

# Sheffield Senior Crier

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## March/April 2024 Newsletter

25 Cook Road Sheffield, MA 01257

413-229-7037

Hours: Monday—Friday 8:30 am—3:30 pm

### **Dates The Senior Center is closed:**

Monday, March 4, 2024 Closing at 1 PM for Election set-up.

Tuesday, March 5, 2024—Closed for Election

Monday, April 15th, 2024—Patriot's Day Holiday

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“One person caring about another, represents life’s greatest value.”

— Jim Rohn

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**Our Goal: to facilitate seniors’ abilities to enjoy a high quality of life.**

**Our Mission Statement...to provide life-enriching activities and relevant information on issues that affect seniors and to assist them in obtaining services necessary to their well-being.**

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

**Kathie Loring, Executive Director: [kloring@sheffieldma.gov](mailto:kloring@sheffieldma.gov)**

**Lori Neil, Assistant to the Director: [Ineil@sheffieldma.gov](mailto:Ineil@sheffieldma.gov)**

# Fitness Classes \$4 or \$25/month.

## Small Group Personal Training is \$20/month.



- Breath & Movement w/ Suzanne Mon. @ 1 pm. Increase your overall health and well-being through breath and movement.
- Aerobics and Strength Training with Sandy on Tues. and Thurs. @ 9 am
- Chair Yoga with Crystal on Thursdays @ 1 pm



**There will be no Personal Training, Chair Massages or Cardio Drumming with Elaine on Fridays until further notice.**



## Games:



- Mah Jongg: Tuesdays at 10:30 am
- Bingo: Wednesdays at 12:45 pm
- Pitch: Wednesdays at 1 pm
- Scrabble: Thursdays at 10:30 am

There will be no Exercise with Sandy on Tuesday. March 5th.



**Art Class with Ellen  
Tuesdays**

**11 am - 2 pm**



### **Holiday Tree Decorating Workshop...**

...with Barbara Delmolino on  
Mon., March 4th at 10 am and  
on Mon., April 1st at 2:15 pm.



Barbara Delmolino



**Join us for  
Crafts with Nan**

**Wed. & Fri.**

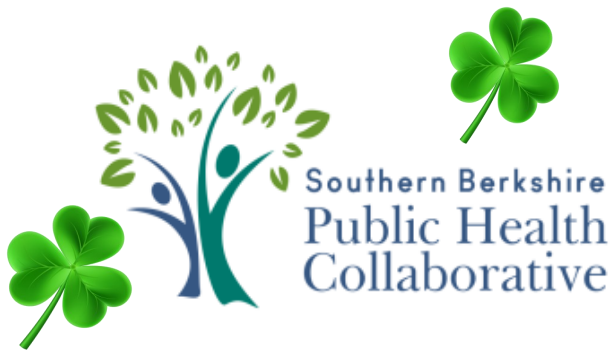
**10 am - 12 pm**



### **Meals on Wheels**

Our Volunteers deliver meals every week day sponsored and prepared by Elder Services of the Berkshires. If you would like to receive this service please call Elder Services at 413-499-0524.





**Blood Pressure Clinic** on the second Thursday of each month from 9:30-10:30am sponsored by the Southern Berkshire Public Health Collaborative. Please call 413-229-7037 to sign up. Walk-Ins Welcome.



### Transportation Services

**(Rides are \$4 round trip)**

Our van runs Monday-Friday 8:30 am - 3:30 pm. Please call us at 413-229-7037 at least 48 hours in advance to schedule a ride.



### **COMMUNITY DINNER**

**Community Meals:** Every Wednesday & Friday at 12 Noon. Join us for lunch provided by Elder Services of Berkshire County. A suggested donation of \$3.00 for those 60 and older and \$8.00 for those under 60 years of age. Veteran's Support Services are provided on the 1st and 3<sup>rd</sup> Wednesday of each month allowing Veterans to eat for free! Please call to register by 11am on the day before @ 413-229-7037.



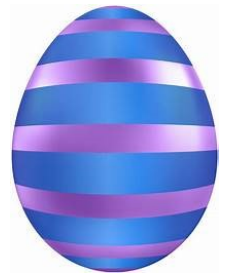
### FOOT NURSE

Beverly Dunn will be at the Senior Center for routine foot and nail care on Tuesday, March 19th and Tuesday, April 16th from 9am to 12:30 pm. The cost is \$40 per person. Call to schedule an appointment at 413-229-7037.



## **LET'S EAT OUT...**

Our wildly popular antidote for boredom...Join in and dine out... on Monday, March 11th at 5 pm at KOI Restaurant and on Wednesday, April 17th at the Barrington Brewery at 5 pm.



