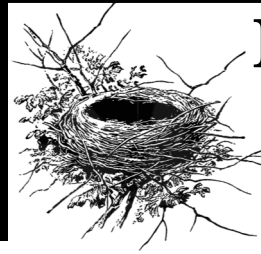


Living Well



Newsletter
April
2019

Williamsburg Senior Center: Programs & Services for Active Living at 60+

April Events Calendar

Mondays:

- Veterans' Agent, 2-4 pm
- Monday Meals, every Mon, 11:45 am
- ZUMBA! Every Mon, 6-6:45 pm
- **Apr 22 & 29:** Ukulele Strum Group 4:30 pm*

Tuesdays:

- Healthy Bones & Balance, 10:30 am
- SHINE Rep, 11-2 (call for appointment)
- Congregate Meal, 11:45 am
- Yoga for You, 6 pm
- Basic Computer Class 6 pm (call ahead)
- **Apr 16:** Crop Circles Presentation 12:15 pm*
- **Apr 16:** Thriller Book Club at Meekins 6 pm*

Wednesdays:

- Modern/Creative Dance 10 am
- Congregate Meal, 11:45 am
- **Apr 10:** Understand Alzheimer's (See pg 4)
- **Apr 17:** Advisory Board Meeting, 12:15 pm
- **Apr 17:** Mill River Flood with Eric Weber
Look Park Garden House, 1-3 pm (See pg 3)

Thursdays:

- Tai Chi, 9:30 am
- Chair Stretch & Strengthen Exercise, 10:45
- Congregate Meal, 11:45 am
- Healthy Bones & Balance, 4 pm
- Basic Computer Class 6 pm (call ahead)
- **Apr 11:** Brown Bag, 10 am
- **Apr 11:** Blood Pressure Clinic 11:30 am
- **Apr 19:** Men's Group, Snack Bar, 8 am

Fridays:

- **Friday, Apr 12:** Ladies who Lunch-Snack Bar
11:30 am **

**More in next column*

***Contact us to find out more*

To sign up for our programs, call 268-8407

The Majesty & Mystery of Crop Circles! Intergenerational event by naturalist John Root

Tuesday, April 16, 12:15

Have you ever heard of crop circles? Where do they come from? How are they made?

See a presentation featuring complex designs that are found annually in farmers' fields and other locations worldwide. Program will include descriptions of their dramatic effects on soils, plants, animals and human visitors as well as theories about their interpretations and origins!

Come and learn about something different—bring a friend! Kids are on Spring break and are invited to join us for this free event (with an adult)!

Thriller Book Club

Tuesdays, April 16 & May 14 at 6 PM
Meekins Library - Hawkes Hayden Room
ALL are invited! Refreshments served.

Books: 4/16: Everybody Dies by Lawrence Sanders
5/14: The Girl with the Dragon Tattoo by Stieg Larsson
Books available at Meekins—pick one up and read it before meeting. Join us for a rousing book club!

Multi-Generational Ukulele Strum Group Mondays, April 22 & 29 at 4:30 PM

Do you have a ukulele and know how to play a few basic chords? Do you enjoy singing and strumming along with others when you get the chance? Come join us at the Senior Center on Mondays at 4:30 for an informal gathering of other new ukulele players who feel the same way!

The group will be led by Ashfield musician and teacher **Dan Frank**, whose relaxed style puts everyone at ease. Just bring your ukulele and a music stand if you have one and come on down! All ages welcome. **Classes will continue at least twice a month through May and June.** There is no fee to participate, but a small donation to help cover Dan's costs would be appreciated.

