



Chesterfield Council on Aging Newsletter

March 2026

The purpose of the Chesterfield Council on Aging is to identify the needs of older adults ages 60+ in the community and to develop and carry out programs and services to meet those needs.

New Registration Process for COA Classes and Special Events!

The COA is moving to an online process for registering for classes and special events. This will help to ensure we have an accurate list of participants and their contact information. March events have been added to the online registration form and events will be updated each month. ***If you have already been attended an ongoing class (ie Tai Chi or Yoga), we ask that you still complete the online registration.***

Eileen Theroux, Director
 Diane LaBarge, Finance Assistant

COA Board of Directors:
 Marianne Drake, Chair
 Bev Henrichsen, Vice Chair
 Francine Frenier, Secretary
 Lillian Bisbee
 Lynn Hicks
 John Kislo
 Darlene McVeigh
 Jim Martin

Dee Cinner, Librarian

Step 1: Go to the Chesterfield COA home page:

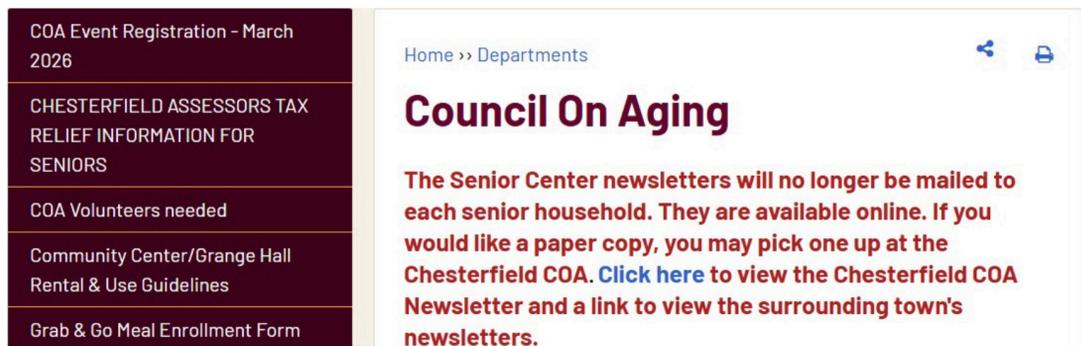
[Council On Aging | Chesterfield, MA](#) or

<https://www.townofchesterfieldma.com/council-aging>

Step 2: Select COA Event Registration - March 2026



In the upper left-hand corner



Step 3: Complete the information required: email address, name, phone number, town of residence.

Chesterfield COA Event Registration - March 2026

Town of Chesterfield COA Event Signup

coa@townofchesterfieldma.com [Switch account](#)

* Indicates required question

Email *

Your email

First Name: *

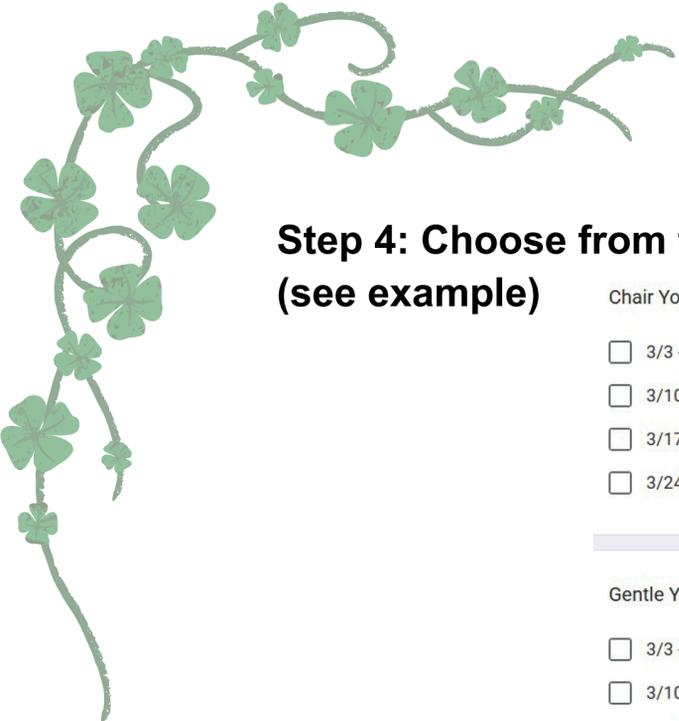
Your answer

Last Name: *

Your answer

Contact information:
 Phone: 413-296-4007
 Email:
coa@townofchesterfieldma.com
 Address: 400 Main Rd. P.O. Box 7,
 Chesterfield MA 01012
 Facebook: [Chesterfield, MA Council on Aging](#)

Please note! In the event of inclement weather, the COA follows Hampshire Regional School schedule for closings.



