

BIG - Bring all that good stuff for Oct. 22 - **SALE**
FRIENDS OF SHEFFIELD SENIOR CENTER TAG SALE
Drop Off on Friday October 21, 9-2:30 at 25 Cook Road
Help also needed to set up – call 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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SHEFFIELD, MA
PERMIT NO. 1

RETURN SERVICE REQUESTED



For all Dancers (and those who could be convinced)
After Dinner Dance at the Cook Road Clubhouse
Friday, October 28, 7-10 PM, lite refreshments
J-A Spinning Discs of the 30's, 40's, 50's, and 60's

HELP!
Undermountain School Project Needs Senior Sewers for Making Aprons
Call Senior Center – 229.7037

*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

October 2011 - Calendar of Events

SHINE Presentation – Winnie Veretto (see article)	Wed, Oct. 5 , 10:00
Flu Clinic – bring your Medicare Card	Fri, Oct. 14 , 9:00
Council on Aging Meeting	Fri, Oct, 14 , 9:30
For ARTS’ Sake	Thur, Oct. 13, 27 10:30
Friends of the Sheffield Senior Center Meeting	Tue, Oct. 18 , 10:30
3rd Thursday Lunch – Soup, Salad, Bread (see article) Planting Spring Bulbs!	Thur, Oct. 20 , 12:00
Commission on Disabilities’ Speaker at Sheffield Town Hall Program: Educational Advocacy for Children with Disabilities in South County	Fri, Oct. 21 , 3:30
Friends of the Sheffield Senior Center Tag Sale	Sat, Oct. 22 , 8-3
After Dinner Dance (for singles and couples) Music of the 30’s, 40’s, 50’s, 60’s	Fri, Oct. 28 , 7-10
The Art of Storytelling (see article)	Mon, Oct 31 , 10:00
Game Day	Mondays, 9-2:30
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Macho Movie Mondays” (new in October)	Mondays, 11:30
“Lawn Chair Movie Tuesdays”	Tuesdays, 11:30
“Funny Flix Fridays” (new in October)	Fridays, 11:30
Morning Walking Strolls	Wednesdays, 9:00
Computer Help Class (call for appointment)	Wednesdays, 10:00
Knitting Together	1 st Wed. 3:30 (Oct. 5) at Our Lady of the Valley Parish Hall
	3 rd Sat. 11:00 (Oct.15) at Episcopal/Lutheran Church
Sheffield Food Pantry at Old Parish Church	Mondays, 9:00
Library Knitting Group at Bushnell-Sage Library	Wed. Evenings 6-8
Sheffield Writers’ Forum	Thursdays, 1:00
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:

Plans are being finalized for a number of intergenerational programs in the coming months. Two projects being supported by a grant from the Reich Foundation are in collaboration with Mt. Everett art teacher Kari Giordano. Another is in collaboration with South Berkshire Community Coalition of the Community Health Programs. Sheffield area senior participation is being sought for these projects starting in November, December, and January. December's project of the High School Digital Photo Class will invite any senior to be a part of a photo shoot where models will dress in period costumes and be subjects of different exhibits at various venues. Another project beginning in November involves working closely in collaboration with High School Design students in brainstorming ideas and forming prototype designs for products that might aid in some physical or manual task. A project that will involve senior volunteers in January is a peer mentoring program with middle school aged students. All three of these projects provide opportunities to share stories, ideas, fun, and laughs with the younger generation in a safe, encouraging, comfortable milieu. Give it a try! Call for more details and to sign up. More details forthcoming!

John-Arthur Miller

Center News

Exciting New Movie Offerings Thanks to Bill Silk

Many of us knew that Bill Silk was very involved over the years with the Senior Center, especially with its possibilities when searching for a site for the new building. He could be very passionate about things. But, many of us do not know about his passion for movies. Bill and his family have gifted a number of DVDs from his collection to the Sheffield Senior Center. October we will begin scheduling viewings of some of his collection on Mondays and Fridays in addition to the offerings at our regular "Lawnchair Movie Tuesdays". "Macho Movie Mondays" will feature some of those shoot em' ups, detective, police, "vendetta" type that typically are thought of as "guy" movies, although everyone is certainly invited. "Funny Flix Fridays" will emphasize lighter fare, and "Lawnchair Movie Tuesdays" will continue to screen more varied types of movies, perhaps still emphasizing an actor of the month or a particular subject or genre. Claire Teague will still be offering a movie every Monday at 12:30 which we will still promote in the Sheffield Senior Crier and in the Monday Eagle's Senior Bulletin Board. So, COME ON DOWN TO THE MOVIES and enjoy the screen, socialize after, brown bag it, and/or have some popcorn! It's all free!

