

Springtime!
Let's Begin to Stroll on Wed Mornings!
See you at 9AM

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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Closed May 28 – Memorial Day – Come to the Parades!

REMEMBER!! Call the Senior Center if you need a ride
May 7 – Sheffield Town Meeting
May 14 – Town Election

*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
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.

May 2012

Director Thoughts:

Town Meeting, Mother's Day, Election Day, and Memorial Day this month of May. What a plethora of opportunities for involvement and the fulfillment of responsibility. They are also opportunities to pause and take stock of where you fit in to it all. And, of course, there are the memories and thanks of and for all who have gone before us. Individual lives and the life of our community are always changing, evolving, making turns in the road. I hope you all give thought and thanks, remain active, inquisitive, unafraid, healthy, and protected during this wonderful month of opportunities.

John-Arthur Miller

Center News

Men's Breakfast #3

It is becoming a habit! Some newcomers joined the regulars for another 8AM men's gathering at the Senior Center. Just under 30 gentlemen – and I use that term loosely – enjoyed camaraderie, told stories and consumed good food and mediocre coffee together for about an hour and a half before saying goodbye until the next time – hopefully in June. Highlights included great quiche made by Ed Knapp – who says men don't eat quiche?, other victuals put together by a team in the kitchen, and a live webcam of a family of bald eagles in Davenport, Iowa, beautifully projected on the center's new high tech TV, thanks to the Friends of the Sheffield Senior Center. My friend Margery even kicked Richard out the door early enough to get here! Missed some guys who attended in February. Must a been outa town or sleepin in. See you next time Paul, Peter, Jim, John, Jackson, Jordan, and Wes! By the way, Harry Conklin won the \$25 Gift Card from Gulotta's Mobil. Lucky guy!

Gracious Living Day a Good Mix

Eight Berkshire School students and their mentor teacher were “working” guests who joined about 25 of us for lunch at the recent 3rd Thursday meal. Students arrived a bit after 9 and got out the patio furniture, planted some forsythia, and got the gardens prepared for planting, before helping to set up and join in the consumption of very tasty lasagna provided by the Village On The Green Restaurant. This idea of gracious living has been an annual occurrence for these folks, sharing their youth, vitality, and stories. They help keep us all young!

Computer Classes – A Repeat for Convenience

The month of May will include one-on-one help every Wednesday at 10 – note the time change. Then on May 9, 23, and 30 we will again offer the workshops at 11:00 on E-mail (9th), Google (23rd), and Skype (30th). The cost is again \$5/workshop and participants are encouraged to bring their own laptops. There are three Senior Center laptops available upon reservation for use. Pre-registration for the classes is suggested, but spots might be available the day of. Call the Senior Center.

American Legion is Fixin' the Roof

Our neighbors to the east are raising money to cover the cost of shingles and other building materials needed for the repair of their 26 year old roof. They have been good neighbors, donating their space and dish washer on occasion, so, if you would like to help, send checks to American Legion Post-340, PO Box 78, Sheffield, MA 01257.

Honoring Volunteers on May 23

For the first time our annual gathering to honor volunteers will be held at our home here on Cook Road. This invitation only event will be held at 5:30 on Wednesday, May 23rd. Invitations have been sent so please RSVP. Program plans are still being arranged, but it will be an enjoyable time for all.

Thanks and a Hat Tip To:

Frank Clarke, again using his talents to create a mobile stand and cupboard for the Friends TV donation.

Laura Frambach for donating hearing aid batteries (some still available - size 312)

Sam Cabot for a tremendous presentation on the Universe and invitation to the Berkshire School Observatory.

Dick Magenis for his dedication as COA Clerk for numerous years!

Friends of the Sheffield Senior Center News

The benefit concert on April 14 was a great success. Romeo & Lockwood (Jeannie and Alice) charmed the capacity crowd at Dewey Hall and brought back some great musical memories with style and pizzazz! Jeannie and her husband Al are new members of the Sheffield community and we thank all of them for their wonderful support and contribution.The Senior Center is now pretty up to date with technology. The past few years we have been very fortunate and thankful to Kiwanis, the Friends, and other private donors for TVs, projectors, printers, computers, and screens. Now, to add to the mix the Friends have donated a 62" flat screen, in use for live webcams, cable TV, DVDs, Netflix, Wii, and other presentations. The clarity, definition, detail, and vividness of the picture are amazing! It even makes viewing Selectboard meetings and School Committee meetings interesting! Check out those age marks – I mean freckles!

