

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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"From December to March, there are for many of us three gardens -
the garden outdoors,
the garden of pots and bowls in the house,
and the garden of the mind's eye."
- Katherine S. White

*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 – December 2013

There has been a tremendous amount of political turmoil in our town of late. Lots of opinions, lots of information, lots of misinformation, lots of well meaning, lots of misunderstanding, lots of talking, but not lots of listening. When it all comes down to the wire it is the vote that counts. It is participation in the process-hopefully being well informed and making a decision based on the facts. I urge all our folks to be responsible. Your opinion matters but it should be formed after gathering the facts and basing it on truth with rational thought with an ability to come to consensus. Sometimes even seniors get set in our ways and do not allow for change, improvement, or ideas that might be new or foreign to us. Remember, the seniors of Sheffield have a great opportunity to have their voices heard. In the past ten years the general population of Sheffield has decreased over 2% while the number of our citizens over 60 has increased over 29%! You do have a voice. Use it wisely and responsibly!

John-Arthur Miller

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.



Chair Yoga – This has become a very popular program. For the month of December we will offer this class at 3:30PM so we do not have to come out in the dark.



Senior Citizen Lunch – Thursday Dec 5th. At Mount Everett @ Noon – Advance reservations are required; and due to Fire Regulations they are limited to 100 Guests. There are still a few spots available.



Ladies Tea/Sing Along – Thursday Dec 12th 1PM Ladies Tea/Sing Along. We would love for you to share your favorite cookie as part of the refreshments. Please call the office if you are willing to bring a plate of cookies.



LEO – Lets Eat Out – we will gather at The East on Stockbridge Road Dec 12th at 5:30. If you wish to car pool call the office.



Holiday Floral Arrangements – Mary Ellen O'Brien has agreed to come and give an instructional class on how to build your own holiday centerpiece on Sat December 14th at 10AM. Cost \$20-\$25. Class size is limited so please call to reserve your spot 229-7037. Each participant will go home with their own arrangement.



Holiday Music by the Mt Everett Jazz Band and Madrigal Singers here at the Center – Wednesday Dec 18th @ 9:15AM.

Toys for Tots Bins available at Police Station and Senior Center

Cribbage starting in December! Tuesdays at 12:30

Brown Bag Book Club will meet in January – we will be reading “Still Life” by author Louise Penny

Friends Gifts available – scarves, necklaces, bracelets – nice Xmas gifts

ANNOUNCEMENTS

Events at Southern Berkshire Regional School District:

Dec 9 Middle School Concert – TAC PAC – 7PM Dec 17 High School Concert TAC PAC -7 PM

Dec 16 Elementary Band and Chorus Concert TAC PAC 6:30PM

Berkshire Children's Chorus -Wolcum Yole!- Saturday December 7th 7PM – Trinity Lenox

Sheffield Tree Lighting Ceremony will be Saturday December 7th at 5:30PM Village Green

Coming In 2014

Basket weaving with JoAnne Catsos – Award winning local basket weaver JoAnne Catsos will be with us on January 25th for an all-day 9AM-4PM basket weaving class. We will be making a Berkshire Bread Basket that measures 8” long by 5” wide. The baskets will be made from splint harvested from local black ash trees. This class is underwritten in part by The Friends of the Sheffield Senior Center – Class size is limited to 12 people. Cost to participants is \$30 thanks to the contributions of the Friends. Please call the office to reserve your spot. 229-7037.

Walking Club and Tia Chi groups are being planned to keep us moving through the winter.

Volunteer Recognition Corner: This month we would like to thank the volunteers that work our lunches, barbecues and breakfasts. Winnie Veretto for the creative and colorful table settings. Frank Clarke, George Oleen, Paul O’Brien, Dennis Staropoli, Dick Magenis and others helping at our Men’s Breakfasts and for Dick and Doris Richardson, Michelle Harwood, Dorris Van Deusen, Barbara Fletcher, and the many others for dishwashing and clean up at almost every event.

Transportation Forum Helpful Info: The very successful Transportation Forum brought some good information. BRTA has 2 programs that provide door to door bus transportation for certain populations. The first is the PT-1 Program (Prescription Transportation). This program is for consumers who are insured with MassHealth. Your doctor provides a written prescription for transportation to Dialysis, testing locations, specialists, etc. (a PT-1 form needs to be filled out for EACH location for which a client needs transportation.) The process with BRTA takes 3-5 days for approval. For assistance call Mass Health Customer Service Center (800) 841-2900 or visit the Mass health web sites www.mass.gov or www.massresources.org. This is a FREE Transportation service to medical appointments for consumers of MassHealth. The 2nd program available through BRTA is the Paratransit Public Transportation, often called the ADA Transportation Program. This program assists those that have a permanent or limiting disability. This is an adjunct service to the fixed bus service. There is an application process. You can call BRTA at (413)-499-2782 Option 4 or (800) 292-2782 for more info. There is a fee for this program ranging from \$2.50 to \$10.

A New Addition to our Gardens “Henry”

**was a rusted tired bird that thanks to Robert and Susan Butler has been
“preened” to a new beauty.**



December 2013

S u	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 10-12 Mahjongg 12-2 Bingo	3 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 11:30 Friends 12:30 Cribbage	4 10 Dancing w/ Annie 11-1 For Arts Sake 3:30 Chair Yoga	5 9 Exercise Class 10 Game Day 10:00 Bridge Noon Senior Lunch at Mt Everett	6 9-10 Coffee & Conversation 12-2 Mahjongg	7 Tree Lighting 5:30
8	9 9AM COA Meeting 10-12 Mahjongg 12-2 Bingo	10 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage	11 10 Dancing w/ Annie 3:30 Chair Yoga	12 9- Blood Pressure Clinic 9 Exercise Class 10 Game Day 10:00 Bridge 1PM Ladies Tea/Holiday Sing Along 5:30 LEO	13 9-10 Coffee with a Banker 12-2 Mahjongg	14 Flower Arranging with Mary Ellen Obrien 10 AM
1 5	16 10-12 Mahjongg 12-2 Bingo	17 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage	18 9:15 AM Mt Everett Music Program 10:30* Dancing w/ Annie 11:30-1:30 For Art's Sake 3:30 Chair Yoqa	19 9 Exercise Class 10 Game Day 10:00 Bridge Noon 3 rd Thursday Lunch/ Pot Luck	20 9-10 Coffee & Conversation 12-2 Mahjongg 2:30 Commission on Disabilities Meeting	21
2 2	23 10-12 Mahjongg 12-2 Bingo	24 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage	25 Christmas Day Center Closed NO MOW	26 9 Exercise Class 10 Game Day 10:00 Bridge	27 9-10 Coffee & Conversation 12-2 Mahjongg	28
2 9	30 10-12 Mahjongg 12-2 Bingo	31 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage				