

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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“Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it’s the only thing that ever has.”

~ Margaret Mead

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

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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.

FROM THE DIRECTOR: First, I would like to extend a warm welcome to John Gilligan who has joined the Council on Aging. John has jumped right in and has played a crucial role helping us to begin hosting congregate meals here at our senior center. We are also pleased to announce that Marsha Wilson was appointed as the Assistant to the Senior Center Director. Marsha certainly is not new to the senior center or our community and we are excited to have her join us. Please be sure to stop in and say hello as Marsha gets comfortable in her new role. While we continue to go through transition it has proven to be an exciting time for all. The Friends are actively working on the completion of the basement project as well as offering some fun fundraisers. The Council on Aging (COA) continues to work consistently toward growth and to fulfill the mission. Additionally, it has been a pure joy to begin to see new people join in our activities and to utilize the services that are provided through the COA. Through this all I have been very busy with transportation! As I finish up this month's reporting it is clear that we are already surpassing the initial goals and expectations! Lastly, I would like to thank Nadine Hawver for her time here as the Assistant Director. She has helped the senior center go through a lot of change and positive growth. We look forward to Nadine still playing an active role in a different capacity. From all of us, thank you, Nadine!

Congregate Meals- Every Wednesday at noon! Please see the calendar for the menu. 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 who are over the age of 60 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.

Balance Class – Fridays at 9:15 am – 30 minutes before the regular Friday class. Come meet Elaine! She is a wonderful addition to our exercise program. Good balance is important for fall prevention in seniors. Balance and mobility exercises are essential as we age. This class provides exercises to increase a flexible body, good posture and improve your center of gravity and is appropriate for all levels of physical ability. \$3.00 per class or \$5.00 for both Friday exercise classes.

Blood Pressure Clinic – Thursday, September 10th at 10 am. Please call for a time!

Stress Relief Workshop- Tuesday, September 1st, 8th and 15th at 1pm: This class is for those who want to feel more vitality, less stress, a greater degree of mental clarity, and an overall sense of health and well-being. You will be taught simple self-care techniques that involve gentle exercises and movements which can be done either standing or sitting. These tools are designed to activate and restore your body's natural balance and harmony. This is provided by Beverly Haberman for a free will donation.

Art Reception- Tuesday, September 15 from 5:30-7 pm: We will be hosting an art reception for our Monday art class who will be showcasing their art work during the month of September. Please join us in their honor- light refreshments will be served. RSVP 229-7037.

3rd Thursday Lunch– **Thursday, September 17 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 concert by the Berkshire Ukulele Band!

Get Cuffed Program- **Wednesday, September 23 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.

Cooking Time- **September 9 at 1pm:** Join us after lunch to spend some time in the kitchen together to cook. We have a bountiful harvest that will be ready to cook and enjoy! Please call to sign up, 229-7037.

LEO (Let’s Eat Out) – **September 9 at 5:30PM:** We will be going to The East Restaurant. Please call the office to sign up, 229-7037.

Big E Trip- **September 24, 2015:** The bus will stop and pick up seniors at 8:30 am! \$35.00 per person which includes transportation and entrance ticket. Bus will leave Big E at 6:00 pm. The Big E has something for everyone and is largely handicap accessible. Please call the senior center to sign up, 229-7037.

Murder Mystery- **Friday, September 25th at 7PM.** The Friends will be hosting their 2nd Murder Mystery! Murder @ Mardi Gras. The cost is \$8.00 per person. Light refreshments will be served and the program is rated PG13. Please call the center to sign up, 229-7037.

PLANNING AHEAD:

Open Enrollment- Medicare open enrollment is coming up and our (S.H.I.N.E) representative Winnie Veretto will be hosting an informational session on October 15 from 1-3 pm.

Mac & Cheese Cook-off- The Friends will be hosting a “Mac & Cheese Cook-off” fundraiser on **October 23, 2015 from 5-7.** Area businesses will showcase their recipes and you get to be the judge! Cost: 10 dollars per person, includes 6 samples, salad, beverages and dessert.

ANNOUNCEMENTS:

Nurses Room- Our nurses room is now outfitted with a bulletin board which will have relevant health related announcements and information. In the room we have also installed a pamphlet holder with information on various topics. You will notice we now have “age pages” which are pamphlets provided by the National Council on Aging that provides information on various health and aging topics.

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.

Community Chats- Beginning the month of October, we are going to be hosting “community chats” once a month. We will invite a member from the community to informally talk with residents as we build our sense of community. More details to come to include the calendar of dates and the guest of the month. Bagels and orange juice will be provided.

