

Coming December 1st
Annual Holiday Lunch at Mt. Everett
Provided by Culinary Arts Students
Seating Limited
Call Sheffield Senior Center for Reservation

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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Join in the Fun of Invention
Brainstorm with Mt. Everett Foundations of Design Class
Monday, Nov. 14, 9am, at Sheffield Senior Center
Tuesday, Nov. 15, 9am, at Mt. Everett High School

The Art of Storytelling
3 more Mondays in November
Join Joel Dancingfire at 10am to hear some and tell some!
He will help you and entertain you!

*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*

November 2011 - Calendar of Events

BCAC Heating Fuel Assistance Interviews	Tue, Nov. 1 , 9-11:15
Qigong Class	Wed, Nov. 16 , 1-1:45
Children's Apron Sewing Day	Thur, Nov. 3 , 10:00
Foot Clinic – call for appointment	Mon, Nov. 7 , 9-11
The Art of Storytelling	Mon, Nov. 7,14,21 , 10:00
Election Day – NO ELECTIONS IN SHEFFIELD – Open Hours as usual	Tue, Nov. 8
Fall Prevention Program (see article)	Wed, Nov. 9,16,23,30 , 11:00
Blood Pressure Clinic - call for appointment	Thur, Nov. 10 , 9-11
Veterans Day – closed, no MOW	Fri, Nov. 11
Product Prototype Design Project (see article)	Mon, Nov. 14,28 9-10 Tue, Nov. 15 , 9-10
Council on Aging Meeting	Fri, Nov. 18 , 9:30
For ARTS' Sake	Thur, Nov. 10, 17 , 10:30
Friends of the Sheffield Senior Center Meeting	Mon, Nov. 14 , 10:30
Meals on Wheels	Weekdays except Holidays
Sheffield Food Pantry at Old Parish Church	Mondays, 9:00
Game Day	Mondays, 9-2:30
“Macho Movie Mondays”	Mondays, 11:30
“Lawn Chair Movie Tuesdays”	Tuesdays, 11:30
“Funny Flix Fridays”	Fridays, 11:30
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
Morning Walking Strolls	Wednesdays, 9:00
Mount Everett Restaurant – drop in or take out	Wednesdays, 11-12:45
Computer Help (call for appointment)	Wednesdays, 10:00
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
Knitting Together	1 st Wed. 3:30 (Nov. 2) 3 rd Sat. 11:00 (Nov. 19)
	at Our Lady of the Valley Parish Hall at Episcopal/Lutheran Church

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:

In November we remember in particular our Veterans on the 11th – “the eleventh hour, the eleventh day, the eleventh month”- originally called Armistice Day recognizing the end of WWI - the “war to end all wars”. There have been many conflicts since then and Veteran’s Day recognizes all folks who served throughout our history and gives us pause for thought. The Senior Center will be closed November 11, but I hope we all might put aside some time to remember and be thankful for the sacrifices made by many and to think about and remain positive with hopes for the future, the betterment of our lives and those of our fellow human beings.

In Flanders Fields

By: Lieutenant Colonel John McCrae, MD
(1872-1918) Canadian Army

*In Flanders Fields the poppies blow
Between the crosses row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

*The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw*

If you need help with or to see if you qualify for Veteran’s benefits call the District Department of Veterans’ Services at 413.528.1580 to speak with Director Laurie J. Hils, one of Sheffield’s veterans, or email at veteransservices391@roadrunner.com

John-Arthur Miller

Center News

Movie Offerings for November

And remember to stop down to the Cook Road Clubhouse to peruse the Bill Silk collection. View it at the Center or take one home to watch!

Mondays at **Claire Teague** – 12:00
Nov. 7 – *State of the Union* - 2005
Nov. 14 - *American President* - 1995
Nov. 21 – *Air Force One* - 1997
Nov. 28 – *The Patriot* - 2000

Macho Movie Mondays at **Cook Road** – 11:30
Nov. 7 *The Dirty Dozen* - 1967
Nov. 14 *The Fugitive* - 1993
Nov. 21 – *Hang ‘Em High* - 1968
Nov. 28 – *Die Hard* - 1998

Lawnchair Movie Tuesdays at **Cook Road** – 11:30
Nov. 1 – *Flicka* - 2006
Nov. 8 – *RV* - 2006
Nov. 15 – *Door To Door* - 2002
Nov. 22 – *Cactus Flower* - 2002
Nov. 29 – *New York, New York* - 1977

Funny Flix Fridays at **Cook Road** – 11:30
Musical Month
Nov. 4 – *The Wizard of Oz* - 1939
Nov. 11 – *On a Clear Day* - 1970
Nov. 18 – *For Me and My Gal* - 1942
Nov. 25 – *The Band Wagon* - 1953

Mount Everett Restaurant Back in Business

The Mount Everett Culinary Class is providing great homemade meals at low prices of \$10 and under at the Eagles Loft of the High School. Service hours are between 11:00 am and 12:45 pm every Wednesday and weekly menu updates are posted on their web page www.sbrsd.org/pages/sbrsd.announcements.html. Come and enjoy lunch there or call for pick up at 413.229.8734 ext. 114. Bon appetit!