Williamsburg Senior Center - 141 Main Street, P.O. Box 193 - Haydenville, MA 01039
Phone: 268-8407 - Fax: 268-8409 - Hours: Mon—Thurs 8:30-2:30, with extended hours for classes

FOOD PROGRAMS

Monday Meals

Mondays, 11:45

Meals are made fresh at the Senior Center with healthy ingredients, and include bread donated from Bread Euphoria Bakery plus dessert by Linda Manor. Eat in, pick up or have them delivered. \$3 per meal. Please call by Thursday to reserve your meal! (No meals on holiday Mondays)

Congregate Meals

Tues, Wed, & Thurs, 11:45

Meals provided by Highland Valley Elder Services. Call two days ahead to make your reservations. Most programs are before or after these meals—see schedule on pg 1. Birthday cake will be provided by CareOne the first Wednesday of each month

Brown Bag Program

Thurs, Apr 11, 10:00

The Food Bank of Western Mass. sponsors the Brown Bag Program, in which eligible seniors can get a **FREE** supplemental bag of groceries each month. Call us to apply.

SERVICES

Veterans' Service Officer

Mondays, 2-4

Stop in to see Tom Geryk for answers to your questions about Veteran's benefits and other issues.

SHINE Representative

Tuesdays 11-2

Need help with insurance issues? Wayne Glaser, SHINE Rep., is available to help. Call **268-8407** for an appointment in the office or in your home.

Basic Computer Class **Tuesdays & Thursdays, 6-7**

Alan Estes teaches the basics. Small class size ensures individual help. Call to reserve your spot. **Free!**

Companion Program **Are you bored at home? Do you want to get out and meet people but don't drive anymore?** The Companion Program can match you to a peer for social time, companionship, running errands and more.

Medical Rides

Call ahead to schedule free rides to your medical appointments. Drivers are paid through PVTa.

Benefit and Options Counseling

We can help you find the resources you need to:

- Make informed decisions
- Create short and long-term plans for services
- Identify resources that will facilitate your continued independence
- Plan for support to ensure your ability to age in your home or help you determine what other options you may want to consider



HEALTH

Blood Pressure Clinic

Thurs, Apr 11, 11:30

Hope Nurse, Robyn LaFerriere, will be available for blood pressure monitoring during Brown Bag Thursday.

Foot Care Nurse, Piper Sagan

Wed, Apr 24, 9-2

Piper, Williamsburg's foot care nurse, comes on fourth Wednesdays every other month. This is self-pay at \$30 per visit. (Home visits, \$40+.) Call for an appointment.

Podiatry, Dr. Coby

Tues, May 14 9:30-1

Routine foot care every other month in the Town Office building. Call for an appointment. Dr. Coby does medical billing—bring your insurance card.

FITNESS

ZUMBA! With Melissa T

Mondays, 6pm

Dance for fitness. Come and join the fun! \$5 drop-in fee!

Yoga for You—Adult Yoga

Tuesdays, 6pm

Taught by Michelle Wolk, this class is geared for active adults. Any adult can join. Class is \$12 or 6 classes for \$60. Call to register.

Modern/Creative Dance Class **Wednesdays, 10am**

Contemporary dance for adults, taught by Susan Waltner. If you can get down on the floor and back up, you will enjoy this **free** class (donations accepted). Stop by and try it out!

T'ai Chi Classes

Thursdays, 9:30am

Taught by Marty Phinney, T'ai Chi provides simple exercises that help build energy, power and flexibility. Call for info & to register. Small fee per class.

Chair Stretch & Strengthen **Thursdays, 10:45am**

Gentle seated stretching, led by Alexandra Mello. Good for beginners-intermediate. All ages welcome. \$10/class

Healthy Bones & Balance **Tuesdays, 10:30am**

and Thursdays, 4pm. Fun, low impact exercises designed to increase strength, mobility, flexibility and balance, taught by Susan Glenn. Call to register and fill out a medical clearance form. Class is **free**.

OTHER GROUPS

Third Thursday Men's Group

Apr 19, 8am

"The Guys" meet on the third Thursday of every month at the **Williamsburg Snack Bar**. For a good time, join them!

Ladies Who Lunch

Apr 12, 12 Noon

Join "The Gals" for lunch on second Fridays, this month at The Snack Bar. Get together with your friends and make new ones too! Order from their extensive menu. Come and enjoy!

Thriller Book Club

Apr 16, 6pm

Book club meets in the Hawkes Hayden Room at Meekins Library - refreshments served. (see pg 1)

Afternoon Tea at Look Park

Wednesday, April 17th, 1-3 pm

The Mill River Flood with Eric Weber

At The Garden House at Look Park

Tea, conversation, and the opportunity to hear our own Eric Weber describing the infamous flood.

