

Bring in any used eye glasses. They are donated by the Senior Center.

Bring in used books (no magazines or text books, please)
The Friends of the Sheffield Senior Center raises money from them.

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 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.*

Sheffield Senior Crier

PO Box 327
Sheffield, MA 01257

RETURN SERVICE REQUESTED

PRSR STD
U.S. POSTAGE PAID
SHEFFIELD, MA
PERMIT NO. 1



Available for FREE!
2 blue lazy boys and 1 plaid sofa
Call Tom and Gail Tighe mid-January

Thanks and a Hat Tip to Martha Eggenberger for all of her handiwork that raises money for the Friends!

*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*

Director Thoughts:

*Happy New Year! You notice that we are trying some format changes in our newsletter. With the addition of programs, the Calendar – created with our **MySeniorCenter** software - might work better in this new format. I've also tried to give a bit more detail on events and noted dates in the narrative in bold. We are experimenting so be patient and feel free to comment. Drop in the Sheffield Senior Center to find out what is going on, to inquire about useful information and referral sources for elders, or just to enjoy a bit of time at your “home away from home”.*

John-Arthur Miller

Center News

Movie Offerings for January

Mondays at **Claire Teague** – 12:00
Jan. 9 - The Quiet American – 2002
Jan. 23 - Strangers on a Train – 1951
Jan. 30 – Sideways - 2004

Macho Movie Mondays at **Cook Road** – 11:30
Jan. 9 – Inglorious Bastards - 2009
Jan. 23 – The Bourne Identity - 2002
Jan. 30 – The Bourne Supremacy - 2004

Lawnchair Movie Tuesdays at **Cook Road** – 11:30
Jan. 3 – Gone With the Wind - Part 1- 1939
Jan. 10 – Gone With the Wind - Part 2- 1939
Jan. 17 – Mona Lisa Smile - 2004
Jan. 24 – Murder By Death - 2001
Jan. 31 – Adaptation - 2003

Funny Flix Fridays at **Cook Road** – 11:30
Jan. 6 – The Unsinkable Molly Brown - 1964
Jan. 13 – My Cousin Vinny - 1992
Jan. 20 – Lullaby of Broadway - 1950
Jan. 27 – Hook - 1991

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 Frank Clarke for the addition to our DVD “corner” and to Michelle Harwood for her “logging” time.

Mumbet Dolls- Another Sewing Project at Senior Center

Senior Sewers just completed and presented 26 aprons to the Undermountain School Eat Well and Learn team. For any of you who need another project, Barbara Delmolino will be heading up a group of interested sewers at the Senior Center. The original 50 Mumbet dolls have been very popular and the Ashley House Property Committee needs to replenish their supply. Patterns and materials are provided, so, all you Mumbet sewing veterans, past, present, or future, call Barbara for materials to work on your own, or, better yet, join the gang at the Cook Road Clubhouse beginning **January 6** at 12:30.

*Don't forget 'Game Day' on **January 9***

Although board games are available at any time at the Cook Road Clubhouse, January 9 will be a special format. A “round robin” of games including Pictionary, Scattergories, and other group games will be arranged and organized by volunteers. All “gamers” will gather at 11:30 for informal pot luck lunch, so, bring a brown bag or a dish to pass. Coffee and cold drinks will be provided. Be prepared for some brain teasers!

Still some spots available for Zumba Class

Instructor Ilana Segal is ready to “kick off” at 10AM for 6 Fridays beginning **January 13**. This Zumba class will be designed with the abilities of the participants in mind, and should be an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party experience! A commitment of \$60 for all sessions is a must in order to shed all those extra Holiday pounds!!

Information on Home Owner Options Discussed

The HOME Program, (Homeowner Options for Massachusetts Elders) is a 28 year old Non-Profit Organization that was started for the purpose of helping Seniors who are having financial difficulties but are wishing to stay in their homes. Often the elder may need a little help in sorting out the best solution. Marguerite De Santis, Berkshire Counselor for the Berkshire County Regional Housing Authority and the HOME Program will be speaking and entertaining questions at the Sheffield Senior Center on Tuesday, **January 15th** at 10:15 in order to help sort out the best options for your situation. Free brochures will also be available.

*3rd Thursday Pot Luck **January 19***

We will go back to Pot Luck this month at noon. For the program we will welcome Dawn Mathews, the Director of Assistive Technology at the United Cerebral Palsy Center in Pittsfield. She will speak on ways and tools that can help assist people with sensory deficits. Included in the announcements of future programs will be a brief talk from Tammy Flynn of the Berkshire Health Wound Care Center with a plug for the February 10 Wellness Presentation, "Take Care of the Skin You're In" program. And, as usual, great food, friends, and conversation!

