

# Cummington Council on Aging

## November 2018 Newsletter



Cummington Council on Aging  
P.O. Box 95,  
Cummington, MA 01026

Anne Parsons, Director  
413-634-2262  
coa@cummington-ma.gov  
Hours: Wednesday 10am-5pm

### Events: November 2018

#### **Monday:**

<b>Healthy Bones / Balance</b>	<b>9:30—10:30am</b>
<b>C'ton COA Coffee Hour</b>	<b>10:30— 11:30am</b>
Town Admin. Assistant	9:00 -11:00am
Board of Assessors Assistant	9:30 -11:30am
Veterans' Agent (1st & 3rd Mon.)	9:00 - 11:00am
Bryant Library	6:00 - 9:00pm

#### **Tuesday:**

Town Admin. Assistant	9:00 -11:00am
Living Fully, Aging Gracefully and Befriending Death Discussion Group (11/13) in Comm. House Lib.	1:00 -3:00pm

#### **COA Potluck (11/20)**

Board of Health mtg	<b>12pm</b>
1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays	7:00pm

#### **Wednesday:**

<b>COA Office Hours</b>	<b>10:00am –5pm</b>
Building Inspector	10:00 -12:00pm
Compactor	5:30 -7:30pm
Bryant Library	6:00 - 9:00pm

#### **Thursday:**

<b>Healthy Bones / Balance</b>	<b>9:30 -10:30am</b>
<b>COA Board Meeting (11/1)</b>	<b>11:00am</b>
Town Clerk	4:00 -7:30pm
Building Inspector	No Thurs. hours
Board of Assessors meeting	6:30pm
2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays	
Selectboard	7:00pm

#### **Friday:**

<b>Foot care clinic (11/23)</b>	<b>9am</b>
<i>Appointment required</i>	

#### **Saturday:**

Compactor	7:00 -11:00am
Bryant Library	8:30 -12:30pm

**The COA Board of Directors meets the first Thursday of the month at 11am in the Community House.**

#### **Your COA board members are:**

Elliot Ring, Chairman (634-5666)  
Peg Daniels, Corresponding Secretary (634-2229)  
Worth Noyes (634-8003)  
Kathy Knox (634-8041)  
Ann Lambert (634-2243)  
JoDee Simard (634-5051)  
Anne Parsons, Director (634-5707)

*Note: We are always looking for volunteers to join the board and/or our Neighbor to Neighbor Ride Program. Won't you consider offering your time?*

### *November Potluck*



The November potluck luncheon will be on **Tuesday, 11/20 at 12pm in the Community House**. As you know, our November potluck is our biggest celebration of the year as we enter the holiday season. The COA board members will be cooking you a Thanksgiving feast! Please bring a side dish or dessert. Bev Hollingsworth will be here from SHINE and Rochelle Wildfong will entertain us with stories. Should you like to speak privately with Bev Hollingsworth, please call the COA office (634-2262) to make an appointment for after the luncheon.

#### **Blood Pressure Clinic**

Robyn from the HCHC will be here prior to the luncheon on 11/20 from 11:30am to 12pm.

## November Birthdays



Donald Morton, Patricia Stout,  
Patricia Brundage, Donna Douglas,  
John Eisenhower, Dennis Forgea, Robert Arbib,  
Daniel Loux, Charles Marinus,  
Margaret Urbanowski, Lawrence Tower,  
Linda Streeter, Mary Dygert, Frances Henry,  
Margaret Daniels, Dann Emerson, David Gokey,  
Barbara Badner, Timothy Gibson, Allan Kidston,  
Barbara Konieczny, Gloria Robbins,  
Gayle Fitzgerald, Peter Watson,  
Jonathan Ginzberg, Beth Lang,  
Kathleen Watson, Mary Sullivan, Joseph Gomes,  
Georgann Matuesezski, Gail Roberge,  
Richard Roberge, Amy Pulley, Herbert Kellogg,  
Lisa Gladu, Paula Pedersen, Alice Cozzolino,  
Robert Godfrey, Cynthia Lynds and  
Laura Sheppard.

*May each of you have a wonderful year!*

## Veterans Day

On November 11<sup>th</sup>, the country will be celebrating Veterans Day. Here at the Council on Aging, we value the freedom and rights secured by veterans, the military and their families. Your service and sacrifices will not be forgotten.



