spring

Wearing white to symbolize the renewal of life in the spring, with costumes, bells, streamers, handkerchiefs, and staves clashing, accompanied by accordion, fiddle, fife and drum - Morris Men will be dancing to banish winter at various places on Saturday, June 9th including:

- 10:15 Geer Retirement Home, Canaan
- 11:15 South Egremont Library
- 2:30 Sheffield Library
- 3:30 Ashley Falls Green

Have a look and enjoy this 400-year-old dancing tradition.