

“Each night, when I go to sleep, I die. And the next morning, when I wake up, I am reborn.”

- Mahatma Gandhi

**Wii Bowling Tournament!**  
Come support the Sheffield Team  
May 19, 26, June 2

# *Sheffield Senior Crier*

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Sheffield, MA 01257

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***Make physical activity a lifetime commitment!***  
***Start with a walk!***

**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

## May '10 Calendar of Events

Foot Clinic	Mon, <b>May 3</b> , 9-11:30
Town Meeting – call for ride to High School	Mon, <b>May 3</b> , 7PM
Mother's Day!! – Pancake Breakfast at Firehouse!	Sun, <b>May 9</b> , 7-11
Town Election – call for a ride to polls	Mon, <b>May 10</b> , 7AM-7PM
Voices From the Fields – at Sheffield Historical Society (see article)	Wed, <b>May 12</b> , 9:30
Blood Pressure Clinic	Thur, <b>May 13</b> , 9-11:30
Friends of the Sheffield Senior Center Meeting	Fri, <b>May 14</b> , 10:30
Council On Aging Meeting	Mon, <b>May 17</b> , 4:30
Wii Bowling Tournament – at Claire Teague at Dewey Hall	Wed, <b>May 19</b> , 10:00 Wed, <b>May 26</b> , 10:00
3 <sup>rd</sup> Thursday Lunch - Pot Luck – Program “Double Header” Paul Edelman, Director of South Berkshire District Department of Veteran's Services Patriotic Songs Sing-A-Long (see article)	Thur, <b>May 20</b> , 12:00
Out To Lunch Bunch – call to organize transportation	Thur, <b>May 27</b> , Noon
Memorial Day – closed – no Meals on Wheels	Mon, <b>May 31</b>
TV Viewing of Sheffield Board of Selectmen Meeting	Tuesdays, 12:30
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays” – Lillian Gish Month “Clare Teague Movie Mondays” – “Indie” Films	Tuesdays, 11:30 at Dewey Hall 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>May 5</b> ) ( <b>May 15</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:*

*A potpourri of thoughts this month!*

*Salco Construction, a firm based in Pittsfield with 20 years experience, has been awarded the General Contracting bid for the building of our new Senior Center. Congratulations! May the building begin(s)!*

*Recycling has become more important than ever in reducing the town cost of getting rid of our trash. At the transfer station there are new posters explaining with pictures how we can all take the responsibility of separating “stuff”. There are also handout pamphlets at Town Hall and the Senior Center that can be posted at home as reminders. Check out how easy it is to be responsible citizens of Sheffield!*

*Speaking of responsibility! Let’s all get counted! The Census takers will be on the road and perhaps at your door this month and next to remind and help you to fill out the census papers if you have not already done so. Make their job easier by greeting them with, “Already sent them in, thanks!” These numbers are so important so that Sheffield, Berkshire County, and Massachusetts receive their fair share of representation and support from local, state, and federal government sources. If you have questions or need help, call the Senior Center in Sheffield or Great Barrington where there are Census workers available.*

*I hope civic responsibility will also be evident in a large turnout for the Town Meeting at the high school on Mon, May 3 at 7PM, and then again at the polls in Town Hall for Town Elections on Monday May 10<sup>th</sup>. Those polls are open from 7-7. Rides for either or both dates will be provided if needed. Just call the Senior Center – 229-7022. Do your duty, right, and privilege!*

*See you at the Senior Center!*

*John-Arthur Miller*

## **Center News**

*Movie Mondays & Tuesdays in January – FREE!*

Mondays at **Claire Teague** – 12:00  
Biography Month  
May 3 – *Bright Star* - 2009  
May 10 – *On a Clear Day* - 2005  
May 17 – *Billy Elliot* - 2000  
May 24 – *Shine* - 1996

Tuesdays at **Dewey Hall** – 11:30  
Lillian Gish Month  
May 4 – *Follow Me, Boys!* - 1966  
May 11 – *Orphans of the Storm* - 1921  
May 18 – *Duel In The Sun* – 1946  
May 25 – *Intolerance* - 1916

*Friends Fund Raiser a Success - Pittsfield Eagles Band Hot!*

Anyone who was there on April 17 would agree to the above assessment. The Big Band Sound was loud and clear and dancing abounded. Many were working off the All You Can Eat Pasta that the Sheffield Historical Society provided earlier in the day.

