



Chesterfield Council on Aging Newsletter

April 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.

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

Happy National Volunteer Month!

National Volunteer Appreciation Week 2026 is April 19–25.

In the United States, the month of April is designated as National Volunteer Month. This serves as a reminder that the various roles volunteers play has a big impact on enriching people's lives and improving the community we live in.

The Chesterfield Council on Aging has many volunteers - 15 to be exact! Our volunteers include 8 who are members of the Board of Directors - they help to ensure the mission of the COA is upheld. We also have 5 volunteers who help to ensure food programs such as Grab & Go meals, Brown Bag, and CISA farm share reach eligible participants (Board members jump in and help out with these as well!). Lastly, we have 2 volunteers who will be helping to coordinate upcoming art shows; one of them also maintains the COA library.

We couldn't do what we do without them!

To our many volunteers: the COA is sincerely grateful for your help. You help us meet the needs of the people we serve, you enrich their lives by lending your skills, expertise, support or a listening ear. Our community is better because of you.

Please join us in celebrating the many volunteers at the COA and in our community.

~ Eileen Theroux



**Please follow us on Facebook
for schedule changes!**

April Program registration now available online!

Please register for upcoming classes and events.

Go to the Chesterfield COA home page:
Council On Aging - Chesterfield. MA or
<https://www.townofchesterfieldma.com/council-aging>

You can also contact the COA by phone or email to register:
296-4007 or coa@townofchesterfieldma.com

April Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Gentle Yoga 11am Watercolor Class 1- 3pm	2 Grab 'N Go: 11:30am	3 Tai Chi: 9:30am Online Safety & Avoiding Misinformation: 10:30am Mahjong: 1pm
6 Advanced Tai Chi: 9:30am Grab 'N Go: 11:30am Strong Seniors 11:30am Oil Painting: 1-3pm	7 Chair Yoga: 10am Tech Drop-In: 11am-2pm Mahjong: 1pm Gentle Yoga: 3:30pm	8 Watercolor Class 1-3pm	9 Grab 'N Go: 11:30am Brown Bag Program: 1pm Intergenerational Dance 4pm	10 Tai Chi: 9:30am Mahjong: 1pm
13 Advanced Tai Chi: 9:30am Grab 'N Go: 11:30am Strong Seniors 11:30am	14 Chair Yoga: 10am Tech Drop-In: 11am-2pm Mahjong: 1pm Gentle Yoga: 3:30pm	15 Watercolor Class: 1-3pm	16 Health Care Advocacy and Health Care Proxies 11:30am Grab 'N Go: 11:30am Intergenerational Dance 4pm	17 Tai Chi: 9:30am Introduction to Google Workspace: 10:30am Mahjong: 1pm
20 Advanced Tai Chi: 9:30am Grab 'N Go: 11:30am Strong Seniors 11:30am	21 Chair Yoga: 10am Tech Drop-In: 11am-2pm Mahjong: 1pm	22 Make a Salve from our Garden 10:00am Watercolor Class: 1-3pm Fiber Friends: 7pm	23 Grab 'N Go: 11:30am	24 Mahjong: 1pm
27 Advanced Tai Chi: 9:30am Grab 'N Go: 11:30am Strong Seniors 11:30am	28 Chair Yoga: 10am Tech Drop-In: 11-2 Mahjong: 1pm Expressive Arts Group:5-6:30pm	29	30 Grab 'N Go: 11:30am Intergenerational Dance 4pm	



April 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. Suggested donation \$3.00

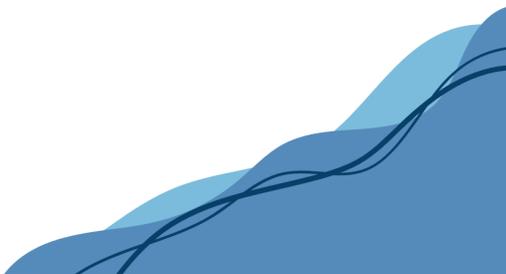
Northern Hilltowns Consortium

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



April Special Programs

Public Health Presentation:

Health Care Advocacy and Health Care Proxies

Public Health Nurse Kelly Hughes from the Northampton Dept. of Health and Human Services will be presenting an important health talk:

Thursday April 16th 11:30am

Lunch will be served! Registration required - online or by contacting the COA!