**Step 4: Choose from the list of programs and dates you would like to attend:
(see example)**

Chair Yoga

- 3/3 - 10:00am
- 3/10 - 10:00am
- 3/17 - 10:00am
- 3/24 - 10:00am

Gentle Yoga

- 3/3 - 3:30pm
- 3/10 - 3:30pm
- 3/17 - 3:30pm
- 3/24 - 10:00am

Tai Chi

- 3/6 - 9:30am
- 3/13 - 9:30am
- 3/20 - 9:30am

Step 5: Click “Submit”

It will take some time to transition to this new process and to work out any kinks. We are here to help! If you have any questions, get stuck, or want someone to walk you through it, please call the COA at 296-4007. We will continue to accept phone and email registrations.

**New Tai Chi class at the COA
Fridays 9:30am**

Have you ever wanted to try Tai chi, but were concerned that it would take too long to learn or be too difficult? Marty Phinney - a long-time instructor who has decades of experience in Yang style Tai Chi has been learning and incorporating elements of Dr. Paul Lam’s program “Tai Chi for Arthritis and Health.” This program has been demonstrated to be effective in:

- Improved balance and mobility**
- Improved strength and flexibility**
- Improved relaxation**
- Decreased pain and falls**

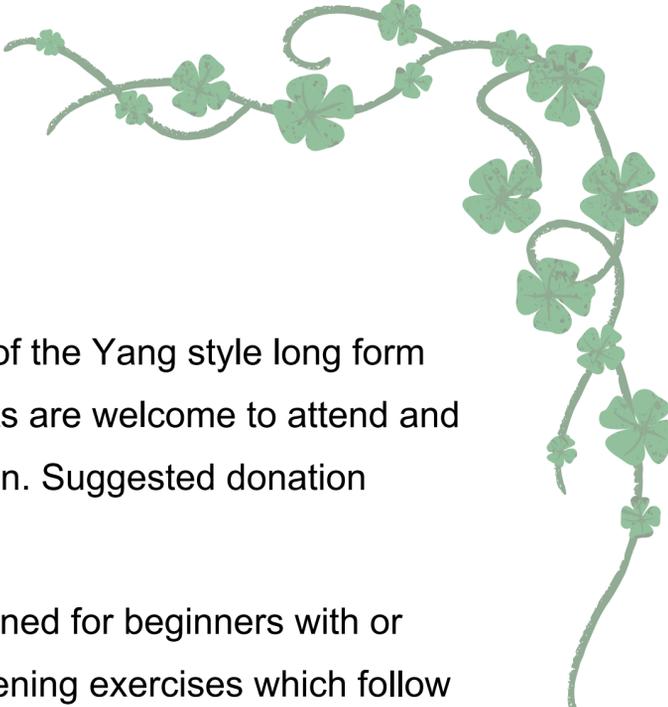
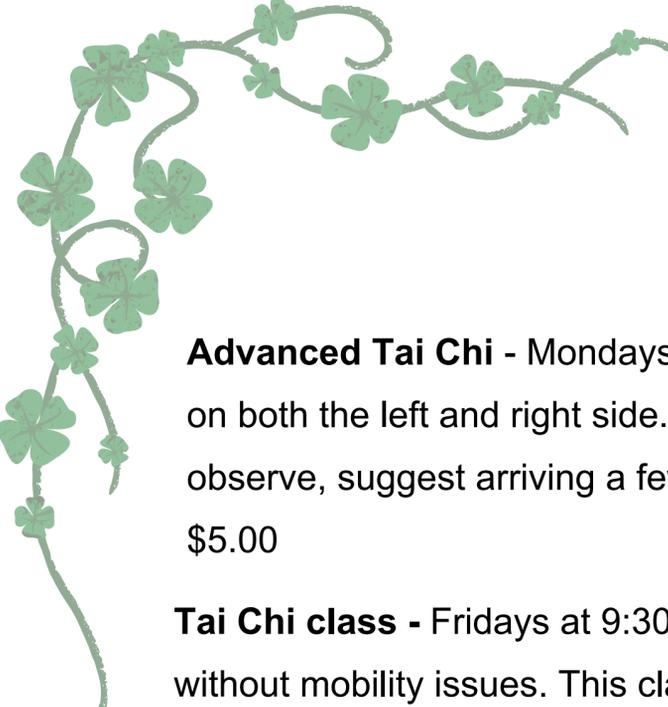
The Tai Chi for Health Institute (TCHI) was founded in 2010 by Dr Paul Lam and his colleagues to empower people to improve their health and wellness through Tai Chi for Health programs. TCHI programs are supported by many leading organizations and government bodies around the world, including the US Centers for Disease Control (CDC.gov), Arthritis Foundations and Administration on Aging.

