

Daffodil Days Order Deadline - March 5th

Join the Friends of the Senior Center

Join the Mats 'n Bars Team

Sheffield Senior Crier

PO Box 327
Sheffield, MA 01257

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Welcome Home Minnie Golden!!

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)
Box 327, Sheffield, MA 01257*

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

March '10 Calendar of Events

Foot Clinic – call for appointment	Mon, Mar 1 , 9-12
Bingo Party Day! – at Claire Teague – stay for lunch	Mon, Mar 1 , 10:00
Nourishing Your Heart - a healthy eating presentation from The Nutrition Center at Claire Teague	Thur, Mar 4 , 11:00
HOEDOWN! At Claire Teague with live music (fiddle, banjo & hammer dulcimer) and square dance callers. All ages are welcome; admission is free.	Sat, Mar 6 , 2:00-5:00
Traces of the Trade: A Story from the Deep North Screening and discussion at Claire Teague Filmmaker Katrina Browne discovers that her New England ancestors were the largest slave-trading family in U.S. history. She and nine cousins retrace the Triangle Trade and gain a powerful new perspective on the black/white divide.	Sun, Mar 7 , 1:30 – 4:15
Council On Aging Meeting	Mon, Mar 8 , 4:30
Blood Pressure Clinic	Thur, Mar 11 , 9-11:30
HAPPY ST. PATRICK'S DAY!	Wed, Mar 17
3 rd Thursday Lunch – Potluck (see article) Program Double Header: Gary Williams from Berkshire Home Healthcare Supplies Fred and Michelle Harwood – “Bluebird, Bluebird, Through My Window”	Thur, Mar 18 , 12:00
Friends of the Sheffield Senior Center Meeting	Fri, Mar 19 , 10:00
TV Viewing of Sheffield Board of Selectmen Meeting	Tuesdays, 12:30
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” – Debbie Reynolds “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 (Mar 3) (Mar 20)
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:

I'm attending to the March Director Thoughts while the snow is raging outside my office. We are technically closed. No Meals on Wheels. No schools in session. Excellent time to catch up! At least to try! Won't be long before mud season. Then Spring and the start of building our new building! Hope you are all getting excited about our new space. Room to breathe, more sharing of information, activities with Claire Teague, invitations for outreach. Hopefully you are all thinking of ways to give for the good of the cause - ...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... whether it is through your time or your money or a combination. The Building Committee is scheduled for a meeting tomorrow (weather permitting) to meet the architect and come to consensus on plans to move forward with the bidding process. Our community is lucky to have acquired the means to reach this next step in making Sheffield a better place for its citizens. Thanks to all who continue to be and become involved.

The flowers that bloom in the spring,
Breathe promise of merry sunshine —
As we merrily dance and we sing,
We welcome the hope that they bring,
Of a summer of roses and wine.
And that's what we mean when we say that a thing
Is welcome as flowers that bloom in the spring.
The flowers that bloom in the spring. ...Sir William Gilbert

John-Arthur Miller

Center News

99th Birthday!

Emerick Schneck of Ashley Falls celebrated his 99th birthday with family and friends on February 6th at his home. Ron Curtiss of Salisbury, CT played guitar and sang many old familiar songs and some newer ones that he has written. The music and refreshments were enjoyed by all. Congratulations Emerick!

Got a Used Car?

Anna James is looking to buy a used car. Call her! 229-3096

Movie Mondays & Tuesdays in January – FREE!

Mondays at Claire Teague – 12:00

Mar 1 - *Coal Miner's Daughter* - 1980
Mar 8 – *Rebecca* - 1940
Mar15 - *Julie & Julia* - 2009
Mar 22 – *The Trip to Bountiful* - 1985
Mar 29 - *Oliver!* - 1968

Tuesdays at Dewey Hall – 11:30

Debbie Reynolds Month!

