

*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, relevant information on issues that affect them, and assist them in obtaining services to their well-being*

# *Sheffield Senior Crier*

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~ “Fall has arrived. Behold the changing leaves, and enjoy the crisp breeze. Let your eyes take in the bursts of color. Transformation is afoot and hope is in the air”~. unknown

*News from the Sheffield Senior Center, 25 Cook Road*

*(Published in part with funding from Executive Office of Elder Affairs)*

*Hours: Mon-Fri 9AM-4PM, Jennifer Goewey, Executive Director, [jenngoewey@sheffieldma.gov](mailto:jenngoewey@sheffieldma.gov)*

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*Sheffield Senior Crier is regularly posted on the town website ([www.sheffieldma.gov](http://www.sheffieldma.gov))*

*Weekly updates of activities can be found in the Senior Bulletin Board section of the Monday edition of the Berkshire Eagle.*

## ***FROM THE DIRECTOR:***

I sit here in awe in reflection of the last six months here at the senior center. It continues to be a humbling experience to work with the Council on Aging, on behalf of the seniors of this very special town and community. Our days are busy here and it has been such a pleasure getting to know so many of you. I look forward to our days ahead and the growth to come. I will make my way out to my first Massachusetts Association of Council on Aging's Annual Conference held in Sturbridge in early October! I am excited to broaden my scope, network with others and bring back some fresh new ideas and support. As always, my door is open- if not literally, please just give a little knock. I encourage you to stop in and say hello. Remember, wherever you are on your journey, the Council on Aging is here to help guide you along the way.

**Flu Clinic- Thursday, October 8<sup>th</sup> from 9am- 12 noon:** This clinic is open to adults over the age of 18. Appointments are not necessary, just be sure to bring your Medicare and Mass Health cards. \$25 fee for non-Medicare/Mass Health recipients. Please wear short sleeves.

**Blood Pressure Clinic –Thursday, October 8<sup>th</sup>:** Please note that you do not need to make an appointment because you will get your blood pressure taken the same time as you stop in for the flu clinic.

**LEO (Let's Eat Out) – Thursday, October 8<sup>th</sup> at 5:30 pm:** We will be going to The Bridge Restaurant. Please call the office to sign up, 229-7037.

**Matter of Balance- 8 week series beginning October 13<sup>th</sup> from 1-3 pm:** **Do you have concerns about falling?** This program is offered by Fairview Hospital, Berkshire Health Systems and Berkshire South Regional Community Center. Sessions will be held on October 13, 20, and 27- November 3, 10 and 17- December 1 and 8; all are on Tuesdays from 1-3pm. Many older adults experience concerns about falling and restrict their activities. This award winning program is designed to manage falls and increase activity level. This workshop is a free educational program. You must register for this program by calling the senior center, 229-7037. We will also have an informational session on **October 7<sup>th</sup> at 12:30;** following our congregate meal!

**Home Energy Presentation- Tuesday, October 13<sup>th</sup> at 6:30pm.** Was your heating bill high last winter and you would like to find ways to lower it? If you answered yes, join us for this presentation. A representative from the Center for Eco Technology will demonstrate ways to make your home more energy efficient. This is a free community event sponsored by Sheffield Saves and hosted by the Sheffield Council on Aging. Light refreshments will be provided.

**Community Chats- Wednesday, October 14, 2015 at 9:30 am:** The Council on Aging will host their first "Community Chat" and the first special guest will be Town Administrator, Rhonda LaBombard, who will be discussing the "Senior Tax Work Off Program". This offers

senior citizens the opportunity to participate in a property tax relief program. If you qualify for the program this would allow a maximum of \$1,000 dollars per year for volunteer service to the Town. This will be a great opportunity to learn more about the program! Refreshments will be provided, please call the senior center to sign up, 229-7037.

**Open Enrollment- Thursday, October 15<sup>th</sup> from 1-3pm:** Medicare open enrollment is coming up and our S.H.I.N.E (Serving the Health Insurance Needs of Everyone) representative Winnie Veretto will be hosting an informational session. Please join us! No need to sign up, just come.

**Tony Bennett Trip- Sunday, October 18<sup>th</sup>:** This is a 7pm show at the Palace Theatre in Albany, New York. Fee is \$60.00 per person and includes ticket and transportation. 4:30 pm departure , we need a minimum of ten people. If you wish you may bring a bag dinner/snack. Please call the senior center for more information and to sign up, 229-7037.

**Get Cuffed Program- Wednesday, October 21<sup>st</sup> from 2-3:** Berkshire Health Systems will be hosting the “Get Cuffed Program” a blood pressure clinic and informational session. If you would like to participate you need to rsvp directly with BHS at 413-854-9929.

**3rd Thursday Lunch– (The 4th Thursday this month) Thursday, October 22<sup>nd</sup> at Noon:** Pot Luck Lunch- bring your favorite dish to share. Please give the office a call at 229-7037 to reserve your spot at the table. After we eat, we will enjoy a presentation by Bob Shanks, “A Day in the Country: Impressionism and the French Landscape!

**Mac & Cheese Cook-Off- Friday, October 23<sup>rd</sup> from 5-7.** The Friends will be hosting a “Mac & Cheese Cook-off” fundraiser Area businesses will showcase their recipes and you get to be the judge! Cost: \$10 dollars for adults, \$5 dollars for children and \$20 dollars for a family of four or more; includes 6 samples, salad, beverages and dessert.