Want to learn more? Check out the TCHI website at <https://taichiforhealthinstitute.org/about-us/>
Come to the class on Friday mornings and learn with us!



March Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Advanced Tai Chi: 9:30am</p> <p>Strong Seniors: 11:30am</p> <p>Grab 'N Go: 11:30am</p> <p>Oil Painting: 1-3pm</p>	<p>3</p> <p>Chair Yoga: 10am</p> <p>Tech Drop-In: 11am-2pm</p> <p>Mahjong: 1pm</p> <p>Gentle Yoga: 3:30pm</p>	<p>4</p> <p>Make a Salve from your Garden: 10am</p> <p>Watercolor class: 1- 3pm</p>	<p>5</p> <p>Grab 'N Go: 11:30am</p>	<p>6</p> <p>Tai Chi: 9:30am</p> <p>Zoom Basics: 10:30am</p> <p>Mahjong: 1pm</p>
<p>9</p> <p>Advanced Tai Chi: 9:30am</p> <p>Strong Seniors: 11:30am</p> <p>Grab 'N Go: 11:30am</p> <p>Oil Painting: 1-3pm</p>	<p>10</p> <p>Chair Yoga: 10am</p> <p>Tech Drop-In: 11am-2pm</p> <p>Mahjong: 1pm</p> <p>Gentle Yoga: 3:30pm</p>	<p>11</p> <p>Foot clinic: 9am</p> <p>NHRES All School Meeting: 9:15am</p> <p>Yoga: 11:00am</p> <p>Watercolor class: 1-3pm</p>	<p>12</p> <p>Grab 'N Go: 11:30am</p> <p>Brown Bag Program: 1pm</p>	<p>13</p> <p>Tai Chi: 9:30am</p> <p>Mahjong: 1pm</p>
<p>16</p> <p>Advanced Tai Chi: 9:30am</p> <p>Strong Seniors: 11:30am</p> <p>Grab 'N Go: 11:30am</p> <p>Oil Painting: 1-3pm</p>	<p>17</p> <p>Chair Yoga: 10am</p> <p>Tech Drop-In: 11am-2pm</p> <p>Mahjong: 1pm</p> <p>Gentle Yoga: 3:30pm</p>	<p>18</p> <p>Yoga: 11:00am</p> <p>Watercolor Class: 1-3pm</p>	<p>19</p> <p>Tick-borne Illness Prevention: 11:00am</p> <p>Grab 'N Go: 11:30am</p>	<p>20</p> <p>Tai Chi: 9:30am</p> <p>Social Media Basics: 10:30am</p> <p>Mahjong: 1pm</p>
<p>23</p> <p>Advanced Tai Chi: 9:30am</p> <p>Strong Seniors: 11:30am</p> <p>Grab 'N Go: 11:30am</p> <p>Oil Painting: 1-3pm</p>	<p>24</p> <p>Chair Yoga: 10am Tech Drop-In: 11am-2pm</p> <p>Mahjong: 1pm</p> <p>Gentle Yoga: 3:30pm</p>	<p>25</p> <p>Yoga: 11:00am</p> <p>Watercolor Class: 1-3pm</p> <p>Fiber Friends: 7pm</p>	<p>26</p> <p>COA Lunch and Learn- Container Gardening: 11:30 am</p> <p>Grab 'N Go: 11:30am</p>	<p>27</p> <p>Tai Chi: 9:30am</p> <p>Mahjong: 1pm</p>
<p>30</p> <p>Advanced Tai Chi: 9:30am</p> <p>Strong Seniors: 11:30am</p> <p>Grab 'N Go: 11:30am</p> <p>Oil Painting: 1-3pm</p>	<p>31</p> <p>Chair Yoga: 10am</p> <p>Tech Drop-In: 11-2</p> <p>Mahjong: 1pm</p> <p>Gentle Yoga: 3:30pm</p> <p>Expressive Arts Group: 5-6:30pm</p>			



March Exercise Programs

Advanced Tai Chi - Mondays 9:30 - 11am. This class practices the 3 parts of the Yang style long form on both the left and right side. There is no formal instruction. New participants are welcome to attend and observe, suggest arriving a few minutes early for introductions and orientation. Suggested donation \$5.00

Tai Chi class - Fridays at 9:30am. Seated Tai Chi and Tai Chi walking: designed for beginners with or without mobility issues. This class will include seated warm-ups and strengthening exercises which follow the core principles of Tai Chi as well as the basic ways of tai chi walking. A gentle introduction to an ancient system of movement which can help with balance, coordination and clarity. Suggested donation \$5.00

