

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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"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day." Edith Lovejoy Pierce

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, jenngoewey@sheffieldma.gov

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:

Winter is trying desperately to come to the Berkshires, however it has not quite arrived to the standard that we are accustomed to. It makes it hard to believe that January is here! The days are busy here at the senior center and it has been a pleasure to see new people visiting, enjoying our activities and utilizing our resources! In the midst of the comings and goings of the day I can't help but notice the generous spirit and giving that happens every day. Thank you all for the donations of needed items, sharing your time with a helping hand, the baked goods to share and so much more. The kindness is noticed and appreciated by so many. With the promise of a New Year and renewed energy, I am excited to announce that we have been awarded several grants from the Massachusetts Council on Aging (MCOA) to be implemented in the upcoming months. The funding will be used to host a monthly bereavement group, hire a fall prevention exercise class instructor, host a "live your life well" one day event, and host an aging mastery program and more. We are excited about this opportunity to expand our programming and look forward to working with the MCOA to bring these programs to our senior center. I am wishing you all a healthful, joyful and peaceful new year!

ACTIVITIES/PROGRAMMING:

LEO (Let's Eat Out) – Wednesday, January 6th at 5:30 pm: We will be going to the *East Restaurant* in Great Barrington. Please call the senior center to sign up. 229-7037

BINGO- Wednesdays at 1pm: Following the congregate meals every week.

Pitch- Every Thursday at 10 am: Please call the senior center to sign up or for more information. We are still looking for a few more players to commit! 229-7037

Hot Soup Lunch- Tuesday January 12th and 26th at 12 noon: Mt. Everett's Culinary Arts Program will be providing us 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 morning to reserve your lunch. 229-7037

Toddler Program- Wednesdays, January 13th and January 27th, 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

"Brown Bag" Food Program- Wednesday, January 13th from 1-3: Distribution Day! Delivery is available for shut ins.

Blood Pressure Clinic –Thursday, January 14th from 10am-11am: Please call to make your appointment. 229-7037

Third Thursday Potluck Luncheon- January 21st at Noon: Please bring a favorite dish to share. Following lunch we will be having an Alzheimer's

Presentation by Bobbi Orsi from Home Instead Senior Care. This is a dynamic multi-media informative presentation! Please call to sign up. 229-7037

Men's Breakfast- Monday, January 25th at 9am: Andy and Wes Peterson will be joining us to share stories of hunting adventures. Please call the senior center to sign up. 229-7037

Pottery Offering-Monday, January 25th at 12:30 pm: This offering will run for five weeks: **January 25th and February 1st, 8th, 22nd and 29th from 12:30-2:30.** This class is limited to 10 participants and registration is required. All materials will be provided. This ceramic course offers hand building for clay enthusiasts at all levels. Discover building, design and glazing techniques to enhance your work. As a class you will be working on slab forms which can be anything from trays to jewelry boxes. 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. 229-7037

Day Trip to the Clark Museum- Thursday, January 28th located in Williamstown: 10 am departure from the senior center. Estimated cost of the trip is \$12 dollars which includes admission and transportation. Limited to ten participants so please be sure to sign up and pay as soon as you know you can commit. You may either pack a bag lunch or visit the café on site for lunch. 229-7037

UPDATES:

BINGO- Please note, beginning this month we will be hosting **BINGO** immediately following the **Wednesday Congregate meal** for the cold winter months. Join us for lunch before you play! **229-7037. Please note you must sign up for lunch by 11 the day before (Tuesday)!**

Community Calendar- 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.

ANNOUNCEMENTS:

Chess- Anyone interested in playing chess? If so please call the senior center and let us know! We will need your name, telephone number, and email address if you have one and the days and times of the week that will work for you. 229-7037

Monday

Tuesday

Wednesday

Thursday

Friday

<p>January 2016</p>				<p>1 Senior Center Closed New Year's Day!</p>
<p>4 10-12 Mahjongg 12 Spanish</p>	<p>5 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 11 Knit & Stitch 11:30 Friends Meeting 4 COA Meeting</p>	<p>6 12 Spanish <u>12 Congregate Meal</u> Glazed Honey Ham 1 BINGO 3:30 Chair Yoga 5:30 LEO Club</p>	<p>7 9 Foot Nurse 9 Exercise Class 10 Bridge 10 Pitch</p>	<p>8 9:45-11 Exercise Class 12 Spanish</p>
<p>11 10-12 Mahjongg 12 Spanish</p>	<p>12 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 11 Knit & Stitch 12 Hot Soup Lunch</p>	<p>13 10 Toddler Program 12 Spanish <u>12 Congregate Meal</u> Macaroni & Cheese 1 BINGO 1-3 Brown Bag 3:30 Chair Yoga</p>	<p>14 9 Exercise Class 10 Blood Pressure Clinic 10 Bridge 10 Pitch</p>	<p>15 9:45-11 Exercise Class 12 Spanish 2:30 Commission on Disabilities</p>
<p>18 Senior Center Closed Martin Luther King Day!</p>	<p>19 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 11 Knit & Stitch 12 Hot Soup Lunch</p>	<p>20 12 Spanish <u>12 Congregate Meal</u> Baked Chicken Breast and Gravy 1 BINGO 3:30 Chair Yoga</p>	<p>21 9 Exercise Class 10 Bridge 10 Pitch 12 Pot Luck Lunch 1 Alzheimer's Presentation</p>	<p>22 9:45-11 Exercise Class 12 Spanish</p>
<p>25 9 Men's Breakfast 10-12 Mahjongg 12 Spanish 12:30 Pottery</p>	<p>26 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 11 Knit & Stitch 12 Hot Soup Lunch</p>	<p>27 10 Toddler Program 12 Spanish <u>12 Congregate Meal</u> Chicken a la Orange 1 BINGO 3:30 Chair Yoga</p>	<p>28 9 Exercise Class 10 Bridge 10 Pitch 10- Clark Trip</p>	<p>29 9:45-11 Exercise Class 12 Spanish</p>