

Chesterfield Council on Aging

March 2018 Newsletter



Chesterfield COA & Community Center
400 Main Road, PO Box 7
Chesterfield, MA 01012

Jan Gibeau, Director
coa@townofchesterfieldma.com
413-296-4007

March Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 Men's Breakfast 9am Knitting Group 10am	2
5 Northern Hilltowns COAs Consortium 9:30am Ball Workout 1-2pm Advanced Tai Chi 9:30-11am Feldenkrais 7:00pm	6 Chair Yoga 10-11am Outreach Comm. 11am	7 Coffee & Chat 9-11am Foot Clinic 10am-12pm Mah-Jongg 1-4pm	8 Brown Bag 10am Beginner Tai Chi 6:30-7:30pm	9
12 Advanced Tai Chi 9:30-11am Veterans' Agent 11:30-1:30 Ball Workout 1-2pm Feldenkrais 7:00pm	13 Chair Yoga 10-11am	14 Coffee & Chat 9-11am Blood Pressure Clinic 10am Mah-Jongg 1-4pm	15 Beginner Tai Chi 6:30-7:30pm	16 Smith Voc. Spa Day 9am, 10am <i>Call 413-296-4007 to make an appt.</i>
19 Advanced Tai Chi 9:30-11am Ball Workout 1-2pm Feldenkrais 7:00pm	20 Chair Yoga 10-11am	21 Coffee & Chat 9-11am Mah-Jongg 1-4pm	22 Beginner Tai Chi 6:30-7:30pm	<div style="border: 1px dashed black; padding: 5px;"> Sun. 3/18 2pm Sidetracked Concert </div>
26 COA Board 10am Advanced Tai Chi 9:30-11am Veterans' Agent 11:30-1:30 Ball Workout 1-2pm Feldenkrais 7:00pm	27 Chair Yoga 10-11am	28 Coffee & Chat 9-11am Mah-Jongg 1-4pm	29	30
<div style="text-align: center;"> Jan Gibeau, Director. Office hours: Tues. 11-2, Wed. 8-11, Thurs. 10-12. Lorrie Childs, Data & Accounting Manager. Kristen Estelle, Publicity Assistant. </div>				

March Highlights

Sun. March 18th 2pm
Community Center

Sidetracked



Roots rock, Country and Blues for all ages

Come shake off the winter blues and enjoy this concert that will have you on your feet in no time.

Free and open to the public!

*Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA, which coordinates these programs in partnership with: the Westhampton COA, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Dav-
enport Childcare, and New Hingham PTO.*

Spa Days at Smith Vocational

Just a reminder that students in the Cosmetology program are offering the following: Shampoo, cut & style \$5.00; Manicure \$4.00; Pedicure \$8.00; Basic Facial \$8.00.

Spa Days will be on the following Fridays: **Mar. 16, Apr. 13 and May 18**, in Room 124 of Building A at the school. To enable the students to prepare for the specific services, please call 413-296-4007 to make an appointment. Each appointment takes about an hour and are scheduled for 9 am and 10 am. Following the Spa Day, enjoy lunch at the Oliver Smith Restaurant!

Knitting Group with Judi Press will move from the second Thursday of the month to the **first Thursday at 10am**. Come join!

Exercise Classes in Chesterfield

Keep Your Ball Rolling: Stability Ball

Workout. Mondays 1-2pm through April 16th. Join certified personal trainer, Angel Williams, as she leads this workout. Although it is lightweight, a stability ball can provide a strength-training workout that also emphasizes balance. Come to some or all 10 classes! *Angel has been a person trainer for over 10 years, working with all age groups and abilities.*

T'ai Chi classes: Advanced T'ai Chi with master T'ai Chi instructor Marty Phinney continues Mondays, 9:30-11am. Beginner T'ai Chi classes are also ongoing from 6:30-7:30pm. Drop-ins and new beginners welcome. T'ai Chi is a wonderful activity known to increase balance, centeredness within oneself, and an enhanced relationship with the natural world.

Chair Yoga with Sarah Prince continues Tuesdays, 10-11am. Drop-ins welcome from all Hilltown seniors.