Thank you to all our Cummington neighbors who have served in the armed forces:

Bill Adams, Mark Bevan, Nathan Buckhout,  
David Cuddahy, Allan Douglas, James Drawe,  
James Ducharme, Kyle Ducharme, Thomas Dyer,  
John Eisenhower, Dann Emerson, Steve Emerson,  
Bernard Forgea, Dennis Forgea, Timothy Gibson,  
Chester Gorskiu, Robert Gunn, Bruce Harrison,  
Bruce Hoag, Thomas Jay, Walter Korzec,  
Karolyn LaFrancis, Richard LaFrancis,  
Peter Marcoux, James Martin,  
Jeffrey Matuewezski, Nicolle Phillips,  
Beverly Prentice, David Robb, Levi Robbins,  
Marianne Sample, Fletcher Schneeflock,  
Earle Streeter, Ernest Strong, Lawrence Tower,  
Joseph Urbanowski, Guy Wells, Richard Wolf and  
Ronald Wolf.

## Ladies Lunch Bunch

Our group enjoyed a wonderful lunch at Brew-

master's this month, during which we decided to have a monthly Ladies Lunch Bunch throughout the entire year. If the weather is bad during the winter, we'll just cancel. November's will be held on **Wednesday 11/14 at Fish Tails**, 5 School Street in Hatfield. Meet in the church parking lot at 11:30 to carpool!

## Foot Care Clinic

We are starting a new program: a foot care clinic, which will be held on the **4th Monday of the month**. Cost is \$30 if coming to the Community House. (Piper will also do home visits at a cost of \$40). Piper does not bill insurance. **You can set up an appointment by calling Peg Daniels at 634-2229.** Appointments begin at 9:00 a.m.



## Medical Equipment

The COA has medical equipment that can be loaned out to residents who are in need. We have: crutches & canes, walkers & rollators, wheelchairs, commodes, bath/shower chairs, and raised toilet seats. Call the COA office at 634-2262 if you or a loved one requires the use of any of these assistive devices.

**Note:** We are always looking for the above equipment that is in good working order to add to our inventory. **Please consider donating any equipment which you or a loved one is no longer using.**

If we don't have available equipment that you need, you can also check with Stavros for information about their equipment Reuse Program. Speak with Tom Filiault (413) 256-0473 ext. 233 or [tfiliault@stavros.org](mailto:tfiliault@stavros.org).

## COA Board Members

We are looking for a few good men and women who would like to join the COA Board. Board members should be 60 or over and reside in the town of Cummington. We are currently down 3 members and encourage you to consider offering your time and talents to the board. Couples are most welcome. If interested, please call the COA office at 634-2262 or one of our current board members.



## Health Fair

As you know, the mid-term elections are coming

up on **Tuesday, November 6th**. We have taken this opportunity to put together a Health Fair that is open to all Cummington residents. We will be set up in the Community Room from 10am to 2pm, so please come join us. It's an opportunity to ask questions and receive information on a topic of interest to you. We'll have coffee and goodies as well.

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## Easy Ride



The COA is working to offer monthly day trips. We are arranging for them to take place on the second Friday each month, and we will be using the Easy Ride van for transportation. In order to ride the van, you will need to have completed a form, and been approved by the Franklin Regional Transit Authority (FRTA). Applications are available on the door to the COA office. You must provide a copy of your license with your application. To find out more about Easy Ride, go to [www.hilltowncdc.org](http://www.hilltowncdc.org) and click on "Programs", then "Rural Transportation". The Easy Ride van holds 12 passengers but (generally) requires a minimum of 8 riders.

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## November and December Trips

We have 2 trips planned for you via the Easy Ride van. On **Friday, November 9th**, we plan to gather at 10am at Hillside Terrace (senior housing) for a trip down to **Dunkin Donuts in Haydenville**. It'll give people who are approved, but have not actually taken the van, the chance to experience this mode of transportation. The cost of this trip will be taken covered by the COA.



On **Friday December 14th**, we'll meet in the Village Church parking lot at 10am for a trip to **Yankee Candle in South Deerfield**. We'll have lunch out prior to returning to Cummington. If you are interested, please call Anne in the COA office (634-2262) to reserve your seat. It will be on a first come first served basis.

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## Fuel Assistance

Winter doesn't wait! Community Action of the Pioneer Valley operates the Low-Income Home Energy Assistance Program (LIHEAP) that defrays the cost of heat from November 1st through April 30th. It is an assistance program, and thus not intended to pay the entire winter/annual heating costs of eligible households. When approved, it is

also a gateway to low-income services such as weatherization, energy audits, heating system repairs and replacements. If interested, make an appointment with Anne in the COA office (634-2262) to complete an application. You will need to bring identification of all household members 18 and over, permanent residence/US citizenship of all household members, and address verification; 3 months of household bills, copy of leases, if available; verification of all income that came into the household in the last 30 days.

