

Golf Anyone????
We are considering a Seniors Golf Event.
If you are interested please call Nadine Hawver @413-229-7037

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.

Sheffield Senior Crier

PO Box 327
Sheffield, MA 01257

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April Showers Bring May Flowers

“Never yet was a springtime, when the buds forgot to bloom.”
—Margaret Elizabeth Sangster

*News from the Sheffield Senior Center, 25 Cook Road
(Published in part with funding from Executive Office of Elder Affairs)*

*Hours: Mon-Fri 9-2:30 John-Arthur Miller, Director Telephone 229-7037 Nadine Hawver, Assistant to the Director
Sheffield Senior Crier is regularly posted on the town website (www.sheffieldma.gov)
Weekly updates of activities can be found in the Senior Bulletin Board section of the Monday edition of the Berkshire Eagle.*

Director Thoughts – April '13

Is Spring here yet? At this writing it is not. The March Lion is still here. We are waiting for the Lamb!

Successful March highlights included a trip to the Boston Flower Show, a delicious 3rd Thursday lunch catered by the Culinary Arts Students of Mt. Everett, and a fabulous performance of Civil War Songs by Diane Taraz, a program held later in the day to accommodate seniors and others who have commitments during the day. This program also included a display from the Sheffield Historical Society and notes on Sheffield participation in this 19th century conflict that tore our nation apart.

Now there's lots going on for April as we continue our third year at 25 Cook Road. The Activities Committee has been working diligently creating and scheduling programs that reflect the interests of seniors noted in the recent survey.

Brown Bag Bingo, enthusiastically begun in March will continue another month, Sit to be Fit resumes alongside our regular Exercise Class, Wii Bowling gains momentum, and other activities with varying levels of physical requirement are being investigated and scheduled. Continue to check the weekly Senior Bulletin Board in the Monday Berkshire Eagle.

We will be hosting students from Berkshire School at our 3rd Thursday luncheon after their Gracious Living Day work projects around town. The Veterans Interview Project is culminating with the showing of a video of our local vets telling their stories and Focus on Health will continue as well as For Arts' Sake.

Don't forget the Primary Election on April 30th. The Senior Center is your polling place.

Lots of activity, lots of activity! Read on for other information

The Sheffield Senior Center is becoming the best known secret in town as a welcoming, warm home away from home that also provides information and referral help to and for our senior population. Come on down and discover the place!

Center News

New Activities: We will be putting **NEW** activities in **Bold** print on the calendar. Please come out and support these new projects designed with you in mind.



Book Club – First meeting Tuesday April 16th at 6M. We will be discussing a book titled Mutant Messages from Down Under by Marlo Morgan. Bring your brown bag dinner and join us for a lively conversation about this interesting book.



Focus on Health – Lynne Shiels of NP CoreHealth in South Egremont will be coming to do a health screening for us. The Body Composition Analysis is a simple 2 minute test with clothing on, socks off will measure what our bodies are made up of to help us focus on our health and capabilities as we age. Call the office to make your appointment TODAY!!! Screening Times begin at 10AM on April 19th.



Sit To Be Fit Is Back on the Schedule!!! Tuesdays 10:15AM- 11AM. This class is designed for all who may have difficulty standing for a regular exercise class. The cost of the class is \$3. If transportation is needed please call the staff at the Senior Center 413-229-7037 and we will make arrangements to get you to the class.



Dancing w/Annie continues. This Lively exercise class has grown in popularity here at the center. Classes will be \$3 per person – come join us for the Macarina, the electric slide and the Mambo. Wednesdays at 10AM open to all ages.



Brown Bag Bingo has had a great response!! We will continue with this on Mondays at Noon.



Computer Drop In – Saturday April 27th 10AM-12PM. We will have volunteers here to answer your questions, help you navigate your way to whatever you want to explore. Bring your Laptop and your questions. Coffee and Danish will be available.



My Life My Health - Elder Services will present MY LIFE, MY HEALTH at Fairview Hospital in April. MY LIFE, MY HEALTH is a free evidenced-based workshop developed by Stanford University for individuals living with ongoing health conditions. The workshop consists of 2½ hour sessions offered weekly for six consecutive weeks and is designed for older adults who want to remain active and independent, set and meet personal goals, manage pain, and communicate with health care professionals. Elder Services invites seniors and their caregivers to take part in this unique learning experience. A free informational meeting will be held at the Claire Teague Senior Center in Great Barrington on Tuesday, April 16, at 12:00 pm. Session 1 of the workshop will start at Fairview Hospital on Tuesday, April 23, Session 2 on April 30, Session 3 on May 7, Session 4 on May 14, Session 5 on May 21, and Session 6 on May 28. All sessions will run from 1:00 to 3:30 pm. For more information about MY LIFE, MY HEALTH, contact Maria Connors, Healthy Aging Program Coordinator, at Elder Services, 413-499-0524, ext. 140, or mconnors@esbci.org.