Intergenerational Dance Class

Come Dance With Us

Amy dawn Kotel, Facilltator



When: Thursday 4:00- 5:00pm

April 9, 16, 30 and

May 7 and 14

Where: Chesterfield Community Center

400 Main Road Chesterfield

People of all ages are welcome to participate in this intergenerational dance project. Children must be accompanied by a responsible adult. We will use improvisational scores and activities that can be adapted for all abilities, to create a dance piece, as a group, culminating in a performance on May 14th

This program is supported in part by a grant from the Chesterfield Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. And a generous grant from the Mass cultural council



Make a Salve from our Garden

Wednesday April 22nd 10am

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

Monthly Expressive Arts Group Tuesday April 28th, 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

TechConnect Workshops

Good news!

TechConnect will resume computer workshops with our partner TechHub beginning in March. Workshops are one hour beginning at 10:30 am followed by an optional drop-in tech support session from 11:30-1:30. All classes will be held at 400 Main St., Chesterfield, MA downstairs. Sessions are free. No registration necessary.

March 20 Social Media Basics

April 3 Online Safety & Avoiding Misinformation

April 17 Introduction to Google Workspace

May 1 Cloud Basics & Google Drive

May 15 MS Excel Basics

May 29 Windows 11 Operating System Basics

June 12 Designing with Canva

June 26 Zoom Basics

Questions? Call 413-296-5080

Resources

New!

Foot Nurse Wednesday May 13th

The COA offers a foot clinic with Piper Sagan every other month. The next clinic will be Wednesday May 13th. 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

The Hilltown Elder Network (HEN program) is looking to help our Hilltown seniors! If you are in need of assistance with house cleaning, meal prep, grocery shopping, or transportation please call the number below to sign up. It is a free service, if income eligible, provided by Hilltown CDC.

If you are a senior looking to make a little extra money (\$22 an hour) while helping out a community member, please call! Hours are flexible and can be as little as two hours a week. We have some HEN workers that are also HEN caregivers. We will be having a job fair on Saturday, April 25th from 10-2 at New Hingham Elementary school where HEN will have a booth with all the info you will need to get started as a caregiver or one receiving help. Feel free to contact Jennifer O'Connell at 413-296-4536 ext. 110 or email at jennifero@hilltowncdc.org for more information or to sign up sooner than the job fair.

SAVE THE DATE

Hilltown Resource, Volunteer & Job Fair

Whether you are seeking assistance, wanting a way to give back or looking for part-time work, this fair has something for everyone *regardless of age*.

Why Come? Our hilltowns thrive when we show up for one another. Your impact can be profound. Help strengthen the economy and networks that enrich our community and serve older adults.

COME SEE US!

All community members are encouraged to attend
Saturday, April 25, 2026

10:00 a.m. – 2:00 p.m.

New Hingham Regional Elementary School
30 Smith Rd, Chesterfield, MA

What You Will Find? Essential *resources* including Veteran Affairs, in-home support, transportation, and nutrition programs designed to help older adults age safely and independently at home. We will have information to takeaway, limited *tech help* and questions answered, Hilltown Elder Network (HEN) program service and job *applications, giveaways and door prizes*: Campground stay, stained glass from local artisan, Williamsburg Market gift certificates, and more.

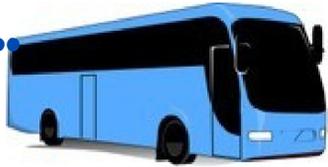
PARTICIPATING ORGANIZATIONS INCLUDE:

- | | | |
|--------------------|-----------------------------|---|
| • Veterans Affairs | • 7town Council on Aging | • Funeral Consumers Alliance of Western MA |
| • Service Net | • Elder Care Access | • Highland Valley Elder Services |
| • Hilltown CDC | • New England Wound Center | • Hilltown Elder Network HEN Prog |
| • Trinity Health | • Foothills Health District | • Chesterfield 4 th of July Parade Committee |
| • TechConnect | • Area Fire Department | • Northwest DA – Consumer Protection Unit |
| • SHINE | • Blood Pressure Clinic | • Area Assisted/Independent Living |
| | • Hampshire Public Health | |



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**

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

April 3	Online Safety Basics
April 17	Intro to Google Workspace
May 1	Cloud Basics & Google Drive
May 15	MS Excel
May 29	Windows Operating System Basics
June 5	Designing with Canva
June 26	Zoom Basics

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.