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## Your Input Is Needed

The COA will soon be mailing to you a questionnaire in hopes of finding out what Cummington residents would like to see the COA offer for programs. It also asks for a little information gathering if you so choose to complete.

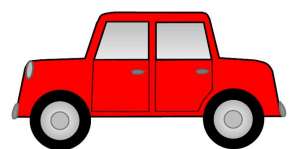


## Neighbor to Neighbor Ride Program

This program was set up some years ago to provide free rides to residents for doctor appointments. Payments to drivers have come from our "Memorial Fund", which is supported by your generous donations. As of September 1, 2018, the COA board has established the following policy:

Due to Council on Aging fiscal and compliance issues, the Neighbor to Neighbor program has set up policy and procedures for each ride to medical appointments. The Neighbor to Neighbor rides are only to be used for medical appointments. Rides will not be given for emergencies (in an emergency, please call the ambulance).

The Council on Aging promotes the use of the FRTA / Easy Ride van service, but we understand that there are some medical appointments – human and animal – that fall outside the policies of the van service. The Neighbor to Neighbor program is now charging a fee for each rider. That charge is \$5 per person, which the rider(s) will give to the driver. Vet appointments require an additional fee of \$3, totaling \$8.00 for that rider. Drivers are now required to submit monthly vendor requests on the 1st of each month. Their fee remains \$20.00 with \$5.00 from the rider and \$15.00 from the COA. Each rider must fulfill the following procedure: the rider requests a ride to the medical appointment ten days in advance of the ride by calling Peg Daniels at 413-634-2229. Certain information is needed: the rider's name, address and phone number, as well as the date, time and address of the medical appointment.



## Cummington Community Care Announces Cummington Care Network

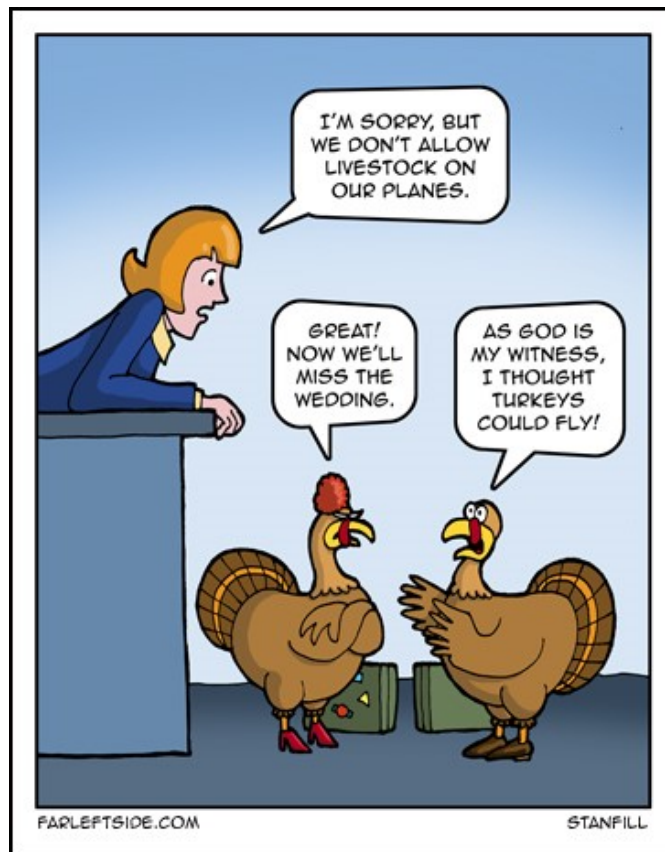
Why a Network? Connecting organizations that historically provided aid or support such as the Grange; old church-based groups in both churches, the PTA, etc., are no longer operational. Many folks have family who live at a distance and simply can't help during a crisis. A network of care in rural communities could be helpful to everyone, regardless of age. A need could be a ride into Cooley Dickinson at 7am for a procedure, or maybe you are a new mom and could use a casserole; or you could simply be a senior needing a hand with some furniture moving. Sometimes that ride, that casserole, that extra pair of hands, can be a gift to the person in need. Many of us travel into town and could give a ride to a neighbor who needs to pick up a prescription, or their car at a service station. Neighbor to neighbor aid builds community, and, in terms of ride share, is ecological.

