

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 and relevant information on issues that affect seniors, and to assist them in obtaining services necessary for their well-being.

Sheffield Senior Crier

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Save the Date! **SHEFFIELD FAIR**
On September, 10th at the Town Park from 12-5, then a **CHILI DINNER FUNDRAISER** will follow at the Sheffield Senior Center from 5-7 pm

*News from the Sheffield Senior Center, 25 Cook Road
413-229-7037*

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

Hours: Mon-Fri 9AM-4PM, Jennifer Goewey, Executive Director, jenngoewey@sheffieldma.gov

Madonna Meagher, Assistant to the Executive Director, mmeagher@sheffieldma.gov

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.

A Message from the Executive Director

Recently I was at an aging forum addressing the challenges seniors face in our community allowing them to live independently in their own homes, and was introduced to a senior from a fellow colleague. I introduced myself enthusiastically and was greeted with the following response: “you are far too young to be in a position such as this,” once learning I was the Executive Director for a Council on Aging. What she was saying is that I am too “young”. I have faced this specific form of ‘ageism’ before, which is ironic because in my position I advocate against ageism and stigmas quite frequently. I usually change the subject and move on, however that day I chose to speak up and would like to share the message with you all. I believe that there should be more of “me” in the room and believe the very opposite. Every day we grow older if we are afforded the opportunity! We should all be engaged in the process of how our communities are designed to support us during all phases of our life, from our children- to our seniors. We are never too young to care, advocate, and live a life that supports aging in a way that is the most healthful, happy and successful. I am here beside you, working for you and most importantly, with you!

Please remember to stay safe during the summer months! Stay Cool, Stay Hydrated, Protect your Eyes, Wear Sunscreen, Wear Hats, Avoid over Exertion. Find Shade!

Programming:

Small Group Personal Training: Special Six Week offering. Fridays, July 8, 15, 22 and August 5, 12, 19 from 9-10, with Elaine Mack, LMT, CPT from Integrative Functional Training and Body Work. More details below!

Senior Serenade Show with Bill Shontz- Thursday, July 7th at 1:30. Bill Shontz is a gifted entertainer, musician, and song writer. He will perform his “Senior Serenade” performance, a musical trip down memory lane! Please call to sign up and reserve a spot, 229-7037.

Elder Law Program- Tuesday, July 19 at 1:00 pm. Attorney Jane-Marie Schaeffer will be joining us to provide an elder law education program focusing on Medicare, Medicaid, Health care proxy, and Power of Attorney. Light refreshments will be provided, no charge. Please call to register, 229-7037.

Summer BBQ- Thursday, July 21 at 5:30 at the Sheffield Town Park! We will provide: hamburgers, hot dogs, pasta salad, chips and drinks. Please bring a side or dessert to share! Bocce ball, music and fun! \$5.00 per person, rain or shine. This is a community event, all are welcome. Please register by **July 11**, by calling the senior center at 229-7037.

Get Cuffed Program- Monday, August 15 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.

Blood Pressure Clinic's –Thursday's July 14 and August 11, from 10am-11am: Please call to make your appointment. 229-7037

Foot Nurse- First Thursday of every month: July 7, and August 4. Please call the senior center to make an appointment, 229-7037.

LEO (Let's Eat Out) – Wednesday, July 13 at the Snack Shack in Canaan, Ct. and Thursday, August 11 at the Bistro Box, in Gt. Barrington- both at 5:30 pm: Please call the senior center to sign up in advance. 229-7037

Bereavement Support Group- Will meet once a month for the summer. **July 26, and August 23 from 1:00-2:00.** Drop ins are welcome, and open to the community. Group is facilitated by Cynthia Casoff Henry.

"Brown Bag" Food Program- Wednesday's July 13 and August 10, from 1-3: Distribution is from 1-3 and the bags are located in the nurse's office. Please sign off that you have picked up your bag on the check-in list.

Art Class with Ellen- Meets every Monday at 1: New participants welcome!

Congregate Meals- Every Wednesday at noon. 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 a mandatory fee of \$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, just let us know.

BINGO- Wednesdays at 1pm: Following the congregate meals every week.

PITCH- Every Thursday's at 12 pm.

