

NOTICE!!
Starting in December while still at Dewey Hall
Senior Center **CLOSED** on Fridays

HAPPY HOLIDAYS
Sheffield Senior Center Closed
Dec. 23-31
MOW will be delivered weekdays except 12/24&12/31

Sheffield Senior Crier

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Sheffield, MA 01257

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Mt. Everett Senior Holiday Lunch
Thurs, December 2
Thank You Culinary Arts Students!

Have You Reviewed Your Health Insurance Needs?

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

December '10 Calendar of Events

Ashley Falls Tree Lighting	Sat, Nov. 27, 5:00
Holiday Lunch – at Mt. Everett	Thur, Dec. 2, 12:00
Simon Winchester Talk – at Library	Fri, Dec. 3, 6:00
Dewey Hall Folk Series – Tom Smith	Sat, Dec. 4, 7:30
Sheffield Community Tree Lighting – at Old Parish	Sun, Dec. 5, 6:30
Friends of the Sheffield Senior Center Meeting	Mon, Dec. 6, 10:30
Bus Trip to Mohegan Sun	Mon, Dec. 6, 8:00
Out to Lunch Bunch – at Mt. Everett Café	Wed, Dec. 15, 12:00
Bake Sale – at Episcopal/Lutheran Church	Sat, Dec. 11, 10-2
Council On Aging Meeting – at Town Hall	Mon, Dec. 13, 5:00
Holiday Market – at Dewey Hall	Sat, Dec. 4, 11, 18 from 10-2
Festival of Holidays – at Stone Store	Sat, 10-2; Sun, 11-3 Dec. 4, 5, 11, 12, 18, 19
TV Viewing of Sheffield Board of Selectmen Meeting	Tuesdays, 12:30
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
Wii Bowling (regular times, but anyone can drop in anytime to try it!)	Tuesdays & Thursdays, 9:00
“Lawn Chair Movie Tuesdays”	Tuesdays, 11:30 at Dewey Hall
“Clare Teague Movie Mondays”	Mondays, 12:00 at Claire Teague
FREE Senior Swim at Berkshire South	Mondays, 1-2
Knitting Together (creating prayer shawls at Episcopal/Lutheran Church)	1 st Wed. 3:00; 3 rd Sat. 11:00 (Dec 1) (Dec 18)
Mt. Everett Culinary Restaurant (call 229.8734 x114 for reservation)	Wednesdays 9:30-1:30
Library Knitting Group (another knitting option at the Library) (beginners welcome-always someone there to help)	Wed. Evenings 6-8
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:

What a wonderful show of support from the townsfolk, young and old, who attended the Harvest Brunch, put on by Kiwanis to raise money to help furnish the new Senior Center. Thanks and congratulations to Kiwanian Rene Wood and her energetic crew for all of their hard work and dedication to this great cause! The building exterior is close to being finished, the parking lot is paved, and occupancy of the upper level will, hopefully be in early February. Let us continue in a united effort to support the growing senior population with appropriate programs, activities, and staffing at this center, meeting unmet needs, providing a welcome home away from home, and supporting their families and caregivers. The talents and experiences of our seniors have made and continue to make our community the great place that it is. Let us all learn from them, honor them, and support them!

John-Arthur Miller

Center News

Movie Mondays & Tuesdays in December– FREE!

Mondays at **Claire Teague** – 12:00

Dec. 6 – TBA

Dec. 13 – TBA

Dec. 20 – TBA

Dec. 27 - TBA

Tuesdays at **Dewey Hall** – 11:30

Dec. 7 – *Il Postino* - 1995

Dec. 14 – *Au Revoir Les Enfants* - 1987

Dec. 21 – *Dead Poets Society* - 1989

Dec. 27 – *The Queen* - 2006

Sheffield Cultural Council Production – Great Success

On Veterans Day the Sheffield Senior Center was the venue for a terrific one-man show portraying writer and veteran of three wars – Ernest Hemmingway. This play, researched, finely written and dramatically portrayed by Richard Clarke is another in his “Bringing History Alive” series. The Sheffield Senior Center has hosted others of this series in the past and hope that many more people will enjoy and learn about other historical personalities the next time Mr. Clark performs. Don’t miss him!

Yummy Jams and Jellies

We send huge thanks to Susan Young who each year has donated her finest for distribution to Meals on Wheels clients. This year Quince and Grape seemed to be the favorites! Thank you Susan!

Exercise Class Still Has Enthusiasm and Support

Tuesday and Thursday morning classes still have openings! Weather outside might limit exercise, but Sandy French and her quality, friendly crew will continue to meet from 9-10 at Dewey Hall. New folks are welcomed and returnees are treated as prodigal sons and daughters! Come join the fun! \$6/week

Longest Night to be Celebrated

For all folks who enjoy the out-of-doors in the evening, the Solstice Sunset Celebration is for you! The Trustees of Reservations will greet the longest night of the year at Bartholomew's Cobble with campfire, music, stories, hot chocolate, and marshmallows. The celebration begins at 4:00 on Saturday, December 18th and is free to all Sheffield residents. Sounds like fun!

Update on Doughnut Hole Drug Costs

In 2011 folks falling into the "doughnut hole" of drug costs will be covered for 50% of the cost of brand name drugs and 93% of the cost of generic drugs. Let this be a reminder that all should be reviewing their insurance needs and situations for any changes that take effect January 1. Early December is the time in order that paperwork is completed in time for the new year. S.H.I.N.E. volunteers are standing by if you need help. Call the Senior Center to set up an appointment or call S.H.I.N.E. volunteer Winnie Veretto.

Tax Package Information for Individuals

This is a reminder that, with the continued growth in electronic filing and to help reduce costs, the IRS will NO LONGER mail paper tax packages that typically arrive in January of each year. If you wish a paper form you can access them and print them online at www.irs.gov, drop by an IRS Taxpayer Assistance Center, or obtain them from the post office or library. If you need help obtaining them call us at the Senior Center.

Health Tip:

Many people have found success in treating nail fungus by applying Vicks VapoRub to the diseased nail. There has also been success with nails growing out clear after applying Listerine daily. It is a safe and inexpensive treatment that can provide results.

Holiday Lunch at Mt. Everett

Once again the Culinary Arts Students are treating area seniors to a lunch with entertainment from the Music department. Young voices and instrumentalists will share their talents while seniors enjoy an Italian meal, fellowship, and holiday greetings on December 2. This "sold out" affair promises to be another successful annual event. If you have not made a reservation, call the Senior Center to see if there are any seats left!

A Note of Thanks

It is heartening to see people joining in to "clean up" after our monthly lunches. Barbara calls a few folks to help "set-up" but sure appreciates all the help to get the hall back to "normal". It is a good way to work off a bit of that great food and gain the appreciation of the Director and Assistant Director. Thanks for the teamwork. Many hands make light work! With new lightweight tables in our new building it will truly be "light" work!

Thank You and a Salute to Our Leaders:

Council on Aging Board Members:

Grace Campbell	Mary Ellen Deming	
Gail Ullman	Natalie Funk	Richard Magenis
Dawn Massini	Anne Hyatt	Rosemarie Wright
Carol Sica	Lovina Gulotta	Dorris Van Deusen

Directors of the Friends of the Sheffield Senior Center:

Pauline Schumann	Kathy Posey	Frank Clarke
Norma Moulton	Blanche Bennett	Michelle Harwood
Gail Tighe	Kathy Cashiola	George Olean
Tom Tighe	Claudia Martin	Winnie Veretto