We want to keep it simple.

1. To join: email cummingtoncc@gmail.com and put "network" in the subject line. You will then be added to a group.
2. To post a need: email CCC stating your need, and relevant information such as time, etc. including your contact information – phone, or e-mail. If you don't use the internet, call Sue Riley, 413-634-8055 and put the information on her answering machine before Wednesday at noon.

An e-mail to the group will be sent Wednesday evening every week. If there is no need; there will be no e-mail. The Network can only put the need out and cannot be responsible for insuring that

need is met. You are always welcome to re-post your need. In an emergency situation, an email will be sent immediately with a red exclamation point. Please consider joining. The Network can only be effective if folks participate! The target launch date is December 1st. Contact Sue Riley with any questions: gracenohte@verizon.net.



## The Cummington Council on Aging says thank you to our Generous Supporters!

If you haven't already, won't you please consider making a contribution? Your help will support our monthly newsletter and our Neighbor to Neighbor transportation program. Many of the folks receiving these services would be isolated without our help. If you would like to make a donation, please fill out the form below and send it with your check made out to the Cummington Council on Aging and write "program support" in the memo line. We thank everyone for their continuing support. ~ Anne Parsons

***The Cummington Council on Aging counts on YOUR support to continue our important programs for local seniors!***

**I would like to contribute to the Cummington COA. My contribution of \$\_\_\_\_\_ is attached.**  
*(Please write your check to the Cummington Council on Aging, and mail to Cummington COA, PO Box 95, Cummington, MA 01026)*

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

*Thank you for helping to Support Your Neighbors!*



## Regional News

### Seniors Aware of Fire Education



As the heating season has begun in earnest, we love to gather in front of the fireplace and around the wood stove. May these tips help you have a warm and safe heating season:

- Have your chimney professionally cleaned every year.
- Make sure your wood stove is approved by a national testing agency, like Underwriter's Laboratory (UL).
- Do not use an accelerant for starting a fire in the fireplace or solid fuel stove.
- Keep anything that can burn at least three feet from the fireplace and the wood stove.
- Dispose of ashes in a metal container, with a lid, away from the house, garage and porch.

Have a warm and S.A.F.E. heating season!

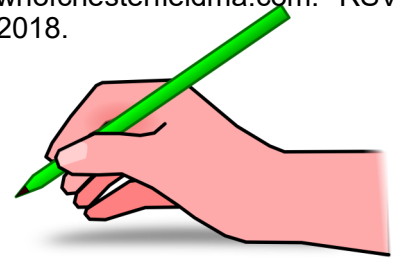
--Worth Noyes, SAFE Educator  
Williamsburg & Cummington Fire Departments

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

### Drawing Class Coming Soon!

Want to try something new next year? Boo Cherau will be offering a 6 session weekly drawing class on Thursdays in January 2019 from 10am-12pm at the Chesterfield Community Center. We hope to start on January 10th but we need to get a sense of how many people would be interested.

Can't draw, you say? Come find out that everyone can learn to draw. If you are interested or would like to know more, please contact the COA at 296-4467 or [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com). RSVP by December 10, 2018.



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

If so, please email Kristen at [regionalcoanews@gmail.com](mailto:regionalcoanews@gmail.com) to be put on the email list.

### Freeze for Free!

You may remember the Equifax debacle, in which many credit report accounts were hacked and jeopardized. When I waxed eloquently in December of last year on the benefits of freezing your credit reports, there was a charge to MA residents to place a freeze at two of the three major credit bureaus. Well, good news! As of September, we can freeze all our accounts at no charge. There is now no charge for thawing the report, either.

Quoting me: "With a credit freeze in place with each of the credit bureaus, no one can access your account to do anything fraudulent or otherwise. The exceptions to this are government agencies and collectors. You receive a pin that you can use to thaw your report if you need, say to apply for a car loan."

Experian.com, Equifax.com, and Transunion.com are the web addresses for the big three. You can also call to do a credit freeze: Experian – (888) 397 3742. They call it a security freeze. Equifax - (800) 685-1111. They also call it a security freeze. Transunion – (888)-909-8872. You can use an automated system or talk to an agent; I recommend the latter.

- If you reach a point in the freezing process where they ask you for a credit card to pay for something, back out. Something isn't right. Freezing and thawing are NO COST.
- Write down and file your PIN. You will need it if you ever want to thaw your report.
- The credit bureaus have added lots of consumer options in recent years. If you are stuck doing a freeze, give me a call.

