

STAY LOCAL!! Before depositing your books into The Friends of the Sheffield Senior Center book bin to be hauled away, check your local library! They might be able to use them. Thank you.

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

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Sheffield, MA 01257

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Real Estate Taxes Due February 1st!

I've learned that just one person saying to me, "You've made my day", makes my day!

-Andy Rooney

*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 Barbara Fletcher, Assistant 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:

Welcome to February at the Sheffield Senior Center. In an effort to let more people know what goes on at the “Cook Road Clubhouse” this may be the very first Sheffield Senior Crier you have received. We have extended our mailing list to folks reaching the age of 60. This does not mean you are OLD! This means that information on these pages might help in future planning and life enhancement as our values continue to form and grow. You might also share it with other family members or friends whose quality of life is important to you. If you find it easier to pick up a copy at the Sheffield Senior Center, or have it attached to an email (it is already available on the town website www.sheffieldma.gov) let us know. With MySeniorCenter software “special orders don’t upset us!” Stop by and say hello.

John-Arthur Miller

Center News

January Review – You Missed it!

Some great successes!

- Qigong Class ended – should start up again in the spring – stay posted – call if interested.
- Marguerite DeSantis, Regional Counselor with Berkshire County Regional Housing Authority and their Homeowner Options for Massachusetts Elders (HOME) program provided ideas and the opportunity for future counseling
- 3rd Thursday Lunch hosted a presentation on Assistive Technology from Dawn Matthews of United Cerebral Palsy. There was much to ‘show and tell’ while she enlightened the lunch guests.
- A wonderful trip down River Shannon presented by Fred Harwood in our ‘Share Your Travels’ series. Next up in that series – Dawn Massini – “Trip Experiences”
- A ‘stellar’ performance on astronomy by 11th grader Sam Cabot from Berkshire School – stay posted for a trip to the observatory planned for March. An amazing guy, we will have him back!
- Beginning Photography with Fred Harwood was such a success, he is back this month to help ‘save your photos’.
- Senior Life History Project continues – what an amazing collaboration of youth and wisdom – great minds at work. Thanks to Shelley Brooks and Paul Obrien for putting this together.
- Zumba continues – they rock!

Movie Offerings for February – see calendar on back page

And remember to stop down to the Cook Road Clubhouse to peruse the Bill Silk collection. View a movie at the Center or take one home to watch! Thanks and a Hat Tip to Michelle Harwood, Volunteer and COA member, who spent hours cataloging the collection for your convenience.

Mumbet Dolls Project at Senior Center Still Active

Barbara Delmolino who heads up a group of interested sewers for this project at the Senior Center is still available for guidance. Fridays in January were set aside to “get it off the ground”. Those who wish to continue to join the ranks of sewers at the Senior Center or to continue at home should call Barbara at 229.8696 and she will make arrangements with you. Thanks to all who continue this worthwhile project.

Take Care of the Skin You’re In!

February 7 at 10:15, Tammy Flynn, Community Education Specialist and Center Liaison for the newly opened Berkshire Health Wound Care Center, will be here to discuss a most important organ of our body – the skin. Her talk will include understanding functions of the skin, changes in the skin related to age, common skin care problems, and identifying skin care Do’s and Don’ts. This talk should prove to be very informative. See you there.

Another Special ‘Game Day’ set for February

A number of individuals enjoyed a fun day in January playing group games, visiting, and noshing. Although Board games and card playing are available at any time, Mondays seem to be a popular day (a devoted bridge foursome is looking for others). So, we are listing Mondays as an official Board Game Day on our calendar, with the occasional added incentive of “Pizza and Group Game Day”, this month on **February 13** 11:30-2:00. Come on down and enjoy the fun. Thanks and a Hat Tip to Kathy Staropoli, Volunteer and COA member for helping to organize this project!

Another Knitting Opportunity

A loving group of ladies (welcoming of any interested men to join – the group that is!) begins gathering on **Tuesdays at 10:30**. The name assigned to the group, as noted in the calendar, certainly sounds limiting. Far from it, prospective participants are welcomed and encouraged to bring other forms of needlework as well as multiple topics for positive and enjoyable discussion. The title just seemed a bit “catchy”. If it turns off some people please come and discuss alternatives. These folks are really quite nice and fun to be with!!

3rd Thursday Lunch

Once again we are being treated to lunch by the folks from The Village at Laurel Lake. We welcome Cori and her crew! The program will be another feel good presentation to go along with good food and great company! Call to let us know you are coming to this enjoyable monthly gathering on **February 16** at Noon!

Men's Breakfast in February

If you have the urge for some male bonding the Cook Road Clubhouse is the place! **February 22** at 8AM we will gather for light breakfast, morning drinks, and conversation. This month's brain teaser is “Your 1st Job”. Come on down and share your story.

'Sit to be Fit', Another Exercise Option

The success and popularity of the recent Fall Prevention Class at the Sheffield Senior Center offered by the Lee Visiting Nurses gave impetus for another specialized class to be taught by our loveable and beloved Certified Personal and Fitness Instructor and Trainer, Sandy French. On Tuesdays from 10:15-11:00, beginning **February 28**, this class will be taught while sitting in chairs. It is designed to help build muscle tone and bone mass by using light weights and therapy bands and will help bring back strength, balance, and range of motion. So, come on down, have some fun (Sandy is ALWAYS fun), enjoy the company of others, and be amazed at how much better you feel! There is a \$3 fee per class. Don't let that dissuade you. Talk to John-Arthur about possible scholarships.