UPCOMING EVENTS:

Craft & Antique Fair – May 4, 2013 from 9AM-3PM at The Sheffield Senior Center.

TRIP – June 13, 2013 Concert 7:30PM– **Andrea Bocelli at the Times Union Center in Albany.** We have 30 seats reserved with room for 17 more should we have the interest. Motor coach leaving the Senior Center 5PM estimated return 10:30PM. Cost to you for the concert ticket and bus transportation is \$105.00.

Must be paid in advance by May 15, 2013. Please Call Nadine for info or to reserve your seat.

Volunteer Recogniton Dinner – Thursday May 30, 2013 – Come out and CELEBRATE with us. This year we are opening up the attendance to anyone who wants to thank our volunteers. Dinner and Dancing at Dewey Memorial Hall with the meal catered by the Students from Mt Everett's Culinary program. Cost per person \$25 Music and entertainment presented by Willie Ninenger

Mahjong – We are expanding our games here at the Senior Center. Mahjong is a game of Chinese origin usually played by four persons with tiles resembling dominoes and bearing various designs, which are drawn and discarded until one player wins with a hand of four combinations of three tiles each and a pair of matching tiles. We will have 2 weeks of lessons with Sandy Balayan. Lessons will be on Wednesday in May – watch for dates. First week is an intro to the tiles and how to play the hands, 2nd week is the mechanics of the game. We have space for 8 please stop in or call to sign up if you are interested in learning this game.

Bocci and Barbeque – Come join us for a barbeque dinner 5PM-7PM \$2 per person for the Meat. You bring a side dish or dessert of your choice. This will be a monthly event during the warm weather months first Barbeque will be on Wednesday May 1st. Don't worry if it rains we can grill under the car port.

LEO – Lets Eat Out Club – If you are interested in a joining a group of us for dinner out in various restaurants give the office a call.

ASK NOT WHAT YOUR SENIOR CENTER CAN DO FOR YOU BUT WHAT YOU CAN DO FOR YOUR SENIOR CENTER!!!!

Bridge Players – Our bridge group meets on Thursday's at 10:30AM we have a new player interested that learned to play bridge when he was 8 years old. Need a few more players to fill out a table. Give Nadine a call here at the officer if you are interested.

Yarn – Our Knit & Stitch Group is always working to make items to raise money for the center. If you have yarn just collecting dust we can put it to good use.

Mahjong Game – we will be offering Mahjong lessons in May we need a Mahjong Game if anyone would like to donate one that you are not using.

April 2013

S u --	Monday	Tuesday	Wednesday	Thursday	Friday	Satu rday
	1 12 Brown Bag Bingo	2 9 Exercise Class 10:15 Sit to be Fit 11:30 Friends Meeting 11:30 Movie	3 10 Dancing w/ Annie 11 For Arts Sake	4 9 Exercise Class 10 Wii Bowling 10-11Blood Pressure Clinic 10:30 Bridge	5 10-11Focus On Health – Headaches	6
7	8 12 Brown Bag Bingo	9 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie	10 10 Dancing w/ Annie	11 9 Exercise Class 10 Wii Bowling 10:30 Bridge Group	12 9 – Coffee & Conversation	13
1 4	15 Patriots Day Closed No MOW	16 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie 12 – My Life My Health info meeting @ Claire Teague 6PM Brown Bag Book Club	17 10 Dancing w/Annie 11 For Arts Sake 12 Share Your Travels	18 9 Exercise Class 10 Wii Bowling 10:30 Bridge Group 3rd Thurs. Lunch begins at 12:00 Kick out the winter BLUES – Cookout Gracious Living Day	19 9:15 COA Meeting 10-11Focus On Health – Lynne Shiels – Body Composition	20
2 1	22 12 Brown Bag Bingo	23 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie	24 10 Dancing w/Annie	25 9 Exercise Class 10 Wii Bowling 10:30 Bridge	26 9 – Coffee & Conversation	27 10-12 Drop In Comp uter Class
2 8	29 12 Brown Bag Bingo	30 Election Day @ Senior Center MOW Delivered Other activities cancelled 1-3:30 My life My Health @ Fairview	May 1 5 PM Bocci/Barbeque			