

Area Pot Luck Picnic on the 3rd Thursday at
Sheffield Senior Center
July 16 at Noon

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
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RETURN SERVICE REQUESTED



Mac-Haydn Theatre Bus Trip!
August 4 - \$30 pp – ticket and transportation –
depart at noon
“GREASE”

*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

**June 2011
Calendar of Events**

Council on Aging Meeting	Fri, June 3 , 10:00
Blood Pressure Clinic	Thur, June 9 , 9-11
Director and COA on "Let's Talk" – WSBS	Thur, June 9 , 9:00
For ARTS' Sake (see article)	Thur, June 9 , 11:00 Thur, June 23 , 11:00
Sheffield Senior Center Open House (see article)	Sat, June 11 , 1-4:30
3rd Thursday Lunch - PICNIC! (see article)	Thur, June 16 , Noon
Commission on Disabilities Speaker Series (see article) At Bushnell Sage Library, Topic: "Adaptive Sports for People with Disabilities"	Fri, June 17 , 3:30
Friends of the Sheffield Senior Center Meeting	Tue, June 21 , 10:30
Out To Lunch Bunch (see article)	Wed, June 22 , 12:00
Lawn Bowling at Claire Teague (see article)	Thur, June 23 , 10:00
Volunteer Recognition Lunch at Egremont Country Club (by invitation)	Wed, June 29 , 11:30
TV Viewing of Sheffield Board of Selectmen Meeting	Tuesdays, 12:30
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
Wii Bowling (anyone can drop in anytime to try it!)	Tuesdays & Thursdays, 10:00
"Lawn Chair Movie Tuesdays" – Pierce Brosnan month "Clare Teague Movie Mondays"	Tuesdays, 11:30 at Sheffield SC Mondays, 12:00 at Claire Teague
Computer Help Class	Wednesdays, 10:00
Knitting Together	1 st Wed. 3:30 (June 1) 3 rd Sat. 11:00 (June 18) at Our Lady of the Valley Parish Hall at Episcopal/Lutheran Church
Library Knitting Group (Bushnell-Sage Library) (beginners welcome-always someone there to help)	Wed. Evenings 6-8
Mt. Everett Culinary Restaurant (call 229.8734 x114 for reservation)	Wednesdays 11:45-12:30
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:

June 29 will be a great celebration. On that day we will recognize those who have given above and beyond. In many organizations professional and paid staff are overly burdened and can never accomplish many of the things with which they are charged. The Sheffield Senior Center is no different. Volunteers help to try to fill that gap and we have many talented and dedicated people who donate their time and to whom we give our thanks at this wonderful event. An invitation only lunch will be held at noon in their honor at the Egremont Country Club preceded by cocktails beginning at 11:30 available at a cash bar. I hope that our corps of volunteers continues to donate their time and talents cheerfully throughout the year and others will take up the banner in helping to make the Sheffield Senior Center a cheerful, welcoming, helpful place. Thank you one and all.

John-Arthur Miller

Center News

Movie Mondays & Tuesdays in June– FREE!

Mondays at Claire Teague – 12:00

June 6 – *Sunshine Boys* - 1975

June 13 – *The Good Shepherd* - 2006

June 20 – *Fried Green Tomatoes* - 1991

June 27 - *To Have & Have Not* - 1944

Tuesdays at Cook Road Clubhouse – 11:30

June 7 – *Mama Mia* - 2008

June 14 – *The Matador* - 2005

June 21 – *The Thomas Crown Affair* - 1999

June 28 – *Tomorrow Never Dies* - 1997

“For ARTS’ Sake” to meet every other Thursday

After a brainstorming session last month, a number of interested visual artists have agreed to meet for work and brown bag lunch, sharing their ideas and talents beginning at 11:00. Not only is it an invitation for anyone to join in, beginner or advanced, to socialize and share their talents, but it is a time for those who need to “set aside” a regular date to improve and work on their skills while having a good time with other artists. Come and check it out. Stay longer if you get “in the mood”.

