

Moving Forward

Activities and Services for Resident 60+



July 2024 Calendar of Events

MON	TUES	WED	THURS	FRI
1 Knitting Group 6pm, Library Slow Yoga 6pm, Library	2 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	3 Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	4 Library closed- 4th of July NO Chair Yoga	5
8 Knitting Group 6pm, Library Slow Yoga 6pm, Library	9 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	10 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	11 Chair Yoga TBD, 10-11am COA Luncheon 12pm, Church	12 Le Mixx Field of Dreams Summer Concert Library lawn, 6-8pm 7/13 Crafter's Swap Library, 10:30-12:30
15 Knitting Group 6pm, Library Slow Yoga 6pm, Library	16 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	17 Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	18 NO Chair Yoga Hot Lunch Noon, WW	19
22 Knitting Group 6pm, Library Yoga with Brian 6pm, Library	23 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	24 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	25 Chair Yoga TBD, 10-11am Tech Support Library, 2-4pm Tom Ricardi Library, 5:30pm	26 The Klezmir Band Field of Dreams Summer Concert Library lawn, 6-8pm
29 Knitting Group 6pm, Library Slow Yoga 6pm, Library	30 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	31 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm		

Westhampton COA ✦ 3 South Road ✦ Westhampton, MA 01027 ✦ Seniors Helping Seniors
 Coordinator: Amy Landau 413-203-9808 ✦ coa@westhamptonma.org

COA Luncheon

Thursday, July 11th at Noon
Westhampton Congregational Church



Sally Lawton (who possesses the Boston Post Cane for Westhampton).

The many faces of Sally Lawton as a little girl. You can really see the resemblance!



Come join us for our classic (free) COA luncheon at the Westhampton Congregational Church on July 11th at noon. Get together with old friends or meet new ones and share laughter and good times over a delicious potluck meal. We have learned that what makes our COA luncheons special is not any added program but just the time we get to spend together and to socialize!

If you would like to volunteer for this potluck or get on the list to do so for a future one (no pressure at all, though! We always have enough!), please contact COA board member, **Colleen Basile** at cb1211@verizon.net or at (413) 237-9162.

REMINDER: Next Month's Printed Newsletter Will Look Different

As mentioned in the June newsletter, Westhampton's printed newsletter, "Moving Forward" will appear in a shorter 4-page format starting in August. If you would prefer to receive the emailed newsletter only, please email **Amy** at: coa@westhamptonma.org.

Bob Miller's Computer Class on Hiatus for the Summer. Stay tuned -- computer class at the Library will resume in the fall.

More Throwback Thursday Photos!



Bob Miller as a child with livestock.



Bob Miller

**Library Hours: Mon & Thu 2pm - 8pm;
Tue & Wed 9am - 12pm & 1pm - 5pm;
Sat 10am - 1pm**

Library closed Thursday, July 4th

Please check the town website or Facebook or Instagram @WesthamptonPublicLibrary for library updates. The library is open for in-person browsing and materials pickup as well as curbside pickup. To place a request for curbside pickup, please call (413) 527-5386. or email westhampton@cwmar.org

Slow Yoga with Teri

Mondays, July 1, 8, 15, and 29

*Due to limited space, registration is required. Registration opens July 1 at 2pm for all July yoga sessions. Special thanks to the Friends of

Westhampton Library and the Lyn Keating Program Fund for sponsoring yoga at the library!

Gentle Yoga with Brian

Monday, July 22

*Due to limited space, registration is required. Registration opens July 1 at 2pm for all July yoga sessions. Special thanks to the Friends of Westhampton Library and the Lyn Keating Program Fund for sponsoring yoga at the library!

Crafter's Swap

Saturday, July 13 from 10:30am - 12:30pm

Be inspired at our first ever Crafter's Swap! Calling artists and crafters of all ages to donate or take home materials. (You can take materials even if you don't have something to donate.) Coordinated by the Friends of Westhampton Library!



When to drop off donations:

Tuesday, July 9th to Thursday, July 11th during library hours

What to donate: Kids' art & craft supplies, drawing & painting supplies, yarn, and fabric; supplies can be used, but should be in good condition. We are not accepting larger equipment like sewing machines, looms, or pottery wheels.

