

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

“And I'm proud to be an American, where at least I know I'm free. And I won't forget the men who died, who gave that right to me.” Lee Greenwood

Sheffield Senior Crier

PO Box 327
Sheffield, MA 01257

PRSR STANDARD
U.S. POSTAGE PAID
GREAT BARRINGTON
PERMIT NO. P1 121

RETURN SERVICE REQUESTED



July 3rd Bocce/BBQ 5-7PM
Bring your favorite Side Salad or Dessert!!!!

*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 Nadine Hawver, Assistant to the 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.

Director Thoughts – July '13

Summer is officially here, although, at this writing May flowers have come and gone, but April showers are still drenching us at the end of June! I do want to remind folks that this summer, if and when the heat waves arrive, the Senior Center is a comfortable place to be with air conditioning eliminating the heat and humidity and the extended programming making it possible for visits at later hours. Check the weekly Senior Bulletin Board in the Monday Berkshire Eagle (as well as this publication) for activities and programs. And, if weather becomes particularly unbearable this summer we will notify you if your Senior Center becomes an emergency shelter for extended respite from the heat. The following is another important thought concerning the summer. I will be making a concerted effort to use Fridays exclusively for Outreach calls. Many of you, especially our Meals on Wheels clients, have a difficult time getting to the center so my association with you has only been by telephone or e-mail. I would love to spend some time with you face to face by visiting at home or if folks are in the hospital or other health care facility. I certainly don't want to intrude but am very interested in hearing your ideas on how we can better serve the unmet needs of our seniors. Give me a call if you would like me to stop by and say hello! And, continue to feel comfortable calling, dropping by or calling for transport to visit here! Nadine and I enjoy seeing you and will do our best to help out when needed.

-John-Arthur Miller

Center News

New Activities: We will be putting **NEW** activities in **Bold** print on the calendar. Please come out and support these new projects designed with you in mind.



Director Outreach Visits – Would you like more information on activities at the Senior Center or questions on how we can help you. John-Arthur will be making house calls on Fridays July and August – please call the office to schedule a time that is convenient for you.



Bocce Barbeque – July 3rd – You bring a side dish or dessert and \$3 per person to cover the cost of the meat. The main course will be Traditional Burgers and Dogs!!!!



Ladies Tea – Come out for an elegant afternoon of tea and flower arranging with MaryEllen O'Brien. MaryEllen will demonstrate 4-6 arrangements which we will auction off with the proceeds going to the Friends of the Sheffield Senior Center to help with funding of more programs. Bring your checkbook or credit card as the Friends can now accept charitable donations via credit cards. Invite your mother, daughter, granddaughter to enjoy this elegant tea. Bring your favorite tea cup a plate of finger sandwiches or cookies.



LEO – Let's Eat Out – @ 5:30PM – please let Nadine know if you are joining the group so we can let the restaurant know how many to expect. Back to The Bridge here in Sheffield for July. Our group is growing – come join us for some conversations and laughs.



Inter-Generational Activity Day. Thursday's are Inter-generational days here this summer. We have some young people from a local camp that will be joining us for afternoon games – Bingo, Wii, Board games so come join us bring your favorite young person along. Get out of the heat or come spend a rainy day with us.



Chair Yoga will continue by Popluar demand. Senta Reiss will continue to guide us in this relaxing yet energizing form of gentle exercise. Cost is \$3.00 per person. Wed at 6PM – No Class July 3rd

UPCOMING EVENTS/TRIPS:

LAST Call – For the Walkway over the Hudson Trip - July 15, 2013 - Walkway over the Hudson/Millbrook Wine Tasting. The Walkway Over the Hudson is a park that was created by turning an old abandoned railroad bridge into a pedestrian park. This is a linear walkway spanning the Hudson River. At 212 feet tall and 1.28 miles long it is the longest, elevated pedestrian bridge in the world. The walkway is wheelchair accessible and motorized scooters or other power assisted mobility devices are allowed. There is no rental equipment on site. There are picnic benches at both bridge approaches, benches at the bridge's three scenic overlooks. We will have a guided one hour tour. We will leave Sheffield at 9AM arriving in Poughkeepsie approximately 10:30AM. We will have 3 hours at the park and then we will be off to the Millbrook Winery for a tour of the winery, wine tasting and Gourmet Boxed Lunch. This facility is also handicapped accessible. Total cost of this trip is \$75 per person. This price includes bus transportation, park tour and fees, wine tasting, lunch and tour. You must make reservations with Nadine and pay in full by Friday July 5th.

September 17-19 Atlantic City Bus Trip to Harrah's Marina \$149 PP/DO\$209 Single or Bally's on the Boardwalk \$179 PP/DD \$239 Single. Package includes Round Trip Motorcoach, 2 nights Hotel Accomodations, Hotel Tax & Bellman Gratuity and \$15 per person Free Slot Play. Not Included \$13 per room per night NJ Tax Tourisom Fee. Single Occupancy guests must include \$60 to the above prices. C\$50 deposit with your reservationwith final balance due August 17, 2013. Call Nadine for more details and to reserve your spot.

