

A great place to meet a friend for lunch!
Brown bag it at the Sheffield Senior Center.
Coffee and tea are on us!!
Enjoy a chat on the patio.

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 Prier

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Sheffield, MA 01257

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Don't Forget to **Vote!!**
May 9, 7-7 at the new Senior Center
Call if you need a Ride

*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*

May 2011 Calendar of Events

Visual Art Class Brainstorm (see article)	Wed, May 11 , 10:00
Blood Pressure Clinic	Tue, May 10 , 9-11
Council on Aging Meeting	Mon, May 16 , 5:00
Friends of the Sheffield Senior Center Meeting	Tue, May 17 , 10:30
Computer Seminars (see article)	Wed, May 18 , 10-11 (Repeated on Wed, May 25 , 10-11)
3rd Thursday Lunch (see article) Program: Mark Massaconi, Dir. of Volunteer Services, Hospice Services of Western MA	Thur, May 19 , Noon
Commission on Disabilities Speaker Series (see article) At Bushnell Sage Library, Topic: "Transportation Options..."	Fri, May 20 , 3:30
Out To Lunch Bunch (see article)	Wed, May 25 , noon
Sheffield Writers' Forum (see article)	Thur, May 26 , 1-2
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"	Tuesdays, 11:30 at Sheffield SC
"Clare Teague Movie Mondays"	Mondays, 12:00 at Claire Teague
Knitting Together	1 st Wed. 3:00 (May 4) at Our Lady of the Valley Parish Hall
	3 rd Sat. 11:00 (May 21) at Episcopal/Lutheran Church
Mt. Everett Culinary Restaurant (call 229.8734 x114 for reservation)	Wednesdays 11:45-12:30
Library Knitting Group (Bushnell-Sage Library) (beginners welcome-always someone there to help)	Wed. Evenings 6-8
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:

Having been in our new building at 25 Cook Road for just over a month we are getting a bit more familiar with the space and making adjustments. I want to especially welcome the additions to our staff. We have a talented cadre of volunteer receptionists and some new Meals on Wheels drivers. As you can see this edition of *Sheffield Senior Frier* there have already been some changes and additions in programming. Read it through and see if anything grabs ya! Give me a call or drop by any time for a visit. Let us know how we can help. Have a wonderful spring – at last!

John-Arthur Miller

Center News

Movie Mondays & Tuesdays in May– FREE!

Mondays at **Claire Teague** – 12:00

May 2 – *Roman Holiday* - 1953

May 9 – *Billy Elliot* - 2000

May 16 – *Room With A View* - 1985

May 23 – *The King's Speech* - 2010

Tuesdays at **25 Cook Road**– 11:30

May 3 – *Ivanhoe* - 1952

May 10 – *Elephant Walk* - 1954

May 17 – *Father's Little Dividend* - 1951

May 24 – *The Courage of Lassie* - 1951

May 31 – *The Last Time I Saw Paris* - 1954

“Friends” Add and Enhance Computers

The Friends of the Sheffield Senior Center have gifted about \$5,000 in computers and printers for the new building from gifts, donations, and fund raising. Included are two desktops with larger screens, and one laptop, all of which will upgrade aging office equipment. Three additional laptops and two wireless printers have been purchased to allow for plans for computer lab courses to begin soon. The new building will also be set up for wireless internet access which will allow people to bring their own laptops to class or just to “surf”. Come on in! The water’s fine!

Breaking Bread update

With our close proximity to the American Legion it is worth mentioning again the opportunity for seniors to participate on Thursdays when different organizations prepare a meal for those needing it. Helping to prepare, serve, and/or clean up may also be combined with partaking of the meal as well. A good time is had by all. Call the Senior Center for more details or questions.

Uncle Doug at the Movies

Our apologies go to our local cinophile, Doug Levy. He dutifully reported his picks for 2010 and we are just now getting those to you. The following are his top ten:

10. *City Island* 9. *The Ghost Writer* 8. *Get Low* 7. *The Social Network* 6. *127 Hours* 5. *Toy Story*

4. *The Fighter* 3. *The King's Speech* 2. *Black Swan* 1. *Winter's Bone*

His full report can be found on the bulletin board and I'm sure he would enjoy updating you on the latest of 2011!