Chair Yoga - Tuesdays 10 - 11am. A modified version of traditional yoga, designed to be practiced while sitting on a chair or using the chair for support during standing poses. This is an ideal exercise for seniors, particularly those with limited mobility, balance issues, or health conditions that render traditional yoga poses challenging. The practice includes gentle stretching, strengthening exercises, and focused breathing. We keep it simple and fun, always time to share some laughs. Suggested donation \$5.00

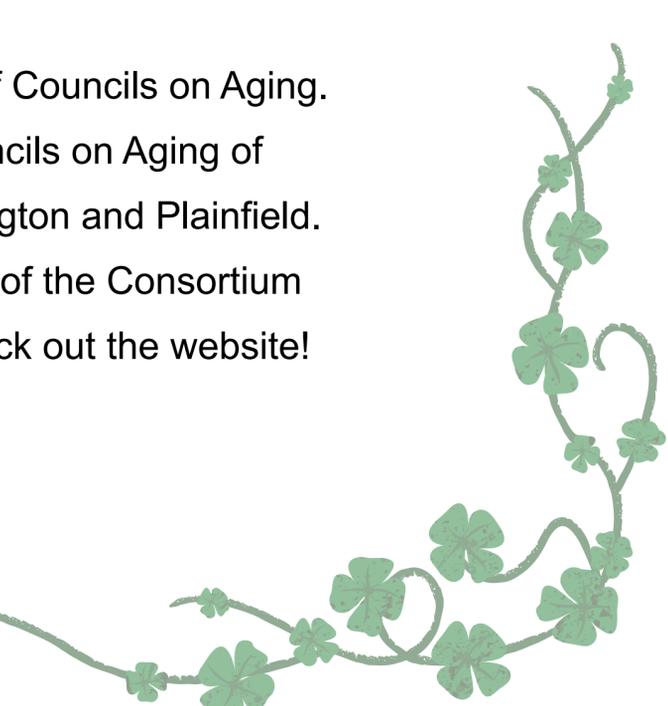
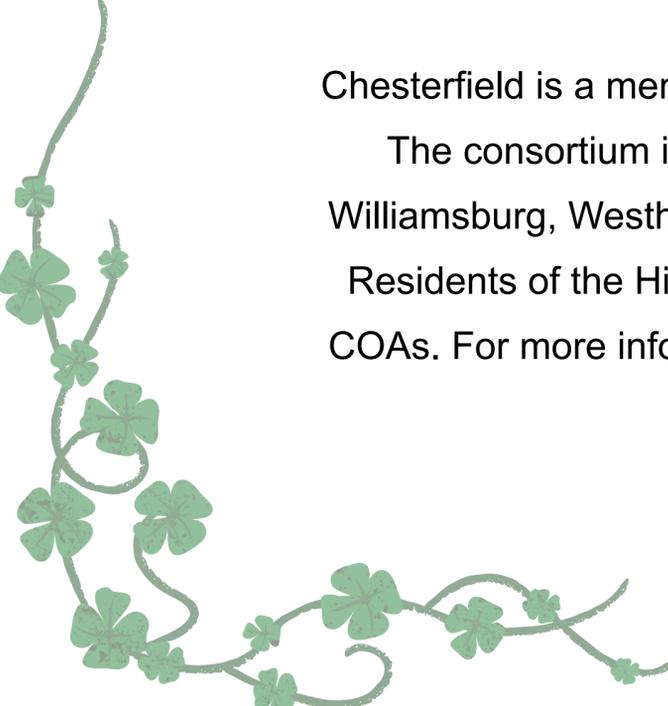
Gentle Yoga: Tuesdays 3:30-4:30pm. Please join instructor Michelle Ryan for this series. Bring your own mat or props you might need. (The COA has some available for use). Suggested donation \$5.00

Strong Seniors: Mondays 11:30am-12:30pm. Weight training for all abilities to strengthen and condition. Bring a yoga mat if you have one - some mats available at the COA. Suggested donation \$3.00

Gentle Yoga: Wednesdays 11:00am (3/11, 3/18, 3/25 and 4/1). For more information or to register, contact Naomi Edelman at naomi.a.edelman@gmail.com Suggested donation \$5.00

This series sponsored by the Chesterfield Cultural Council

Northern Hilltowns Consortium



Chesterfield is a member of the Northern Hilltowns Consortium of Councils on Aging.

The consortium is a collaborative that includes the town Councils on Aging of Williamsburg, Westhampton, Chesterfield, Worthington, Cummington and Plainfield.

Residents of the Hilltowns are welcome to attend events at any of the Consortium COAs. For more information, including a calendar of events, check out the website!

