

**Mission Statement** ...to facilitate seniors' ability to live independently and enjoy a high quality of life...to provide life-enriching activities, relevant information on issues that affect them, and assist them in obtaining services necessary to their well-being.

# Sheffield Senior Crier

PO Box 327  
Sheffield, MA 01257

PRSR STD  
U.S. POSTAGE PAID  
Permit #95  
KwikPrint Inc  
Gt Barrington MA  
01230



I love summertime more than anything else in the world.  
That is the only thing that gets me through the winter, knowing that  
summer is going to be there.

*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](mailto:jenngoewey@sheffieldma.gov)*

*Nadine Hawver, Assistant to Director, [nhawver@sheffieldma.gov](mailto:nhawver@sheffieldma.gov)*

*Sheffield Senior Crier is regularly posted on the town website ([www.sheffieldma.gov](http://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:***

**You will notice this is a special double issue newsletter for July and August which means there is a lot of information! Please take a close look at the calendar and call the center to sign up for anything you are interested in. We have some fun activities planned for over the summer months and I hope that you will join in on the fun. Remember, the senior center is always open as a cooling place. During the hot days of summer please come in and get cool and stay hydrated. It is very important that you protect yourself from the sun, get plenty of water and rest to prevent heat exhaustion. Be well and see you soon!**

**Bingo Reminder- Thursday afternoons: From 3-5 pm. Come play before the Peoples Pantry dinner.**

**Balance Class – Fridays at 9:15 am – 30 minutes before the regular Friday class. Good balance is important for fall prevention in seniors and the elderly. Balance and mobility exercises are essential as we age. This class provides exercises to increase a flexible body, good posture and improve your center of gravity. This class is appropriate for all levels of physical ability. \$3.00 per class or \$5.00 for both Friday exercise classes. Both classes will continue to be offered through July and August.**

**Blood Pressure Clinic – July 9<sup>th</sup> and Aug 13<sup>th</sup>**

**Stress Relief Workshop- July 7, 14, 21 and 28<sup>th</sup> at 1pm: This class is for those who want to feel more vitality, less stress, a greater degree of mental clarity, and an overall sense of health and well-being. You will be taught simple self-care techniques that involve gentle exercises and movements which can be done either standing or sitting. These tools are designed to activate and restore your body's natural balance and harmony. This is a free offering generously provided by Beverly Haberman. Ideally, participants should be able to commit to at least three of the four offerings. Please call the center to sign up, 229-7037.**

**Still Alice Movie Showing & Group Discussion- Wednesday, July 8 at 1pm: Join us for a public viewing of "Still Alice"; a movie depicting the reality of early-onset Alzheimer's and one family's journey. We will have a group reflection/discussion time after the movie.**

**Technology Workshop- Wednesday, July 15 at 1pm: EBay, Facebook, Email Accounts and more! If you need help we are here to help!**

**3rd Thursday Lunch- Thursday, July 16<sup>th</sup> at Noon: BBQ...we will provide the Meat you bring a salads, side dish or dessert. Please give the office a call at 229-7037 to reserve your spot at the table. After we eat we will play indoor chair volleyball which will surely be a blast! Wear your favorite beach apparel and be prepared to have some fun playing while listening to the "Beach Boys"!**

**Lasagna Dinner- Saturday, July 18 from 5-7: at the American Legion Hall. Proceeds will be split with the “Good Samaritan Fund” of Sheffield.**

**Suns Game Trip- Sunday, July 19 for a 4pm Game: Pittsfield “Suns” Baseball group trip! The Men’s Breakfast group is hosting this trip. This is sure to be a fun outing for everyone to connect over the busy summer. Tickets are \$20.00 per person which includes all you can eat hamburgers, hot dogs, chicken sandwiches, pasta salad, watermelon and non-alcoholic beverages, special tent seating as well as a general admission ticket. Please call the center to sign up as soon as possible, 229-7037. Those participating should meet at the senior center to carpool at 2:45.**