TechConnect Presents

Drop in Tech Support

Thursday, July 25 and Thursday, August 22 from 2pm - 4pm

For more information, please call **(413) 296-5548** or visit **www.northernhilltownscoas.org**.

Tom Ricardi & Birds of Prey

Thursday, July 25 at 5:30pm

Learn about different birds of prey with licensed wildlife rehabilitator Tom Ricardi. All ages are welcome! Special thanks to the Friends of Westhampton Library and the Lyn Keating Program Fund. In the case of inclement weather this outdoor program will be rescheduled. Updates will be posted to Facebook and the library page of the town website.



Field of Dreams Summer Concert Series

2024

6:00 – 8:00 PM Library Lawn

July 12 – Le Mixx playing "Ol' Skool" music from classic Motown to funk and reggae.

July 26– The Klezmir Band, with Jim Armenti and friends, playing dynamic, rockin' traditional Jewish favorites.

August 9– Otis and the Hurricanes playing a bit of Texas blues, mixing the spicy taste of New Orleans funk, with some good time rock & roll.

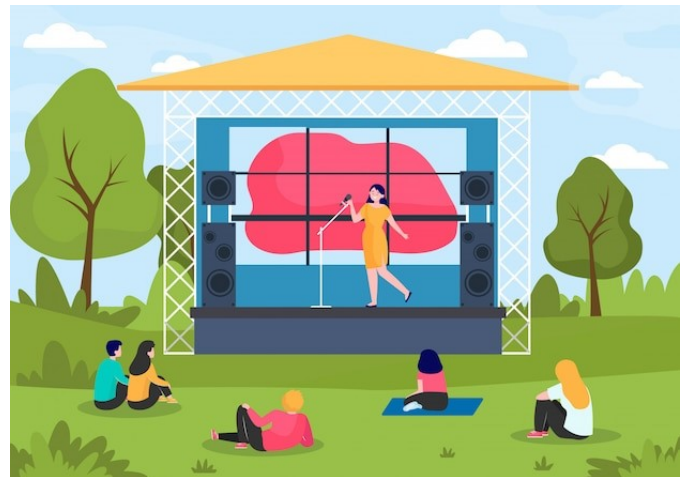
August 23– Johnny & the Flashbacks back by popular request — Classic toe-tapping Rock.

September 6– The Mary Jane Jones Band is a nine-member multi-genre all-star band with an edgy retro vibe honoring the legacy of jazz, blues, rock, and soul with passion and respect.

In case of rain, concerts will be held in Town Hall.

Sponsored by:

*Friends of Westhampton Library
Westhampton Cultural Council
Easthampton Savings Bank
Greenfield Cooperative Bank
Florence Savings Bank
Marek Builders, Inc.*



Music can change your mood in a second. Listen to music that makes you smile.



Message from the Westhampton COA Hikers for July 2024



*Westhampton COA Hikers at the
Northampton Meadows on May 17*

So far this past month we've seen the eagle chicks at Arcadia and explored the Northampton Meadows along the Connecticut River. And we've several more new hikes up our sleeves for July and the coming months – as well as plans to revisit some popular previous hikes. So if you enjoy hiking with a great group of people, come join us in our hikes in and around Westhampton by subscribing to our group email list at westhamptoncoahikers@comcast.net. Please note that all group emails are sent as blind copies (BCC) for your safety and privacy.

~ Happy trails, Chuck & Ray



**Summer is singing with joy, and
the beaches are inviting you with
dancing waves.**

DEBASISH MRIDHA

Attention: Chair Yoga Participants

We are exploring other options for the location of the Chair Yoga classes besides the Town Hall, TBD.

Contact Angelica Lopez
at angelicayoga413@gmail.com or call
Amy Landau at **(413) 203-9808** for info.



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

I would like to contribute to the Westhampton COA. My contribution of \$_____ is attached.

(Please write your check to The Friends of the Westhampton Council on Aging, write "program support fund" in the memo line, and mail to Charlotte Wood, 14 Perry Hill Rd. Westhampton, MA 01027.)