Northern Hilltowns Councils on Aging

March Special Programs

[Make a Salve from our Garden Wednesday March 4th 10:00am](#)

Kay Judge, Clinical Aromatherapist from Blue Skye Wellness, will demonstrate how to make a salve from olive oil infused with garden herbs, essential oils and beeswax. She will talk about why a salve is such a simple and useful remedy to have on hand, and the different ingredients like essential oils, herbs, carrier oils and waxes that can be used to customize the final product. The process will be demonstrated from start to finish and participants will be able to take home a sample.

Register online at <https://www.townofchesterfieldma.com/council-aging> or contact the COA: 296-4007 or email coa@townofchesterfieldma.com

[Public Health Presentations](#)

Public Health Nurses Kelly Hughes from the Northampton Dept. of Health and Human Services will be presenting a series of important health talks. There will be a short presentation, time for questions and blood pressure checks. Refreshments will be served.

[Tick-borne Illness Prevention](#)

Thursday March 19th 11:00 am

[Health Care Advocacy and Healthcare Proxies](#)

Thursday April 16th, 11:00 am

[Lunch and Learn Thursday March 26th 11:30 am](#)

Please join us for lunch provided by the Chesterfield General Store. Come and meet Jen O'Connell from the Community Connector program. Lunch will be followed by Master Gardener Carol Kelly who will talk about container gardening, soil testing and the path to becoming a Master Gardener!

Registration required. online at <https://www.townofchesterfieldma.com/council-aging> or contact the COA: 296-4007 or email coa@townofchesterfieldma.com

[Monthly Expressive Arts Group Tuesday March 31, 2026, 5:00—6:30 pm.](#)

This monthly group, for grieving adults, offers a safe space to make a visual response to prompts provided using collage. There are no limits on how, when or where the person passed away. Shelly Lenn, Cooley Dickinson Hospice Bereavement Coordinator will lead this group.

For some the word "ART" can be scary, but don't worry. Please know that this group isn't about what you make, instead it's about y-o-u-r individual, and unique process. Contact the COA to register: 296-4007 or email coa@townofchesterfieldma.com



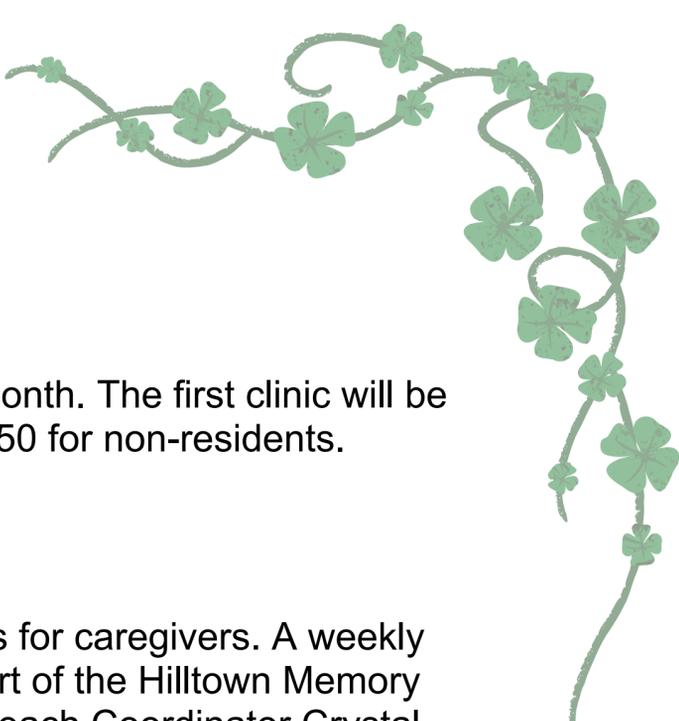
Mass General Brigham

Cooley Dickinson VNA & Hospice

New Hingham Regional Elementary School

All School Meeting March 11 9:15am

Throughout the school year, NHRES holds All School Meetings - assemblies hosted by a class in which students share recent projects and families, along with community members, are invited to join. The next All School Meeting is on February 11th at 9:15am Please join the Goshen and Chesterfield Senior Cheering Section!



Resources

Foot Nurse Wednesday March 11th

The COA will begin offering a foot clinic with Piper Sagan every other month. The first clinic will be Wednesday March 11. The cost is \$40 for Chesterfield residents and \$50 for non-residents. Contact the COA for an appointment 296-4007.