Books on Tape Available at the Senior Center

Thanks to the Bushnell-Sage Library there are a limited number of books on tape for borrowing here at the Senior Center. Stop in and have a look. Of course a full assortment of audios, videos, and the *real thing* are at our wonderful library. Spend a few hours there as well!

Patio Seating Available Soon!

Many of you may have noticed that there is a patio on the south side of our new building, just off the big room. At print time it is still pretty chilly out there but I expect that during May at some point it will be lovely to sit out in the warm breeze and have a sip of coffee, a glass of iced tea, visit or read. Keep in touch! Patio furniture will be arriving soon!

Commission on Disabilities Debuts Speaker Series

Many thanks to Laura Grunfeld for educating us at our recent 3rd Thurs. Lunch about this newly formed Commission. Each month the C.O.D. will host a half-hour topic of interest for those who want to learn more about issues related to 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. May 20 the topic will be “Transportation Options for People with Disabilities in South Berkshire County.” Representatives from the Southern Berkshire Elderly Transportation Corporation, Inc. and Berkshire Rides (CTAA) will discuss and answer questions regarding what transportation is available to people with disabilities in our area.

Computer Seminars to Begin

May 18 will begin our first of many seminars that will address and help those who might be a bit challenged in using our computers. (Aren't we all!) This first, taught by Pauline Schumann will cover the use of the mouse with excellent training through the game of solitaire, familiarizing oneself with the desktop, and other relatively simple tasks. This seminar will be held at no charge and will be repeated on May 25. The center will have three laptops available and people are encouraged to bring their own if they have one. Call to reserve a spot!

3rd Thur. Lunch – Another Double Header

As in the recent past our monthly lunch will again feature two parts. This month our lunch will be catered by PJ's. The fare will feature a delicious lunch of quiche, salad, and dessert – all for just \$6. After lunch we will have an enlightening talk given by a representative of Hospice Services of Western Massachusetts. Our community of Sheffield has lost a number of our beloved citizens in the past few months and many of their families have benefitted greatly by the help that this caring organization offers. We will hear from Mark Massiconi, Director of Volunteers and then have an opportunity to ask questions. The second portion of the program will feature some feel good videos. Please come and enjoy food and friends, learn some things and have a few belly laughs!

Out to Lunch Bunch to go “back to school”

On May 25 anyone interested in experiencing the Culinary Arts Café lunch program at Mount Everett High School can join a fun-loving group from the Senior Center. Meal Deals at the Café are from \$2-\$8 depending on your appetite! Plus, you will be supporting a wonderful program. Call the Senior Center to reserve a spot, get a ride and to car pool. Departure from the Senior Center will be around 11:45.

Writers' Forum to Begin

On May 26 at 1:00 there will be a gathering of writers and would be writers to meet, share their prose, poetry, memoirs, etc. with others. It will be an informal gathering and will develop with input from the group. Initially Peter Martin, Sheffield resident, writer and retired businessman will head the group and interested folks should call the Senior Center (229-7037) to sign up. This pre registration is only to get an idea of the number interested. If you have a “last minute urge” please feel welcome to drop in anyway!

Visual Arts Brainstorm

Barbara Fletcher, Assistant Director, will be heading up a brainstorming session on May 11 at 10:00 for all visual artists interested in establishing a regular time when they might continue to work on and share their talents with each other at the Senior Center.

“Friends” to raffle beautiful Afghan

When you come by the Senior Center be sure to check out the Afghan, beautifully knitted of washable yarn by Martha Eggenberger. The Friends of the Sheffield Senior will raffle this off at our 3rd Thur. Lunch on May 19.

**August 4 trip to Mac-Haydn Theatre! \$30 pp – ticket and transportation – depart noon – “GREASE”
Call Sheffield Senior Center (Cook Road Club House) for reservation. Payment due July 1st – a must!!**