Freely,  
Jean O'Neil, TRIAD Committee Member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

## Central Hampshire Veterans' Services – Hilltown Schedule



### Williamsburg Town Hall

141 Main Street

Haydenville, MA 01039

**Hours: Every Monday- 2:00 to 4:00**

### Cummington Community House

33 Main Street

Cummington, MA 01026

**Hours: 1<sup>st</sup> and 3<sup>rd</sup> Monday- 9:00 to 11:00**

### Goshen Town Offices

40 Main Street

Goshen, MA

**Hours: 1<sup>st</sup> and 3<sup>rd</sup> Monday- 11:30 to 1:30**

### Worthington Town Hall

160 Huntington Road

Worthington, MA 01098

**Hours: 2<sup>nd</sup> and 4<sup>th</sup> Monday- 9:00 to 11:00**

### Chesterfield Community Center

400 Main Road

Chesterfield, MA 01012

**Hours: 2<sup>nd</sup> and 4<sup>th</sup> Monday- 11:30 to 1:30**

For additional information or to schedule an appointment with the Veterans' Agent, please contact our main office at 413-587-1299. Our main office hours are: Mon, Wed, Thurs, and Fri – 8:30am to 4:00pm, and Tues – 8:30am to 1:00pm.

Main Office: Central Hampshire Veterans' Services, Memorial Hall, 240 Main Street, Room 4,

## Welcome aboard, Jen Hoffman and Sue LaRock!

The Northern Hilltown COA Consortium is happy to announce that leadership roles in all seven COAs are filled!

Jen Hoffman is the new Senior Center Director for Williamsburg. She has a background in health care, holds a masters degree in Public Health and has over 20 years of experience in healthcare administration. She looks forward to meeting Burgy seniors and making the Senior Center a welcoming place for all.

Sue LaRock, long time resident of Plainfield, has been appointed to the position of Plainfield COA Coordinator. Sue will be the welcoming face of the COA, providing information and guidance to seniors as needed, and managing the nuts and bolts of the multifaceted programs for Plainfield folks.

## Tips for Holiday Eating

The holidays are a time to enjoy friends, family and food. And, contrary to popular belief, you can have all three without putting on the extra pounds! On average, Americans gain approximately one to two pounds during the holiday season. While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.

In preparation for a big holiday party or feast, **do not skip meals throughout the day** as this may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber in your diet by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.

Holiday meals tend to be large, buffet-style, and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.



### Strategies to help you avoid overeating

- Use a smaller plate. This allows you to put less food on your plate and encourages proper portion sizes.
- Start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall.
- Eat slowly and savor every bite. Before you go back for seconds, wait 10 minutes to see if you really are still hungry.
- Get some physical activity after dinner. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.

Source: [www.eatright.org/health/lifestyle/holidays/stay-mindful-with-4-tips-for-holiday-eating](http://www.eatright.org/health/lifestyle/holidays/stay-mindful-with-4-tips-for-holiday-eating)

By: Rita Longe, RDN, LDN

**RESOURCE DIRECTORY**

**Domestic Violence Advocate**, Hilltown Safety at Home (HS@H)  
If you need help in an emergency, call 911 or the Safe Passage hotline

**Elder Abuse Hotline**  
**First Call for Help** Information and Referral Resources  
**Fuel Assistance** Application and Recertification  
**Hilltown Elder Network – H E N** (sponsored by Hilltown CDC)  
**Veterans' Service Officer** Tom Geryk  
(Westhampton) Joe Henning  
(Plainfield) Brian Brooks

**DO NOT CALL Registry**

413 387-3120  
888 345-5282  
800 922-2275  
800 339-7779  
800 370-0940  
413 296-4536 x120  
413 587-1299  
413 207-3541  
413 772-1571  
888 382-1222

**Food Services**

**Food Bank of Western Massachusetts Brown Bag Program**  
**Food Stamps - Supplemental Nutrition Assistance Program (SNAP)**  
Call Chesterfield COA for assistance

**Hilltown Food Pantry** - Goshen Town Hall - Diane Meehan, Director  
**Meal Site** Williamsburg Senior Center  
**Meals on Wheels** Highland Valley Elder Services (HVES)  
**Northampton Survival Center**, 265 Prospect St. Northampton  
**Salvation Army Emergency Food, Fuel or Medication Vouchers**