CaregiverSupport

The Huntington Council on Aging offers information and support services for caregivers. A weekly support group is held on Wednesdays at 2:00 p.m. at Stanton Hall as part of the Hilltown Memory Cafe. Please contact Caregiver Support Coordinator/Facilitator and Outreach Coordinator Crystal Wright-Partyka at 413-685-5283 or email caregiveroutreach@huntingtonma.us for more information. *This program is made possible in part by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act.*

Hampshire Elder Law Program (HELP)

is a program of the Hampshire County Bar Association which provides civil legal services at no cost to low-income seniors, 60 years of age and older. Services provided will include bankruptcy, consumer protection, guardianship, health care proxies, powers of attorney, probate of estates, and wills. For more information, contact the Hampshire County Bar Association by phone at (413) 586-8729 or Email: hcba@crocker.com

SHINE: Serving the Health Insurance Needs of Everyone. The SHINE Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare.. For info contact Caroline Solan at Highland Valley Elder Services 413-586-2000 ext 999 (option2) or by email csolan@lifepathma.org

TRIAD Medical Equipment - This program provides used medical equipment pick-up and delivery free of charge to seniors in Chesterfield. Interested in learning more? Visit the Hampshire County Sheriff's Official website at www.hampshiresheriffs.com/ or call 413-582-7787

Hilltown Easy Ride Van services for seniors over 60 residing in Chesterfield and other hilltowns. Regularly scheduled shopping trips to Northampton, rides to medical appointments. Interested riders must be pre-approved for eligibility. More information, including an application for services can be found at: <https://www.hilltowncdc.org/transportation> or call 413-296-4232

Hilltown Elder Network (HEN) Program provides eligible seniors with in-home services, such as home chores or transportation assistance. Seniors must be at least 62 years old, meet household income criteria, and are ineligible for other forms of assistance. For more information, please contact Helen Pelletier at 413-238-4418

Receive up to \$2820 with the Circuit Breaker Tax Credit refund!

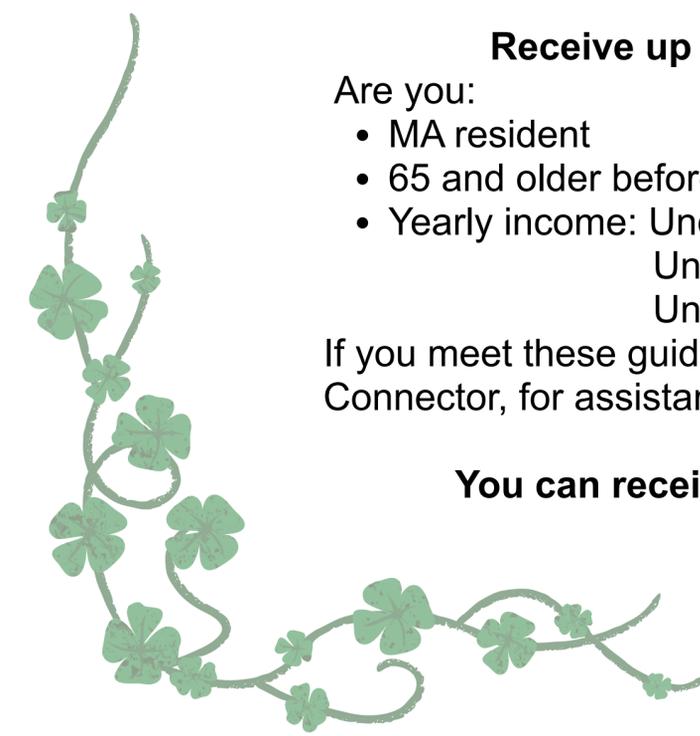
Are you:

- MA resident
- 65 and older before 12/31/25
- Yearly income: Under \$75k for single person, not head of household.
Under \$94k for head of household
Under \$112k for married couples filing joint return

If you meet these guidelines, please call or email Jennifer O'Connell, the Community Connector, for assistance. 413-296-4536 ext 110

communityconnectjo@gmail.com

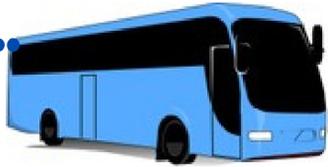
You can receive up to three prior years worth of tax credit refunds!





Regional News

On the Road Again... TRIPS IN 2026



**Contact Francine Frenier to reserve your seat
BEFORE mailing payments.**

For more info call **413-296-4291**

Email: francine.frenier@gmail.com

Mail: 11 Stage Rd. Williamsburg, MA 01096

Multi-Day Trip April 17-21 Washington DC 5

days, 4 nights Admission to the George Washington Mount Vernon Estate, Garden & Memorial, Arlington National Cemetery, Smithsonian Institution, Capitol Building, World War II Memorial and more. Price \$790 and is due NOW. Make the check payable to Diamond Tours and mail to the address above. A few seats are still available.