We'll carpool from the Senior Center at 12:30. Tickets are \$10. Scholarships available if needed. Contact us for reservations by April 12.

Get to Know Your Cell Phone!

If you have or want to get one of those newfangled cell phones, but don't think you'll be able to use it, you are in luck!

David Martin of Williamsburg will be available to teach you the ropes!

Contact us at 268-8407 and we'll help you set up an appointment with David.

No need to fear the phone!



Enrich your Life, Volunteer!

Help in our Kitchen preparing our Monday Meals and serving prepared meals Tues-Thurs.

Medical Drivers

Take seniors to medical appointments

Carpool Drivers

Help folks run errands, trips and non-medical rides

Companions

Visit seniors, help with errands, go on outings

Yard Workers

Light chores, raking, yard clean-up

Teens: get Community Service credit for school!

Call 268-8407 for information.

Thank you to ALL of our volunteers!

Library Services for Seniors

If you or a friend or neighbor would like Meekins Library books and other materials delivered to your home, contact **Anne Bussler at 268-7979.**

Save the Date!

The Burgy Senior Prom!

Saturday, May 18th, 5-9 pm

The prom committee is busily planning a Senior Prom in the Earl Tonet Gym at the Anne T. Dunphy School. **Dancing, live music and a DJ, finger foods & punch, photo opportunities with vintage cars and a photo booth.**

Dig out your vintage wear or come as you are! Plenty of seating and ambiance! Did you go to your Senior Prom? If so, tell us your stories or bring pictures. If you didn't, you get a second chance without the awkward first-date jitters! We'll make sure to get you home on time—come and have a blast at the Senior Prom!

Please RSVP to the Senior Center! 268-8407.

Save the Dates!

Meditation and Relaxation Class

beginning **Tuesday May 21 from 11:30-12:00** and weekly thereafter. Class will be taught by Lynn Lovell, who also teaches yoga and music in the area.

She will be coming to us through RSVP.

We will look forward to becoming more mindful, relaxed people! Class will be free with donations gratefully accepted.

Trip to Mass MoCA

We are working on a carpool trip to Mass MoCA in North Adams, Mass. sometime in May. Stay tuned for details in the next newsletter!

We always welcome your suggestions for programs and trips! Come and discuss your ideas!

Visit the Town of Williamsburg Website

www.burgy.org

Facebook: Williamsburg Senior Center

- To subscribe or to unsubscribe from this newsletter,
- To receive this newsletter by email only,
- To add/remove your phone # from our auto-call list,

Contact us, leaving your name, address & phone number at 268-8407 or email sloomis@burgy.org.

Understanding Alzheimer's & Dementia: Effective Communication Strategies

Part 2 of 3 on Wed, April 10th at 12 – 1 pm

Communication is more than just talking and listening -it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes

place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Program is free and open to the public. **Contact the Alzheimer's Association 24/7 Helpline at 800-273-3900 to register** or for additional support.

Please call 2 days ahead if you'd like to join us for lunch. **Part 3, Understanding and Responding to Dementia Related Behavior**, will be May 1, 12 pm.

Our Senior Trip to Steve's Sugar Shack was a rousing success! Twelve of us enjoyed the ambiance and the delicious flavors of maple syrup on pancakes or French toast! With no prior reservations, we were able to get a whole table right next to the boiler. Lots of Fun! Please tell us where YOU'D like to go!



Thank You for Your Generous Donations!

Your donations help support our Companion Program; provide financial aid to lower class fees; and give us the flexibility to add new programs to benefit local seniors. EVERY donation is important to us, as are all the VOL-UNTEERS who donate their time to help out. **Please consider a tax deductible donation.** If you would like to contribute, please fill out the form below, send it with your check made out to **Town of Williamsburg**.

We thank you for your continuing support!

Jennifer Hoffman, Director

The Williamsburg Senior Center counts on YOUR support to continue our programming for local seniors!