**Get Cuffed Program- Wednesday, July 22, from 2-3: Berkshire Health Systems will be hosting the “Get Cuffed Program” on July 22nd at the Sheffield Senior Center from 2-3. If you would like to participate you need to rsvp directly with BHS.. 413-854-9929 GB area or 413 445-9232 for the Pittsfield area.**

**Sheffield Farmers Market Group Trip- Friday, July 24 at 3pm: Meet us here at the Senior Center at 3 and we will go to the Farmers Market as a group. The Farmers Market Vouchers through Elder Services should be in by then. For more information or to sign up please call the center, 229-7037.**

**Intergenerational Cooking Time- July 29 at 1pm: The gardens are already producing vegetables and we are excited! Come join us to begin harvesting the garden and creating recipes with our fresh vegetables! Some area youth will join us in the kitchen. Please call to sign up, 229-7037.**

**Wellness Wednesdays – August 5, 12, 19 and 26th at 1 pm: We will offering a different speaker on various topics each Wednesday at 1PM for the month of August, come join us! For more details on the weekly wellness offering & to sign up please call the senior center, 229-7037.**

**Recipe Rehab Taste Test- Friday, August 7 at 1: One of our summer favorites is strawberry shortcake! Come join young cook extraordinaire Isiah and Emma as the “recipe rehab” a traditional recipe into a delicious, lighter healthier version. 12 Person maximum, please call the center to sign up, 229-7037.**

**Game Time! - Friday, August 14 at 1: Join us to play some games...the game of Life, scrabble, Wii bowling, checkers and more. Drop in and have some fun!**

**Visit to Dewey Court- Wednesday, August 19 at 6:30: Join us to visit our friends at Dewey Court! We are going to bring some desserts and conversation while we play the game “CLR” (Center, Left, Right) a game that involves some change and some fun!**

**Ice Cream Social- Thursday, August 20 at 1: The Friends will be hosting there annual summertime ice cream social! Please call the center to sign up, 229-7037.**

**Food & Fuel- August 21, 2015 from 10-1. Berkshire Community Action Council will be hosting a “Food & Fuel” Friday. This will allow folks the opportunity to meet with a representative. Please see the attached special insert for more information.**

**End of Summer BBQ- Tuesday, August 25 at 5:30: Please call the center for more information and to sign up, 229-7037. We will play some bocce ball after we eat!**

**Planning Ahead!-**

The Friends will be hosting their 2nd Murder Mystery! Murder @ Mardi gras on Friday September 25th at 7PM, the cost is \$8.00 per person. Light Refreshments will be served and the Program is rated PG13.

***UPDATES:***

**Congregate Meal Site Update-**

The Sheffield Council on Aging will begin hosting congregate meals at our site in September. The meals will be on Wednesdays at noon. This is a program through Elder Services and the meals are priced at a suggested donation of \$2.00 per meal. Please call the center to sign up.

**Transportation-**

The Sheffield Council on Aging will provide transportation to seniors and those with disabilities beginning July 1. Anyone who is in need of a ride should call the Sheffield Senior Center; 413-229-7037. The suggested donation is \$4 round trip. Envelopes will be available and all checks should be made payable to the Town of Sheffield. Riders should call 24 hours in advance to schedule a ride. Our drivers have received extensive training over the last month. This includes: CPR, First Aid, Drug and Alcohol Screening and Awareness, Wheelchair Securement, Defensive Driving Training and more. As always if you have any questions or concerns please call the senior center or stop in.