FRIENDS EVENTS:

Ice Cream Social- Thursday, August 25, 2016 at 1:00 pm: "We all love ice cream"! The Friends will be hosting their annual summertime ice cream social. Please call the center to sign up, 229-7037.

NEW OFFERING:

Small Group Personal Training: *Special Six Week offering*, with a one week break in the middle. This will be offered on **Fridays, July 8, 15, 22 and August 5, 12, 19 from 9-10 am**, with Elaine Mack, LMT, CPT from Integrative Functional Training and Body Work. Elaine Mack has worked with the fitness and wellness industry for over 39 years and is certified as both a personal trainer and massage therapist. Balance, strength, and mobility small group training is designed to improve posture, increase overall balance and increased overall strength. The structure of this class is to provide individual attention in a small group setting, allowing for personal growth and results. *The class fee is \$5 per class, which is not included in the regular monthly pass. This six week series is \$30.00, and due at registration. Participants must register and pay in full by July 1 to secure a spot. Participants should be able to commit to the six weeks, not missing more than one class unless special permission is granted. Please sign up in advance and call with any questions! 229-7037. This class is limited to 8 people.

IN SEARCH OF:

Used Ukuleles: If you have an old ukulele that you would like to get rid of, please contact the senior center, 229-7037. We could use it!

ANNOUNCEMENTS:

Computer/Cell Phone Help: Do you need one on one computer or cell phone help? 9th grader Isiah Goewey will provide individual sessions over the summer. Please call 229-7037 to schedule an appointment, no charge.

Friendly Visitor Program: Would you like to be paired up with one of our “friendly visitors”, who will come to your home and spend time with you? Do you know someone that could benefit from this program? We have spots available for this program, so please call the senior center if you are interested in learning more about this program.

Cooling Center: Summer days can bring hot temperatures that can reach dangerous levels if you do not have adequate air conditioning and fans. Remember, the senior center is a cooling center and you may drop in anytime to cool off and be safe.

Farmers Market Coupons: Please call the senior center if you are interested in receiving farmer’s market coupons from Elder Services of Berkshire County. We will then call you to give notification when they become available. Income eligibility does apply.

Program Meetings: Director Goewey will be meeting with all volunteers over the summer months to provide a program overview, update and training for each program. This includes; The Friendly Visitor Program, Toddler Program, Men’s Breakfast, Meals on Wheels Drivers, Congregate Meal Program, Reception Volunteers, Bingo Callers, Transportation Program, and our Youth Volunteers.

Home Visits: Any senior interested in scheduling a home visit from Director Goewey over the summer, please call the senior center to schedule a time! 229-7037

UPDATES/REMINDERS:

Spanish- There will be no Spanish class the first two weeks of August!

Yoga- Please note the time change to **6pm for the summer**. Also, there will be no class for the month of August. Regular schedule will resume **on September 7, at 3:30**.

Drop Offs- A reminder to please not drop off items for us outside the building when we are closed. If you have an item that you think we could use, stop in while we are open. Thank you in advance for your cooperation.

SEEKING VOLUNTEERS:

Receptionist Volunteers: Do you have a few hours of time to donate to the senior center? We are looking for some additional office/receptionist support and could use your help! Responsibilities mostly include answering the phone, taking messages, greeting visitors, and managing the coffee area. This volunteer opportunity could be once per week, once per month, or as a fill in. If you are interested, please call the senior center and speak with Executive Director Jennifer Goewey, 229-7037.

SCHEDULED TRIP:

Thursday, July 28: BIG RIVER: THE ADVENTURES OF HUCKLEBERRY FINN at the Sharon Playhouse, 2pm showtime. Please call Madonna at the senior center to sign up.

- Price- \$25.00
- Departure- **1 pm** from the senior center.
- Sign up deadline (including payment) - July 5.

