

Flu Shots Available at Dewey Hall
9-11, Thurs, October 14

Happy Columbus Day!

Sheffield Senior Crier

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Sheffield, MA 01257

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Drive carefully. It's not only cars that can be "recalled" by their maker

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

October '10 Calendar of Events

Hearing Clinic - call for appointment	Thur, Oct. 7 , from 10:30
Christ Episcopal Trinity Lutheran Silent Auction	Sat, Oct. 9 , 8-3
Senior Center Closed for Columbus Day – No Meals on Wheels	Mon, Oct. 11
Flu Shots Administered at Dewey Hall	Thur, Oct. 14 , 9-11:00
Council On Aging Meeting – at Town Hall	Mon, Oct. 18 , 5:00
3 rd Thurs. Lunch – Spaghetti, salad, rolls, & ICE CREAM! - \$4 Program: Double Header “Singing the Praises of Good Nutrition” & “Lustily Singing”	Thur, Oct. 21 , Noon
275 th Anniversary Celebration of Old Parish (at American Legion) (dinner & entertainment - \$25)	Fri, Oct. 22 , 6:00
Winnie Veretto – S.H.I.N.E. Volunteer – Changes for 2011	Wed, Oct. 25, 10:00
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” – 4 decades of Cary Grant comedies “Clare Teague Movie Mondays” – Oscar nominees and winners	Tuesdays, 11:30 at Dewey Hall Mondays, 12:00 at Claire Teague
FREE Senior Swim at Berkshire South	Mondays, 1-2
Knitting Group creating prayer shawls (at Episcopal/Lutheran Church)	1 st Wed. 3:00; 3 rd Sat. 11:00 (Oct. 6) (Oct. 16)
Knitting Together (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:

September's Friday dinner at the Senior Center was attended by more than just the usual suspects. As planned, it did attract some folks who are generally unavailable for a lunch date on the 3rd Thursday of the month. This gathering, where folks enjoyed a variety of foods in abundance, ice cream sundaes, and good fellowship, was also a good time to exchange ideas and see the progress being made on our new building construction. Thank you all for your valued comments and suggestions. Stay in touch. Now, on to building programs and staff!

John-Arthur Miller

Center News

Movie Mondays & Tuesdays in October – FREE!

Mondays at **Claire Teague** – 12:00
Oscar Nominees & Winners

October 4 – *The Five Pennies* - 1959
October 18 – *Camelot* - 1967
October 25 – *The Queen* - 2006

Tuesdays at **Dewey Hall** – 11:30
4 decades of Cary Grant Comedies

October 5 – *Bringing Up Baby* - 1938
October 12 – *I was a Male War Bride* - 1949
October 19 – *Houseboat* - 1958
October 26 – *Walk Don't Run* - 1966

Transportation #1 Senior Issue

During the recent Pot Luck dinner at the Senior Center three questions introduced discussion that helped to focus in on possible future programs, activities and other possibilities for the new Senior Center.

- What do you perceive as the #1 issue facing you as a senior in this community?
- How are your transportation issues taken care of?
- If you were “in charge” of Sheffield, what programs would you put in place for the community?

Accessibility to transportation seemed to take the #1 issue spot. Other issues discussed included living on a fixed income, the cost of living, property taxes, acceptability as useful members of the community and the need for camaraderie.

People mostly relied on themselves with help from friends and families to take care of their transportation needs. Others have used rather limited options in South County including S.B.E.T.C., and Dial-a-ride (in CT). Question and interest were raised about the possibility of the new center having its own bus/van and/or using volunteer drivers to help people get to doctor appointments and shopping. Concerns included what insurance was needed in establishing a cadre of volunteer drivers and in establishing a system of CORI checks for drivers.

Possible programs and activities put up for discussion included many things for seniors and by seniors. Various exercise options, day and overnight trips, outdoor lawn games, and many indoor classes and information sessions were mentioned. Dancing, singing, cooking, carpentry, bookkeeping, and book discussions all were suggested as well as health and financial informational talks, and coordinating visits from the OLLI and the Life-Long Learning Center. Planning, volunteering and staffing are essential to making these happen. Let's make that happen. Feel free to call the Director to share your thoughts.

Tag Sale Nets over \$800

The Friends of the Sheffield Senior Center has again successfully spent two days raising some money. Thanks to the many donations of saleable items the Tag Sale was a beehive of activity with donors, volunteer workers, and buyers in and out of Dewey Hall the third weekend of September. Thanks to all who supported this worthwhile event.

Important Dates To Note

Heads up! Mark your calendar.

Thur, October 7, there will be hearing tests available. Ray Woitkowski, who has been very helpful to many of us in this regard, will again be running this free clinic beginning at 10:30. Call for an appointment.

Thur, October 14, 9-11 the Visiting Nurses will be holding their annual Flu Clinic at the Sheffield Senior Center in Dewey Hall. Bring your Medicare Card or \$25. No appointment necessary.

Wed, October 27 at 10AM Winnie Veretto, our S.H.I.N.E. volunteer will be talking to us about updates we should know **early** for the new year as she continues **Serving Health Information Needs of Elders**. There are always changes each year and your unique situation might have some money saving alternatives you might not know about. See you there for free information, coffee, and snacks!

Claire Teague Center Offering 3 Exercise Options

In addition to our popular Tues & Thur exercise program, led by the (in)famous and beloved Sandy French, our neighbors to the north are offering additional programs for those looking to fill other days or try other styles. Thanks to the folks at the Great Barrington Senior Center for inviting us to try these out! Each of these classes is \$3.00 and is appropriate for beginners and anyone who wants to be more balanced, limber and comfortable.

Yoga Teacher, Tara Rahkola, is teaching a gentle form of yoga, done by sitting in a chair with several types of yoga breathing and stretches Monday mornings at 10:00.

Peg Noonan for NIA leads an exercise, which is a sensory-based movement that improves your health, balance and fitness. It empowers people by connecting the body, mind, emotions and spirit. It meets Tuesday at 9:00

Rosalind Reis will lead a class in Quigong, an ancient Chinese art and science of using breathing techniques, gentle movement and meditation to strengthen and circulate your life energy. It leads to better health and vitality and a tranquil state of mind. This class - four Thursdays in October beginning on the 7th at 9:00am, is for beginners and will be taught to participants who are sitting in chairs.

Did You Know?

Veterans receive a 10% discount when purchasing items at Lowe's and Home Depot. Our hard working and handy Carl Schumann made that discovery and shared it with us. Thanks Carl!

Lost and Found Item

There has been a brown denim jacket, size 18-20, lying on our coat rack for many weeks. Anyone know the owner?

Meals On Wheels Drivers Needed!

Because of some "retirements" and "snowbirds" we will be in serious need of some new drivers this fall and winter. The time commitment is two hours, the ride is scenic, and the people are wonderful and thankful. This great experience that can be had once a week or once a month. Training runs are needed to learn the route, CORI checks are made through Elder Services, and mileage allowance is paid by Elder Services (about \$25 per run). Contact the Senior Center for an interview if interested.