UPDATES:

Foot Clinic- Beginning the month of October we will have foot clinics every month!

Fuel Assistance, SNAP (formerly food stamps)-I am currently receiving the training to be able to process the paperwork to help seniors apply for fuel assistance, snap benefits, weatherization and the H.O.M.E. (Homeowner Options for Massachusetts Elders). This will be an additional service provided through the senior center this fall.

Transportation- The transportation program is “rolling” right along and already a great success. Thank you for your continued patience during this transition. 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!**

Men’s Breakfast and the Toddler Program: Both will start back up in October. Please call the center if you are interested in volunteering or participating in either program. The Men’s Breakfast is in need of those interested in helping to facilitate conversation and “MC”. The Toddler Program is in need of volunteers to help plan, play and participate!

INPUT NEEDED: Your input is important so please be sure to give us your feedback! As we take a look at fall/winter programing; please call the center and let us know if you are interested in the following potential offerings:

- Are you interested in playing pitch and having it offered here on a regular basis?
- Would you like to start up Wii bowling again?
- Are you interested in having a guided meditation once a month?
- Are you interested in support groups being offered? If so what are your interests?

SEPTEMBER

S u -	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<p>1</p> <p>9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:00 Movie 11:30 Friends Mtg 1 Stress Relief Workshop</p>	<p>2</p> <p>11:30 Spanish</p> <p>12 Congregate Meal Chicken, Wild Rice</p> <p>*Left, Center, Right Dice game to follow lunch</p> <p>3:30 Chair Yoga</p>	<p>3</p> <p>9 Exercise Class</p> <p>10 Bridge</p> <p>3 BINGO</p> <p>6:30 COA Meeting</p>	<p>4</p> <p>9:15 Balance Class 10 Exercise</p> <p>11:30 Spanish Class</p>	5
6	<p>7</p> <p>Labor Day- Senior Center Closed</p>	<p>8</p> <p>9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:00 Movie 1 Stress Relief Workshop</p>	<p>9</p> <p>11:30 Spanish</p> <p>12 Congregate Meal Baked Fish, Potato</p> <p>1 Cooking Time</p> <p>3:30 Chair Yoga</p> <p>LEO- 5:30 The East</p>	<p>10</p> <p>9 Exercise Class</p> <p>10-11 Blood Pressure Clinic</p> <p>10 Bridge</p> <p>3 B INGO</p>	<p>11</p> <p>9:15 Balance Class</p> <p>10 Exercise</p> <p>11:30 Spanish Class</p>	12
1 3	<p>14</p> <p>10-12 Mahjongg</p> <p>11:30 Spanish</p> <p>1PM Art Class</p>	<p>15</p> <p>9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:00 Movie 1 Stress Relief Workshop</p> <p>Art Reception 5:30-7pm</p>	<p>16</p> <p>11:30 Spanish</p> <p>12 Congregate Meal Ham, Sweet. Potato</p> <p>*Trivial Pursuit to follow lunch</p> <p>3:30 Chair Yoga</p>	<p>17</p> <p>9 Exercise Class 10 Bridge</p> <p>12 Third Thursday Pot Luck Lunch – Ukulele Concert</p> <p>3 BINGO</p>	<p>18</p> <p>9:15 Balance Class</p> <p>10 Exercise</p> <p>11:30 Spanish</p> <p>2:30 Commission on Disabilities</p>	19
2 0	<p>21</p> <p>9 Foot Clinic 10-12 Mahjongg</p> <p>11:30 Spanish</p> <p>1PM Art Class</p>	<p>22</p> <p>9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:00 Movie</p>	<p>23</p> <p>11:30 Spanish</p> <p>12 Congregate Meal Beef Burgundy, Noodles</p> <p>2 “Get Cuffed” Program 3:30 Chair Yoga</p>	<p>24</p> <p>9 Exercise Class 10 Bridge</p> <p>3 BINGO</p> <p>Big E Trip- 8:30 am departure</p>	<p>25</p> <p>9:15 Balance Class 10 Exercise 11:30 Spanish Class</p> <p>Murder Mystery 7 pm</p>	26
2 7	<p>28</p> <p>10-12 Mahjongg</p> <p>11:30 Spanish</p> <p>1PM Art Class</p>	<p>29</p> <p>9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:00 Movie</p>	<p>30</p> <p>11:30 Spanish</p> <p>12 Congregate Meal Meatballs, Ziti</p> <p>*Arts & Craft Time to follow lunch</p> <p>3:30 Chair Yoga</p>			