

Golf Anyone????
We are considering a Seniors Golf Event.
If you are interested please call Nadine Hawver @413-229-7037

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

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HAPPY ST PATRICKS DAY

"I had that stubborn streak, the Irish in me I guess."
- Gregory Peck

*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:

March 18 marks the beginning of our third year at 25 Cook Road! Time flies when you are having fun! We continue to build programs and provide information for seniors in our “new” space. I am in awe of the dedication and support of our COA, Friends, and other Volunteers who help to make our Senior Center what it is. They certainly keep the paid staff busy and driven to satisfy all the unmet needs of our community. We are on a roll! Please feel comfortable in dropping by, suggesting ideas, and spending some time here at your home away from home. Additions are happening all the time – some seen, some unseen – in order to be more efficient, friendly, and helpful. Thanks for your continued support.

John-Arthur Miller

Center News

Survey Says!!!!

Thank you for responding to our Senior Center Survey. Computer classes ranked as one of the most requested items. We need to know what your needs are. Do you need help with learning to Skype with your grandchildren? Are you interested in computerized photos? Do you need help learning to buy and download books on your new E-reader? These are just a few suggestions. Please call or email our new assistant Nadine Hawver nhawver@sheffieldma.gov to share what your needs are so we can plan some specific classes to meet your personal needs.

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.



BINGO – Brown Bag Bingo will begin on Mondays at 12:00 Noon - \$.50 a card.



YOGA – Senta Reiss has agreed to lead us in a 4 week session of Chair Yoga. This is yoga using a chair for stability in practicing the poses (no floor work). You will need to make the commitment to yourself and the group for all 4 sessions. Cost of the 4 sessions is \$30 per person paid in advance. Please call the office to reserve your spot. We need 4 people to make the commitment – Nadine has already committed who will join her???



Dancing with Annie – Zumba perhaps a little scary so come do some dancing with Annie 10 AM on Wednesdays. March Madness **FOUR FREE classes**, Line Dancing/Group Dances all Levels welcome.



Home Sweet Home – A Civil War Sampler Thurs March 28th 4PM – Diane Taraz performs in an 1850s style gown and accompanies herself on a guitar and lap dulcimer. Many of the songs are ideal for singing along.



Health Insurance Information

Many of you requested a program addressing your Health Insurance Questions. We have Lee Jaggi of Health New England Medicare Advantage coming to speak on March 12th @ 10AM. Be sure to take advantage of this great opportunity to get your questions answered.



Boston Flower Show Trip – Bus leaving Sheffield Senior Center 8AM returning 8-9PM \$50

per person. Call Nadine to reserve your spot. Need head count by March 1st to reserve the bus!!! We have 15 signed up only need 15 more. Call the office to reserve your spot 229-7037.

UPCOMING EVENTS:

Book Club – First meeting Tuesday April 16th at 6M. We will be discussing a book titled *Mutant Messages from Down Under* by Marlo Morgan. Get your copy for \$10 from Nadine or you can download it from Amazon or Barnes and Noble. Get your copy and start reading!!!!

Focus on Health – Lynne Shiels of NP CoreHealth in South Egremont will be coming to do some health screenings for us. Look for details in the April newsletter.

TRIP – June 13, 2013 Concert 7:30PM– **Andrea Bocelli at the Times Union Center in Albany.** We have 30 seats reserved with room for 17 more should we have the interest. Motor coach leaving the Senior Center 6PM estimated return 10:30PM. Cost to you for the concert ticket and bus transportation is \$105.00.

Must be paid in advance by May 15, 2013. Please Call Nadine for info or to reserve your seat.

*******IMPORTANT INFO FOR SENIORS*******

Tax Relief for Massachusetts Senior Citizens – The Circuit Breaker Credit

The Circuit Breaker Credit is called this because it is “triggered” like an electrical circuit breaker when property payments exceed 10% of a senior citizen’s annual income. The credit is worth \$1000 for 2012. Eligible seniors must file a return and claim a refund even if they do not owe taxes. Many people leave this on the table because they are not required to an income tax return.

Who is Eligible? MA residents who are age 65 or older by January 1, 2012 are eligible. You must own or rent property in MA and occupy the property as your primary residence. Certain taxpayers age 65 or older may be eligible to claim a refundable credit on their state income taxes for the real estate taxes paid during the tax year on the residential property they own or for rent paid in Massachusetts that is used as their principal residence. For tax year 2012, the taxpayer's "total income" cannot exceed \$53,000 for a single individual who is not the head of a household, \$67,000 for a head of household, and \$80,000 for married couples filing a joint return. Please check with a tax professional to see if you may qualify.

Also for 2012, the standard mileage rates for the use of a car (also vans, pickups or panel trucks) will be: 55.5 cents per mile for business miles driven, 23 cents per mile driven for medical or moving purposes and 14 cents per mile driven in service of charitable organizations.

A Sheffield Senior Moment:

Jim Collingwood was in the Post Office the other day to pick up some mail. He turned the corner and there was Catherine Hutchinson on her knees sorting her mail by her mailbox. Just opposite was John Wightman getting his mail. It can be tight quarters there, as you know. A thought went through Jim Collingwood’s mind – “Are we having confession at the Post Office these days?” He hurried out.

MARCH 2013

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					1	2
3	4 Foot Clinic 12 Brown Bag Bingo	5 9 Exercise Class 10:30 Friends Meeting 11 Knit & Stitch 11:30 Movie -	6 10 Dance w/ Annie - FREE 11 For Arts Sake 6PM Chair Yoga	7 9 Exercise Class 10 Wii Bowling 10:30 Bridge Group 3-4 Life History	8 10-11 Focus On Health – Home Health Care	9
1 0	11 12 Brown Bag Bingo	12 9 Exercise Class 10 Lee Jaggi from Health New England 11 Knit & Stitch 11:30 Movie -	13 10 Dance w/Annie - FREE 11 Share Your Travels – Grand Canyon 6PM Chair Yoga	14 9 Exercise Class 10-11 Blood Pressure Clinic 10 Wii Bowling 10:30 Bridge Group 3-4 Life History	15 Boston Flower Show	1 6
1 7	18 12 Brown Bag Bingo	19 9 Exercise Class 11 Knit & Stitch 11:30 Movie -	20 10 Dance w/Annie - FREE 11 For Arts Sake 6PM Chair Yoga	21 9 Exercise Class 10 Wii Bowling 3rd Thurs. Lunch begins at 12:00 Culinary Students From Mt Everett Will be preparing lunch – SIGN UP 2-4 Life History	22 9:15 COA Meeting 10-11 Focus On Health – Impaired Driving – Medical Perspective	2 3
2 4	25 12 Brown Bag Bingo	26 9 Exercise Class 11 Knit & Stitch 11:30 Movie	27 10 Dance w/ Annie – FREE 6PM Chair Yoga	28 9 Exercise Class 10 Wii Bowling 4 Music w/Diane Taraz	29	3 0
3 1	1 12 Brown Bag Bingo					