800 247-9632 or 413 268-8407  
413 552-5400 or 413 296-4007  
413 296-4007  
413 268-7578 Wed 1-3; 3<sup>rd</sup> Wed 1-6  
413 268-8407  
413 586-2000 or 800 322-0551  
413 586-6564  
413 586-5336/6564

**Health Services**

**Highland Valley Elder Services** Intake referral for homecare, etc.  
**Hilltown Community Health Center-** Medical & Dental  
HOPE Nurse, Robin Laferriere, RN  
Janet Dimock, HealthWise Community Health Worker  
**Podiatrist** Dr. Michael Coby, call Williamsburg Senior Center  
to schedule (Alternating months at the Senior Center)  
**Foot Care** Piper Sagan, RN  
foot care in Cummington, call Peg Daniels  
for appt.  
foot care in Goshen, call Liz Loven for appt.  
foot care in Plainfield or in-home visits  
foot care in Williamsburg or in-home visits  
Diane Roeder, foot care in Whamp & Chesterfield

**SHINE, Medicare & Drug Coverage Part D & Prescription Advantage**  
Wayne Glaser  
Lorraine York-Edberg  
**Mass Health and New Health Coverage**  
Buliah Mae Thomas at Hilltown Comm. Health Center

413 586-2000  
413 238-5511, ext. 131  
413 238-5511, ext. 313  
413 238-5511, ext. 149  
413 268-8407  
413 634-2229  
413 268-7122  
413 522-8432  
413 268-8407  
413 374-0457  
Call your COA for appointment  
413 773-5555, ext. 2275  
413 667-2203

**Transportation Services**

**Cummington** Neighbor to Neighbor Drivers  
**Westhampton transportation** Appts or groc. shopping, Louise Jasionkowski  
**Williamsburg Medical Rides** Williamsburg Senior Center (to schedule)  
**PVTA Dial-A-Ride** (tickets sold at Williamsburg Senior Center)  
**Hilltown Easy Ride Van** Ed Pelletier

413 634-2262  
413 527-5134  
413 268-8407  
866 277-7741  
413 296-4232

**Local Councils on Aging**

**Chesterfield COA**, Janice Gibeau  
**Cummington COA**, Anne Parsons  
**Goshen COA**, Evelyn Culver  
**Plainfield COA**, Susan Metcalfe LaRock  
**Westhampton COA**, Julia Lennen  
**Williamsburg Senior Center**, Jennifer Hoffman  
**Worthington COA**, Sandra Epperly

413 296-4007  
413 634-2262  
413 268-3316  
413 743-5345  
413 537-9880  
413 268-8410  
413 238-5584

**Cummington Council on Aging**  
**P.O. Box 95**  
**Cummington, MA 01026**

PRSR STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

**Cummington  
Council on Aging**

Anne Parsons, Coordinator  
634-5707

Elliot Ring, Chairman  
634-5666

Worth Noyes, 634-8003

Peg Daniels, 634-2229

Kathy Knox, 634-8041

JoDee Simard, 634-5051

Ann Lambert, 634-2243

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Kristen Estelle,  
Newsletter Designer  
regionalcoanews@gmail.com

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

**Out and About in November**

**Mon. November 5th at 5pm**  
**Grange Veterans Day Breakfast**  
400 Main Rd. Chesterfield, MA

All vets invited! Sponsored by the Chesterfield Grange. Please call Mary Ann Coleman for reservations: 296-4787.



**Fri. November 9th at 9:30am**  
**Veterans Day Breakfast & School Assembly**  
New Hingham Regional Elementary School  
30 Smith Rd. Chesterfield

Breakfast at 9:30am, assembly at 10:15am. Contact Jesse McMillan, Principal, with any questions: 413-296-0000. Please RSVP to Rachel Cenedella, Admin. Assistant: 413-296-000 or rcenedella@hr-k12.org.

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

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 9 am and 10 am in Room 124 of Building A at the school. Upcoming additional spa days: Dec. 21st, Jan. 25th, March 1st, April 12th and May 17th.

*Save the date!*

**Sun. December 9th at 3pm**  
**Christmas Carol Sing at Goshen Cong. Church**  
45 Main St. Goshen, MA

*There's still time...*

*Join the Northampton Senior Center on their  
December trip:*

*December 10 — Monday:*

**White Christmas Big Band** show and luncheon at Aqua Turf, Plantsville, CT. Rob Zappulla and his 13-piece Big Band will perform holiday favorites. Cost is \$102.



Call Francine Frenier at the Northampton Senior Center to make your reservation:  
413-587-1228.