New Art Additions on Our Gallery Wall

Charlotte Anstett, a young photographer who also happens to be Franke Clarke's granddaughter has some photos that you should see! Observe the results of young talent! Drop by here at the Senior Center.

While spring cleaning – REMEMBER – The Friends June 2 Tag Sale. Call Claudia – 229.2871 – with your donations.

Looking for "petanque" (French lawn bowling) or bocce players! Also looking for more Bridge players! Jigsaw puzzle enthusiasts are alive and well. Come join us on the "work in progress"!

ATTENTION: The Board of Selectman has decided that all activities at the Senior Center will be canceled on election days. The Senior Center will be closed except for voting on the following days: May 14, September 6, and November 6.

COA Brainstorming Additional Offerings

With the hope of increasing our offerings for all seniors, there will be a short questionnaire distributed to our MOW clients and other interested parties asking what additional assistance, fun activities, or wellness information might be helpful. Please feel free to share your ideas and interests.

3rd Thur. Lunch on May 17th

Come and enjoy a Lasagna Meal for \$5 at noon. Sit, Visit, Talk, Announce, View the live Bald Eagles!!

Interesting May Programs Offsite

Folk Music at Dewey Hall – Bobby Sweet	May 5, 7:30PM
Bushnell-Sage Library – Indigo Hues' Art Show	May 3 - 13
Sheffield Historical Society – <i>Eye of Shawenon</i> - Gary Leveille	May 11, 7:30
Berkshire School Dedications to Twiggs Myers and Hilary Russell	May 18, 11:30 and 4:00
Bushnell-Sage Library - William Carlos Williams Poetry Reading	May 26
"Diggin" for Ancestors Genealogy Class at Claire Teague Senior Center	Tuesdays, 10-11:30, call to reserve
Meals on Wheels	Weekdays except Holidays
Sheffield Food Pantry at Old Parish Church	Mondays, 9:00 AM
Mount Everett Restaurant – drop in or take out	Wednesdays, 11-12:45
Library Knitting Group at Bushnell-Sage Library	Wed. Evenings 6-8
Breaking Bread Kitchen at American Legion	Thur. Evenings 5:30-6:30
Knitting Together 1 st Wed. 3:30 Our Lady of the Valley Parish Hall; 3 rd Sat. 11:00 Episcopal/Lutheran Church	

On May 28 consider attending Memorial Day celebrations in Ashley Falls and/or Sheffield Afterwards walk across the street for free hot dogs and drinks at Christ Church Episcopal Trinity Lutheran Church.

MAY 2012

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie – <i>Ocean's Eleven</i>	2 9 Morning Stroll 10:00 Wii Bowling 10 Computer Help 1 Qigong	3 9 Exercise Class 10 Wii Bowling 1 Writers Forum 5:30 Breaking Bread at AL	4 9 Coffee & Conversation 11:30 Funny Flix Friday	5
6	7 11:30 Game Day 11:30 Macho Movie Monday 7PM Town Meeting	8 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie – <i>Wrong is Right</i>	9 9 Morning Stroll 10:00 Wii Bowling 10 Computer Help 11EmailWorkshop 1 Qigong	10 9 Exercise Class 10 Wii Bowling 1 Writers Forum 5:30 Breaking Bread at AL	11 9 Coffee & Conversation 11:30 Funny Flix Friday	12
13	14 Closed Election Day MOW will be delivered	15 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Friends Meeting 11:30 Movie – <i>Cactus Flower</i>	16 9 Morning Stroll 10:00 Wii Bowling 10 Computer Help	17 9 Exercise Class 10 Wii Bowling 12:00 3rd Thur. Lunch 1 Writers Forum 5:30 Breaking Bread at AL	18 9 Coffee & Conversation 9:15 COA Meeting 11:30 Funny Flix Friday	19
20	21 11:30 Game Day 11:30 Macho Movie Monday	22 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie – <i>Sweeney Todd</i>	23 9 Morning Stroll 10:00 Wii Bowling 10 Computer Help 11GoogleWorkshop 5:30 Volunteer Appreciation Dinner	24 9 Exercise Class 10 Wii Bowling 1 Writers Forum 5:30 Breaking Bread at AL	25 9 Coffee & Conversation 11:30 Funny Flix Friday	26
27	28 Closed Memorial Day No MOW	29 9 Exercise Class 10:15 Sit to be Fit 11 Knit & Stitch 11:30 Movie – <i>The Secret Of Roan Inish</i>	30 9 Morning Stroll 10:00 Wii Bowling 10 Computer Help 11SkypeWorkshop	31 9 Exercise Class 10 Wii Bowling 1 Writers Forum 5:30 Breaking Bread at AL		