Don't Be Afraid of the System!

Specifically, the new MySeniorCenter system! This new resource is helping us to accurately keep track of information requests, sign-ups, activities, room usage, messages, contact and confidential outreach information, and even weekly movies. In addition to facilitating smoother and more efficient day to day operations, this system will be a huge help in generating annual funding reports and applications for grant money. Our goal is to continue to offer a range of services and programs as well as to improve the quality of your experience here at the Center. Each time you "sign in" by swiping a small card, (like you would at the grocery store), you instantly see what activities are going on and can record participation as well as logging in volunteer hours just by touching the screen. With your cooperation this easy-to-use system will help to lower costs, increase funding, and attract and serve a growing number of new participants. When you visit we will show you how fun and easy it is to use!

Interesting February Programs Offsite

Bushnell-Sage Book Club – “Rabbit Run” by John Updike	Feb. 2, 1:00PM
Historical Society “Civil War Songs” at Dewey Hall	Feb. 10, 7:30PM
Ski Jumps in Salisbury, CT – info at www.jumpfest.org	Feb. 10,11,12
Contra Dance at Dewey Hall	Feb. 25, 7:00PM
Land Trust Winter Lecture at Dewey Hall	Feb. 26, 12:00
“Diggin” for Ancestors Genealogy Class at Claire Teague Senior Center	Tuesdays, 10-11:30, call to reserve
Meals on Wheels	Weekdays except Holidays
Sheffield Food Pantry at Old Parish Church	Mondays, 9:00 AM
AARP Tax assistance at Claire Teague Senior Center.	Wednesdays, 9-12, call to reserve
Mount Everett Restaurant – drop in or take out	Wednesdays, 11-12:45
Library Knitting Group at Bushnell-Sage Library	Wed. Evenings 6-8
Breaking Bread Kitchen at American Legion	Thur. Evenings 5:30-6:30
Knitting Together 1 st Wed. 3:30 Our Lady of the Valley Parish Hall; 3 rd Sat. 11:00 Episcopal/Lutheran Church	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 9 Morning Stroll</p> <p>10 Computer Help</p> <p>6 Knitting Group at Bushnell-Sage</p>	<p>2 9 Exercise Class 10 Wii Bowling 10 ForArtsSake 1:00 Writers Forum 3:00 Life History Project 5:30 Breaking Bread at AL</p>	<p>3 10 Zumba</p> <p>11:30 Funny Flix Friday: "Seven Brides for Seven Brothers"</p>	4
5	<p>6 10 Board Game Day</p> <p>11:30 Macho Movie Monday: "Spider-man 1"</p>	<p>7 9 Exercise Class 10:15 "Take Care of the Skin You're In" 10:30Knit&Bitch 11:30 Lawn Chair Movie Tue: "Bucket List"</p>	<p>8 9 Morning Stroll</p> <p>10 Computer Help</p> <p>6 Knitting Group at Bushnell-Sage</p>	<p>9 9 Exercise Class 9 Blood Pressure 10 ForArtsSake 1:00 Writers Forum 3:00 Life History Project 5:30 Breaking Bread at AL</p>	<p>10 10 Zumba</p> <p>11:30 Funny Flix Friday: "Back To The Future"</p>	11
12	<p>13 11:30 Pizza & Group Game Day</p> <p>11:30 Macho Movie Monday: "Spider-man 2"</p>	<p>14 9 Exercise Class 10 Wii Bowling 10:30Knit&Bitch</p> <p>12 Share Your Travels: Dawn Massini-"Trip Experiences"</p>	<p>15 9 Morning Stroll</p> <p>10 Computer Help</p> <p>10:30Photography-SavingYourPhotos</p> <p>6 Knitting Group at Bushnell-Sage</p>	<p>16 9 Exercise Class 12 3rdThurLunch-Laurel Lake Treat 1:00 Writers Forum 3:00 Life History Project 5:30 Breaking Bread at AL</p>	<p>17 9 COA Meeting</p> <p>10 Zumba</p> <p>11:30 Funny Flix Friday: "Back To The Future II"</p>	18
19	<p>20 Presidents' Day Closed No MOW</p>	<p>21 9 Exercise Class 10 Wii Bowling 10:30 Friends Meeting 10:30Knit&Bitch 11:30 Lawn ChairMovieTue: "About Schmidt"</p>	<p>22 8 Men's Breakfast-"Your 1st Job" 9 Morning Stroll 10 Computer Help</p> <p>6 Knitting Group at Bushnell-Sage</p>	<p>23 9 Exercise Class 10 Wii Bowling 10ForArtsSake 1:00 Writers Forum 3:00Life History Project 5:30 Breaking Bread at AL</p>	<p>24 11:30 Funny Flix Friday: "Back To The Future III"</p>	25
26	<p>27 10 Board Game Day</p> <p>11:30 Macho Movie Monday: "Spider-man 3"</p>	<p>28 9 Exercise Class 10:15 SitToBeFit</p> <p>10:30Knit&Bitch 11:30 Lawn ChairMovieTue: "Prizzi's Honor"</p>	<p>29 9 Morning Stroll</p> <p>10 Computer Help</p> <p>6 Knitting Group at Bushnell-Sage</p>			