

OPEN on FRIDAYS Beginning April 9!!

Join the Claire Teague Seniors
For BINGO at Dewey Hall
Monday April 8, 9:30-11:00

Sheffield Senior Crier

PO Box 327
Sheffield, MA 01257

RETURN SERVICE REQUESTED

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New Senior Center FINALLY Out To Bid!!

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)

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

April '10 Calendar of Events

Bingo Party Day! – at Dewey Hall	Mon, April 5 , 9:30
Pre-Bid Conference and site tour at Town Hall (see article)	Tue, April 6 , 10:00
Blood Pressure Clinic	Thur, April 8 , 9-11:30
Out To Lunch Bunch – call to organize transportation	Thur, April 8 , Noon
Council On Aging Meeting	Mon, April 12 , 4:30
The Weather Revue at Claire Teague (see article)	Tues, April 13 , 11:00
3 rd Thursday Lunch - Catered by Andea from Spill the Beans Program – TBA – all for \$7 (see article)	Thur, April 15 , 12:00
Gracious Living Day – Pizza Lunch with Berkshire School (see article)	Fri, April 16 , 12:00
Big Band Dance Concert at Undermountain School (see article)	Sat, April 17 , 7:30-10:00
Patriot's Day – closed – no Meals on Wheels	Mon, April 19
Culinary Institute Trip – see announcement below	Wed, April 21
TV Viewing of Sheffield Board of Selectmen Meeting	Tuesdays, 12:30
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” – Classic Westerns “Clare Teague Movie Mondays” – “Indie” Films	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 (April 7) (April 17)
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.*

At press time there are 8 openings left for April 21 trip to The Culinary Institute (\$53.pp inc. coach, luncheon & behind-the-scenes tour). What a lovely spring outing!
Call Cory at Claire Teague for details.

528-1881

COA Director Thoughts:

As we go to press I am looking at the Legal Notices in the March 26th Berkshire Record. Finally it is official. Five columns appear devoted to the invitation for bids to build our long awaited Senior Center. Wow! Because of the unknowns in determining costs we all should be aware that fund raising is crucial to the completion of the interior. Please support the Friends of the Senior Center in their efforts to raise that additional money. Plan on going to the Big Band Dance on April 17. All should have a good time. If you already have plans, the Friends will still accept a generous donation of any size!

Forward thinking is most often a good thing. Being able to maintain and staff this wonderful new building remains a mystery. Hiring a fulltime director and Sheffield's participation in Senior Property Tax Work-Off Program to employ "volunteers" have both been broached to the Town Administrator and Board of Selectmen. Another idea is the Senior Community Service Employment Program (SCSEP) sponsored regionally by Elder Services of Berkshire County. This is a federally funded, state administered program that assists people aged 55 or older with limited financial resources in job training, job matching, and job placement. The placement of a SCEP participant at a Host Agency could result in a maximum on-the-job training experience of 20 hrs/wk for up to a year. In this strained economic time considerable thought and action has to be made in order to make good use of our new building and to have it be a real asset to the quality of life here in Sheffield. Let us clear the next hurdle.

John-Arthur Miller

Center News

Movie Mondays & Tuesdays in January – FREE!

Mondays at **Claire Teague** – 12:00
Independent Film Month
April 5 – *Fried Green Tomatoes*
April 12 – *My Big Fat Greek Wedding*
April 26 - *The Englishman Who Went Up a Hill & Came Down a Mountain*

Tuesdays at **Dewey Hall** – 11:30
Classic Westerns Month!
April 6 – *High Noon* - 1952
April 13 – *Sergeants 3-* 1962
April 20 – *The Treasure of the Sierra Madre-* 1948
April 28 – *Sons of the Pioneers* - 1942

Pittsfield Eagles Band to Play for Friends Fund Raiser

The Sheffield Cultural Council has awarded a grant to the Eagles Band, Berkshire County's oldest continuous performing ensemble. Founded in 1936 and originally sponsored by the Fraternal Order of Eagles Aerie #358, the band will be playing for a fundraiser organized by the Friends of the Sheffield Senior Center. Proceeds will go toward furnishing the new Senior Center, due for completion in December. Dance music of the 30' and 40's will be featured, so, bring your dance shoes, enjoy the sounds at the Undermountain Cafeteria on April 17 See the insert poster for more details.

3rd Thursday in April

Come and be served!! Andrea Eichstedt, that lovely, fiery gal at Spill the Beans will be our featured caterer for a lovely lunch at the Senior Center April 15 at noon. She is planning an herb crusted boneless chicken breast, long grain wild rice, garden salad, steamed veggies, and rolls with a tangy cranberry sauce on the side! The program is yet to be determined but it could very well be a trip to the other side of the world! All for just \$7! Call to reserve a spot at Dewey Hall.