Feldenkrais to create flexibility, strength and balance, with trained instructor Michele Morales-Wolk: Monday evenings, open to all ages, each class stands on its own.

Chesterfield classes of Stability Ball Workout, T'ai Chi (beginning and advanced), Chair Yoga, and Feldenkrais are funded in part from a grant from Highland Valley Elder Services to the Chesterfield COA to support weekly fitness activities for seniors in our town and the surrounding hilltowns. Grant funds cover only a portion of instructors' fees for these year-round classes; your donations are crucial to make up the balance of instructors' compensation.

Chesterfield Congregational Church Events

Sat. March 3rd, 5pm Corned Beef Dinner.
Call Nancy at 296- 4230 for reservations.

Sun. March 11th, 8:30-10am Breakfast.

Thurs. March 29th, 7:30pm
Maundy Thursday Service of the Tenebrae,
Worthington Church.

Fri. March 30th, 5pm
Good Friday, Service of the Nails,
Chesterfield Church



Elderly and Disabled Taxation Relief Fund Committee

The fund was established to provide taxation assistance for seniors and disabled citizens who are homeowners with limited income and assets. Application forms are available at the Assessor's office in the Town Office Building and the Chesterfield Community Center. **Applications must be filed no later than March 16th, 2018.** Please drop off at or mail to Davenport Town Offices, attn. Ed. Severance, P.O. Box 229, Chesterfield, MA 01012. A copy of the previous year state and federal tax form must accompany the application. All financial and personal information supplied to the Committee or its agents will be held in the strictest confidence. The funds will be disbursed on a needs basis as determined by the Committee's application of the eligibility guidelines. Since the funds are replenished annually through voluntary contributions, no set dollar amount can be established. (Contributions may be made at any time during the year to the Tax Collector: 413-296-4771.) Questions should be directed to Ed Severance, Chair, Elderly/Disabled Taxation Relief Committee, at 413-374-1289.

The eligibility criteria for application submission are:

1. "Senior" --at least 65 on or before the July 1st starting date of the tax fiscal year;
2. "Disabled"--not able to work and receiving SSI, welfare, or retirement income, or may have suffered a loss of income due to illness or accident.
3. Must be the titled owner of or hold a life estate in the property.
4. Must have resided in Chesterfield and held title for the full calendar year prior to the deadline.
5. Total income guidelines: Single Person-\$25,000; Couple - \$35,000. Income shall include all sources, such as pensions, interest from savings accounts, IRAs, stocks or bonds, etc. Assets, which include stocks, bonds, CDs, IRAs, annuities, and any tangible liquid asset, will be considered in determining eligibility and aid amount.
6. Extraordinary circumstances (e.g., an unusual expense burden) will be considered in the Committee's deliberations and the decision process, allowing the Committee flexibility to address unforeseen situations; those meeting the income guidelines above will be given first consideration.



Happy Birthday in March!



Shirley Scott, Christine Keefe, Hubert Larrivee,
Alan Lavallee, Thomas Tessier
Susan Lavalee, Roger Kellogg, Ronald Imig,
Wayne Carpenter, Anne Zononi, Rita Harris, James
Smith, Dee Cinner, James Fortini,
Mario Addababbo, Raymond Lequin, James Mara,
Richard Barrett, James Mariness, Carol Blanchard,
Milenna Curtis, James Loomis, Barbara Bak,
Mark Hoag, Thomas Gavin, Ellen Metzger,
Martin Manchester, Jack Henry, Carole Recore,
Ralph Cleveland, Dyanne Palmer,
Mary Lou Bisbee, Elaine Henry.

On the Go!

The Chesterfield COA and the Huntington COA have arranged the following outings, and you are welcome to join!

March 15: Boston Flower Show. Huntington COA. Leaves from St John's Lutheran Church in Westfield at 8:30am, back by 4:30 pm. Lunch at Venezia. Total cost: \$84. Call Helen 413-512-5200 or Jen 413-512-5295.

March 26: Sugar Shack trip to Hadley. Chesterfield COA. Leave Chesterfield at 10am, home by 3pm. Carpool. Lunch on your own. Call Jan: 296-4007.

