

Don't forget Foot Clinic and Blood Pressure  
Call for Appointment

Visit the Housatonic Art League Summer Shows  
at Dewey Hall

July 15-Aug. 8 – Juried Show  
Aug. 12 – Sep. 6 – Member Show

# Sheffield Senior Crier

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Sheffield, MA 01257

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RETURN SERVICE REQUESTED



Take a ride to the American Legion! See What You Can See!

**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

## July/August '10 Calendar of Events

Friends Tag Sale – funding for new building furnishings	Fri, <b>July 2</b> , 9-4
Foot Clinic	Mon, <b>July 5</b> , 9-11
No Meals on Wheels	Mon, <b>July 5</b>
Blood Pressure Clinic – call for appointment	Thur, <b>July 8</b> , 9-11:30 Thur, <b>Aug. 12</b> , 9-11:30
Friends of the Sheffield Senior Center Meeting	Mon, <b>July 12</b> , 4:30
Council On Aging Meeting	Mon, <b>July 12</b> , 4:30 Mon, <b>Aug 9</b> , 4:30
Claire Teague trip to Saratoga (see article)	Wed, <b>Aug. 11</b>
Housatonic Art League Shows –	beginning thru
	Thur, <b>July 15</b> Mon, <b>Sept. 6</b>
TV Viewing of Sheffield Board of Selectmen Meeting	Tuesdays, 12:30
Physical Fitness/ Exercise Class – at Town Hall starting 7/13	Tuesdays & Thursdays, 9-10
Wii Bowling	Tuesdays & Thursdays, 10:00
“Lawn Chair Movie Tuesdays” – July - A month of Merry Men”	Tuesdays, 11:30 at Dewey Hall
“Clare Teague Movie Mondays” – July - Travel by train, plane, autobus (August TBA)	Mondays, 12:00 at Claire Teague
FREE Senior Swim at Berkshire South	Mondays, 1-2
Knitting Group (meets at Episcopal/Lutheran Church)	1 <sup>st</sup> Wed. 3:00; 3 <sup>rd</sup> Sat. 11:00 ( <b>July 7</b> ) ( <b>July 17</b> ) ( <b>Aug 4</b> ) ( <b>Aug 21</b> )
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:*

*Another summer is upon us. But this summer we have some great expectations for when the weather gets colder. Latest estimate from our Town Administrator is that we will be in our new home in December/January. If you have not driven by the American Legion – do so! Lots of activity! There is a mountain in front and a valley behind. As many of you know, the space in front was determined to be the space for a raised septic for the Senior Center with incorporated space and improvements to the American Legion system. Behind the American Legion the Senior Center footings have been poured at this writing and you can see the building footprint. Some trees in the very back have been carefully preserved to add a bit of shade. Work is moving along. Fund raising is also continuing for furnishing the interior space. I hope all will show support. Anyone for Bocci or croquet on the septic?*

*John-Arthur Miller*

## **Center News**

*Movie Mondays & Tuesdays in July – FREE!*

Mondays at **Claire Teague** – 12:00  
Travel by train, plane, and autobus

July 12 *Murder on the Orient Express* - 1974  
July 19 *Airplane!* - 1980  
July 26 *Bus Stop* - 1956

Tuesdays at **Dewey Hall** – 11:30

A month with the “Merry Men”  
July 6 *Robin Hood* – 1923 – Douglas Fairbanks  
July 13 *The Adventures of Robin Hood* – 1938 – Errol Flynn  
July 20 *Robin Hood: Prince of Thieves* – 1991 – Kevin Costner  
July 27 *Robin Hood: Men in Tights* – 1993 – Mel Brooks

## *August Movies TBA*

### *Claire Teague is off to the races*

On August 11 join our neighbors for a visit to the National Museum of Racing, a bountiful buffet in town and an afternoon at the thoroughbred racetrack @\$62.pp. Call Cory Hines, Trip Leader at 528.3998 for more info.

### *Summer Exercise Again at Town Hall*

We will again be in the AIR CONDITIONED space for our exercise class due to the unavailability of Dewey Hall from July 13- September 7. Time remains the same from 9-10 See you there for some “cool movement” with the expert leadership from Sandy French.

