

**DON'T FORGET TO RETURN
YOUR SENIOR CENTER SURVEY**
Drop it off at Senior Center, Town Hall, or mail it in PLEASE

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

PO Box 327
Sheffield, MA 01257

RETURN SERVICE REQUESTED

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Sign Up for Bridging the Gap: Projects Between Ages

On a hot day drop by the Sheffield Senior Center!
Keep Cool with AC
Have a drink, watch TV, take in a movie, sit and visit

*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.

July 2012

Director Thoughts:

At the start of this new Fiscal Year (FY13) I am happy to inform you that I have been re-appointed by the Board of Selectmen as your Director of the Sheffield Senior Center for a one year term. Even with limited staff hours and conservative budgets it does allow for continuing to build a warm, friendly home away from home available for over 25% of our Sheffield population – one of the things for which I have strived since my coming here in December of 2006. Programs continue to be tried, added, and revised according to funding availability and the creative ideas and help of the many volunteers who contribute. Information and referral requests continue to multiply as does the senior population and the number of family caregivers caring for that increasing population. And, outreach is an area that we need to emphasize more and more in order to determine and satisfy the unmet needs of our older friends in order to allow them to remain in their homes safely, where the majority wish to be. The Friends of the Sheffield Senior Center have been increasingly helpful with fundraising to support programming and the Council on Aging has become increasingly more helpful with ideas, suggestions, and hands on help. The collaborative effort of these groups continues to grow and help me tremendously in building the future of our Senior Center as a focus for our constituency. Thank you for giving me another year as your leader.

John-Arthur Miller

Center News

Congrats to our FY13 Sheffield Council On Aging

The following three Sheffield citizens have been appointed by the Board of Selectmen to serve on this volunteer advisory team, working closely with the Director of the Senior Center in creating programs and activities that help meet the unmet needs of our senior population: Dorris Van Deusen, Richard Magenis, and Janet Stanton. They join Jeff Browne, Grace Campbell, Michelle Harwood, Anne Hyatt, Dawn Massini, Carol Sica, Kathy Staropoli, and Gail Ullman already serving. Many thanks to Rosemarie Wright who is stepping down after her three year term of faithful service.

June Doins' were great fun.

Men's Breakfast, 3rd Thurs. Picnic, Travels to Burma, Tag Sale, Fraud Awareness, and Eurhythmy were some new successful programs that you may have missed in June. Lots to do in July and August so keep the Sheffield Senior Crier posted and stay in touch!

Building Enhancements Thanks to Friends, COA, Town, Mt. Everett 8th Graders, Kiwanis

June saw many improvements come to fruition with many folks to thank. First, Sheffield taxpayers and Friends donations combined for the installation, long awaited, of very attractive and functional window treatments. As you know we are blessed with wonderful natural light in our upper level which needs to be "tamed" during some visual presentations. This added option has finally been tastefully accomplished! Second, Kiwanis funding, COA planning, and Mt. Everett 8th grade elbow grease with COA supervision all combined to create the beautiful gardens now thriving on the north, south, and east sides of our building. Perennials and annuals combine to provide wonderful colors that are definitely a brightener to everyone's day when they visit 25 Cook Road! Less obvious contributions but no less important have been numerous projects funded by the Friends of the Senior Center. Those include attractive cloth tablecloths for use at our gatherings, another bulletin board to be installed for use in the great room, and a smaller space saving wall mounted TV for the conference room to compliment the audio-visual technology already financed by them for the great room. Thanks for all the support in continuing to improve your Sheffield Senior Center.

Computer Helpers take July and August Holliday

Our great team of techies, Michelle, Judy, Fred, Pauline, has a well-deserved summer off and will be back in the fall with individual help as well as some class opportunity ideas.

Bocci Ball at American Legion on July13, 5-7

Come enjoy Senior Happy Hour and Italian Sport at the American Legion on a Summer Friday evening.

Foot Clinic (July 2) and Blood Pressure Clinic (July 12) starting up again in FY13

“Share Your Travels” in July

Our destination on is the US Southwest. Dennis and Kathy Staropoli will be our guides sharing their adventures to several National Parks and environs in a beautiful part of the country beginning at 11:00.

Still Seats Available for Theater Trip

On **July 18** (Wed.) the bus will leave Sheffield Senior Center at 12:00 to travel to The Mac-Haydn Theatre for their production of “Legally Blonde”, a delightful comedy filled with songs, laughs, and fun. The price is just \$35 for bus seat and theatre seat. Call and reserve now!

