

Goal: of the Sheffield Senior Center is to facilitate seniors' abilities to enjoy a high quality of life.

Mission Statement ...to provide life-enriching activities and relevant information on issues that affect seniors, and to assist them in obtaining services necessary for their well-being.

Sheffield Senior Crier

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“It was one of those March days when the sun shines bright and the wind blows cold: when it is summer in the light and winter in the shade”.

Charles Dickens

*News from the Sheffield Senior Center, 25 Cook Road
413-229-7037*

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Hours: Mon-Fri 9AM-4PM, Jennifer Goewey, Executive Director, jenngoewey@sheffieldma.gov

Madonna Meagher, Assistant to the Executive Director, mmeagher@sheffieldma.gov

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.

A SPECIAL NOTE FROM THE NEW ASSISTANT TO THE EXECUTIVE DIRECTOR:

If there is a word that comes to mind over and over again to describe the Sheffield Senior Center it is **WELCOME**. I have been welcomed by staff, volunteers and visitors. I have found that everyone who enters our doors is welcome and we invite anyone who has never come through our doors to experience the welcoming place that is our Senior Center. You are welcome if you are a regular to the exercise classes or if you've never taken an exercise class. You are welcome if you like to be part of a group activity or if you prefer to watch a classic movie all by yourself with a bowl of freshly made popcorn by your side table. You are welcome if you want to share a meal, or if you just want to sit and relax in an easy chair and eat alone. You are welcome to bring your ideas for activities and lectures and you are welcome if you just want to attend a lecture. In the true spirit of its definition: **transitive verb 1: to greet hospitably and with courtesy or cordiality 2: to accept with pleasure the occurrence or presence** you'll find it here on Cook Road! Please come in and make yourself at home, we've rolled out the welcome mat just for you.

ACTIVITIES/PROGRAMMING:

Wii Bowling- Wednesday, March 2nd at 10 am:Join us to have some fun and get moving! All are welcome, please call to sign up. 229-7037

Bereavement Support Group- Will meet the 2nd Tuesday (March 8th) from 5:30-6:30 and 4th Tuesday (March 22nd) from 1:00-2:00 of every month. You may come once or twice per month as you wish. It does not matter where you are on your journey of grief; there is room for you here to share and receive comfort and support. Please call the senior center with any questions. 229-7037. Group will be led by Cynthia Casoff Henry~

Keep Moving Walking Club- This group will meet every Tuesday and Thursday at 3:30 pm, at Mt. Everett High School at the community entrance. Please call to sign up and if you have any questions. 229-7037.

"Brown Bag" Food Program- Wednesday, March 9th from 1-3: Distribution Day! Delivery is available for shut ins.

Blood Pressure Clinic –Thursday, March 10th from 10am-11am: Please call to make your appointment. 229-7037

LEO (Let's Eat Out) – Thursday, March 10th at 5:30 pm: We will be going to the *Castle Street Café* in Great Barrington. Please call the senior center to sign up. 229-7037

BINGO- Wednesdays at 1pm: Following the congregate meals every week.

Toddler Program- Wednesdays, March 9th and March 23rd, from 10-11 am: If you would like to learn more about this intergenerational program that we host in conjunction with the Southern Berkshire Childcare Program, please call the senior center. We are always looking for more volunteers. 229-7037

Alive Inside: A Story of Music and Memory Movie Showing -Tuesday, March 15th at 1pm: "ALIVE INSIDE" is a joyous cinematic exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity. Filmmaker Michael Rossato-Bennett chronicles

the astonishing experiences of individuals around the country who have been revitalized through the simple experience of listening to music. His camera reveals the uniquely human connection we find in music and how its healing power can triumph where prescription medication falls short. This stirring documentary follows numerous visionaries in healthcare including social worker Dan Cohen, founder of the nonprofit organization Music & Memory, as he fights against a broken healthcare system to demonstrate music's ability to combat memory loss and restore a deep sense of self to those suffering from it." **Discussion/sharing to follow. Free, including popcorn- please call to sign up. 229-7037**

Third Thursday Potluck Luncheon- Thursday, March 17th at Noon: Join us to celebrate Saint Patricks Day! Through out the lunch we will play "St. Patricks Day Trivia" to win fun little prizes. Please call to sign up. 229-7037

Giggle Café- Friday, March 25th from 1pm: They say laughter is the best medicine...so, join us to share one or two of your favorite jokes! A light snack will be provided, join us for some light fun! Please call to sign up 229-7037.

