

*Lawn Chair Movie Tuesday 11:30  
Free popcorn*

*September-foreign country settings*

# *Sheffield Senior Crier*

PO Box 327  
Sheffield, MA 01257

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Senior Center Building to be built!

**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)

*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*

## **September '09 Calendar of Events**

Foot Clinic (call SC for appointment)	Wed, <b>Sept 9</b> , 9-11
Blood Pressure Clinic (call SC for appointment)	Thur, <b>Sept 10</b> , 9-11
Sheffield in Celebration – at Town Park (see article) (Visit the Council on Aging Information and Referral Booth)	Sat, <b>Sept 12</b> , 12-6
Aurigan Fair – Mount Everett (see article) (Visit the Friends of the Senior Center White Elephant Sale)	Sat, <b>Sept 12</b> , 10-2
Council On Aging (COA) Meeting	Mon, <b>Sept 14</b> , 5:00
3 <sup>rd</sup> Thursday Lunch– Pot Luck – Program TBA	Thur, <b>Sept 17</b> , Noon
Architectural Walking Tour of Sheffield – Sheffield Historical Society	Sat, <b>Sept 20</b> , 11:00
Healthy Communities Access Project (CHP) - at Dewey Hall	Mon, <b>Sept 21</b> , 10-12
Healthy Communities Access Project (CHP) - at Old Parish Church	Tue, <b>Sept 22</b> , 10-12
Out to Lunch Bunch – Restaurant TBA (BYOPocketbook)	Thur, <b>Sept 24</b>
Sheffield Historical Society – 3 Roast Feast-at the American Legion (call 229-2694 for reservations)	Sat, <b>Sept 26</b> , 4-6:30
Trip to Foxwoods Casino – \$30 – (see article)	Sat, <b>Sept 26</b>
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” (Brown Bag It!)(Free popcorn) September-movies with foreign country settings	Tuesdays, 11:30
Knitting Group (meets at Episcopal/Lutheran Church)	1 <sup>st</sup> Wed. 3:00; 3 <sup>rd</sup> Sat. 11:00 (Sep 2) (Sep 19)
Meals on Wheels	Weekdays except Holidays

*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 power of positive thinking and determination is amazing! **Sheffield's Senior Center building will become a reality** very soon thanks to the support and planning from many, insistence from some, and financing from town and state. We have turned a corner. A physical plant will definitely be a focal point for our community's continued advocacy for our senior citizens. It will also give a jump start to the Friends of the Senior Center in their determination and dedication to not only helping to furnish the building, but also in continuing to help fund activities and programs in the future with tax deductible contributions from individuals and groups, fund raisers, and bequests in much the same way that the Friends of the Library has continued to support our wonderful Bushnell-Sage Library. This is a wonderful opportunity for re-commitment and new involvement in the programs and activities that will be possible with this space. In these economic times it will be difficult to commit to staffing but with volunteer support and continued foresight from our town leaders we will soon get to that next level as well. Thank you to all who worked so hard to bring this success to Sheffield and who continue to work for the advocacy of our senior citizens. Look for groundbreaking in the fall or early spring!*

*John-Arthur Miller*

### **Center News**

#### *Lawn Chair Movie Tuesdays in September*

This month all movies have the name and setting of some place other than the USA!

Sept 1 – *Australia* – 2008

Sept 8 – *Casablanca*– 1942

Sept 15 – *An American in Paris* – 1951

Sept 22 – *Divorce Italian Style* – 1961

Sept 29 – *Down Argentine Way* – 1940

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

If Tuesday is not a good day for you, or you need another “film fix”, check out the movie schedule at Claire Teague Senior Center in GB. They have movies every Monday at noon! Their offerings in September include:

Sept 14 – *Ship of Fools* – 1965

Sept 21 – *PT 109* – 1963

Sept 28 – *Cast Away* - 2000

#### *Trip to Foxwoods shared with Red Hat Society*

This trip on September 26 still has limited seating available. Cost is \$30 payable to Massini Bus Company, which pays for a comfortable seat on a coach bus, a free buffet or \$10 at any other restaurant, and a \$15 Keno. Come, enjoy the fun and/or bring a good book! Bus leaves Big Y Plaza at 7:30 am or Sheffield Legion Hall at 7:45 am. Coming home, the bus will leave the Casino at 4:30 pm.

#### *New Community radio station in Sheffield*

An offshoot of Sharon's WHDD, this station, located at the Berkshire School, can be found on the FM dial at 91.7. Now everyone can hear Rae Eastman's music program – Theme and Variations – loud and clear – on Mondays at 7p.m. and Thursdays at 1 p.m.

### *Sharing with our Neighbors to the North*

In August we had a wonderful 3<sup>rd</sup> Thursday event attended by about 60 – a dozen or so from the Claire Teague Senior Center in Great Barrington. After a wonderful deli smorgasbord catered by Greta's, we enjoyed a theatrical presentation funded by the Sheffield Cultural Council. Actor Richard Clark returned in a portrayal of John Barrymore. The performance and lunch took place at the American Legion where an intimate and unique stage was set in the corner of the room to which all diners adjourned after lunch.

Such invitations and exchanges will continue, including health information events and some trip opportunities. Movie viewing opportunities are now available on Mondays in GB and on Tuesdays in Sheffield.

Let's all realize the opportunities, which some folks have already been enjoying! The best of all possible Senior Center worlds! We'll keep you posted on other opportunities. Send in or call with your ideas!

### *Start Planning NOW for your Healthcare Needs in 2010!!*

An early suggestion! Be sure to save all info you receive in the mail concerning your Medicare D drug companies. These plans change every year and it is best to review what you have and other possibilities if your needs have changed. Also you should save info received concerning your Prescription Advantage – the Massachusetts Supplement. ALL this info should be kept in a folder to review with help, if needed. Our S.H.I.N.E. volunteer Winnie Veretto will be setting up appointments starting November 16 to go through materials with you. In order for all paperwork to be in and on time for the start of 2010 it is suggested that your decisions and plans be finished by Dec. 4<sup>th</sup>. So, start to save information that you receive NOW!!! Drop by to get a colored folder in which to put it all. We have yellow, blue, green, or orange!

### *Friends of the Senior Center, COA going's on for September 12*

There are two opportunities for experiencing what is going on with the Friends, COA and Senior Center on September 12<sup>th</sup>. At Mount Everett High School Aurigan Fair the Friends of the Senior Center will be raising money and support at their booth from 10-2. A White Elephant Sale will have some very interesting and attractive objects for sale. In addition, raffle tickets for a beautiful quilt made by Phyllis Samuels will be available. Prepare for the cool fall weather by being the proud owner of this beautiful piece of art.

At the Sheffield in Celebration at the Town Park the Council on Aging will have their booth from 12-6, which will contain Information and Referral brochures covering many aspects of senior advocacy along with news and drawings of Sheffield's coming new building. Director John-Arthur Miller, S.H.I.N.E. volunteer Winnie Veretto, and others will be on hand to answer questions and provide information. Raffle tickets for the Phyllis Samuels quilt will also be available. So, come out to see what's goin' on! At Both Places!

### *Travel with Claire Teague Senior Center in October*

Plan early to go to Charlemont to enjoy the colors, the Curtis County Store, and a scrumptious dinner at the Charlemont Inn Wednesday, October 14. Departure is 8:45 and approximate return is 5:15. Cost is \$47. Limited seats available! Early bird catches the worm! Call Cory Hines at 528-1881

**WELCOME BACK FROM THE SUMMER! PREPARE FOR THE COLORS OF AUTUMN!**