Mondays at Claire Teague – 12:00

Oct. 3 – *Some Like It Hot* - 1959
Oct. 17 – *Cider House Rules* - 1999
Oct. 24 – *Private Benjamin* - 1980
Oct. 31 – *Top Hat* - 1935

Macho Movie Mondays at Cook Road – 11:30

Oct. 3 – *Rio Bravo* - 1958
Oct. 17 – *A Bridge Too Far* - 1977
Oct. 24 - *Quigley Down Under* - 2001
Oct. 31 – *Tombstone* - 1993

Lawnchair Movie Tuesdays at Cook Road – 11:30

Jean Harlowe Month
Oct. 4 – *The Public Enemy* - 1931
Oct. 11 – *Libeled Lady* - 1936
Oct. 18 - *Wife Versus Secretary* - 1936
Oct. 25 – *China Seas* - 1935

Funny Flix Fridays at Cook Road – 11:30

Musical Month
Oct. 7 – *Brigadoon* - 1954
Oct. 14 – *South Pacific* - 1958
Oct. 21 - *Singin' in the Rain* - 1951
Oct. 28 – *Sound of Music* - 1965

Winnie Veretto from S.H.I.N.E. to speak on Open Enrollment

This year the open enrollment period for 2012 Medicare plans is 10/15-12/7. This is a big change and Winnie Veretto, our S.H.I.N.E. volunteer will give a presentation on Wed, October 5 at 10AM to help clarify. Mark your calendar! After December 7 it is TOO LATE!!

3rd Thursday Lunch – Warm soup, salad, bread is the fare, Flowers are the business!

October 20 will be our monthly gathering for lunch, provided by the Senior Center at no cost this time! Besides being introduced to some new programs by Director John-Arthur, we will all experience some feel good videos before marching out to plant spring bulbs. Some of us will do the preparation work and each will participate with the “bulb drop”. And, we will all look forward to the results in the spring! Come join us.

Sewers of Children Aprons Needed POST HASTE!

Undermountain Elementary School students are beginning projects with Robert Hoehster RD, LDN Registered Dietitian, Fairview Hospital. They have just received a donation of beautiful fabric for aprons and are looking for seniors to take on a sewing project. Ideally they would need at least 20 child sized aprons. Please call the Sheffield Senior Center if you would help with this project. Very Soon!

They are also looking for donations of compost or well composted manure for the school garden, any other garden materials or tools as well as a hand cranked grain grinder for one class. Please call the Senior Center – 229.7037.

If anyone is interested in helping in the class, please let us know. Someone with grandchildren in Undermountain would be ideal, or if they wanted to have their grandchild in the cooking class, and came with them! Robert, who has worked at the school with various teachers, is looking for just the right person. Perhaps YOU might fit the bill!

Exciting New Program - Storytelling

Joel Dancingfire, a Cherokee from Oklahoma who has lived the last three decades in and around the Berkshires, has extensive background in the field of storytelling. As a member of the Native American Word Warriors he has had poetry and short stories published. But his real love is in teaching and presenting stories in the oral tradition. He will be presenting four sessions on *The Art of Storytelling* on four successive Mondays starting October 31. For open forum sessions, such as this one, he draws not only from his Native American roots, but from Homer, Shakespeare, Irving and Thurber as well as a wealth of family stories. “Since a good Native American Story will teach a lesson as well as entertain I guess the teacher in me just naturally comes out --- group participation is encouraged but not required. I learn a lot by listening to other people’s stories,” he said. Call the Sheffield Senior Center to sign up for this forum which begins at 10:00.

Thanks and a Hat Tip To...

Winnie Veretto for all the 3rd Thursday table decorations that she puts together for our enjoyment!

Dorris Van Deusen for donating her time, talent, and beautiful afghans for the Friends raffle!

Sherry Graybeal for winning one of those afghans at the October lunch!!

Phyllis Samuels for making those lovely handbag/wallet combinations sold by the Friends!

Betsy Ross for being the proud buyer of all of them! (with a name like that I’m surprised she has not sewn them! Must be too busy at the Post Office around Xmas time!)

Qigong (chee-gung) Class For Female Balance Being Considered

This 6-week class taught by Kelly Clady-Giramma of Pittsfield will be starting the first week of November. The time for the 45 minute class will be determined by the participants and will cost \$75 for the 6 sessions. Qigong has many variations and this class, designed by Kelly, will focus on women’s health, creating more vitality throughout the body, achieving balance through exercise, breathing techniques, gentle movement and meditation. Drop by the Senior Center to review some information on Qigong and the instructor and to register time preferences for the class. Or, call the Senior Center (229-7037) or Kelly Clady-Giramma (413-695-8876) to express your interest.