Men's Breakfast- Monday, March 28th at 9am: Sam Barrett will be our guest speaker to talk about the maple syrup production! Please call the senior center to sign up. 229-7037

Pottery: This offering will end in March, meeting for the last time on: **Monday, March 7th from 12:30-2:30.** This program is funded in part by: the Friends of the Sheffield Senior Center, the Housatonic Art League and the Council on Aging. Materials were generously donated by the Sheffield Pottery. Thank you to all that helped make this program possible!

UPDATES/REMINDERS/ANNOUNCEMENTS:

Community Calendar- The senior center will keep a community calendar to help with the planning and scheduling of community events! Please let us know of events happening so we can update the calendar monthly. This is for all community events within Sheffield! 229-7037

Retirement Celebration for Highway Superintendent, Edward Lord- March 4th from 3-5: will be at the Sheffield Senior Center. Please stop in to wish Ed well and thank him for his service to the Town of Sheffield.

Can you help us? We are in need of BINGO callers to volunteer on a rotating basis for one hour slots, 1-2 and 2-3 on Wednesdays. We are also in need of a bar stool for our callers to use if anyone has an extra one.

Do you like to bake? We now have a sign up sheet for a baked good item to be served at our weekly, Wednesday Congregate Meal. If you are interested please call to be assigned a specific date so we do not duplicate efforts. The average number of guests are 25 people and desserts can be delivered anytime before 11 am on Wednesday.

Lastly, we are looking for just a few items to be donated if you are able to help:

- Decaf Coffee & Microwave Popcorn

Please note the following special activities for the month of March:

- Wii Bowling-March 2nd
- Special Movie Showing- March 15th
- Giggle Café- March 25th

Monday	Tuesday	Wednesday	Thursday	Friday
29 10-12 Mahjongg 12 Spanish 12:30 Pottery Senior Center Closing at 3 pm	1 Election Day Senior Center Closed 3:30 Walking Club	2 10 Wii Bowling 12 Spanish <u>12 Congregate Meal</u> Baked Chicken with Gravy 1 BINGO 3:30 Chair Yoga	3 9 Foot Nurse 9 Exercise Class 10 Bridge 3:30 Walking Club	4 9:45-11 Exercise Class 12 Spanish 3-5 Retirement Party For Ed Lord, Highway Superintendent
7 10-12 Mahjongg 12 Spanish 12:30 Pottery	8 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 4 COA Meeting 5:30 Bereavement Support Group 3:30 Walking Club	9 10 Toddler Program 12 Spanish <u>12 Congregate Meal</u> BBQ Pork 1 BINGO 1-3 Brown Bag 3:30 Chair Yoga	10 9 Exercise Class 10 Bridge 10 Blood Pressure Clinic 3:30 Walking Club 5:30 LEO Club	11 9:45-11 Exercise Class 12 Spanish
14 10-12 Mahjongg 12 Spanish 1 Art Class	15 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 1 Special Movie Showing- "Alive Inside" 3:30 Walking Club	16 12 Spanish <u>12 Congregate Meal</u> Chicken a la King 1 BINGO 3:30 Chair Yoga	17 9 Exercise Class 10 Bridge 12 Third Thursday Pot Luck Lunch & Saint Patrick's Day Trivia 3:30 Walking Club	18 9:45-11 Exercise Class 12 Spanish
21 10-12 Mahjongg 12 Spanish 1 Art Class	22 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 1 Bereavement Support Group 3:30 Walking Club	23 10 Toddler Program 12 Spanish <u>12 Congregate Meal</u> Chicken Salad/Soup 1 BINGO 3:30 Chair Yoga	24 9 Exercise Class 10 Bridge 3:30 Walking Club	25 9:45-11 Exercise Class 12 Spanish 1 Giggie Café
28 9 Men's Breakfast 10-12 Mahjongg 12 Spanish 1 Art Class	29 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 3:30 Walking Club	30 12 Spanish <u>12 Congregate Meal</u> Baked Ham, Sweet Potatoes 1 BINGO 3:30 Chair Yoga	31 9 Exercise Class 10 Bridge 3:30 Walking Club	MARCH 2016