The Friends of the Sheffield Senior Center will be hosting to events to raise money for the needs of the center. The first will be a Tag Sale on –September 21st 8AM-3PM the 2nd will be an Antique/Collectables/Craft Fair on October 19, 2013 9AM-3PM. The Friends will rent table space to people and vendors for these events. Please contact Michelle Harwood for more details at 413-229-3060 or mlharwood11@verizon.net

ANNOUNCEMENTS

Brown Bag Book Club – will meet in August – We will be reading and discussing Dan Brown's "Inferno." In his international blockbusters The Da Vinci Code, Angels & Demons, and The Lost Symbol, Dan Brown masterfully fused history, art, codes, and symbols. In this riveting new thriller, Brown returns to his element and has crafted his highest-stakes novel to date. In the heart of Italy, Harvard professor of symbology, Robert Langdon, is drawn into a harrowing world centered on one of history's most enduring and mysterious literary masterpieces . . . Dante's Inferno. Against this backdrop, Langdon battles a chilling adversary and grapples with an ingenious riddle that pulls him into a landscape of classic art, secret passageways, and futuristic science. Drawing from Dante's dark epic poem, Langdon races to find answers and decide whom to trust . . . before the world is irrevocably altered.

SCAM ALERT!!! We have had some new calls from seniors about Phone scams – People are claiming to be from Social Security. Social Security, the IRS and other government agencies will never call you or email you. They respond only to your calls to them. Do not give out any personal information over the phone or via your email.!!!!

EXERCISE CLASS DONATIONS!!! Due to some generious donations we are able to offer 2 classes per week for **FREE** for July and August. Check out the Calendar – you will see that Tuesdays Sit to be Fit and Thursday's regular exercise classes are **FREE** this month. Of course you can still make a donation if you wish to help keep some classes being offered for free.

My Life My Health– a FREE six week workshop for seniors with chronic medical conditions. Presented by Elder Services of Berkshire County at Community Health Prpgrams (CHP) 444 Stockbridge Rd Gt Barrington. Sessions are Mondays July 1, 8, 15, 22 & 29 1-3:30PM. Please take advantage of this free program for more information you can call 413-528-9311 ext 1175

BLUE BIRDS – Did you know we have a blue bird house off the patio? Well we do and we have had a nest with 5 eggs and they all have hatched and 5 fledginglys have flown!!!! Michelle Harwood has cleaned out the box and we are ready for the next batch of eggs.

July 2013

S u --	Monday	Tuesday	Wednesday	Thursday	Friday	Satur day
	1 9 Foot Clinic 10-12 Mahjongg 12 – Brown Bag Bingo 1 My Life My Health at CHP 5:30 Fitness for Life	2 9 Exercise Class 10:15 Sit to be Fit FREE 11 Knit & Stitch 11:30 Movie	3 10 Dancing w/ Annie 5-7 Bocce/Barbaque	4 Senior Center Closed for Independence Day No MOW	5 10AM-1PM Director Outreach Visits 12-2 Mahjongg	6
7	8 10-12 Mahjongg 12 – Brown Bag Bingo 1 My Life My Health at CHP 5:30 Fitness for Life	9 9 Exercise Class 10:15 Sit to be Fit FREE 11 Knit & Stitch 11:30 Movie 11:30 Friends meeting	10 10 Dancing with Annie 12:30 PM Ladies Tea 6 Chair Yoga	11 9 Exercise Class FREE 9:30-11 Blood Pressure Clinic 10 Wii Bowling 10:30 Bridge Group 1-3 Inter- Generational Activities	12 9 – Coffee & Conversation 10AM-1PM Director Outreach Visits 12-2 Mahjongg	13
1 4	15 10-12 Mahjongg 9 Walkway over the Hudson Trip 1 My Life My Health at CHP 5:30 Fitness for Life	16 9 Exercise Class 10:15 Sit to be Fit FREE 11 Knit & Stitch 11:30 Movie	17 10 Dancing w/Annie 6 Chair Yoga	18 9 Exercise Class FREE 10 Wii Bowling 10:30 Bridge 1-3 Inter- Generational Activities	19 9:15 COA 11AM-1PM Director Outreach Visits 12-2 Mahjongg 7 BINGO	20
2 1	22 10-12 Mahjongg 12- Brown Bag Bingo 1 My Life My Health at CHP 5:30 Fitness for Life	23 9 Exercise Class 10:15 Sit to be Fit FREE 11 Knit & Stitch 11:30 Movie	24 10 Dancing w/Annie 6 Chair Yoga	25 9 Exercise Class FREE 10 Wii Bowling 10:30 Bridge 1-3 Inter- Generational Activities	26 10AM-1PM Director Outreach Visits 12-2 Mahjongg	27
2 8	29 10-12 Mahjongg 12- Brown Bag Bingo 1 My Life My Health at CHP 5:30 Fitness for Life	30 9 Exercise Class 10:15 Sit to be Fit FREE 11 Knit & Stitch 11:30 Movie	31 10 Dancing w/ Annie 11-1 For Arts Sake 6 Chair Yoga			