## ***ANNOUNCEMENTS:***

**Men’s Breakfast- Monday, October 26<sup>th</sup> at 9am:** Calling all Men! It’s that time of year again and to kick start the Men’s Breakfast Program this fall we will have John Arthur Miller from Elder Services of Berkshire County joining us. Please call the senior center to sign up, 229-7037.

**Toddler Program-** This program will resume on **Wednesday, October 7<sup>th</sup> 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 participants to join us.

## ***UPDATES/REMINDERS:***

**Foot Clinic-** Beginning the month of November we will have foot clinics every month and it will be the First Thursday of every month. The next foot clinic will be on Thursday, November 5<sup>th</sup>. Please call the senior center for an appointment time. The foot nurse also provides home visits to those who are homebound.

**Congregate Meals-** Every Wednesday at noon! Please see the monthly event calendar for the menu. Reminder-if you would like to join us please call the senior center by Tuesday at noon to reserve your spot. This is a program through Elder Services and the meals are priced at a suggested donation of \$2.00 per meal for those 60 and over and \$7.00 per meal for those under the age of 60. Coffee and cold drinks will be provided and all are welcome. Transportation will be provided if needed. Activities/speakers will often follow the lunch.

**Transportation-** If you have transportation needs, please call the senior center at least 48 hours in advance.

### **Frequently Asked Question Regarding Transportation-**

- What number do I call to schedule a ride? **(413) 229-7037**
- How much will it cost? **The suggested donation is \$4 round trip.**
- What day will you go to the grocery store? **Tuesday is the set day.**
- If I go the same place every week do I need to call every week? **Yes! You must call to confirm/request for each ride you need.**
- \*We need at least 48 hours advance notice and ask the same for cancellations!**

**Computer Help-** Do you need help with your computer? We have a volunteer-Kathy Giulian, who has offered to help you for free if you need assistance. She can be contacted at 229-8529.

**BINGO- A few reminders:** Bingo is offered every Thursday at 3pm. We play 10 games total, with the first 9 having a payout of \$2 to the winners and the final game has a payout of \$3 to the winner. Typically bingo will run until 4:30-5 pm.

## ***DONATIONS NEEDED:***

The senior center is in need of a few things. If you are able to help out we would welcome and appreciate your support!

- Decaf Coffee
- Paper Products (Cups, Napkins)
- Half and Half
- Lysol Wipes (for Cold & Flu season)

# October 2015

S u -	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1  9 Exercise Class 10 Bridge/Cards 3 BINGO <b>6:30 COA Meeting</b>	2  9:15 Balance Class 10 Exercise  12 Spanish Class	3
4	5  10-12 Mahjongg 12 Spanish <b>1PM Art Class</b>	6  9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 10:30 Movie  <b>11:30 Friends Meeting</b>	7  <b>10 Toddler Program</b> 12 Spanish <u>12 Congregate Meal</u> *Chicken Parmesan <b>12:30 Matter of Balance information session</b>  3:30 Chair Yoga	8  9 Exercise Class  <b>9-12 Flu Clinic</b> <b>9 Blood Pressure Clinic</b> 10 Bridge/Cards 3 BINGO <b>5:30 LEO- The Bridge</b>	9  9:15 Balance Class  10 Exercise  12 Spanish Class	10
1 1	12  <b>Columbus Day- Senior Center Closed.</b>	13  9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 10:30 Movie <b>1-3 Matter of Balance</b>  <b>6:30 Home Energy Presentation</b>	14  <b>9:30 Community Chat-Senior Tax Work Off Program</b> 12 Spanish <u>12 Congregate Meal</u> *Italian Meatballs & Pasta  3:30 Chair Yoga	15  9 Exercise Class 10 Bridge/Cards  <b>1-3 Open Enrollment SHINE Presentation</b>  3 BINGO	16  9:15 Balance Class 10 Exercise  12 Spanish  <b>2:30 Commission on Disabilities</b>	17
<b>1 8 T R I P</b>	19  10-12 Mahjongg 12 Spanish <b>1PM Art Class</b>	20  9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 10:30 Movie  <b>1-3 Matter of Balance</b>	21  12 Spanish <u>12 Congregate Meal</u> *Orange Chicken  <b>2 "Get Cuffed" Program</b> 3:30 Chair Yoga	22  9 Exercise Class 10 Bridge/Cards <b>12 Pot Luck Lunch – Bob Shanks Presentation, "A Day in the country"</b> 3 BINGO	23  9:15 Balance Class 10 Exercise 12 Spanish <b>5-7 Mac &amp; Cheese Cook-off!</b>	24
2 5	26  <b>9 Men's Breakfast</b> 10-12 Mahjongg 12 Spanish <b>1PM Art Class</b>	27  9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 10:30 Movie  <b>1-3 Matter of Balance</b>	28  12 Spanish <u>12 Congregate Meal</u> *Meatloaf & Potatoes  <b>1 Halloween Craft</b> 3:30 Chair Yoga	29  9 Exercise Class 10 Bridge/Cards 3 BINGO	30  9:15 Balance Class  10 Exercise  12 Spanish Class	31