April 17: "Cruisin' Thru the Fifties" at Storowton Tavern. Chesterfield COA. Leave Chesterfield at 10:30am. Lunch and show is \$ 30 pp; Chesterfield residents: \$12 pp. RSVP before 3/16/18 by calling Jan Gibeau: 296-4007.

April 20: Tour of Polish Center and lunch at Munich House in Springfield. If Chesterfield reserves 6 seats, bus will be at the Comm. Ctr at 10:30. If not, the bus will leave the Elks Lodge in Florence at 11am. Back by 5:30pm. Cost for tour \$36 pp; Chesterfield Residents: \$18 pp. Lunch prix fixe: \$18. For reservations, call Jan Gibeau at 296-4007.

May 2: 2018 Red Sox at Fenway. Huntington COA. 3rd Base Grandstand seats. Leaves St John's Lutheran Church in Westfield at 10am, back by 6pm. \$99 pp. Call Helen 413-512-5200 or Jen 413-512-5295.

**Senior Profile:
Patricia Colson— Montgomery**

Born in Milton, MA in 1952, Trish grew up in a traditional suburban setting: her mother was a housewife, her father was a salesman, and she and her 3 siblings had the run of the neighborhood with their friends. Behind their home were woods that led to a golf course. Trish spent a lot of time in those woods, and wanted to be a woodsman when she grew up! In fact, she so badly wanted this, she asked for a hunting knife for Christmas. Her mother was against the idea but her older brother indulged her. Mom still insisted that the knife be kept locked up most of the time.

After graduating from Canton High School, Trish went to UMass Amherst, was a part of the Commonwealth Honors program, and graduated with a B.S. in Zoology. After that, she wasn't quite sure which direction she wanted to head, so she returned to UMass to get her teacher's license. After five years of teaching, she returned to school to get her Master's degree in Computer Science. From there she taught at Smith and Hampshire College, eventually landing in Granby, where she was a sixth grade teacher for 25 years.

In the midst of her career, she met her future husband, Jim, through a friend, and they married in 1984. They have two children: Kevin, who lives in San Francisco, and Emily, who lives in VT and is married and has a daughter. When Trish was pregnant with Emily, she and Jim started house hunting. They wanted a place with woods where the kids could roam and have adventures, just like Trish did at that age. They found the house they

were looking for in Chesterfield, and have lived there ever since!

Trish has served her town in many capacities. She was a longtime member of both the Finance Committee, and the Hampshire Regional School Committee, and is a currently a selectwoman in Chesterfield. She enjoys programs through the COA, among them Mah Jongg and the gourd class offered by Jaynie Barnes.

The number one hobby that gives Trish joie de vivre is weaving. She just finished four years of classes at the Hill Institute in Florence, and is working on her two year Master Weaver program. She has a studio at the Arts & Industry building in Florence, where she spends a lot of her time now that she's retired. She works with fabric and textiles, creating scarves, place mats, pillows, tote bags, etc. Trish recently acquired a spinning wheel, and will be starting a class soon that will help her learn how to use it.



Above: A tote Trish made from her handwoven fabric.

When she's not weaving, she can often be found at home reading about weaving and doing design work on the computer. Trish likes to sing when she weaves: simple ditties like "Three Blind Mice". It helps her keep her pace. Not surprisingly, Trish's ideal day begins with a leisurely cup of coffee, then heading to the studio to work as long as she wants. She says: "The great thing about retirement is that you can make your day what you want it to be." How true!

Thank You for Your Donations! Thank you for supporting our Council on Aging programs when you attend fitness, Mah Jongg, Men's Breakfast, Coffee & Chat, basket and gourd classes, and COA monthly events! We greatly appreciate your donations, which make it possible for us to continue offering a wide array of activities and to create new events and programs that respond to your needs and interests. We also offer our continuing gratitude to Chesterfield residents who have given so generously to the Senior Housing Fund. Please use the form below to make a donation to the Chesterfield COA or Chesterfield Senior Housing Fund!
~ Jan Gibeau

***The Chesterfield Council on Aging and the Chesterfield Senior Housing Initiative
benefit from your support for our programs and to create in-town housing
for Chesterfield seniors!***

I would like to contribute to the Chesterfield COA _____ Chesterfield Senior Housing Fund _____

(Please make out your check to "Town of Chesterfield" and designate "Senior Housing Fund" or "COA programs" on the check; mail to Janice Gibeau, Director, Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)

Name _____ Telephone _____

Address _____

Email _____

Thank you for helping support Chesterfield seniors!