☐ I would like to contribute to the Williamsburg Senior Center. My contribution of \$_____ is attached.
(Please write your check to **Town of Williamsburg** with "Senior Center program support" on the memo line.)

Name _____

Address _____

Thank You for Helping to Support Your Neighbors!

Williamsburg Senior Center/Council on Aging

Seniors Aware of Fire Education

Last month, we considered ways in which grandparents can prepare a safe environment for their grandchildren. This month, let's turn things around and consider some ways children can help their grandparents keep things safe. Here are a few ways:

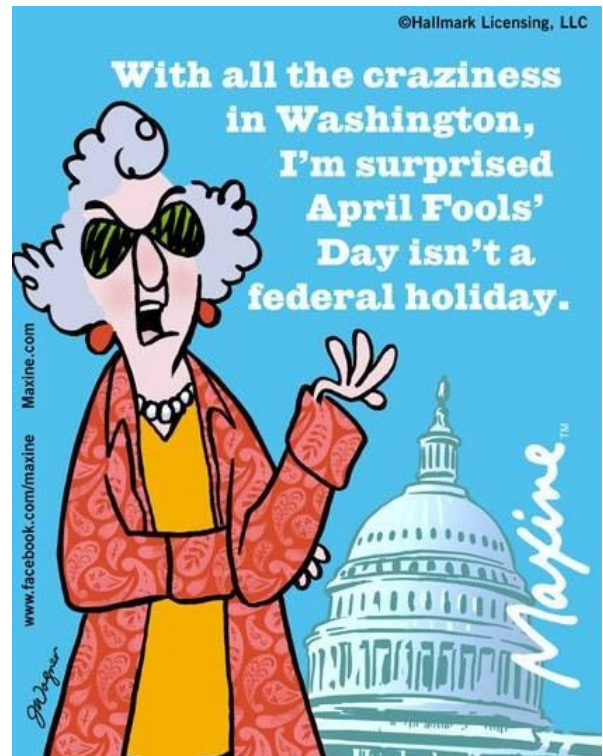
Senior 
SAFE

- Children can test each smoke alarm to make sure it is working by using a broom handle to push the test button.
- Have the children draw a floor plan of your house and mark with arrows two ways out of every room.
- Have the children help develop and draw a house fire escape and evacuation plan.
- Have the children lead a fire drill at your house and help them designate a safe place everyone can meet once out of the house.
- If your grandchild has participated in a S.A.F.E. program in school, pay attention to his/her suggestions.

Have a SAFE April!

--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.*



**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.

The Big Five! Durable Power of Attorney

Remembering – “if you are unable to conduct your business, e.g., pay your bills, someone you trust and who you appointed can act for you, and do that in your best interests.”

What does this mean? Well, you know life. You have to watch your bank balance, pay your bills, file your taxes, sign a contract for house repair, sell a car, renew a CD, and on and on. So you do all this just fine, but what happens if you have an accident and go into a coma, are just too sick to do anything, or find you are getting less capable of handling your legal and financial affairs? If you have a durable power of attorney (POA), you can have someone act for you even if you become mentally or otherwise unable to take care of things.

The person you give power of attorney rights to should be trustworthy! They should also know something of your business and finances or be able to figure it out from your files. We'll write about file management later – such fun.

Powers of attorney involve a number of important decisions including who to appoint, how narrow or broad the coverage will be, when and how the POA will take effect and terminate, how the document will be stored and distributed, and how the POA fits within the broader estate plan. So, although there are do-it-yourself POA forms online, this is one document you really should ask an attorney to advise you and prepare based on your specific needs.

For more riveting reading, see: info.legalzoom.com/durable-power-attorney-massachusetts-20314.html

Durably,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

Northern Hilltown Consortium of Councils on Aging receives a three year grant award from the Executive Office of Elder Affairs

A grant proposal "Hilltown Strong Communities for Aging in Place" has received a three year grant from FY 2019 to FY 2022 to develop stronger community systems that help older adults remain in their own homes and actively participate in community life. This grant extends the Consortium's ongoing efforts to reduce isolation and loneliness of older adults by building strong community based outreach networks.