### *Ballroom Dancing in the Works for Fall*

At our summer picnic on June 6 at Sheffield Town Park we had wonderful participation with guests from New Marlboro, Great Barrington, Sheffield, Ashley Falls and others. One of our visitors from CT was Bob Weber, who in the past has taught some ballroom dance here at the Sheffield Senior Center. There has been renewed interest in having him again in the fall. It would be a series of classes to introduce various popular dances – fox trot, tango, waltz, cha-cha, and others, offered at a minimal cost to couples or singles who would pair up for the class. Keep posted on developments and call the center to express your interest. We’ll start a list! Thanks to Bob for offering to help distinguish our two left feet while having a great time.

### *Friday Café Has Regular Hostess with the Mostess*

We welcome Natasha Lorick to the Senior Center on Fridays during the summer. Although she is not a senior citizen, she is an enthusiastic Sheffield resident who sets up and runs our Outdoor Café from 10-1 weather permitting. Don't expect to walk by without hearing a friendly invitation for a free coffee and goodies! She is a wonderful addition to that friendly atmosphere here at the Senior Center on Fridays. Come on down and meet her! Thanks Natasha.

### *Breaking Bread - Multiple Opportunities for Thursdays*

The scene on Thursdays at the American Legion (in front of future site of Sheffield Senior Center) is a beehive of activity from around 3-7. Each week a different organization is responsible for providing a nutritious sit-down meal to anyone who needs it. Menus vary from week to week. You might see chili, pasta, salads, cold cuts, soups, and desserts – whatever the sponsoring group plans for that meal. Volunteers show up either to prepare at 3, serve at 5, or clean up at 6. Some stay to help the entire time while meeting and talking with one-time guests or regulars who need a good meal. Many guests become helpers at clean up time and pitch in to tidy up the American Legion after the meal. So, if you are looking for a meal, or looking to volunteer, or both – show up on Thursdays at any or all the above times to serve your community. See you there!

### *SBETC is At Your Service*

Southern Berkshire Elderly Transportation Corporation is a non-profit transportation service with offices at Claire Teague Center in Great Barrington. They provide rides upon request to adult day care, medical appointments, and shopping for seniors of nine participating towns of the South Berkshires. Each town pays an annual assessment based on the number of senior residents and the riders themselves pay a very nominal round trip fee - \$5-\$10 - depending upon destination. Although their schedule sometimes gets busy and they are not yet available for trips to Pittsfield, they serve a valuable service to us with very helpful, safe, and friendly drivers. If you need a ride, call their dispatcher at 528-4773 or the Senior Center to let us introduce you to the service. Plan ahead, call as soon as you know your appointment time. The folks at SBETC are here to serve.

### *New Senior Center Gifts*

There are many ways to give. A reminder to think about a Memorial Gift Donation in memory of a loved one or a Legacy Gift that you might want to leave to the Senior Center from your estate in your will. There are lots of options, all of which are very welcome. Thank you.

### *Meals on Wheels – Elder Services of Berkshire County - \*\*\*\**

This is a 4 star service for any senior in need, has limited transportation to get out for groceries, and would benefit from a check-in visit as well as an excellent noon meal five days per week. If you or someone you know is interested please call John-Arthur or Barbara at the Sheffield Senior Center to get introduced to this valuable program. Donations of \$2-\$5 per meal are gladly accepted to help defray the cost of the program – over 1000 meals per day are prepared at the Elder Services kitchen in Lanesboro and distributed throughout the county. And, if you don't need a meal and would like to donate to the Meals on Wheels program you may send a check directly to Elder Services of Berkshire County or drop by to see us at the Sheffield Senior Center and we will forward that donation to them.

### *3<sup>rd</sup> Thursday Lunches in Limbo for July and August*

Because our space in Dewey Hall is occupied this summer by the Housatonic Valley Art League our summer lunch venue is in question. There has been some talk by COA and Friends to have a gathering at Bartholomew's Cobble or another place but plans are not definite. Stay tuned and call in your ideas. Exercise will continue at Town Hall. Movies and Wii Bowling will continue in the Office as will Selectmen meetings taped viewings and outdoor Café for any who are interested. We definitely need our space!