Name _____

Address _____

Thank You for Helping to Support Your Neighbors!
Westhampton Council on Aging

Seniors Aware of Fire Education

In the last five years there have been more than 500 fires and explosions involving the use of illegal fireworks in Massachusetts. Seven firefighters were injured and the damage was estimated at more than \$1.5 million. More than 200 people, many of whom were children, were treated in medical facilities for serious injuries caused by fireworks.

Senior 
SAFE

No wonder Massachusetts law prohibits the possession and use of fireworks by people who are not certified and permitted to use them. The illegal fireworks include sparklers, party poppers, snappers, fire crackers, cherry bombs and the bigger rockets.

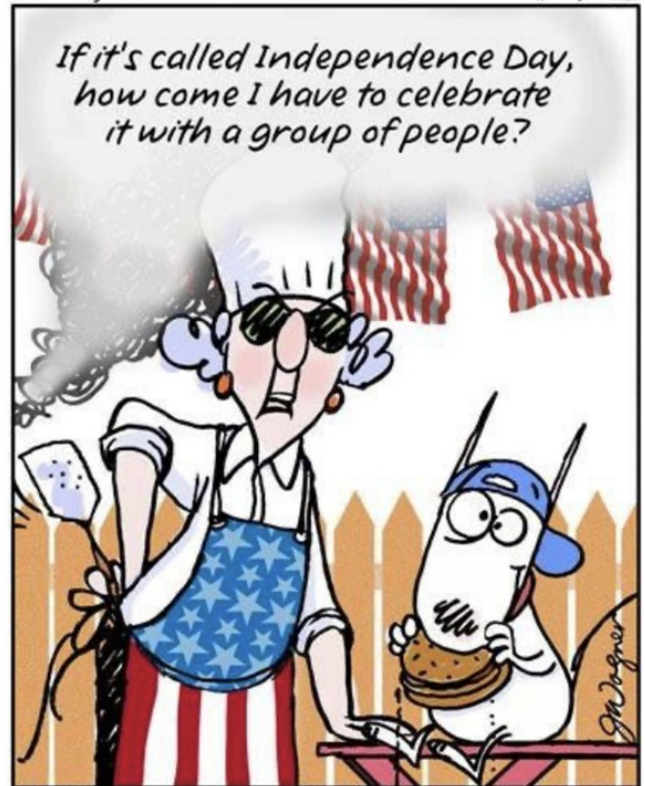
There are a whole lot of fireworks events run by certified-permitted people in our area around the Fourth of July. Enjoy them safely!

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

The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.

Crabby Road

7-4-12



©Hallmark Licensing, LLC

Maxine.com

So Whaddaya Think?

Since my pay for writing these notes depends on how useful you find them – oh wait, I don't get paid! Oh well. I would still like to find out how useful you find them. I've been writing these since 2014 and mostly decided the subjects myself. Occasionally one of you will write or call with a question that ends up as a topic, and that is good. It makes me do more research and learn more. When I am out of my knowledge base, I have several experts I can consult and learn more.

With the transition of the newsletter and the reinvigoration of the Northern Hilltowns Consortium website (northernhilltownscoas.org), it's a good time to do a check. I've written on:

- credit reports
- scams and more scams
- financial literacy
- our mind and money
- the Big Five and extensions thereof
- electronic safety
- nuisance calls and emails
- organizing our life of paper

So which of these topics have caught your attention? Which have you found most helpful, and which should be explored more? Which might be ripe for an update? AND have I left out a topic you think should be covered? I really would like your input.

With appreciation,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228

Tech. Help and Training for July



Tech Support Available

Receive technology help by email, phone, drop-in or appointment: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within a day.

Drop in Centers: All are Welcome at Any Location! (no appointment needed)

- Chesterfield Community Center, 400 Main Rd.
Weekly on all Tuesdays from 11:00 to 2:00
Bi-Weekly on Fridays, 1:30 to 3:30 (7/12, 7/26)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (7/10)
- Goshen Town Hall, 42 Main St.
Drop-in tech support, 3rd Weds. 1-3pm (7/17)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5-8pm (7/18)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (7/25)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 7/9 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 7/9 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
Drop-In tech support, 2nd Thurs. 1-3pm (7/18)
{appt. preferred}

Tech Training:

Must pre-register for classes no later than one week before the scheduled training date.

- Beginner's Computer / Laptop Class
will resume in September
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, until 7/17
- Chromebook training will be available in August.
See next month's newsletter for date & time.

