

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

RETURN SERVICE REQUESTED

PRSR STD
U.S. POSTAGE PAID
SHEFFIELD, MA
PERMIT NO. 121



"There are two seasonal diversions that can ease the bite of any winter. One is the January thaw. The other is the seed catalogues."
- Hal Borland

*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 Nadine Hawver, Assistant to the 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.*

Director Thoughts – Jan/Feb 2014 Director Thoughts –

2014 – New beginnings. New possibilities. Resolutions for the New Year. Don't set the bar too high. Important things – check on your neighbor. The gift of time. A smile. A hug and a kiss if it is appropriate. A reassuring phone call. Keep a sense of humor. You are only old once. Enjoy what you can when you can. Rejoice in the little things. Be nice to yourself. Say thank you often. Smile and laugh more. Focus on the things that you can control. Trust that the others will work out for the best. Get enough sleep. Eat well. Keep moving! Happy New Year to you all! Stay in touch!

John-Arthur

The Newsletter has a different look this month – we are working to reduce costs. So this newsletter covers January and February. If you are willing to receive your newsletter via email please call the office with your email info. 413-229-7037

We have all our usual activities with another new addition. Notice Qi Gong on Wednesdays at 2:30PM beginning Mid January. The word Qigong (Chi Kung) is made up of two Chinese words. Qi is pronounced chee the second word, Gong, pronounced gung. The gentle, rhythmic movements of Qigong reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions. This class is adaptive for all, can be done sitting or standing. This class is offered for free – of course donations are always accepted to support our various exercise programs. As you may notice while reading through our newsletter, we believe exercise is one of the most important activity you can do for yourself, a Senior. We have attempted to provide different levels of exercise. If you are interested in any of them, please come and try out the first one for free. If you want to continue, you can start paying only \$3.00 per class or \$20.00 for the month. At the \$20.00 level you can enjoy any and all exercise classes offered that month.

February 6, 2014 we will have the Mt Everett Culinary Program cooking lunch for us. The menu will be announced at the end of January – the cost will be \$7 per person. Come out and support the kids!! Call the office to reserve your spot 4123-2297037

Are you interested in learning French or Spanish – we have someone who is willing to teach – give the office a call so we can decide if we have enough interest to offer a class.

January and February our gallery exhibits works of world renowned photographer Ann Zane Shanks, a member of our Sheffield community. She has graciously agreed to loan and display some “Famous Women of the World”. Her photographic art is only one of her many talents, having been a film and television director, producer, writer, and actress. Among her many awards are twenty-seven film festival awards and two Emmy nominations. Please drop by to enjoy her wonderful work and learn more about this beautiful and talented Sheffield citizen!

Volunteer Corner – We want again thank Fred Harwood for being our unofficial photographer for the Senior Center. Fred comes by to snap a few shots of our activities, here are a couple from the holiday concert here at the center.



Mt Everett Jazz Band



Mt Everett Madgrial Singers

January 2014

S u --	Monday	Tuesday	Wednesday	Thursday	Friday	Saturd ay
			1 New Years Day Senior Center Closed NO MOW	2 9 Exercise Class 10 Game Day 10 Bridge	3 9-10 Coffee & Conversation 12-2 Mahjongg	4
5	6 9-12 Foot Clinic 10-12 Mahjongg 12-2 Bingo	7 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 11:30 Friends Meeting 12:30 Cribbage	8 NO Dancing Annie is Away 11-1 For Arts Sake 3:30 Chair Yoga	9 9 Exercise Class 9:30-11 Blood Pressure Clinic 10 Game Day 10 Bridge	10 9-10 Coffee & Conversation 12-2 Mahjongg	11
1 2	13 10-12 Mahjongg 12-2 Bingo	14 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage	15 10 Dancing w/ Annie 2:30 Qi Gong 3:30 Chair Yoga	16 9 Exercise Class 10 Game Day 10 Bridge 12 Noon 3 rd Thur Lunch – Soup & Stew \$5 6PM COA Meeting	17 9-10 Coffee & Conversation 12-2 Mahjongg 2:30 Commission on Disabilities	18
1 9	20 MLK Day Holiday Senior Center closed NO MOW	21 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:00 Book Club 12:30 Cribbage	22 10 Dancing w/ Annie 11-1 For Arts Sake 2:30 Qi Gong 3:30 Chair Yoga	23 9 Exercise Class 10 Game Day 10 Bridge 5:30 LEO – Bridge Restaurant	24 9-10 Coffee & Conversation 12-2 Mahjongg	25
2 6	27 9 Men's Breakfast 10-12 Mahjongg 12-2 Bingo	28 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage	29 10 Dancing w/ Annie 2:30 Qi Gong 3:30 Chair Yoga	30 9 Exercise Class 10 Game Day 10 Bridge	31 9-10 Coffee & Conversation 12-2 Mahjongg	

February 2014

S u --	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3 10-12 Mahjongg 12-2 Bingo	4 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 11:30 Friends Meeting 12:30 Cribbage	5 10 Dancing w/ Annie 11-1 For Arts Sake 2:30 Qi Gong 3:30 Chair Yoga	6 9 Exercise Class 10 Game Day 10 Bridge NOON – Mt Everett Culinary program \$7	7 9-10 Coffee & Conversation 12-2 Mahjongg	8
9	10 10-12 Mahjongg 12-2 Bingo	11 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage	12 10 Dancing w/ Annie 2:30 Qi Gong 3:30 Chair Yoga	13 9 Exercise Class 9:30-11 Blood Pressure Clinic 10 Game Day 10 Bridge	14 9-10 Coffee & Conversation 12-2 Mahjongg	15
1 6	17 Presidents Day Holiday Senior Center Closed No MOW delivery	18 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage	19 10 Dancing w/ Annie 11-1 For Arts Sake 2:30 Qi Gong 3:30 Chair Yoga	20 9 Exercise Class 10 Game Day 10 Bridge NOON – 3 rd Thurs Lunch Pot Luck 6PM COA Metting	21 9-10 Coffee & Conversation 12-2 Mahjongg 2:30 Commission on Disabilities	22
2 3	24 Center Closed Special Town Election	25 9 Exercise Class 10:15 Sit to Be fit 11 Knit & Stitch 11:30 Movie 12:30 Cribbage	26 10 Dancing w/ Annie 2:30 Qi Gong 3:30 Chair Yoga 5:30 Leo – Castle St Cafe	27 9 Exercise Class 10 Game Day 10 Bridge	28 9-10 Coffee & Conversation 12-2 Mahjongg	