

Sheffield Senior Crier

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May/June 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:

Friday, May 10th - Closing at 1 PM

Monday, May, 13th - Annual Town Election

Monday, May 27th, 2024 - Memorial Day

Wednesday, June 19th, 2024 - Juneteenth

“Aging is not lost youth but a new stage of opportunity and strength.” —Betty Friedan

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

Lori Neil, Assistant to the Director: lnail@sheffieldma.gov

Fitness Classes \$4 or \$25/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

Games:

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

There will be no Exercise with Sandy on Tues., May 7th, Tues., June 18 & Thurs., June 20th.



LET'S EAT OUT...



Art Class with Ellen Tuesdays

11 am - 2 pm



Join us for
Crafts with Nan
Wed. & Fri.
10 am - 12 pm



Holiday Tree Decorating Workshop...

...with Barbara Delmolino on Mon., May 6th at 10 am and Mon., June 3rd at 10 am. Call 413-229-7037 to reserve your spot.

Our wildly popular antidote for boredom...Join in and dine out... on Monday, May 13th at Bogie's Restaurant at 5 pm and on Wednesday, June 12th at The Frog Restaurant at 5 pm. Call 413-229-7037 to reserve your seat.



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.



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.



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.



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 3rd Wednesday of each month allowing Veterans to eat for free! Please call to register by 11am on the day before @ 413-229-7037.



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.



Join the Men's Breakfast Club for a hearty breakfast and socialization on Monday, June 24th at 9 am. Donations accepted. Call 413-229-7037 to make your reservation. **(No Men's Breakfast in May due to the Memorial Day Holiday).**



Join us on for a Mother's Day Tea Party on Thursday, May 9th, 2024 at 1:00 pm.. Call 413-229-7037 to reserve your seat.



FOOT NURSE

Beverly Dunn will be at the Senior Center for routine foot and nail care on Tuesday, May 21st and Tuesday, June 18th from 9am to 12:30 pm. The cost is \$40 per person. Call to schedule an appointment at 413-229-7037.



Thank you to our poppy flower makers:

Barbara Delmolino, Carole Barr, Haidee Freund, Michelle Harwood, Pattie Moffitt, and Betsy Garcia. They made 200 poppy flowers for the Sheffield American Legion Hall. **(Post 340)**



Town Hall for caregivers of Veterans

Information provided by the Veteran's Administration (VA), Vietnam Veterans of America (VVA) and other organizations about benefits and resources available to help spouses, family or friends who provide care for disabled Veterans.

Saturday, June 8th, 2024 from 12:30 to 3:30 pm.

Event will be held in the Edward Boland Theater at the Berkshire Community College. 1350 West Street, Pittsfield, MA. Call: 413-448-6052 with any questions.



Hudson River Sight-Seeing Cruise

On Thursday, August 15th, we will enjoy clear views of the historic Hudson River lighthouses, waterfront mansions, and other notable sites aboard the Rip Van Winkle II, 90-minute Sightseeing Cruise. We'll see some of the region's most unique and fascinating locations on the Hudson River waterfront! This trip leaves the Sheffield Senior Center at 9:00 am to be on the cruise at 11 am.. (Self-pay Lunch)

*****We would like to thank the Anonymous Donor and the Friends of the Sheffield Senior Center for making this trip available to our seniors for free.**

This trip is currently full.



90th BIRTHDAY PARTY!

Join us for **cake and ice cream to honor our friends 90 years of age and over** on Friday, June 14, 2024 at 1:00 pm. Call 413-229-7037 to reserve your seat.



Join us for a game of **"NAME THAT TUNE"** on **Friday, May 31st at 1 pm.** We'll enjoy ice cream after the game! Call 413-229-7037 to sign up.



Create a beautiful Bouquet with Hilary Collingwood of Moon Flower Farm on Thursday, June 6th, at 10:30 am.

RSVP by the previous Thursday

Cost: \$15 Supplies are provided, but if you prefer, you may bring your own vase.

Call 413-229-7037 to sign up.



Walking Group

Join our new walking group with Julie Hannum and Louise Brady! Meet at 9 am at the Sheffield Senior Center to enjoy a half-hour walk. Try out Sheffield's new sidewalks! Call 413-229-7037 to join.



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 make a reservation.



Join us for pizza and a Movie: **“Killers of the Flower Moon”** starring Leonardo DiCaprio, Robert DeNiro and Lily Gladstone on Tuesday, May 21st at 11 AM. Call 413-229-7037 to reserve your seat.



Knit & Stitch Social Hour:

Fridays - 11 am—2 pm
(We can teach you...)



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 pizza and a movie: **“Oppenheimer”** directed by Christopher Nolan on Tuesday, June 25th at 11 AM. Call 413-229-7037 to reserve your seat.



Join us for a Beach Ball/Volley Ball game on Friday, June 7th at 1 pm. Ice-cream to follow. Call 413-229-7037 to sign up.



Please let us know if anyone is interested in playing **Ping Pong** so we can coordinate a group to play. Call 413-229-7037 to inquire. Thank you.



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

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.



Join Jeannie Romeo with **“Songs to Remember”** on Tuesday, June 4th, at 1:00 pm. Light Refreshments will be served. Call 413-229-7037 to reserve your seat.



Join Elaine Ireland for a **Chair Massage every 3rd Friday of each month**, 5/17 & 6/21, from 9am -11am. The minimum time limit is 15 minutes for \$15. To make a reservation call 413-229-7037.



Join us on Wednesday, May 22nd, at 5:30 pm, as Sister’s Sea Glass Creations presents: a Sea Glass Window Making Class. This is a fun filled guided class on how to create your own sea glass windows. All supplies are provided and you are welcome to bring your own sea shells. Class size is limited. Call 413-229-7037 for more information or to sign-up. Cost: \$20 for an 8” X 10” and \$15 for a 5” X 7”.

The Senior Center has taken \$10 off the original cost.



Arts & Crafts...

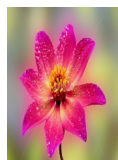
Did you know...?

...on-going research looking at programs, for older adults suggest that participating in the arts may improve the health, well-being, and independence of older adults. (NIA, National Institute on Aging)

“You have to find something stimulating enough that’s interesting and enjoyable, **but is also a challenge.**” (AARP)



Join us on Tuesday, May 28th for a BBQ luncheon with hamburgers and hotdogs on the grill and fun games to play! Call 413-229-7037 to reserve a seat.



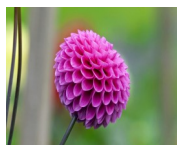
** Nan Wells holds an Arts & Crafts class on Wednesdays and Fridays from 10 am to 12 Noon.

Find your challenge....!!!

Call 413-229-7037 to sign up.



Join us for a Murder Mystery: “A Slice of Murder”, (Sponsored by the Friends): on Friday, May 17th, 2024. Dinner begins at 5 pm and the Murder Mystery event begins at 6 pm. Call 413-229-7037 to reserve your seat.



Join us for a 3-day, 2-night trip to Lancaster, PA!!

Dates: Tues. 12/3—Thurs., 12/5/24.

\$50 Down-payment (Non—refundable)

This trip includes: Round trip transportation from the Sheffield Senior Center, 2 Nights Deluxe Accommodations in Lancaster, Reserved Seats at the famous Sight & Sounds Theater to see “Daniel” , Reserved seats to see “Joy to the World” at the American Music Theater, Christmas lights at the beautiful Stone Gables Estates, Holiday shopping at the Lancaster Outlets. and more....

Call 413-229-7037 for more information.



Have a nice day!