All classes held at the Chesterfield Community Center, 400 Main Rd, lower level. To register, email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Tech Workshops:

- Managing Passwords
Chesterfield Com. Center, Thurs. 7/18 3-4pm

- Accessing Your COA Newsletter Online
Chesterfield Comm. Center, Mon. 7/29 3-4pm

Devices Available:

We have many PC laptops, refurbished Chromebooks and refurbished iPads. If you need a device to connect to the internet, have something so old it is not working effectively, or need a different type of device, please contact us.

Email coatechconnect@gmail.com, leave message at **413-296-5080**, or use online request form on our website: www.northernhilltownscoas.org

VOLUNTEERS STILL NEEDED: to learn more about what we need volunteers to help with, contact Volunteer Coordinator: coatechvolcoor@gmail.com, 413-296-5548, or www.northernhilltownscoas.org

On the Road Again... 2024 Trips



Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291, francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

Day Trip Wednesday, August 7. Resorts World Casino-- Catskills, NY trip. Can you get enough of Elvis? Enjoy a lovely ride to the Catskills. Included: King in Concert show, Buffet Lunch and \$25 free slot play, driver gratuity. The \$145 Payment to Friendship Tours is due NOW. Please mail it to the address above. Please include your date of birth for the player card. **This trip is a go. Just a few seats remain.**

Day Trip Friday, August 23. Essex Steam Train & Riverboat, Essex, CT. A train and riverboat excursion awaits. Includes luncheon at Griswold Inn. Make payment to Landmark Tours for \$136 and mail to the address above by July 20th. Departs from the Calvary Baptist Church, Easthampton.

Day Trip Friday, September 13. Boston. Charles River Sightseeing Cruise & Harvard Museum of Natural History, home of the Glass Flowers. Includes lunch at The Cheesecake Factory. Make payment to Landmark Tours for \$124 and mail to the address above by August 1st.

*Day Trip Monday, September 23. The Big E, an annual favorite, with free entertainment at Honor Court Stage. Herman's Hermits starring Peter Noone performs at 2pm. **Cost TBD.** Make your check payable to Francine Frenier and send it to the address above. NO REFUNDS due to bargain price.*

Continued on back page.

Resource Directory

Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 387-3120
If you need help in an emergency, call 911 or the Safe Passage Hotline	888 345-5282
National Suicide Prevention Lifeline	800 273-8255
Elder Abuse Hotline	800 922-2275
First Call for Help , Information and Referral Resources	211
Fuel Assistance , Application and Recertification	800 370-0940
Hilltown Elder Network – HEN (sponsored by Hilltown CDC)	413 296-4536, ext. 120
Veterans' Service Officer: Williamsburg, Chesterfield, Cummington, Goshen	
Dan Nye or Steve Connor	413 587-1299
Westhampton – Joe Henning	413 207-3541
Plainfield – Brian Brooks	413 772-1571

Food Services

Food Bank of Western Massachusetts Brown Bag Program	413 338-2920 or 800-247-9632
SNAP, Supplemental Nutrition Assistance Program (Food Stamps)	413 552-5400
Williamsburg Sr. Ctr, 268-8410 for assistance	
Hilltown Food Pantry , Goshen Town Hall – Diane Drohan, Director	413 268-7578 Wed. 1-3
Meal Site , Williamsburg Senior Center Café	413 238-2920 Mon.-Thurs.
Meals on Wheels , Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St., Northampton	413 586-6564
Grab and Go Meals: Chesterfield COA, Mondays, Thursdays, 11:30	413 296-4007
Cummington, Plainfield COAs, Tuesdays, Noon	413 634-2262
Goshen COA, 3 rd & 4 th Tuesday, 11:30	413 268-8236 x 118
Westhampton COA, 3 rd Thursday, Noon	413 387-3960
Williamsburg COA, Tuesday Wednesday 11:30	413 338-2920
Worthington COA Thursday, 11:30	413 238-238-5962
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336 or 586-6564

