

ICE CREAM SOCIAL on the 3rd Thursday at
Sheffield Senior Center
July 21 at 1:30

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 Center

PO Box 327
Sheffield, MA 01257

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SHEFFIELD, MA
PERMIT NO. 1

RETURN SERVICE REQUESTED



Stop In this summer and enjoy some relief from the hot weather.
WE ARE AIR-CONDITIONED!!

*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

July 2011

Calendar of Events

Senior Wellness Series at Fairview Hospital (see article)	Wed, July 6,13,20, Aug 3
Wii Bowling Tournament at Claire Teague (see article)	Thur, July 7 , 12:30
Council on Aging Meetings	Fri, July 8 & 29 , 10:00
Foot Clinic	Mon, July 11 , 9-11
Blood Pressure Clinic	Thur, July 14 , 9-11
Wii Bowling Tournament at 25 Cook Road	Thur, July 14 , 12:30
Commission on Disabilities Speaker Series (see article) At Bushnell Sage Library – “Reaching for New Horizons”	Fri, July 15 , 3:30
Diabetes Support Group at Claire Teague with Debbie Coons	Mon, July 18 , 12:30
For ARTS’ Sake	Thur, July 7&21 , 11:00
3rd Thursday Ice Cream Social (see article)	Thur, July 21 , 1:30
Friends of the Sheffield Senior Center Meeting	Tue, July 19 , 10:30
TV Viewing of Sheffield Board of Selectmen Meeting	Tuesdays, 12:30
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays”	Tuesdays, 11:30 at Sheffield SC
“Clare Teague Movie Mondays”	Mondays, 12:00 at Claire Teague
Computer Help Class	Wednesdays, 10:00
Knitting Together	1 st Wed. 3:30 (July 6) at Our Lady of the Valley Parish Hall
	3 rd Sat. 11:00 (July 16) at Episcopal/Lutheran Church
Library Knitting Group (Bushnell-Sage Library) (beginners welcome-always someone there to help)	Wed. Evenings 6-8
Sheffield Writers’ Forum	Thursdays, 1:00
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)
Weekly updates of activities can be found in the
Senior Bulletin Board section of the Monday edition of the Berkshire Eagle.*

Director Thoughts:

Greetings from the Cook Road Club House! I hope to see many of you here this summer for socializing, partaking of the growing number of activities, getting information and referral questions answered, or for just plain enjoying the air-conditioning for a couple of hours!

2010 figures are just coming out. Did you know that Sheffield now has over 900 seniors over 60 years old – a 30% increase over the last census. The same older population increase statewide was only 16%. Overall general population growth in Massachusetts has only been slightly over 3%. Numbers of seniors are beginning to increase dramatically with the baby boomers coming of age and life spans increasing. Another couple of facts about growth of aging population in Massachusetts prepared by Jan E. Mutchler of the McCormack Graduate School of Policy and Global Studies at the Gerontology Institute: “One-quarter of all of the households in MA includes at least one person aged 65 and over. Indeed, 11% of all MA households are now composed of a person aged 65 and over living alone.”

Chew on these facts and think about how important our commitment to Sheffield seniors and the Sheffield Senior Center should be!

John-Arthur Miller

Center News

Movie Mondays & Tuesdays in July– FREE!

Mondays at **Claire Teague** – 12:00
July 11 – TBA
July 18 – TBA
July 25 – TBA

Tuesdays at **Cook Road Clubhouse** – 11:30
Judi Dench starring in:
July 5 – *Mrs. Brown* - 1997
July 12 – *Mrs. Henderson Presents* - 2005
July 19 – *Ladies in Lavender* - 2004
July 26 – *Dead Cert* - 1974

Sheffield Senior Center Open House a Great Success

On June 11 the “Club House” was rockin’. Over 75 interested community members dropped by 25 Cook Road to have a peek at Sheffield’s new Senior Center. The Council On Aging and the Friends of the Sheffield Senior Center combined forces of talent, and volunteer time to put together a wonderful afternoon of activities, food, and information, educating the public of the many offerings available here for various types of senior citizens. Not only was the day enlightening, but it also showed how two groups work well together for a common cause as advocates for the senior citizens of our community. Great job to all!

We Welcome New Receptionist

On Thursday afternoons you may have seen a new friendly face behind the reception desk. Mary Martin has joined the volunteer ranks and we are lucky to have her. For many years Mary had worked for Elder Services at the distribution center for Meals on Wheels in Great Barrington. She recently retired from that position, but you can’t keep a good person down! She wants to stay in the action at the Sheffield “Club House” and we are glad she does! Welcome Mary! We are still looking to interview for a couple regular shifts and some substitutes. Shifts are mornings from 9:00-12:00 and afternoons from 12:00-2:30. The main requirement is a positive welcoming attitude both in person and on the phone. Call John-Arthur for an interview.