Regional News

Seniors Aware of Fire Education



The number one fire safety item in your house is your smoke detector. It does save lives. In a typical home, fire, smoke, heat and toxic gases build up rapidly. So, when a smoke alarm sounds, get out of the building immediately before your escape route is blocked. Make sure you:

- Install smoke alarms on every level of your house and in each bedroom.
- Test them monthly.
- Replace the battery twice a year.
- Check on the back of the detector for its age. If it is 10 or more years old, replace it with a new one which will have a 10 year battery. Smoke alarms do wear out, so replace them.
- Never ever disable your smoke detector. The life you save will be your own.

Be SAFE!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

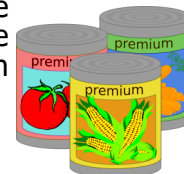
*The Senior SAFE program is sponsored by many of
your fire departments and the
Massachusetts Department of Fire Services.*

Hilltown Food Pantry

The Hilltown Food Pantry, run under the auspices of the Northampton Survival Center, is located on the bottom floor of the town office building in Goshen. The pantry is open to people in the towns of Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington. Hours are Wednesdays from 1pm-3pm, and, on the third Wednesday, there are extended hours: 1pm-6pm. During the winter months, the pantry closes if the Hampshire Regional School District closes.

Diane Meehan is the director of the food pantry. If you have any questions, the pantry's phone number is 413-268-7578, and will be answered on Wednesdays, otherwise the call goes to the Northampton Survival Center.

Donations of non perishable items, personal care items and paper products are always welcome and appreciated. In-season produce is also helpful. Someone is available at the food pantry after 10am on Wednesdays for donation drop-offs.



Would you like to receive your newsletter by email instead of snail mail?

If so, please email Kristen at
regionalcoanews@gmail.com to be put on
the email list.

Finally – new Medicare cards!

At long last, people on Medicare will be getting new identity cards with a new number. If you haven't reached that magic age yet, please know that a person's current Medicare number is their social security number followed by one or two characters. The characters don't exactly disguise the number, so if you carry your Medicare card, which you may need now and again, you are also carrying your social security number! And that, of course, is a big no-no because of identity theft.

New cards will be mailed starting in April 2018. Some cards may not show up for a while because there are a lot of us who will be receiving them; the government has allowed itself a year.

Now this will be a shocker: there are likely scammers out there who will call and try to trip you up. They might tell you that a fee is required for the card, that more personal information is needed before the card can be mailed, or that your benefits will be stopped until you provide more information. All not true. Just hang up.

Your new Medicare number, called a Medicare Beneficiary Identifier, will still need to be protected to ensure your privacy and security. Make sure you know who you are sharing it with.

The office sending the cards is the Centers for Medicare & Medicaid Services (CMS). CMS says if someone calls and asks for your Medicare number or other personal information, hang up and call 1-800-MEDICARE (1-800-633-4227). Turn 'em in.

Cheers,
Jean O'Neil, TRIAD Committee Member
413-268-2228, jeanoneilmass@gmail.com

Outreach in Cummington continues to expand

By Peg Whalen

Regional Outreach Coordinator for the
Northern Hilltowns Consortium of COAs

The Cummington Council on Aging is reaching out to over 300 town seniors. COA board members continue functioning as the primary outreach team, respectfully and regularly watching out for the wellbeing of residents that may be isolated or have special vulnerabilities.

Cummington's COA is the only hilltown board that maintains a specific council position of Corresponding Secretary. In this role, Peg sends cards of support or condolence. The entire COA board identifies people that are ill or families that have recently lost a senior. Birthday cards also go out to residents 80 and over.