Day Trip May 3, 2026, Sunday **A Grand Night for Singing** at the Seven Angels Theater in Waterbury, CT. Pre-show lunch at San Marino's Restaurant. Price \$132. Make check payable to Landmark Tours and mail to the address above NOW.

Day Trip June 11th, **Million Dollar Quartet play.** **New London Barn** Playhouse presents a jukebox musical that dramatizes a real and remarkable moment in music history. Four future legends, Elvis Presley, Johnny Cash, Carl Perkins, Jerry Lee Lewis happened to gather in the same studio. Includes a buffet luncheon at Colby-Sawyer College. Price \$177. Make a check payable to Landmark Tours and mail to the address above by April 6, 2026.

Day Trip June 23rd, **Portsmouth Harbor Cruise and Fosters' Lobster/Clambake.** Before the Portsmouth Harbor cruise, enjoy lunch at Fosters in York Maine offering a choice of **lobster or BBQ chicken or vegetarian option.**

Price \$160. Make a payable to Landmark Tours and mail to the address above by April 16, 2026. (replaces the Isles of Shoals trip)

Day Trip July 1st, **FDR Homestead & Library and Hudson River Cruise.** Take a scenic cruise on the Hudson River. Enjoy a boxed lunch of gourmet sandwiches on board. Tour the home of Franklin D. Roosevelt & the first Presidential Library. Price \$140. Make check payable to Landmark Tours and mail it to the address above by May 6, 2026. Wait list only.

Day Trip July 12, 13, 14 or 15 **Tall Ships in Boston** Contact The Travel Group 1-888-320-8687 for more info.

Day Trip August 3rd **Encore Casino.** \$50 Cost Includes: round trip bus transportation, driver gratuity & \$20 in free slot play. Meals on your own. Make check payable to Francine Frenier and mail to address above by June 6, 2026. 35 passengers are needed for this trip to go.

Day Trip September TBD **Big E.**

Day Trip Nov/Dec, TBD **Holiday trip**

GOOD NEWS FOR MARCH 2026

ByDebHollingworth

Yipe! This is the time of year when I sometimes hear from folks that the health care plan changes they made last Fall during Open Enrollment....are not working out.

Usually this happens when they go to pick up a prescription and discover that this year's co-pay is significantly more than they had to pay last year. Or, if they had a United Health Care (AARP) plan and didn't change it, they might be told that their medical provider can't bill their United plan any more.

The **Good News** is that if you are currently enrolled in a Medicare Advantage plan.... you are allowed to switch to another Advantage plan or opt out altogether and return to original Medicare and enroll in a Medicare D plan for Rx coverage. You have until March 31st to make any changes. After that, you are locked into your plan's coverage until January next year.

You can ignore all this if you have an Advantage plan that is through your retirement/pension. It is usually unwise to opt out of health coverage provided through your pension....because if you do make a change, you will not be able to get that pension benefit back.

Best strategy is to check with a SHINE counselor to see if you can make changes, and see if there are better options.

Our SHINE counselor for the hill towns is **Caroline Solan** at Highland Valley 413-586-2000 or you can call the Regional SHINE office at Lifepath in Greenfield, 413-773-5555.

TECH CONNECT
SUCCESS FOR OLDER ADULTS



An UPDATE on YOUR Tech Services

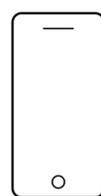
TECH CONNECT 2.0 has continued operating on funds from the original Tech Connect program since March of 2025. With the support of Northampton Open Media, the Alliance for Digital Equity, our COA directors, volunteers and librarians, we have supported over 350 technology calls from older adults in the hilltowns. We grow more popular as word of mouth spreads that we are a source of refurbished devices, free tech support and training.

We are exploring state and community grants. It has been rough going in the current funding climate. We are funded through the spring / early summer but then must rely on ourselves and the community to support the service if we are to continue.

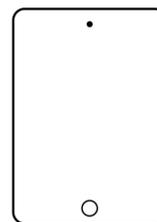
We are considering asking for donations for home visits, placing a donation box at drop-in sessions, and launching a fundraising drive in April. Stay tuned for specific changes and announcements in the next COA newsletter.

Lizzy Canady

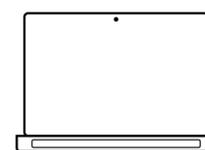
Nancy Brown



Smartphone



Tablet



Laptop



Desktop

TECHNOLOGY HELP FOR MARCH



NEW Best Ever! TechHub is returning on alternate Fridays to present workshops. Workshops are one hour beginning at 10:30 am. A 2 hour drop in session will follow. All sessions will be held at 400 Main St., Chesterfield, downstairs. No need to register

March 6	Zoom Basics
March 20	Social Media Basics
April 3	Online Safety Basics
April 17	Avoiding Misinformation
May 1	Cloud Basics
May 15	MS Excel
May 29	Windows Operating System Basics
June 5	Designing with Canva

Tech Support home visit is available by appointment. Call or message 413-296-5080 to arrange a home visit or email coaTechHelp@gmail.com for help.