And don’t forget the Holiday Bake sale! Order by Nov. 15 and pick up Nov. 22 between 12-5:30!

(Order forms are also available at the Senior Center. Drop by to pick one up.)

Thanks and a Hat Tip to:

All **Meals On Wheels Drivers** who continue their dedicated mission through rain, hurricanes, flooding, and now through the weather of winter!!

All **Council On Aging** and **Friends of the Sheffield Senior Center** members who united for two great successes last month; Tag Sale and After Dinner Dance.

Move in Time – A Fall Prevention Program

Has the fear of falling changed your life? Join the Lee Regional Visiting Nurse Association and “Move in Time”...a FREE six-week falls, balance, educational experience! This class of no more than 20 will meet at the Sheffield Senior Center on 6 consecutive Wednesday mornings at 11:00AM starting 11/9-12/14. Participants should commit to all six sessions in order to take advantage of this helpful and encouraging experience that will guide all and aide in improving body awareness as we age. The class is being kept small purposely so that participants of all abilities will be individually guided by professionals from Lee Visiting Nurses. Persons with companion aides are encouraged to bring them along as well to learn techniques. Call the Sheffield Senior Center – 229.7037 – to reserve your spot on the class roster.

New Interest In Product Prototype Design Project

On Nov. 14 & 15 students from Mt. Everett Foundations of Design class will brainstorm concepts with seniors and discover and work on modifying products that could aid them in some physical task. Students and seniors will gather together at the Sheffield Senior Center Monday the 14th at 9:00am and then gather in the classroom at Mt. Everett the next day, Tues. at 9:00. Both sessions will be about one hour. Then the students will work on projects the following two weeks and share their findings and results with the seniors Nov. 28 and 30. Come on the 14th with interest and/or ideas, and join the fun with these young designers, inventors, and entrepreneurs!

Remember the Sheffield Food Pantry

Every Monday food is available for those in need at the Old Parish Church at 9:00AM. Marcia Brolli, Phyllis Joyce, or Lois Levinsohn can answer any questions you might have. They are all Sheffield residents but if you have difficulties reaching them call the Senior Center. The Food Pantry also has updated information on other food and meal programs in southern Berkshire County. That information along with Senior Discounts info is available at the Senior Center, so drop by or call. And, if you want to donate food stuffs, you may also drop them off at the faith communities or the Senior Center and we will make sure it gets to the Food Pantry for their Monday distributions.

Another Bus Trip Planned for December 6

Because of overwhelming interest, Dawn Massini, member of the COA and our “in-house trip planner” has graciously accepted the responsibility again. This time it will be a trip to Foxwoods on Tuesday, Dec. 6, leaving the Senior Center at 8am. The cost is \$30 and you will get the usual casino package that can theoretically make the trip free! But, who am I kidding? However, the big draw is DIANA Exhibition. Direct from the Althorp Estate in England come more than 150 personal objects celebrating the life and work of Princess Diana, including her wedding gown, 28 dresses, and much more. The cost for seniors to see the exhibit is \$20. There is also, I understand, an amazing Indian Museum as well, so get a seat on the bus! Call the Senior Center.

Consider the Conversation, a documentary on a taboo subject

In recognition of National Hospice & Palliative Care Month, HospiceCare in The Berkshires, Inc. is screening this “...intimate story about the American struggle with communication and preparation at the end-of-life”. After its showing at The Beacon Cinema in Pittsfield at 5:30 on Thursday November 10, there will be a discussion with HospiceCare staff. For more information call 413.443.2994

Winter’s Mystery, Time To Go Within

A copy of this wonderful collection of poems and photographs by one of our Sheffield seniors, Patricia R. Blumhagen, is now available to read at the Senior Center. If you do not know Patricia, she is a warm, loving resident of Ashley Falls, a registered nurse, an interfaith minister, a certified nutritional consultant, as well as a grower of organic herbs. *Winter’s Mystery* is a twenty-year journey of her personal search for wholeness. Science Educator and Lecturer Nixsa Marzan Mills states, “Patricia Blumhagen lives a life of powerful reflection, contemplation, and service to others while burning with the desire to discover purpose, if any, of human existence.” Have a look at her work here at the Senior Center, or go online to purchase it at orders@wintersmystery.com.

Winter in October!

We all were surprised and some were distressed at the weather this last weekend in October. We have to thank our road crews, Police Chief and his department, Fire Chief and his department, and our Selectmen for taking the initiative in gathering and establishing a plan that did include opening the High School as a shelter for a short time. If you did find yourself in need and/or recognize that you might need assistance should an evacuation become necessary in the future, it

would be prudent to let people know beforehand. You can identify yourselves through the police department and/or call the Senior Center and we will help in that identification process. Let's all be safe and warm this winter!