

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

Have A Happy Thanksgiving!

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 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)

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

November '09 Calendar of Events

Bingo Party Day! – at Claire Teague	Mon, Nov 2 , 10:00
Sheffield Real Estate Taxes Due!	Mon, Nov 2
Bushnell-Sage Library Authors Day – at the library	Sat, Nov 7 , 10-12
Council On Aging (COA) Meeting	Mon, Nov 9 , 4:30
Veterans Day – office closed (no MOW)	Wed, Nov 11
Blood Pressure Clinic	Fri, Nov 13 , 9-11:30
Healthy Communities Access Project (CHP) - at Dewey Hall	Mon, Nov 16 , 10-12
WSBS Radio Show – Guests: to talk about new Senior Center Pauline Schumann, President of Friends of Sheffield Senior Center Joseph Kellogg, Sheffield Town Administrator	Wed, Nov 18 , 9:00
3 rd Thursday Lunch – Potluck Program: Martha King, ukulele sing-a-long Sandy French and Cheryl Reynolds, Tips to Prevent Falls	Thur, Nov 19 , Noon
Happy Thanksgiving!	Thur, Nov 26
Viewings of Sheffield Board of Selectmen Meetings	Tuesdays, 12:00
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” – Robin Williams “Clare Teague Movie Mondays” - Potpourri	Tuesdays, 11:30 at Dewey Mondays, 12:00 at Claire Teague
Knitting Group (meets at Episcopal/Lutheran Church)	1 st Wed. 3:00; 3 rd Sat. 11:00 (Nov 4) (Nov 21)
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:

Thanks to the Board of Selectmen and Town Administrator Joseph Kellogg, we are moving closer to groundbreaking for our new Senior Center. Mr. Kellogg informs me that Berkshire Housing Development has been hired to administer the grant money and the bid process will probably be in January. That is good news indeed. Our neighbors in Dalton have one final hurdle at the polls on Nov. 16 to finalize their town's building of a new center as well. The COA and Friends groups there will be working hard to get the vote out to pass that needed majority. Even in this tough economic climate these projects show the possibilities of using available moneys in very specific ways to improve our communities. Note that you do have a say with your vote and your support. Keep with it! Our home away from home will be build soon!

John-Arthur Miller

Center News

Ann Shanks, Local Photographer, Still Strutting Her Stuff

Ann, whom you remember put together the wonderful symposium on aging with an accent on Health For Seniors last January, has been featured in two publications that you can enjoy. The October 28 *Times* has an article entitled "The State of the American Woman" includes one of Ann's photos from a March 20, 1972 article entitled "The Nation: A Gallery of American Woman". The latest article revisits some of the same women after 37 years. Another wonderful publication just out in September features more of Ann's work. *New York 400* is a visual history of America's greatest city with images from the Museum of the City of New York. It is a beautiful book with one of Ann's photos even included on the hard cover! Congratulations to Ann. Keep doing your thing!

Movie Mondays & Tuesdays in November – FREE!

Mondays at **Claire Teague** – 12:00

Nov 2 – *October Sky* - 1999

Nov 9 – *Ghost Busters* – 1984

Nov 16 - *The Eddy Duchin Story* – 1956

Nov 23 – *Avalon* – 1990

Nov 30 – *Raising Arizona* - 1987

Tuesdays at **Dewey Hall** – 11:30

Nov 3 – *What Dreams May Come* - 1998

Nov 10 – *Bicentennial Man* - 1999

Nov 17 – *Dead Poets Society* - 1989

Nov 24 – *RV* - 2006

Discount Coupons, Pet Food, Information Available

In the entrance of Dewey Hall there has been an increase in information handouts available for the taking even when the Senior Center is not open. Thanks to Doriss Van Deusen, discount coupons of all sorts are available. Also available first come first serve is pet food for any who might need some to tide them over. Information on various health subjects, community goings on, transportation, copies of *Sheffield Times* and *Sheffield Senior Crier*, and the Senior Center suggestion box are always there for your perusal. Come in and check out the options, offerings, and bulletin board postings.

Looking Ahead to December

Dec. 5 – Annual Cookie Walk at Mt. Everett High School. The Friends of the Sheffield Senior Center will be there selling items from their White Elephant collection and Phyllis Samuels Quilt Raffle tickets!

3rd Thursday in November – Featuring a Double Bill

November 19 – 3rd Thursday Lunch at Dewey Hall – a free potluck! Bring your favorite dish! For our program we will have some entertainment from a local musical artist who was raised in Hawaii. Martha King will be accompanying on her ukulele as she leads us in some old favorites. Then, a dear friend Sandy French, our exercise leader, teacher, encourager, and builder of good feelings, will team up with the dedicated and talented Cynthia Reynolds, therapist from the Fairview Rehab Dept. to talk about Falls prevention and what we can do as individuals to take better care of ourselves. Come join us for fun singing and fun education!

Another Transportation Option – Berkshire Elite Transportation

We all realize that getting around is a tough problem especially in south county when you do not have a driver's license. One more option has been added with the establishment of a car service in Sheffield started recently and run by Nick Trierweiler. Arrangements for pick-up by his Berkshire Elite Transportation can be made by calling 413-248-5018. His prices are competitive and he offers friendly service locally or to the airports.

Keeping Up With Sheffield Selectboard

Many Mondays, especially as inclement weather descends upon us we don't much feel like trekking to Town Hall for a Board of Selectmen meeting, although our representatives have no choice. They go when they are tired, when it's rainy, when they would like to stay in front of the fireplace and read a book! And we should thank them for their service. The Senior Center will begin to air meetings on their big screen TV on Tuesdays at noon. All those interested but not able or willing to travel after dark, come on down, view the previous Selectboard meeting, have a cup a Joe, discuss town doings'.

A Huge Thanks to Sheffield Grange

Many of you know the Grange – Patrons of Husbandry – was created after the Civil War to help farmers whose farms had been destroyed. The Sheffield Grange #224 was started in October of 1900. It helped local farmers with a variety of issues over the years. Times do change and the Sheffield Grange decided to close its operations here, sell their building, and return assets from that sale to the State Grange. Some money remained which was saved for future use and was not required to go back to the state. The members very graciously and generously left \$6,000 to the Friends of the Sheffield Senior Center and designated its use to help to furnish the new Sheffield Senior Center. How lucky we all are for that generosity! Thank you to the Sheffield Grange, to all it has done to help people in the past and for the good they will be doing in perpetuity for the citizens of Sheffield. Thank you Sheffield #224!

Attention All Snowbirds!

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!

Computer Help at Claire Teague

The Great Barrington Senior Center has a volunteer who is willing to help individuals with practical tasks they are trying to do on their computer. Individuals are invited to call ahead and "sit with Betty" at a computer lab scheduled the first and third Wednesday of the month from 12-2. Claire Teague is trying it out and was gracious enough to include us in the program. Thanks Betty, Rebecca, Cory, and all the gang!