3rd Thursday in July is Ice Cream Social at 2:00 (in place of regular lunch)

“Did somebody say Ice Cream? Slowly I turn, step by step, inch by inch!” Yes!! Treat yourselves at 2:00 on **July 19th** to a nice bowl of it with toppings, sprinkles, whipped cream and a cherry!

Eurhythmy Continues in July

11:00 Eurhythmy will continue **July 11** and **July 25** at \$4 per class. Try one or both! It is a new offering in movement available at the Senior Center to add to the opportunities for physical, mental, and in this case artistic enhancement of self. Francesca Margulies came to Eurhythmy as a classically trained ballet dancer with ten years of study under George Balanchine, having danced with professional ballet companies in televised productions and on Broadway. Developed by Rudolf Steiner, Eurhythmy utilizes exercises of contraction and expansion, tension and release, and breathing in and out, and can help compensate for physical or emotional imbalances, encouraging the body, heart, and mind to come to a state of equilibrium and self-healing.

Thanks and a Hat Tip To:

Frank Clarke, Jeff Browne, Paul O’Brien for Men’s Breakfast Team. They are looking for help at the next one! (also **Eileen Clarke** for french toast preparation and **Ed Knapp** for sausage quiche reprise.)

Alice Leason for contributing the hose wind up with hose for our garden watering!

Bridging the Gap: Projects Between Ages

We have the youth! We need the wisdom! Looking for 9 seniors to share 6 one-hour sessions with a high school student. **July 12th-August 16th** will feature this opportunity for seniors to get to know, be with, and learn from girls attending Chimney Corners YMCA Camp this summer. A summer component of the Senior Life History Project which was so successful during the school year will pair up student campers with adult seniors each Thursday at the Sheffield Senior Center for an hour of activity ranging from photography, crafts, games, woodworking, video production and other facilitated social activities. This program, again sponsored by Tufts Health Plan Foundation and the South Berkshire Community Coalition is gearing up and signing up! Don’t wait to decide! Call the Senior Center 229.2037 or CHP-SBCC 528.1919 for information or to sign up.

Ladies Tea in July with Diane Taraz

Mark your calendar for Monday **July 9th** at 2:00. This early tea time (not “tee” time) is for mothers, daughters, granddaughters and female friends. In addition to tea, there will be savories, conversation and an added treat. Singer/songwriter Diane Taraz will present a performance of “A Silver Dagger: Exploring Women’s History Through Folk Songs”. Consider bringing a family tea cup and saucer to “show and tell” or wearing your favorite tea dress or hat!

Interesting July Programs Offsite

Sheffield Farmers Market – Fridays
Sheffield Historical Society – Garden Party
Berkshire Choral Festival Concerts
Meals on Wheels
Sheffield Food Pantry at Old Parish Church
Breaking Bread Kitchen at American Legion

July 6,13,20,27, 2:30-6:30
July 16, 3-6
July 14, 21, 28, 7:30
Weekdays except Holidays
Mondays, 9:00 AM
Thur. Evenings 5:30-6:30

July 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9 Foot Clinic 11:30 Game Day 11:30 Macho Movie Monday	3 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie	4 CLOSED No MOW	5 9 Exercise Class 10 Wii Bowling 1 Writers Forum	6 9 Coffee & Conversation 11:30 Funny Flix Friday	7
8	9 11:30 Friends Meeting 11:30 Macho Movie Monday 2 Ladies Tea	10 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie	11 9 Morning Stroll 10:00 Wii Bowling 11 Eurhythmy	12 9 Exercise Class 10 Blood Pressure Clinic 10 Bridge the Gap 1 Writers Forum	13 9 Coffee & Conversation 11:30 Funny Flix Friday 5-7 Bocci Ball Party	14
15	16 11:30 Game Day 11:30 Macho Movie Monday	17 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie	18 9 Morning Stroll 10:00 Wii Bowling 12 Mac-Haydn Theatre	19 9 Exercise Class 10 Bridge the Gap 1 Writers Forum 2 Ice Cream Social	20 9 Coffee & Conversation 9:15 COA Meeting 11:30 Funny Flix Friday	21
22	23 11:30 Game Day 11:30 Macho Movie Monday	24 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie	25 9 Morning Stroll 10:00 Wii Bowling 11 Eurhythmy	26 9 Exercise Class 10 Bridge the Gap 1 Writers Forum	27 9 Coffee & Conversation 11:30 Funny Flix Friday	28
29	30 11:30 Game Day 11:30 Macho Movie Monday	31 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie				

Welcome to Susan MacNeil, our newest volunteer – at the reception desk!