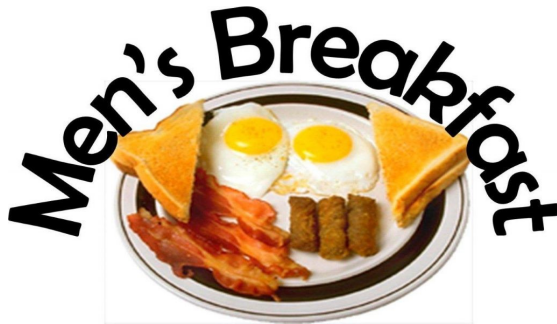
Join Barbara Delmolino on Friday's beginning March 1st at 1 pm to make red Poppy flowers for the Sheffield Legion Hall. Call 413-229-7037 to make your reservation.



Join Beth Anstett's Jewelry Making workshop on Monday, April 22nd at 12:30 pm. Call 413-229-7037 to reserve a seat.

**Necklaces: \$10**

**Bracelets and Earrings: \$5**

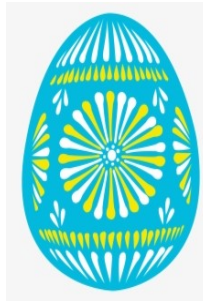


Join the Men's Breakfast Club for a hearty breakfast and socialization on Monday, March 25th and Monday, April 29th at 9 am. Donations accepted. Call 413-229-7037 to make your reservation.



**Knit & Stitch Social Hour:**

Fridays - 11 am—2 pm



**Sheffield Sr. Center**  
**Painting & Music Hour**  
Enjoy live acoustic music by Bobby

**SATUDAY**  
**MARCH 23**  
11am

Sign Up  
Deadline  
March 21st

Payment includes all supplies, music & light snacks

**\$15** Contact Senior Ctr to sign up (413) 229-7037




• Join us for a **Painting Party** on Saturday, March 23rd at 11 am. Enjoy Live Tunes by Bobby-Loo – Acoustic Duo – **Cost: \$15** Payment includes all supplies and light snacks. Call 413-229-7037. **Sign-up deadline is March 21st.**



Join us on Thursday, March 14th, 2024 at 12 Noon, for a **St. Patrick's Day Luncheon** sponsored by "The Friends" of the Sheffield Senior. Center. Call 413-229-7037 to reserve your seat.



### **HAIRCUTS!**

Marsha Wilson is offering haircuts every first and third Friday of each month with appointments starting at 10 am. Cost: \$20.

Call 413-229-7037 to reserve your spot.





Join us for pizza and a Movie: **“Cheaper by the Dozen”** with Steve Martin on Tuesday, March 26th at 12 Noon. Call 413-229-7037 to reserve your seat.



Join us for a **card making workshop** with **Michele Wolfe** on **Monday, March 11, 2024 at 12:30 pm.** Call 413-229-7037 to reserve your seat. (4 Cards for \$15)



### **Soup & Sandwich Mondays at 11:30 am (FREE)**

Join us for pizza and a Movie: **“Cheaper by the Dozen 2”** with Steve Martin on Tuesday, April 16th at 12 Noon. Call 413-229-7037 to reserve your seat.



Sheffield Senior Center offers a light lunch of **soup and sandwiches** on Mondays at 11:30 a.m. Please call 413-229-7037 to make a reservation the Friday before.



### **Need Tech Support?**

Carlos has two, half-hour slots on Tuesdays beginning at 2:30 pm. Call 413-229-7037 to reserve your slot. He will meet with you at the Sheffield Senior Center.



Tom & Gail

**Create a beautiful Bouquet with Hilary Collingwood of Moon Flower Farm on Thursday, March 28th at 10:30 am.**

RSVP by the previous Wednesday at 10AM. **Cost: \$15** Supplies are provided, but if you prefer, you may bring your own vase.

Call 413-229-7037 to sign up.



### **Brown Bag Food Program**

The Food Bank of Western Massachusetts supplies food for Seniors who qualify on the second Wednesday of each month. You can fill out paperwork to register at the Senior Center for this program.







Join us for a **grinder luncheon** and game of **Beach-ball/Volleyball** on April 30th at 12 Noon. Call 413-229-7037 to sign up.



Our Last Beach-ball/Volleyball Game!



Join Cindy on Wednesday, 4/24 at 12:30 pm to paint beautiful ceramic birdhouses. Call 413-229-7037 to reserve your spot.  
(Free)



On Tuesday, April 9th at 6:00 pm the Sheffield Senior Center will hold a Candidate forum. Come and meet the candidates before you vote. Call 413-229-7037 to sign up.



- The Sheffield Senior Center will be holding its annual **Volunteer Appreciation Dinner on Friday, April 19<sup>th</sup> at 5:30 pm.**



*We ♥ our volunteers!*



**Thank you to all our Volunteers :**

April is Volunteer Appreciation Month and here at the Sheffield Senior Center I have the pleasure of working with a group of 34 amazing volunteers, who give of themselves every day. When I was first hired for the position as Executive Director, I was told that I would have some volunteers that would assist in the day to day operations of the center. It didn't take me long to realize how much "assistance" the volunteers give. Throughout 2023, our 34 volunteers donated over 3,211 hours to the senior center and our community! The town of Sheffield is lucky to have volunteers whose commitment to community is evident every day. Thank you for inspiring me every day. Kathie, Executive Director