Devices for you: Refurbished PC laptops and iPads. If you need a device to connect to the internet or have something so old it is not working effectively, please contact us. Leave a message at 413-296-5080.

Drop-in Centers schedules (no appointment needed)
Chesterfield Community Center 400 Main Rd.

Weekly on all Tuesdays from 11:00 to 2:00
Goshen Library, Drop-In tech support from
12:00 to 2:00, 3rd Thursday, 3/19

Westhampton Library Drop-In tech support, from
2:00 to 4:00, 4th Thursday 3/26

Williamsburg

Meekins Library Drop-In tech support from 10 :30 to
12:30, 2nd Tuesday, 3/10

Nash Hill Place Resident Drop-In tech support from
10:00 to Noon, 2nd Tuesday, 3/10

Worthington tech support - contact Eileen Daneri
eadaneri@gmail.com

NOTE: Plainfield and Cummington residents should call 413-296-5080 for an appointment or use the Chesterfield site.

Internet Hotspots

Funding for hotspots data ended in February. Call 413-296-5080 for help on finding the right low- cost internet plan for you.

TECH TALK

from Peg Whalen

I want to share once again an experience I had a while ago so that others can benefit from my mistake. On a trip to Philadelphia by train I brought two carry-on bags with me and my laptop. To keep the laptop safe when I briefly left my seat I tucked it overhead between my carry-on bags. Later, when I was exiting the train, I got distracted. I grabbed both carry-on bags and, yup, you guessed it, I left the laptop behind. Losing the laptop itself was frustrating but could be replaced at some expense. The information loss was a tragedy. Before leaving, I had not backed up the files, photos, and programs on the laptop. **I knew better!** It happened anyway.

Backup your information in case of device loss, viruses, scams, equipment failure. If you do not know how to protect electronic information, find assistance with ways to stay safe.

What should I have done? I could have used one of the “clouds”, like Microsoft OneDrive, Google Drive, Apple iCloud, or my external hard drive at home.

I urge you to consider attending the May 1st Cloud Basics workshop offered by TechHub. Make an informed decision about trusting Clouds. I wish I had had my head in the Clouds!

#SlamTheScam 2026



National “Slam the Scam” Day is designated by Social Security’s Office of the Inspector General to raise awareness of government imposter scams, which continue to spread across the United States. Slam the Scam Day is Thursday, March 5, 2026, as part of National Consumer Protection Week, which takes place this year from March 1-7.

Watch for more info at <https://youtu.be/c6svESSADHM>

HILLTOWN RESOURCE AND VOLUNTEER/JOB FAIR

ROOTED IN THE HILLTOWNS. GUIDED BY CARE.

The Northern Hilltowns Consortium is proud to sponsor the upcoming Hilltown Resource, Volunteer & Job Fair, an event designed to connect community members to available resources, and to meaningful work and volunteer opportunities that directly support adults across our Hilltowns and western Massachusetts.

Whether you are a senior seeking assistance, a caregiver looking for guidance, or someone hoping to give back, there will be valuable information available. This fair will highlight a wide range of resources available to seniors and their families. Attendees can learn more about services including Veteran Affairs benefits, in-home support, help with housekeeping and daily tasks, transportation assistance, nutrition programs, and other community-based supports designed to make daily life safer and more manageable for older adults.

In addition to providing information about resources available to Hilltown seniors and their families, this fair will bring together local organizations and service providers who are actively seeking compassionate, dependable employees and volunteers. Opportunities range from caregiving, transportation, and nutrition services to outreach, social support, and community engagement. These roles play a vital part in helping seniors remain safe, connected, and able to age with dignity in their own homes. The need is real—and the impact of showing up is profound.

At the Council on Aging, we believe every older adult deserves access to support, respect, and compassionate care. By empowering you with information about what resources are available, we aim to increase your independence. By strengthening community partnerships and empowering people to share their time and talents, we reinforce the networks that serve our elders and enrich the fabric of our small towns. Please join us!

Event Details

 **Saturday, April 25, 2026**

 **10:00 a.m. – 2:00 p.m.**

 **New Hingham Regional Elementary School, Chesterfield, MA**

All community members are encouraged to attend. Come explore opportunities, connect with local organizations, and help strengthen the care and compassion that define our Hilltowns.