Progress made has included surveys of everyone 60 and over in the seven towns of Chesterfield, Goshen, Worthington, Westhampton, Williamsburg, Cummington and Plainfield, asking about how important the elements of AARP's "Age Friendly Communities" are to them, followed by ongoing Community Forums to discuss strengths and challenges for each town. The next step will be to form core teams that will develop strategies for improving several shared problems with transportation, accessibility, walkability, social supports and access to important information.

If you returned your survey, thank you for contributing your thoughts and ideas! If you haven't, it's never too late. The Consortium always wants to know how to best serve the seniors in our seven towns.

**Community Forum:
Ban of Nuclear Weapons**

**Wednesday, April 10th
7:00 pm**

**Chesterfield Community Center
400 Main Rd.**

Join us and learn about the:

- 2017 Treaty on the Prohibition of Nuclear Weapons.
- Nuclear weapons industry, and the impact, costs and risks our nuclear arsenal has on life on earth.
- Development and meaning of becoming Treaty Aligned as a community

Speaker : Lydia Wood
NuclearBan.US

Hosted by Chesterfield Council on Aging

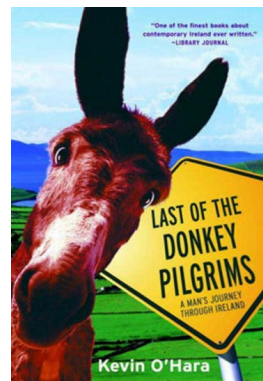


**Saturday, April 13th at 7pm
Chesterfield Community Center
400 Main Rd.**

**You're Invited:
Come to Ireland with Kevin O'Hara**

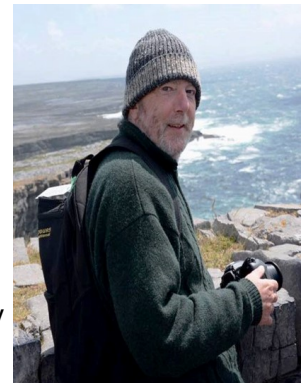
**Sunday, April 28th
2-4pm**

**Chesterfield Comm. Ctr.
400 Main Rd.**



Kevin is the author of two memoirs, "Last of the Donkey Pilgrims", the story of his 1,700 mile, eight month journey around Ireland with his faithful

donkey "Missie", and "Luck of an Irish Lad", a precise and witty story of growing up in America as an Irish Catholic in the 50s and 60s. Mr. O'Hara is an accomplished photographer and storyteller. Please join us at the Chesterfield Community Center where he'll entertain us with tales and photos from his whimsical but timeless donkey journey of long ago.



On the Go!

The Northampton Senior Center has arranged the following outings, and you are welcome to join!



Please make your reservations early as these trips fill up fast! **Call Francine Frenier at the Northampton Senior Center: 413-587-1228.**

May 21: Mamma Mia, the musical with Abba's greatest hits woven into the story, is performed at Warner Theatre in Torrington, CT. Pre-show lunch at La Cupola Ristorante & Inn is included. Cost is \$109.

May 21: Enjoy a carousel ride and tour the **New England Carousel Museum** in Bristol, Ct. Bring your own lunch from home. Dessert and beverage will be provided at the Carousel Museum. Then on to the **Hill-Stead Museum** in Farmington, CT for an art tour with time to explore the gardens and grounds on your own. Time for shopping and/or catch a quick bite to eat at West Farms Mall. Cost is \$77.

May 29-31: Ogunquit, Maine. Two night getaway at the Meadowmere, city tour of Portland, Nubble Lighthouse Cruise, time to stroll Perkins Cove, and much more. Cost is \$460 per double. There is a \$25 discount if paid in full by Feb. 11. Sign up early; **only 4 seats available.** Trip insurance available.

June 21: Chesterwood/Naumkeag. Enjoy a guided tour of Chesterwood, home of artist Daniel Chester French. Then on to Naumkeag for lunch and a tour of Joseph Choate's 44 room cottage. Take some time to tour the gardens. Lunch will be provided by the Red Lion Inn and include a choice of sandwich and accompaniments. Cost is \$123. There is a \$10 discount if paid in full by April 1.