Their COA Neighbor to Neighbor ride program provides non-driving seniors with access to transportation by matching volunteers with seniors needing rides to appointments. Early expansion of outreach included a discussion of the book *Being Mortal*, which continued beyond the group meetings. Several book group participants have continued meeting about issues reflected in the group's name: "Living Fully, Aging Gracefully, and Befriending Death". In successive months, the group focuses on "living fully" the first month, "aging gracefully" the second month and "befriending death" the third month, and then repeats the cycle. The discussion group is open to all ages. Participants have come from Holyoke, Williamsburg, Hinsdale, Plainfield and Chesterfield, among others. They meet once a month on the 2nd Tuesday from 1pm to 3pm in the Community House Library room.

Most recently, the Cummington COA initiated contact with younger seniors aged 60 to 69. This growing group of seniors received a personal letter introducing the COA, which invited input and participation. The letter was shared with area COAs. Several neighboring towns are using this approach as an outreach tool to engage younger seniors.

Several book and discussion participants and others have formed Cummington Community Cares, a newly organized town volunteer group, open to all. The initial group includes roughly 20 participants. The group's purpose is to establish a program that strengthens the ability of the people of Cummington to care for each other in the face of disasters and emergencies- large or small, community-wide or personal. The group is exploring what community preparedness involves and how residents can effectively care for each another. Another small group of volunteers is looking at ways to prepare food for people in need. Discussion has started to strategize ways to expand a call list or phone tree to encompass the entire town.

The group is also considering ways to mobilize a group to do "mapping" of community resources and needs. In January and February, Cummington Fire and emergency management members trained a group of residents as the first C.E.R.T. (Community Emergency Response Team), resulting in a small

initial team of residents with the knowledge and skills to assist others in many types of emergencies.

The West Cummington Congregational Church also does outreach to the congregation and other residents by maintaining a call list that any resident can be included on, arranging for nutrition support through coordinated food access, and counts several members of the COA board among the congregation. The Village Church does outreach to its congregation, many of whom are seniors. The Village Church nurtures community and promotes vitality in the village by providing care, connection, and healing to church members. One COA board member has a connection to the congregation.

Circuit Breaker Tax Credit

Adults age 65 and older are eligible to receive this tax credit when their property taxes and half of their water/sewer bills total more than 10% of their income. Or, if they rent an apartment (without a state or federal subsidy), they may get this tax credit if their rent is more than 25% of their income.

Here are some details:

- Tax filers should use the "Schedule CB form" and "Form 1", respectively.
- It's easy to get the forms. Download Form 1 and Schedule CB Form at the official Department of Revenue site: www.mass.gov/lists/2017-massachusetts-personal-income-tax-forms-and-instructions

If you need help, VITA (Volunteer Income Tax Assistance) helps low income and middle income people fill out tax returns for free. Call them at 1-800-906-9887. There are other options including AARP's Tax-Aide program and you can reach them at 1-888-227-7669.

It can be tough to continue taking care of our furry loved ones when illness and death affect our lives. **New 2U Dog Rescue** is a non profit organization in Greenfield run by compassionate volunteers who take in dogs from senior citizens and folks who can no longer care for their beloved pets. Their goal is to place the dogs into a loving foster home environment, evaluate them and match them up with their New2U forever family in the state of Massachusetts.

**Contact Dawn: 413-824-9225,
new2udogrescue@yahoo.com.**

RESOURCES DIRECTORY



Domestic Violence Advocate, Hilltown Safety at Home (HS@H)	413 559-8039
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282
Elder Abuse Hotline	800 922-2275
First Call for Help Information and Referral Resources	800 339-7779
Fuel Assistance Application and Recertification	800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC)	413 296-4536
Veterans' Service Officer Tom Geryk	413 587-1299
(Westhampton) Joe Henning	413 207-3541
(Plainfield) Upper Pioneer Valley Veterans' Services District in Greenfield	413 772-1571
Regional Outreach Coordinator, Peg Whalen	413 404-4566
DO NOT CALL Registry	888 382-1222

Food Services

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP)	413 552-5400
For assistance call Fran @ Williamsburg COA	413 268-8407
Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director	413 268-7578 Wed 1-3; 3 rd Wed 1-6
Meal Site Williamsburg Senior Center	413 268-8407
Meals on Wheels Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center, 265 Prospect St. Northampton	413 586-6564
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336/6564