Calendar of Events: July 2016

				<p>1</p> <p>12 Spanish</p>
<p>4</p> <p>Holiday- Senior Center Closed</p>	<p>5</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p>	<p>6</p> <p>12 Spanish</p> <p><u>12 Congregate Meal</u> 1 BINGO</p> <p>6:00 Chair Yoga</p>	<p>7</p> <p>9 Foot Nurse</p> <p>9 Exercise Class 10 Bridge 12 Pitch</p> <p>1:30 Bill Shontz Show</p>	<p>8</p> <p>9 Small Group Personal Training</p> <p>12 Spanish</p>
<p>11</p> <p>10-12 Mahjongg</p> <p>12 Spanish</p> <p>1 Art Class</p>	<p>12</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p> <p>4 COA Meeting</p>	<p>13</p> <p>12 Spanish</p> <p><u>12 Congregate Meal</u> 1 BINGO 1-3 Brown Bag</p> <p>6:00 Chair Yoga 5:30 LEO Club</p>	<p>14</p> <p>9 Exercise Class</p> <p>10 Bridge 10 Blood Pressure Clinic 12 Pitch</p>	<p>15</p> <p>9 Small Group Personal Training</p> <p>12 Spanish</p> <p>Red Hats- Picnic</p>
<p>18</p> <p>10-12 Mahjongg</p> <p>12 Spanish</p> <p>1 Art Class</p>	<p>19</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 1 Elder Law Program</p>	<p>20</p> <p>12 Spanish</p> <p><u>12 Congregate Meal</u> 1 BINGO</p> <p>6:00 Chair Yoga</p>	<p>21</p> <p>9 Exercise Class 10 Bridge 12 Pitch</p> <p>5:30 Summer BBQ At Town Park</p>	<p>22</p> <p>9 Small Group Personal Training</p> <p>12 Spanish</p>
<p>25</p> <p>10-12 Mahjongg</p> <p>12 Spanish</p> <p>1 Art Class</p>	<p>26</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p> <p>1 Bereavement Support Group</p>	<p>27</p> <p>12 Spanish</p> <p><u>12 Congregate Meal</u> 1 BINGO</p> <p>6:00 Chair Yoga</p>	<p>28</p> <p>9 Exercise Class 10 Bridge</p> <p>12 Pitch</p> <p>1 Sharon Playhouse Trip</p>	<p>29</p> <p>12 Spanish</p>

Calendar of Events: August 2016

<p>1</p> <p>10-12 Mahjongg</p> <p>1 Art Class</p>	<p>2</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p>	<p>3</p> <p><u>12 Congregate Meal</u> 1 BINGO</p>	<p>4</p> <p>9 Foot Nurse</p> <p>9 Exercise Class</p> <p>10 Bridge</p> <p>12 Pitch</p>	<p>5</p> <p>9 Small Group Personal Training</p>
<p>8</p> <p>10-12 Mahjongg</p> <p>1 Art Class</p>	<p>9</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p>	<p>10</p> <p><u>12 Congregate Meal</u> 1 BINGO</p> <p>1-3 Brown Bag</p>	<p>11</p> <p>9 Exercise Class</p> <p>10 Bridge</p> <p>10 Blood Pressure Clinic</p> <p>12 Pitch</p> <p>5:30 LEO Club</p>	<p>12</p> <p>9 Small Group Personal Training</p>
<p>15</p> <p>10-12 Mahjongg</p> <p>12 Spanish</p> <p>1 Art Class</p> <p>2 Get Cuffed Program</p>	<p>16</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p>	<p>17</p> <p>12 Spanish</p> <p><u>12 Congregate Meal</u> 1 BINGO</p>	<p>18</p> <p>9 Exercise Class</p> <p>10 Bridge</p> <p>12 Pitch</p>	<p>19</p> <p>9 Small Group Personal Training</p> <p>12 Spanish</p>
<p>22</p> <p>10-12 Mahjongg</p> <p>12 Spanish</p> <p>1 Art Class</p>	<p>23</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p> <p>1 Bereavement Support Group</p>	<p>24</p> <p>12 Spanish</p> <p><u>12 Congregate Meal</u> 1 BINGO</p>	<p>25</p> <p>9 Exercise Class</p> <p>10 Bridge</p> <p>1 Ice Cream Social</p>	<p>26</p> <p>12 Spanish</p>
<p>29</p> <p>10-12 Mahjongg</p> <p>12 Spanish</p> <p>1 Art Class</p>	<p>30</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p>	<p>31</p> <p>12 Spanish</p> <p><u>12 Congregate Meal</u> 1 BINGO</p>		