

SHOULD BE IN NEW DIGS BY
MID FEBRUARY

Sheffield Senior Crier

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HAPPY VALENTINE'S DAY
2011

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-Thur 9-2:30 John-Arthur Miller, Director Telephone 229-7022 Barbara Fletcher, Assistant Director

February 2011 Calendar of Events

Out to Lunch Bunch – at Mt. Everett Café	Wed, Feb 9 , 12:00
Blood Pressure Clinic	Thur, Feb 10 , 9-11:30
Valentine’s Day Lunch Celebration at Claire Teague (see article) Live music by Melvin Wilson	Mon, Feb 14 , 11:30
Council on Aging Meeting – at Town Hall	Mon, Feb 14 , 5:00
Friends of the Sheffield Senior Center Meeting – at American Legion	Fri, Feb 18 , 10:30
Presidents’ Day – Office Closed; no Meals on Wheels	Mon, Feb 21
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” “Clare Teague Movie Mondays”	Tuesdays, 11:30 at Dewey Hall Mondays, 12:00 at Claire Teague
FREE Senior Swim at Berkshire South	Mondays, 1-2
Knitting Together (creating prayer shawls at Episcopal/Lutheran Church)	1 st Wed. 3:00; 3 rd Sat. 11:00 (Feb 2) (Feb 19)
Mt. Everett Culinary Restaurant (call 229.8734 x114 for reservation)	Wednesdays 9:30-1:30
Library Knitting Group (another knitting option at the Library) (beginners welcome-always someone there to help)	Wed. Evenings 6-8
Breaking Bread Kitchen at American Legion	Thur. Evenings 5:30-6:30
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.*

Director Thoughts:

Still waiting patiently and excitedly “with baited breath and muffled oar” for our move. At this writing it looks like the 2nd or 3rd week in February we will start to settle in. It will be easier if some of the snow disappears first! Surely this has been a tough winter and I hope people will remain patient and still allow plenty of time and caution in walking, driving, shoveling, and other activities that are made more difficult with snow and ice. Safety first! The days are getting longer. The sun is setting in the west a bit farther north on the horizon. We’ll see what the groundhog says this month. We’ll all celebrate Valentine’s Day at the Claire Teague Center thanks to their generous invitation. And we will all prepare for “mud season” soon – a sure sign of spring. Hang in there everybody!

John-Arthur Miller

Center News

Movie Mondays & Tuesdays in February– FREE!

Mondays at Claire Teague – 12:00

Feb 7 - *Springtime in the Rockies*

Feb 14 - *As Good As It Gets*

Feb 28 - *The Caine Mutiny*

Tuesdays at Dewey Hall – 11:30

Month of Artists

Feb 8 - *Frida* - 2002

Feb 8 - *Pollock* - 2000

Feb 15 - *Departures* - 2008

Feb 22 - *Seraphine* - 2008

**Thanks and a Tip of the Hat...*

to the Culinary Arts students at Mt. Everett for another great Holiday lunch. The memories have lingered into February!

to Rebecca Blume and Annie Ryder who have begun their training as Meals on Wheels drivers. Still room for more!

to Carl Schumann, one of our most active seniors, who turned 98 on January 29!

to Colleen Barrett and Susan Butler for their reception work on Mondays. Need more receptionists after the move! Be in the first training group!

*send in your recommendations for thanks and a tip of the hat!

Beala Shiffman Bequest

Many remember Beala Shiffman, Sheffield resident and friend, who died in November of 2009 at the age of 88. The library and the Senior Center were dear to her heart and she has left \$5000 to each. We are very thankful to Beala for her gift, which, certainly comes at a good time with the needs we have in getting the new Senior Center up and running. Bequeathing is a way of giving for people to consider when embracing their future, whether it be planning care, understanding insurance issues, establishing proxies, or considering other financial plans for later years and after death. We thank Beala for her planning and for including the Senior Center in those plans.

Helpful Planning Guide Available

Embrace Your Future is the title of a 42-page booklet compiled by different Departments of the Commonwealth with help from the U of M Medical School, which is available at no cost to anyone

interested in it as a planning guide for long-term supports in Massachusetts. Copies can be obtained at the Senior Center. It has valuable information including topics such as “Where to start?”, “Who you can count on for help”, Financial planning, Insurance issues, Medicaid, Medicare, Reverse Mortgages, and principles for attaining the best quality of life as we age. Stop by to say hello and receive a copy.

RSVP Resource Calendar Available

This 2011 calendar is available at no cost and can be picked up at the Senior Center. Copies may still be available at the library or at Town Hall. Listings include contact information for caring organizations for elders; toll-free hot lines; residential options, care units, and assistance; legal services; support groups; disability assistance, and much more – a good listing to have on your refrigerator or by the telephone. Again, come to the Senior Center to pick up your copy or call to have one sent.

Senior Life History Project

The South Berkshire Community Coalition of CHP is beginning this intergenerational project involving senior citizens and Monument Valley Middle School students February 15 at 12:20 at the school. Interested seniors from Sheffield Senior Center are invited to attend as well. There is interest by CHP to extend the program to South Berkshire in the fall. Perhaps some of you might “scope it out” on the 15th and get a heads up and a leg up on the project?

Attention Amateur Musicians

Join Millie Gravel, Roy Lundquist, Colleen Barrett, and others in a bit of music making! They usually meet on Fridays and would love to include others in this low key – no pun intended, they play in many high keys as well – fun weekly gathering. Call the Senior Center for contact information.

Don't Forget the Mt. Everett Culinary Arts Restaurant – Open Wednesdays –
11:00 to 12:45
Menu changes each week – Take Out Available
Phone 229-8734 ext.114

Exercise Class Looking For Bodies to Encourage

There will be plenty of space in our new building to try out the beautiful wooden exercise/dance floor! Be the first to experience Sandy French's talent and encouragement and laughter at the new Sheffield Senior Center. Only \$6 for two sessions – Tues & Thurs. 9-10. Be there or be square!

Three Dates of Interest at Claire Teague Senior Center

Monday, February 14 at 2:00 - AARP Chapter 87 Meeting - Tax info

Wednesday, February 16 2:00 - 3:30 Caregiver Support Program

Thursday, February 10 & 24 4:00 - 5:00 Women with Cancer Support Group

Valentine's Day at Claire Teague

Since at print time our moving date is not set, the Great Barrington Senior Center has invited us all to their place so that our 3rd Thursday Luncheon won't be missed! Menu particulars are not all set yet but will be known shortly. We do know that it will be on February 14 (2nd Monday) starting at 11:30. Be prepared to contribute something, as all good guests should! Live music will be provided by Melvin Wilson. Mark your calendar and prepare for a great time with our neighbors to the north. More details to come.