New Date for 'Share Your Travels' Program Debut

Because the Senior Center will be closed Jan. 16 in celebration of Martin Luther, Fred Harwood's presentation of "Ireland, a Week Down the River Shannon" will be the following Monday, **January 23rd**. Format will be the same. We gather at noon, bring a brown bag lunch, dessert and drinks will be provided.

Great Opportunity for Astronomy Lovers

Even if you only have a bit of an interest come to the Sheffield Senior Center **January 24th** at 10:15, where, on the big screen in our Great Room, Sam Cabot, Berkshire School junior, will present a fascinating hour and entertain questions about our sky and solar system. Our friends from Claire Teague will be joining us in this collaborative event. If there is interest, plans will be made for a future trip to visit the Berkshire School observatory.

*Beginning Photography Class offered **January 26***

Perhaps you need some basic help with picture taking? Did you get a new camera for the holidays? What about that one that has been sitting around? Bring it to the Senior Center at 10:30 on Thursday, January 26 and "Friendly Fred" (Harwood) will give you some tips. All you exercise people – stick around after Sandy's class and don't forget your camera.

Senior Life History Project Gaining Strength

January 12th is the first of many Thursdays for this program that matches 7th and 8th graders with area seniors sharing experiences, stories, and support. As part of this intergenerational youth/senior mentorship program, students and seniors will complete a scrapbook detailing the senior's life journey. Other activities could include games, tutoring, just visiting, or volunteering together helping the Breaking Bread Program. There is still room available for interested seniors. Call the Center or talk with Coordinator Shelly Brooks and/or Paul O'Brien.

Interesting January Programs Offsite

Historical Society "What's It? Night" at Dewey Hall	Jan. 13, 7:30PM
Mitja Orthofer – Bringing Foreign Fiction Home – a talk at Bushnell-Sage Library	Jan.27, 7:00PM
Contra Dance at Dewey Hall	Jan. 28, 7:00PM
"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
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	

Looking Forward to February?

How about another Men's breakfast? This time – *What was your first job?*

AARP Tax assistance begins on Wednesdays in February at Claire Teague Senior Center. Call for appointment.

What are you getting your Valentine?

Wound Care Wellness Presentation scheduled for February 10.

How about some new life in the Wii Bowling group? Claire Teague Team has been asking for a re-match!

'Share Your Travels' guest will be Dawn Massini.

Sheffield Senior Center

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 AM Center Closed-No MOW	3 9:00 AM Exercise Class 11:30 AM Lawnchair Movie Tuesday	4 9:00 AM Morning Stroll 10:00 AM Computer Help	5 9:00 AM Exercise Class 1:00 PM Sheffield Writers Forum	6 11:30 AM Funny Flx Friday 12:30 PM Mumbet Craft Project	7
8	9 11:30 AM Game Day 11:30 AM Macho Movie Monday	10 9:00 AM Exercise Class 11:30 AM Lawnchair Movie Tuesday	11 9:00 AM Morning Stroll 9:00 AM Foot Clinic 10:00 AM Computer Help 1:00 PM Qigong	12 9:00 AM Exercise Class 9:00 AM Blood Pressure Clinic 1:00 PM Sheffield Writers Forum 3:00 PM Senior Life History Project	13 10:00 AM Zumba 11:30 AM Funny Flx Friday 12:30 PM Mumbet Craft Project	14
15	16 9:00 AM Center Closed-No MOW	17 9:00 AM Exercise Class 10:15 AM Homeowner Options 11:30 AM Lawnchair Movie Tuesday	18 9:00 AM Morning Stroll 10:00 AM Computer Help 10:30 AM Friends Meeting	19 9:00 AM Exercise Class 12:00 PM 3rd Thursday Lunch 1:00 PM Sheffield Writers Forum 3:00 PM Senior Life History Project	20 9:00 AM COA Meeting 10:00 AM Zumba 11:30 AM Funny Flx Friday 12:30 PM Mumbet Craft Project	21
22	23 11:30 AM Macho Movie Monday 12:00 PM Share Your Travels	24 9:00 AM Exercise Class 10:15 AM Astronomy and Solar Systems 11:30 AM Lawnchair Movie Tuesday	25 9:00 AM Morning Stroll 10:00 AM Computer Help	26 9:00 AM Exercise Class 10:30 AM Beginning Photography 1:00 PM Sheffield Writers Forum 3:00 PM Senior Life History Project	27 10:00 AM Zumba 11:30 AM Funny Flx Friday 12:30 PM Mumbet Craft Project	28
29	30 11:30 AM Macho Movie Monday	31 9:00 AM Exercise Class 11:30 AM Lawnchair Movie Tuesday				