*3<sup>rd</sup> Thursday in May*

May 20<sup>th</sup> will again be a “Double Header” of Information & Entertainment beginning with a Pot Luck lunch at Dewey hall beginning at noon. Over coffee and dessert, Paul Edelman, Director of South Berkshire District Department of Veteran's Services will spend a little time describing the services to Veterans and

their families. There have been numerous inquiries especially from spouses of veterans seeking information about those services. A question and answering session will be a part of the presentation. Then, in celebration of those vets and in preparation for Memorial Day we will have a rousing sing-a-long of patriotic songs led by the Senior Center Director and guests.

### *Thanks to Grace and Rob Campbell*

Our recliner chair has had some heavy use, especially for the foot clinics (and occasional Director naps). It now has new life! Rob Campbell, an artist and upholsterer by trade has beautifully redone this handsome craftsman piece, originally donated a couple years ago by Rene Wood. Rob and his mom, Grace, also provided the funds and materials for him to demonstrate his craft. It exemplifies beautiful work, indeed. Come, have a look – and a nap! I certainly would recommend Rob’s talents. Thank you to both members of the Campbell family!

### *Wii Bowling Tournament Set*

Mark three dates on your calendar to come out and support the team! May 19, 26, and June 2, three successive Wednesdays at 10:00 Sheffield and Great Barrington seniors will square off for some fun on the virtual lanes of Claire Teague and Dewey Hall. Winners will receive bragging rites until the next tournament. Everyone will have a whole lot’a fun. Dorris Van Deusen, Frank Clarke, Pauline Schumann, and Teresa Bellizzi will be bowling for Sheffield. If anyone wants to bowl in the next tournament, come on down, sign up, and start practicing! Or, just bowl for fun, thanks to the Kiwanis generous donation! See you at the tournament or at the Center to bowl, box, play tennis, golf, or baseball.

### *Volunteer Appreciation Lunch Set*

Egremont Country Club will be the site for this year’s festivities on Tuesday, June 3. This is the time that folks who give “above and beyond” will be recognized. This gathering is made possible by our State Formula Grant money. It is so important that we thank those so generous with their time and talents. Invitations will be sent shortly.

### *Need Drivers “On Call” for May 3 and May 10*

The Senior Center is providing rides to the Town Meeting the evening of May 3 and again all day to the polling place (Town Hall) on May 10. We could use some drivers to be available if needed. Let Barbara or John-Arthur know if you will volunteer to be “on call”. Thanks.

### *Sheffield Historical Society Exhibit to Interest Seniors*

Join Claire Teague seniors at the Sheffield Historical Society on May 12 at 9:30 to enjoy “Voices From the Farm”, an intimate look at the family farms of Sheffield. This exhibit will be at the Old Stone Store May 1-June 6 and is produced in collaboration with the Land Trust. Come host the GB seniors on May 12 and enjoy coffee and refreshments and a little Sheffield history!

### *News From Transfer Station*

Bulky Waste Collection will be May 14, 15, 16. Transfer Station ticket holders can get a free coupon worth a pick-up truck dump amount at the Town Hall. Check poster at Senior Center, Town Hall, or online ([www.sheffieldma.gov](http://www.sheffieldma.gov)) for accepted items. Also, there are new Recycle Info Pamphlets available at the Senior Center, Town Hall, or online at [www.springfieldmrf.org](http://www.springfieldmrf.org). This colorful sheet (also now posted at the Transfer Station) reviews and explains what is and is not a recyclable item. Please help Sheffield and yourself by reviewing this before the next trip to the “dump”.

### *Reminder RE: Town of Sheffield Annual Street Listing (Not to be confused with US Census 2010)*

If you have not returned this January mailing, this document is approaching completion and needs your info.