Health Services

Highland Valley Elder Services Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center - Medical & Dental	413 238-5511, ext. 131
HOPE Nurse, Robin Laferriere, RN	413 238-5511, ext. 313
Janet Dimock, HealthWise Community Health Worker	413 238-5511, ext. 149
Podiatrist Dr. Michael Coby, call Williamsburg Senior Center to schedule (Alternating months at the Senior Center)	413 268-8407
Foot Care Oni, RN, foot care in Goshen, Call Liz Loven for appt.	413 268-7122
Oni, RN, foot care in Williamsburg or in-home visits	413 268-8407
Oni, RN, foot care in Plainfield or in-home visits	413 522-7219
Diane Roeder, foot care in Whamp & Chesterfield	413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Wayne Glaser	Call your COA for appointment
Richard Bauman (Westhampton)	413 527-5240
Lorraine York-Edberg	413 773-5555, ext. 2275
Mass Health and New Health Coverage	
John Bergeron, HCHC-Huntington	413 667-2203
Buliah Mae Thomas at Hilltown Comm. Health Center	413 667-2203

Transportation Services

Cummington Neighbor to Neighbor Drivers	413 634-2262
Westhampton transportation appts or groc. shopping, Louise Jasionkowski	413 527-5134
Williamsburg Medical Rides Williamsburg Senior Center (to schedule)	413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center)	866 277-7741
FRTA Van Fran Goebel	413 296-4232

Local Councils on Aging

Chesterfield COA, Janice Gibeau	413 296-4007
Cummington COA, Anne Parsons	413 634-2262
Goshen COA, Evelyn Culver	413 268-3316
Plainfield COA, Deborah Thibault	413 634-0275
Westhampton COA, Julia Lennen	413 537-9880
Williamsburg Senior Center, Marie Westburg	413 268-8407
Worthington COA, Sandra Epperly	413 238-5584

Chesterfield Council on Aging
400 Main Road, P.O. Box 7
Chesterfield, MA 01012

PRSR STD
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PERMIT 183
Greenfield MA

Chesterfield COA

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Mary Jane Miller, Vice Chair
Lorrie Childs, Treasurer
Barbara Bak, Secretary
Jim Brisbois
Milenna Curtis
Marilyn Davidson
Francine Frenier
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Librarian: Dee Cinner

HVES Rep: Barbara Bak

*Art Com: Gigi Kaeser, Chair;
Dee Cinner*

*Travel Group: Mary Ann Coleman,
Nancy Boyle*

*Outreach Com: Jan Gibeau,
Lorrie Childs, Marilyn Davidson*

Newsletter Editor & Designer:
Kristen Estelle

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

Out and About in March

Thurs. March 15th at 12:15pm
St. Patrick's Day Songs & Stories with
folksinger and storyteller Tim Van Egmond
Williamsburg Senior Center, 141 Main Rd.
Haydenville, MA

Van Egmond will accompany himself on a wide variety of traditional instruments, including guitar, hammered dulcimer, and limberjack (a wooden puppet that taps out a rhythm dancing on a paddleboard). His captivating talent, warmth, and engaging humor create a moving and enjoyable experience for all.

This program is supported in part by a grant from the Williamsburg Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Fri. March 16th, 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton, MA

Students in the Cosmetology program are offering the following: Shampoo, cut & style \$5.00; Manicure

\$4.00; Pedicure \$8.00; Basic Facial \$8.00. Please call 413-296-4007 to make an appointment. Each appointment takes about an hour and are scheduled for 9 am and 10 am in Room 124 of Building A at the school. Following the Spa Day, enjoy lunch at the Oliver Smith Restaurant!

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Sidetracked
Chesterfield Comm. Center,
400 Main Rd. Chesterfield, MA



Roots rock, Country and Blues for all ages. Come shake off the winter blues and enjoy this concert that will have you on your feet in no time.

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Tues. March 20th at 4:30pm
Prediabetes Informational Meeting
Hilltown Community Center, 9 Russell Rd.
Huntington, MA

Free yearlong class offered to all area residents with prediabetes. Contact Ellie Brasil at 413-667-2203 ext. 322 or ebrasil@hchcweb.org for more information.