3rd Thursday Ice Cream Social

Note that this event on July 21 will take place at 1:30. A theme with 40s music, attractive decorations and yummy ice cream will rule the day! Winnie Veretto, Barbara Fletcher, and others are putting their heads together to plan this great summer fun. Call and let us know you are coming! It has the makings of a wonderful afternoon!

Wii Bowling at the Claire Teague and at the Cook Road Clubhouse!

Wii Bowling will have another match appearance at 12:30. Claire Teague Senior Center in Great Barrington will host the July 7th event and Sheffield Senior Center will host the July 14th match. All are welcome. Bring a team, come ready to join a team, or come to join the “peanut gallery” and the fun. In whatever capacity you will be with some wonderful friends. See you there!

Trips Still looking for Takers!!!

Mac-Haydn Theatre with Senior Center in August

Lake George with Red Hats in September

\$30 will get you a bus ticket and theatre ticket for “Grease”, a wonderful musical with a 1950s theme. The bus will leave 25 Cook Road at noon, Thursday, August 4th, bring a brown bag lunch or eat before enjoying the ride. \$65 will get you a bus ticket, a boat ride, and a wonderful cruise lunch on Lake George. This outing, planned by the Red Hats, who have graciously opened their ranks to others – men included – as long as the bus has seats available, will leave 25 Cook Road at 8AM and return late afternoon or early evening on Tuesday, September 27th. Call Kathy at the Red Hats to reserve your spot. 229.2091

Senior Wellness Series at Fairview Hospital

A four-part Senior Wellness Series is being co-sponsored by Elder Services and Fairview Hospital on four Wednesdays this summer. The free programs will provide education and resources to seniors and their families as well as people who are planning for their senior years. The first program, "Forum for Caregivers," will be on Wednesday, July 6. The presenter, Elder Services' Caregiver Coordinator Bea Cowlin, will lead a discussion for caregivers. This will be an opportunity to share ideas and support those who are caregivers in our community. On Wednesday, July 13, Elder Services' SHINE Program Director Margie Ware will offer, “What You Need to Know About Medicare,” a program designed to explain Medicare, including new rules and how to access benefits. On Wednesday, July 20 is “Community Resources for Seniors,” a round-table forum with Great Barrington Council on Aging Director, Rebecca Tillinghast, Sheffield Senior Center Director, John-Arthur Miller, and Elder Services' Director of Community Services Roger Suters. The final program, “There’s No Place Like Home,” on Wednesday, August 3 will feature Elder Services' Client Services Supervisor Amy Muldowney, who will provide information about the many services available to Berkshire seniors to help them live with dignity, independence, and self-determination, and to achieve the highest possible quality of life. All programs begin at 1 p.m. and take place in the Ground Floor Conference Room at Fairview Hospital, 29 Lewis Avenue, in Great Barrington. Please call 413-854-9609 for information or to register.

Commission on Disabilities Speaker Series Continues

On July 15, 2011, The Town of Sheffield Commission on Disabilities continues its Speaker Series. The topic this month will be "Reaching for New Horizons" and will feature speakers from three wonderful and innovative organizations. The groups represented will be Community Access to the Arts (CATA), Blue Rider Stables, and Special Olympics. Each group offers distinct and unique programs, which assist people with disabilities in participating in activities previously unavailable to them. The Speakers Series begins at 3:30 p.m. on the third Friday of each month in the downstairs meeting room of the Bushnell-Sage Library, Main Street, Sheffield, MA. For more information, please contact Dave or Nan Wells at (413) 229-8372 or nan1940@aol.com

Senior Life History Project – A Collaborative Program – Begins in July

The Senior Life History Project combines the work of five organizations and is a FREE recreational activity that will incorporate mentoring, writing, photography and video production with both youth (ages 12 to 18) and older adults (ages 60+) working side by side to create a historical account of the senior’s life. Either a scrapbook or a storyboard will be created. For those seniors that do not want to work on the History Project, there will also be mentor matches made for social activities where the seniors can meet weekly with their youth mentee for games, crafts, hobbies, etc. Organizations in collaboration are: CHP-South Berkshire Community Coalition, Berkshire South Regional Community Center, Claire Teague Senior Center, Sheffield Senior Center, and Great Barrington Rehab. & Nursing Home. For more information – call Shelley Brooks, CHP-SBCC, Program Coordinator at 413-528-1919 x14