Health Services

Highland Valley Elder Services , Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center , Medical & Dental	413 238-5511, ext. 131
Hope Nurse Greta Cullett	413 238-5511, ext. 322
HealthWise Comm. Health Worker, Ellie Mathias	413 238-5511, ext. 322
Foot Care , Piper Sagan, RN. -Williamsburg or in-home visits	413 268-8407
Plainfield, Cummington, call COA	413 634-2262
Goshen, Call Piper for appt.	413 522-8432
Worthington, call Deb Dean	413 667-5363
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Lorraine York-Edberg	413 773-5555, Ext. 2275
Deborah Hollingworth call COAs,	
Williamsburg, Chesterfield, Goshen	
Worthington, Cummington, Plainfield, Westhampton	
Mass Health & Insurance Coverage	
Buliah Mae Thomas, Navigator: Hilltown Comm. Health Ctr.	413 238-5511

Transportation Services

PVTA Dial-A-Ride Williamsburg	413 268-8407 or 866-277-7741
Hilltown Easy Ride Van and Driver Pool , Ed Pelletier	413 296-4232
Westhampton Transportation , appts. or shopping Danielle Buzzee	413 246-0278
Williamsburg Medical and Carpool rides , call to schedule	413 268-8407

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Chrisoula Roumeliotis	413 634-2262
Goshen COA , Kerry Normandin	413 268-8236, ext. 118
Plainfield COA , Polly Ryan	413 212-1581
Westhampton COA , Amy Landau	413 203-9808
Williamsburg Senior Center , Melissa Wilson	413 268-8410
Worthington COA , Phyllis Dassatti	413 238-5962

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Westhampton
Council on Aging**

Amy Landau, Coordinator

Julia Lennen, Chair

Colleen Basile, Secretary

Ray Fontaine,
Outdoor Programs

Lorraine Galica
Dave Goddard
Board Members

Lillian Baxter,
HEN Representative

Daniel Valinski,
Newsletter Editor

Kristen Estelle,
Newsletter Designer
regionalcoanews@gmail.com

Need a ride?

Contact Danielle Buzzee at:
(413) 246-0278
or by email:
danielle.buzzee@icloud.com

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

On the Road Again: 2024 Trips
continued from page 4

Four Day Trip September 30- October 3. Lancaster, PA. Sight & Sound's spectacular theatrical experience of the biblical show Daniel. Cost \$646, per person dbl. occupancy. Highlights: Sight & Sound Theater show, tour of Philadelphia, visit the Liberty Bell, Holocaust Memorial, The Mint, and spend time at Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above now. Call now to reserve your spot. Four seats available.**

Day Trip Friday, October 4. Vermont's Finest. Stops at Scott Farm Orchard for freshly pressed cider and slice of apple pie, & Robb Family Farm Sugarhouse to sample maple cream and syrup. Lunch at The Marina included. Make payment to Landmark Tours for \$127 and mail to the address above by August 19th.

NEW Day Trip Monday, October 14. Thimble Islands Cruise along the Connecticut shore line aboard the Sea Mist. Includes luncheon, choices available. Discounted price for Worthington Seniors over 60 and \$131 for other seniors. Call Phyllis 413-238-5962 for details and to reserve a seat by September 1. Limited seating.

Day Trip Tuesday, October 15. Culinary Institute of America-- Enjoy a "CIA" experience, lecture and tasting with lunch at Catarine de Medici. The \$147 payment to Francine Frenier is due by August 15th. Please mail a check to the address above.

NEW Day Trip Monday, October 21. Boston Fine Arts Museum. Guided tour and many exhibits to explore on your own including: Jewelry--Beyond Brilliance, Art of Japan, Dali: Disruption and Devotion. Lunch on your own at one of three dining options within the Museum, or bring your own to eat outside the Museum. The \$85 payment to Francine Frenier is due by August 21st. Please mail a check to the address above. **Call NOW to reserve a seat. This trip is a go.**

Day Trip Friday, December 13. Festival of Trees and Red Rose Lunch. Enjoy the uniquely decorated Christmas Trees at the Mass Mutual Center in Springfield. Enter a chance to win a tree and associated gifts. Some are worth hundreds of dollars. Then walk over to the Red Rose Italian Restaurant for lunch: pizza, salad and bread. The \$30 Payment to Francine Frenier is due by October 25. Please mail a check to the address above. **NO REFUNDS due to bargain price.**

October 2025~~~~Blue Ridge Mountains