June 11-13: Island Hopping. Stay in Hyannis for two nights. Take the high speed ferry over to Nantucket one day and Martha's Vineyard on the other. Enjoy the free time, lunch on each island. Stop in Edgartown. Includes 2 breakfasts. Cost is \$550 per double. Trip insurance available.

July 11: Westchester Broadway Dinner Theater, **On Your Feet**, the story of Pop Latin star Gloria Estefan. Enjoy the lively upbeat music. Cost is \$126. Luncheon prior to the show at the theater. There is a \$10 discount if paid in full by May 20.

August 8: Museum of Russian Icons & Worcester Art Museum. Enjoy a guided tour of the Russian Icon museum in Clinton, MA. Lunch is on your own at O'Connor's Restaurant in Worcester. Then on to the Worcester Art Museum for a

guided tour. Cost is \$86. There is a \$10 discount if paid in full by June 3.

October 10: A Day in Vermont. Cost TBD. There is a \$10 discount if paid in full by August 15. Visit and shop at some quaint places in Vermont. Luncheon included at West River Marina Restaurant. Enjoy the foliage by the river.

Nov. 9-24: Panama Canal Cruise- 16 days. Starting at \$1,999 per dbl. Bus to NY Pier. Return home from Tampa airport to Bradley, then bus to Northampton. Escorted cruise on Norwegian Dawn. Lots of daily activities, entertainment, casino & parties. Includes all meals on board, free style dining. Limited seats. Sign up by Sept. 1, 2019. Passport required.

On February 12th, a group of about 40 people came to celebrate the 50th anniversary of the Wild and Scenic Rivers Act and Westfield River's 25 years as a National and Scenic designated river.



Williamsburg Senior Center
P.O. Box 193
Haydenville, MA 01039

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**WILLIAMSBURG
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ADVISORY BOARD**

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STAFF

Jennifer Hoffman
Director
Sherry Loomis,
Administrative Asst.
Melinda McCall
Meal site Coordinator
& Many Volunteers

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

Out and About in April

Tues. April 2nd, 5-6:30pm

Community Soup & Bread Night

The Old Creamery, 445 Berkshire Trl. Cummington

Come and enjoy FREE soup and bread, games, and community building. All proceeds to benefit a local Hilltown non-profit. VOLUNTEERS welcome. For more info, contact Seva: membership@oldcreamery.coop

Weds. April 10th at 7pm

Community Forum: Ban of Nuclear Weapons

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

See flyer on page four.

Fri. April 12th & May 17th at 9am & 10am

Spa Day at Smith Vocational

80 Locust St. Northampton

Last spa days of spring! Students in the Cosmetology program are offering the following: Haircuts \$5.00; Manicure \$4.00; Pedicure \$8.00; Facial \$8.00. Please call 413-587-1414 x3531 to make an appointment. Each appointment takes about an hour and are scheduled for 9am and 10am in Room 124 of Building A at the school.

Sat. April 13th at 7pm

Square Dance

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

See flyer on page four.

Sun. April 21st at 8:45am

Easter Breakfast

Goshen Congregational Church, 45 Main St. Goshen

Come and enjoy a delicious breakfast on Easter morning before church service. The fellowship will provide the food.

Sun. April 28th at 2pm

The Goshen Town Hall: Myth and Fact

Goshen Town Hall, 42 Main St. Goshen

Norene Roberts will explain how the current 1911 town hall replaced the first one, who was involved, how money was raised, who was hired to design and oversee construction, some of the design features, and information uncovered in the 2016 historic rehabilitation. This is Goshen Historical Society's first program of 2019. All welcome!

Sun. April 28th from 2-4pm

Come to Ireland with Kevin O'Hara

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

See flyer on page four for more info.

Sun. April 28th at 3pm

4D1G Gospel Group & Choir

Goshen Congregational Church, 45 Main St. Goshen

Everyone invited; bring your family and friends! Free. Refreshments available.