

Goal: of the Sheffield Senior Center is to facilitate seniors' abilities to enjoy a high quality of life.

Mission Statement ...to provide life-enriching activities, relevant information on issues that affect them, and assist them in obtaining services to their well-being

Sheffield Senior Crier

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“Aging is not lost youth but a new stage of opportunity & strength.” Betty Friedan

News from the Sheffield Senior Center, 25 Cook Road

(Published in part with funding from Executive Office of Elder Affairs)

Hours: Mon-Fri 9AM-4PM, Jennifer Goewey, Executive Director, jenggoewey@sheffieldma.gov

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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.

FROM THE DIRECTOR:

Sending you all a warm hello during the beginning of the cold weather months! Remember, we have many of the essentials needed to help warm you up this winter: coffee, hot chocolate, friendly conversation, recliners with blankets, hot meals and even exercise classes to keep you moving! If you are hesitant to drive during the winter months do not let that prevent you from getting out and about- we will pick you up! It seems fitting that we have been busy here at the senior center working on our core foundation. The board has been reviewing policies and procedures, while the staff and volunteers have been busy organizing files and databases. We want to make sure that as we continue to grow our foundation remains solid, especially as the lower level project is completed and our services expand. On that note, I would like to take a moment to thank "The Friends of the Sheffield Senior Center". They have been working hard to raise the funds needed to complete the lower level of the senior center, while at the same time maintaining their usual contributions and commitment to the Council on Aging for the day to day programming. Again, thank you for all that you do! In closing, from my heart to yours, I wish you all a happy and healthy holiday season to bring you forward into the New Year ahead!

ACTIVITIES/PROGRAMMING:

Soup & Bread Lunch- Tuesday December 1st, 8th and 15th at 12 noon: Mt.

Everett's Culinary Arts Program will be providing us weekly with homemade soup and bread through the cold winter months! Come warm up with some homemade hot soup and conversation. Price is \$2.00 per person. Please call the senior center on Monday by 9 am to reserve your lunch-you may leave a message on the machine. 229-7037

Pitch- Every Thursday at 10 am: Please call the senior center to sign up or for more information. 229-7037

Matter of Balance-: December 1st, 8th and 15th from 1-3: This program offered by Fairview Hospital-Berkshire Health Systems and Berkshire South Regional Community Center will finish up in December.

Healthy Eating for Successful Living in Older Adults- December 2nd and 9th from 1-3. This workshop is offered by Elder Services of Berkshire County and funded by Tufts Health Plan Foundation.

Toddler Program- Wednesday, December 2nd and 18th, from 10-11 am: If you would like to learn more about this intergenerational program that we host in conjunction with the Southern Berkshire Childcare Program, please call the senior center. We are always looking for more volunteers to join us. 229-7037

Gift Wrap Clinics- Tuesday December 1st and 15th from 3-4: Have gifts that need to be wrapped? We have the gift wrap, tape, scissors and helping hands! Bring your gifts to be wrapped while you enjoy a hot chocolate and enjoy holiday music.

No charge, just bring the gifts you wish to have wrapped.

Monday Craft Activities- December 7th, 14th, 21st at 1pm: We will make candy cane wreaths, gingerbread houses, and a special candy bowl gift set! Class size is limited to 8 per session so please be sure to sign up and reserve your spot. 229-7037

“Brown Bag” Food Program- December 9th from 1-3: Distribution Day! Delivery is available for shut ins.

Get Cuffed Program- December 9th from 2-3: Berkshire Health Systems will be hosting the “Get Cuffed Program” a blood pressure clinic and informational session. If you would like to participate you need to rsvp directly with BHS at 413-854-9929.

Author Talk & Book Signing- December 10th at 1pm: Cynthia Casoff Henry will be joining us to share her book- *“Dying-A Guide to a More Peaceful Death.”* Cynthia has been a registered nurse for the past fifty years. Her mission is to help people cope with end of life decisions and help them on the journey towards a more peaceful death. Light refreshments provided, free. Please call the senior center to sign up. 229-7037

LEO (Let’s Eat Out) – Thursday, December 10th at 5:30 pm: We will be going to the **Barrington Brewery Restaurant** in Great Barrington. Please call the senior center to sign up. 229-7037

Special Holiday Ornament Craft w/ Lori- December 16th at 1pm: Join us to make a special egg shell ornament just in time for the holidays.

Third Thursday Holiday Luncheon & Sing-A-Long- December 17 at Noon: We will provide sandwich platters, please bring chips, pickles, veggies, drinks or a dessert to share! The talented MaryAnn Palermo and Kathy Staropoli will lead us in a sing-a-long of traditional holiday music. Please call the senior center to sign up. 229-7037 *Bring a food item with you at the lunch to donate to our local food pantry, and you will receive a raffle ticket for a chance to win a special holiday gift basket!

Blood Pressure Clinic –Thursday, December 10th from 10am-11am: Please call to make your appointment. 229-7037

Community Cookie Exchange- Friday, December 18th at 11:30: Make 3 dozen homemade holiday cookies; bring a container and then bring home 3 dozen assorted cookies! Also, if you wish to participate please bring a grab bag gift to swap valued at \$5. Please call the senior center to sign up, 229-7037. Questions? Contact Barbara Delmolino at 229-8696.