Gracious Living Day

This event, scheduled for Friday, April 16, has become an annual activity here in Sheffield. It provides an opportunity for the different generations to stay in touch. After various volunteer clean-up activities for different area organizations, the students of Berkshire School will again join seniors for lunch at Dewey Hall. Although the school provides a box lunch for each student, they all seem to have plenty of room to share pizza with our area seniors. Sharing experiences and connections is also a wonderful addition to their hard morning labors around town at places including the firehouse, library, Historical Society, and cemeteries. Keep in touch with the younger generation. Come and welcome them at noon with free pizza, drinks, and conversation.

March Winds bring April Showers Bring May Flowers

Have you ever thought that weather predominates our lives and not only in the winter months? Just think about the winds & rain of the March 13-14 weekend. We've going to recognize 'winter moving into spring' with a musical program rich in weather references. Come to the Claire Teague center on Tuesday, April 13 at 11AM for "The Weather Revue". Nick DiCandia on trumpet and Bob Shepard on piano will use their many years of experience to delight the senses.

Pre-Bid Conference and Site Visit

At 10AM Tues, April 6 interested contractors will gather at Town Hall to ask questions, and review the bidding process for our new Sheffield Senior Center building project. After the conference there will be a site visit. This might be one of the last times to see the site as is. Once construction begins, visits will be very limited for safety reasons.

Welcome Back Meals on Wheels Drivers

After a tough winter we welcome back a number of our drivers who have been absent. Art Hyatt is back with his co-pilot Ann who suffered a fall and is recouping nicely. He also had to repair his "chariot" to better handle south county roads! Jeanette Johnson has returned from time away in NYC. She and her husband lead double lives enjoying the Berkshires and the city and have been in the middle of an apartment change there. Welcome back Jeanette! Bette Ellenbogen was away enjoying some cool Florida weather and got back just as the mercury was rising in Florida and the Berkshires! Herb Abelow is back in gear as one of our star substitutes but we are still awaiting the return of our Snowbirds Charles and Mary Joch. Warren Wilcox, who had a serious fall and broke his arm is recovering and on hiatus. He has a bit of farming to catch up on. Lots of new lambs that Claire had to tend in his absence! Plus, gladiolas to get in the ground! Our old faithfuls, (emphasis on faithful rather than old) Wes Petersen and Frank Clark deserve lots of thanks for filling in extra days and working all winter. Thanks guys! And thanks to all the volunteer drivers for their dedication, dependability, and friendly service. Anyone interested can join the club! We are still in need of substitutes. Call Barbara or Jon-Arthur.

Opportunity for Bird Lovers

Many of you enjoyed the fascinating presentation on bluebirds at our last 3rd Thursday Lunch by Fred and Michelle Harwood. If you are interested in becoming a monitor for the Berkshire County Bluebird Project please call Michelle at 229-3060. Drop by the Senior Center to get your copy of "Bluebird Notes" and instructions on how to build a Bluebird Nest Box. You also will enjoy viewing the 10-minute video "Bluebirds Help" starring Michelle, Fred, and 5 baby bluebirds! It is now available for viewing after "technical difficulties" at the luncheon.

Spring – Good Time for Exercise

If you need encouragement and group support for your exercise motivation, come join the gang Tues & Thurs from 9-10 at the Senior Center. A great deal for \$6 per week! And a good time as well! So, come and loosen up for all that yard work!

Another Generous Donation

Merle and Karen Varney of Ashley Falls have donated a sizable television that will serve us well when we have more room in our new center. The plan is to have it available for Wii players and other activities as another option to our other TV that was donated by Nanette and David Wells some time ago. Thanks Merle and Karen!

Census Questionnaire Assistance Available

United States Census 2010 has set up a Questionnaire Assistance Center at Claire Teague Senior Center, 917 N. Main Street Great Barrington, Mon-Fri 10-1, for those needing assistance in completing their 2010 Census form. Feel free to drop in.

Mats 'n Bars

DON'T FALL! It's expensive and it hurts! For a small cost we can help you feel safer in the bathroom with mats and support bars in your tub or shower. Call the Sheffield Senior Center. 229-7022

<u>No Falls Insurance</u>	
<u>Indoor:</u> <ul style="list-style-type: none">• Keep Floors Clean, Clear, and Dry.• Make Sure Areas are Well Lit.• Keep Things within Easy Reach.	<u>Outdoor:</u> <ul style="list-style-type: none">• Keep Your Steps & Walkways Free of Snow/Ice & Moisture.• Stay Away from Ice.• Keep Railings Free of Moisture and Ice.
Tips From the Executive Office of Elder Affairs	

Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?



If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)

Big Band Dance-Concert

Pittsfield's Eagles Stage Band



Sheffield, MA

Saturday, April 17

7:30 – 10 PM

Dance to the music of the 30's - 40's - Swing

**Undermountain Elementary School
491 Berkshire School Road, Sheffield, MA**

**Fundraiser for the new Sheffield Senior Center
By The Friends of the Sheffield Senior Center**

Donation \$20 Advance - \$25 at the door Refreshments

Advance tickets at: Dewey Hall senior center,

The Market Place, PJ's, Silk's, Shear Image, Gulotta's

Info paulschm4@aol.com call 229-2871

Sponsored by the Sheffield Cultural Council