**Frequently Asked Question Regarding Transportation-**

- What number do I call to schedule a ride? **(413) 229-7037**
- How much will it cost? **The suggested donation is 4\$ round trip.**
- What day will you go to the grocery store? **Tuesday will be the set day.**
- If I go the same place every week do I need to call every week? **Yes! You must call to request for each ride you need.**
- How much notice do I need to give for a ride? **We need at least 24 hours advance notice.**
- Who do I contact if I have questions or concern? **Jenn or Nadine at the Senior Center. 413-229-7037**

# July

S u -	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<b>1</b> 11:30 Spanish  6 Chair Yoga	2 9 Exercise Class  10 Bridge  3-5 BINGO  <b>6:30 COA Meeting</b>	3 9 Balance Class 10 Exercise  11:30 Spanish Class	4
5	6 <b>9 Foot Clinic</b>  10-12 Mahjongg  11:30 Spanish  1PM Art Class	7 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage <b>1 Stress Relief Workshop</b>	8  11:30 Spanish  <b>1 "Still Alice" Movie Showing &amp; Discussion</b>  6 Chair Yoga	9 9 Exercise Class  9:30-11 Blood Pressure Clinic  10 Bridge  3-5 BINGO	10 9 Balance Class  10 Exercise  11:30 Spanish Class	11
1 2	<b>13</b> 10-12 Mahjongg  11:30 Spanish  1PM Art Class	14 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage <b>1 Stress Relief Workshop</b>	15 11:30 Spanish  <b>1 pm Technology Workshop</b>  6 Chair Yoga	16 9 Exercise Class 10 Bridge  <b>3rd Thur Lunch – BBQ- &amp; Chair Volleyball</b>  3-5 BINGO	17 9 Balance Class  10 Exercise  11:30 Spanish  2:30 Commission on Disabilities	18  <b>American Legion Post 340- Lasagna Dinner 5-7</b>
1 9  S U N S	20 10-12 Mahjongg  11:30 Spanish  1PM Art Class	21 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage <b>1 Stress Relief Workshop</b>	22  11:30 Spanish <b>2-3 "Get Cuffed" Program *with Berkshire Health Systems</b>  6 Chair Yoga	23 9 Exercise Class 10 Bridge  3-5 BINGO	24 9 Balance Class 10 Exercise 11:30 Spanish Class  <b>3pm Farmers Market Group Trip</b>	25
2 6	27 10-12 Mahjongg  11:30 Spanish  1PM Art Class	28 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage <b>1 Stress Relief Workshop</b>	29 11:30 Spanish  <b>1 Intergenerational Cooking Class</b>  6 Chair Yoga	30 9 Exercise Class  10 Bridge  3-5 BINGO	31 9 Balance Class  10 Exercise  11:30 Spanish Class	

S u	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3 10-12 Mahjongg 11:30 Spanish 1PM Art Class	4 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Friends Meeting 11:30 Movie 12:30 Cribbage	5 11:30 Spanish  <b>1PM Wellness Wednesday</b>	6 9 Exercise Class 10 Bridge 3-5 BINGO  <b>6:30 COA Meeting</b>	7 9 Balance Class 10 Exercise  11:30 Spanish Class  <b>1 Recipe Rehab</b>	8
9	10 10-12 Mahjongg 11:30 Spanish 1PM Art Class	11 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage	12  11:30 Spanish  <b>1PM Wellness Wednesday</b>	13 9 Exercise Class 10 Blood Pressure 10 Bridge 3-5 BINGO	14 9 Balance Class 10 Exercise  11:30 Spanish Class  <b>1pm Game Time!</b>	15
1 6	17 10-12 Mahjongg 11:30 Spanish 1PM Art Class	18 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie	19  11:30 Spanish  <b>1PM Wellness Wednesday</b>  <b>6:30 Visit to Dewey Court</b>	20 9 Exercise Class 10 Bridge  <b>1PM Ice Cream Social</b>  3-5 BINGO	21 9 Balance Class 10 Exercise 11:30 Spanish Class  <b>"Food &amp; Fuel" 10-1</b>	22
2 3	24 10-12 Mahjongg 11:30 Spanish 1PM Art Class	25 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage  <b>5:30 PM End of Summer BBQ</b>	26 11:30 Spanish  <b>1PM Wellness Wednesday</b>	27 9 Exercise Class 10 Bridge  3-5 BINGO	28 9 Balance 10 Exercise 11:30 Spanish Class	29
3 0	31 10-12 Mahjongg 11:30 Spanish 1PM Art Class					