Men’s Breakfast- Monday, December 28 at 9am: Wes Peterson will be joining us to talk about the history of the Sheffield Hose Company! Please call the senior center to sign up. 229-7037

UPDATES/ANNOUNCEMENTS:

BINGO- Please note, beginning the month of **January** we will be hosting BINGO immediately following our Wednesday Congregate meal for the cold winter months.

Closing-The senior center will be closed briefly on Thursday, December 3rd from 11:30-2.

Toys for Tots-We will be collecting toys for this great cause! The box is located in the entryway of the senior center. Toys should be new and not wrapped.

Holiday Shopping-Complete some of your holiday shopping here at the senior center! We have: local **maple syrup**, handmade **scarves**, and beautiful balancing **dragon flies**. All proceeds benefit “The Friends of the Sheffield Senior Center”. We also have small adorable **stuffed bears** that support the Diabetes Foundation and lastly, the Kiwanis Club of Sheffield is selling **nuts** as a fundraiser. We appreciate their support and will have them on site to sell for the month of December.

Pottery Offering-We will have a special pottery program that will begin at the end of January into February. This offering will run for five weeks: January 25th and February 1,8,22 and 29th from 12:30-2:30. This class is limited to 10 participants and registration is required. More details will be in the next newsletter, however if this is something you are interested in we encourage you to sign up in advance. This program is funded in part by “The Friends of the Sheffield Senior Center”, the Housatonic Art League and the Council on Aging. The fee for the participants will be \$25.00 for all five classes.

Community Calendar- Beginning January of 2016 the senior center will keep a community calendar to help with the planning and scheduling of community events! Please let us know of events happening so we can update the calendar monthly. This is for all community events within Sheffield! 229-7037

REMINDERS:

Congregate Meals- Every Wednesday at noon! Please see the monthly event calendar for the menu. Reminder-if you would like to join us please call the senior center by Tuesday at noon to reserve your spot. This is a program through Elder Services and the meals are priced at a suggested donation of \$2.00 per meal for those 60 and over and \$7.00 per meal for those under the age of 60. Coffee and cold drinks will be provided and all are welcome. Transportation will be provided if needed.

Transportation- We provide transportation services Monday- Friday, 9-4. Please call us 48 hours in advance to schedule your rides. Suggested donation of \$4.00 per ride round trip. A regularly scheduled grocery shopping run is on Tuesday morning. We now have transportation brochures! Let us know if you would like one. 229-7037

DONATIONS NEEDED:

Zip Lock Baggies- We are in need of all sizes of plastic zip lock bags (sandwich, quart and gallon). We are also in need of foil, saran wrap and wax paper. We appreciate your support and willingness to contribute when you are able!

Monday

Tuesday

Wednesday

Thursday

Friday

<p>December 2015</p>	<p>1 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 10:30 Movie 12 Hot Soup Lunch 11:30 Friends Mtg. 1-3 Matter of Balance 3 Gift Wrap Clinic</p>	<p>2 10 Toddler Program 12 Spanish 12 Congregate Meal Chicken, mashed pot 1-3 Healthy Eating Series 3:30 Chair Yoga</p>	<p>3 9 Exercise Class 9 Foot Clinic 10 Bridge 10 Pitch *Senior Center Closed from 11:30-2 PM* 3 BINGO 6:30 COA Meeting</p>	<p>4 9:45-11 Exercise Class 12 Spanish Class</p>
<p>7 10-12 Mahjongg 12 Spanish 1 Candy Cane Wreaths</p>	<p>8 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 10:30 Movie 12 Hot Soup Lunch 12 Housing Commission 1-3 Matter of Balance</p>	<p>9 12 Spanish 12 Congregate Meal Soup & Sand 1-3 Healthy Eating Series 1-3 Brown Bag 2-3 Get Cuffed 3:30 Chair Yoga</p>	<p>10 9 Exercise Class 10 Bridge 10 Pitch 10 Blood Pressure Clinic 1 Author Talk/ Book signing 3 BINGO 5:30 LEO Club</p>	<p>11 9:45-11 Exercise Class 12 Spanish Class</p>
<p>14 10-12 Mahjongg 12 Spanish 1 Gingerbread Houses</p>	<p>15 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 10:30 Movie 12 Hot Soup Lunch 1-3 Matter of Balance 3 Gift Wrap Clinic</p>	<p>16 10 Toddler Program 12 Spanish 12 Congregate Meal Chick, Biscuits, Egg Noodles 1 Holiday Craft with Lori 3:30 Chair Yoga</p>	<p>17 9 Exercise Class 10 Bridge 10 Pitch 12 Holiday Lunch and Sing A-Long 3 BINGO</p>	<p>18 9:45-11 Exercise Class 11:30 Cookie Exchange 12 Spanish 2:30 Commission on Disabilities</p>
<p>21 10-12 Mahjongg 1 Candy Dish Gift Set</p>	<p>22 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 10:30 Movie</p>	<p>23 12 Congregate Meal Swedish Meatballs 3:30 Chair Yoga</p>	<p>24 Senior Center Closed</p>	<p>25 Senior Center Closed</p>
<p>28 9 Men's Breakfast 10-12 Mahjongg</p>	<p>29 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 10:30 Movie</p>	<p>30 12 Congregate Meal Lasagna & Salad 3:30 Chair Yoga</p>	<p>31 9 Exercise Class 10 Bridge 10 Pitch 3 BINGO</p>	<p>1 Senior Center Closed</p>