Picnic Planned for 3rd Thursday

June 16 will be a day of sharing the out of doors (weather permitting) and our new building with surrounding Councils on Aging. A Pot Luck Picnic with Hot Dogs and drinks provided will be an opportunity for fellowship with our seniors from around South County. Call the Center to let us know you are planning to attend this first area picnic at the Sheffield Senior Center.

Commission on Disabilities Speaker Series Continues

On the third Friday, June 17, the C.O.D. program will focus on “Adaptive Sports for People with Disabilities.” Berkshire South presenters will share exciting new adaptive programs which they have available to those with Disabilities. The Speaker Series meets at 3:30 pm on the 3rd Friday of each month in the downstairs meeting room of the Bushnell Sage Library.

Open House Planned to Show off New Building

Saturday, June 11 between 1- 4:30 will be a good time to stop by the Sheffield Senior Center. The Council On Aging is sponsoring an Open House for all interested citizens to see what’s happening at 25 Cook Road. There will be videos of the construction, examples and photos of some activities and programs offered, food, and a quick tour of the completed portions of the building. All are welcome! The Director and members of the COA will be guests on WSBS “Let’s Talk” radio at 9AM June 9th to promote the event.

Receptionist Shifts Still Available

We still have a couple of openings for welcoming, pleasant people willing to man/woman the reception desk 2-3 hours per week. 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.

Lawn Bowling at Claire Teague and a Wii bit at the Cook Road Clubhouse!

It has been a while since our Wii championship. This summer there will be a resurgence with a twist. On June 23 the Claire Teague Center in Great Barrington will offer a Bocce Ball gathering beginning at 10:00. Participants can also stay for a wonderful meal of Roast Turkey with Gravy, Mashed Potatoes, Butternut Squash and Dessert. Sign up for lunch by Tuesday, 6/21. Then on July 7 and 14 – two successive Thursdays - the Sheffield Senior Center will host an open Wii match at 25 Cook Road beginning at 12:30. All are welcome. Bring a team or come ready to join a team. This summer experience two types of bowling with some wonderful friends.

Be careful what you sign!

Recently one of our dear friends was in rehab. While filling out all the necessary papers, one was inadvertently signed that included a “no visitors” and “no information” clause. Friends and neighbors were unable to get in touch, spread good cheer, or send cards and flowers. The oversight was discovered only after an out of state friend had a gift returned. Our dear friend felt terrible. So, especially when you are feeling lousy in the first place, try to have someone help you to navigate all those forms!

Sheffield Senior Center Volunteers to be recognized

Honoring our volunteers is an essential part of our organization here at the Sheffield Senior Center and we do so at an annual affair made possible by funding from our State Formula Grant. Invited guests will join for lunch at the Egremont Country Club at 11:30 on Wed, June 29. Attendees will include Meals on Wheels drivers, Receptionists, members of the Council On Aging Board, members of the Board of Directors of the Friends of the Sheffield Senior Center and others judged by the Director to have given help and/or expertise above and beyond the call this year. We should all give our thanks to each and every one of them. Salut et bon appétit!

Two Trips Planned!!

Mac-Haydn Theatre with Senior Center in August

Lake George with Red Hats in September

Save your shekels and plan two wonderful outings this summer and early fall.

\$30 will get you a bus ticket and theatre ticket to see “Grease”, a wonderful musical with a 1950s theme. This outing, planned by the Sheffield Senior Center will be a return trip to a wonderful theatre in Chatham, NY. The bus will leave 25 Cook Road at noon, Thursday, August 4th, so, bring a brown bag lunch or eat before enjoying the ride. Call the Senior Center to reserve a spot. 229-7037

\$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

Both dates must be paid for by July 1st to assure your place. So, get an advance on your allowance and get signed up or you might miss the bus/boat/show/lunch!

Needed! Companions, Shoppers, Transporters for South County

Transportation for seniors is difficult in our rural setting so there is always a need for drivers “on call” to help get non-drivers to different appointments. Elder Services of Berkshire County has a program with a proven track record for volunteers willing to help. Call John-Arthur at the Sheffield Senior Center for more information and for contact information.