Mar 2 – *The Unsinkable Molly Brown* - 1964
Mar 9 – *Three Little Words* - 1950
Mar 16 – *Divorce American Style* - 1967
Mar 23 – *Singin' In The Rain* - 1952
Mar 30 – *The Tender Trap* - 1955

Wii Bowling Team Starting

The search announced last month for a Wii bowling team has produced some interest. Midge Priddle, Pauline Schumann, Teresa Bellizzi, and Doris VanDeusen have started practicing in anticipation of a coming challenge. If anyone else is interested in joining the team or simply coming in to bowl a few frames on your own or with a date, come on down!

3rd Thursday in March

March 18th is the day after St. Patrick's day. Our potluck should include GREEN items. And, all should wear something green! So, be inventive. Not all green beans, please! Lots of salads, maybe green pea soup? Fried green tomatoes? Green sausage?... As for the program - More blue than green! We will have Michelle and Fred Harwood show us pictures and talk about their love of bluebirds, in great anticipation of spring!...There is green in spring! Also, Gary Williams from Berkshire Home Health Care Supplies will be visiting to tell us of ways to make living in our homes better and safer. Greener pastures at home, perhaps? See you there.

Bridge Player Alert!

Claire Teague bridge players are looking for players who might be available to play Tuesday and Friday at 12:30. Although there are those who like to play regularly, there are times when a foursome is down to two! Kate Turtin is the "one in the know" about getting on the "sub" list. Call the Senior Center to get in touch.

Longer Range Planning – Two Dates in April

- **April 16** Gracious Living Day, students at Berkshire School will finish up their annual community work morning with a pizza lunch at the Sheffield Senior Center around noon. Students will spend the morning helping local organizations in spring-cleaning. In past years, students have washed fire trucks, cleared the cemetery of branches fallen during the winter, and worked the Historical Society, Library, and Food Program. Volunteers of all ages are welcome. You can then visit with Berkshire School students over pizza. Call the Sheffield Senior Center for assignments and reservations. 229.7022

- **April 21** Seats are still available for this 'yummy' excursion down to The Culinary Institute (CIA) in Hyde Park sponsored by the Claire Teague Senior Center. We'll lunch at one of the student-run restaurants and then have a behind-the-scenes tour. All-inclusive @ \$53pp. Call Cory at the Claire Teague Senior Center 528.1881.

Two MOW Drivers Down But Not Out!

This has been a tougher winter for some of us. Anne Hyatt and Warren Wilcox, two of our very dedicated Meals On Wheels volunteers had serious falls but are recuperating thanks to modern medicine, healthcare, and their significant others Art and Claire, respectively. As many of us know it is a scary thing to see the ground come up so fast and so close! We hope all will greatly respect ice and snow, don't be in a rush and don't take chances. Our love and best wishes to both those families as they get healthier and return to their important work.

New Project – Mats 'n Bars - The Brainchild of a Dedicated Volunteer

Many folks know the many ways Carl Schumann has promoted the Senior Center and advocated for all seniors. He has now originated and is heading up a plan to insure better falls prevention. The aim of the Mats 'n Bars Project is to make certain all seniors have the opportunity to get a shower or tub mat and support bars installed at a moderate cost in their bathrooms. Interested clients should call the Sheffield Senior Center so that Carl might have one of his team call and perhaps make a home visit to assess the situation and then "Get er done before ya fall!" If others would like to contribute to the cause and cost of this project, the Friends of the Sheffield Senior Center will facilitate your donation. Call the Center and "Get er done"

Uncle Doug at the Movies 2009

As many of you know we have our resident cinephile who gives his pix picks for us. Doug Levy, who lives in Sheffield, shares his wit, his knowledge, and his opinions. For detailed comments pick up his full report at the Senior Center. Uncle Doug's Ten Finalists for Best Picture – *Up, An Education, (500)Days of Summer, A Single Man, The Young Victoria, Moon, Brothers, The Hurt Locker, Avatar, Inglorious Bastards*

Uncle Doug's choice for Best Picture...the envelope please...and the winner is...

Inglorious Bastards