

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

**Exercise Class**  
**Back at Dewey Hall starting**  
**September 9**  
**9-10AM**

# *Sheffield Senior Crier*

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Sheffield, MA 01257

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Don't Forget! – Friends Tag Sale – Sept. 17, 9-5

**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

## September '10 Calendar of Events

No Meals on Wheels - Senior Center Closed for Labor Day	Mon, <b>Sep. 6</b>
Blood Pressure Clinic – call for appointment	Thur, <b>Sep 9</b> , 9-11:30
Sheffield in Celebration and Fair at Sheffield Town Park	Sat, <b>Sep 11</b> , 12-6
Council On Aging Meeting	Mon, <b>Sep 13</b> , 5:00
Foot Clinic – call for appointment	Wed, <b>Sep 15</b> , 9-11:30
Friends Tag Sale – funding for new building furnishings	Fri, <b>Sep 17</b> , 9-5
<b>Fall Pot Luck Dinner Gathering</b>	Fri, <b>Sep 24</b> , 6:00
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 (regular times, but anyone can drop in to try it!)	Tuesdays & Thursdays, 9:00
“Lawn Chair Movie Tuesdays” – Musicals	Tuesdays, 11:30 at Dewey Hall
“Clare Teague Movie Mondays” – American Film Institute Best	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>Sep 1</b> ) ( <b>Sep 18</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:*

*Construction moving right along! That's the top news. Outdoor color, decided by the Board of Selectmen after considering many suggestions, will be Khaki Brown. Friends are raising money to furnish the building. There will not be enough money to complete the lower level to be usable for most activities, so we will still have to be creative in the building's use and in ways to complete the job! Super thanks to all who have already or plan to donate money for the project, including the new Salisbury Bank across the street who generously handed me a \$500 check at their ribbon cutting ceremony which I immediately handed over to the Friends to add to their account. The next hurdle: Being able to benefit from the use of this wonderful new town facility. On Friday, September 24, 6:00 the Senior Center will have a fall pot luck dinner in lieu of our 3<sup>rd</sup> Thursday Lunch. This might enable some folks to attend who are busy during the day. The early evening hour will still enable folks who find it difficult to travel out after dark, to get home around dusk. During our supper discussion we will have a look at our new home – on paper – and share thoughts about programs, dreams, possibilities, leadership, and the future. I hope you will all join me for dinner and an evening of brainstorming with some surprise guests. Mark your calendars, prepare one of your favorite dishes, and call the center so we get an idea of who's comin' and whatcha gonna bring ! Ice Cream Sundaes are being provided!*

*John-Arthur Miller*

**Center News**

*Movie Mondays & Tuesdays in July – FREE!*

Mondays at **Claire Teague** – 12:00  
3 of American Film Institute's Best

Sept. 13 – *The Benny Goodman Story* - 1955  
Sept. 20 – *Funny Girl* - 1968  
Sept. 27 – *To Kill a Mockingbird* - 1962

Tuesdays at **Dewey Hall** – 11:30  
Musicals

Sept. 7 – *Gigi* - 1958  
Sept. 14 – *Funny Face* - 1957  
Sept. 21 – *High Society* - 1957  
Sept. 28 – *Yankee Doodle Dandy* - 1946

*September 3<sup>rd</sup> Thurs. Pot Luck is NOT*

Note the change just for September!! There will be an early Pot Luck DINNER on FRIDAY Sept. 24, 6PM to celebrate the end of summer and to accommodate some folks who might be busy during the day. Subsequent months we will continue lunches. We are taking advantage of the last of the evening light! See you there! Rides will be provided if you call the Senior Center. As noted in the above *COA Director's Thoughts*, the program will include discussion on our new home being built behind the American Legion. In preparation for participation in that discussion you might gather some of your thoughts by answering the following three questions:

- 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?

Good Luck with these “brain ticklers”!

### *Lake George Bus Trip Filled Up at Press Time*

It looks as though October 2 there will be a full bus traveling to Lake George to enjoy an Oktoberfest luncheon cruise and entertainment. Thanks to COA member Dawn Massini for setting this up. She is another in our growing list of "Hostess with the Mostess". There is a waiting list for possible cancellations.

### *Two Dates Down the Road*

Heads up! Mark your calendar. Wed, October 27 at 10AM Winnie Veretto, our S.H.I.N.E. volunteer will be getting us up to date with what we need to know **early** for the new year as she continues **Serving Health Information Needs of Elders**. Many of you know Winnie and her dedication to helping our seniors in that area. Come lend an ear, get educated, and advocate for yourselves. Winnie is a knowledgeable, discreet, and caring person and will work on a one-on-one basis if you still find things a bit confusing after this talk. But, get an early start. There are always changes each year and your unique situation might have some money saving alternatives you might not know about. See you there!

A date to note in November. Actor Richard Clark will return, this time performing a one-man show as Ernest Hemingway. More information will follow concerning this November 11<sup>th</sup> lunchtime event.

### *Friday Café Closes for the Season*

Labor Day weekend saw the end of a number of things in downtown Sheffield. The Sheffield Farmers' Market, Housatonic Valley Art League shows, and the Sheffield Senior Center Outdoor Café have ended their 2010 season run. Our Café had its best year yet, thanks to good weather and the efforts of volunteer Natasha Lorick, whom many of you met as she welcomed customers and offered complimentary goodies. Thank you Natasha, her assistant from Pittsfield, Daniel Elias, all who helped occasionally to help them set up and take down, and, of course, all who stopped by for a Cup 'O Joe on us. See you next season at the new Sheffield Senior Center!

### *All Day Tag Sale September 17*

The Friends of the Sheffield Senior Center is again offering jewelry and other smallish items at their second Tag Sale of the year. The Spring sale brought in close to \$500. Let's break the record by supporting the Fall sale on Friday, September 17 from 9-5 at Dewey Hall. These needed funds are to help furnish the new Senior Center. Offerings to sell would gladly be accepted after 1:00 the Thursday before at the Senior Center. Please no clothes or stuffed toys. Call Michelle at 229-3060 if you wish to help.

### *In House Cinephile Gives His Choice*

Our local movie lover and friend, "Uncle" Doug Levy has given a huge thumbs up to Toy Story III. Although there has been little in outstanding films of late, Doug highly recommends this picture as one that will make you laugh – and we all need that! Thanks Doug for suggesting a knee slapper!

### *COA Members Appointed*

The new Fiscal Year has a new slate of Council On Aging members to advocate for the senior citizens of Sheffield and to advise the Director, John-Arthur Miller. The COA members, appointed by the Selectboard are being Chaired this year by Grace Campbell. Other newly appointed members include Dorris Van Deusen and Gail Ullman. Reappointed for another term are Carol Sica and Dawn Massini. Continuing their terms are Anne Hyatt, Lovina Gulotta, Natalie Funk, Richard Magenis, Rosemarie Wright, and Mary Ellen Deming. Generally a term is a three years. The Board of Selectmen decided to increase the number of members on the COA from 9 to 11, allowing more participation from interested citizens. Good luck to them all and welcome aboard!