

Living Well



Newsletter
March
2018

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

March Events Calendar

Mondays:

- Veterans' Agent, 2-4 pm
- Monday Meals, every Mon, 11:45 am

Tuesdays:

- Healthy Bones & Balance, 10:30 am
- SHINE Rep, 11-2 (call for appointment)
- Congregate Meal, 11:45 am
- Intergenerational Bag Sew (see pg. 3) 3:15pm
- Yoga for You, 6 pm
- Basic Computer Class 6-7 pm
- Mar 13: Podiatry with Dr. Coby, 9:30-1:00

Wednesdays:

- Modern/Creative Dance Class 10 am
- Congregate Meal, 11:45 am
- Mar 7: Smith College Bulb Show Trip, 12:30
(see above right)
- Mar 21: Advisory Board Meeting, 12:15 pm

Thursdays:

- Tai Chi, 9:30-10:30 am
- Gentle Chair Yoga, 10:45 am
- Congregate Meal, 11:45 am
- Healthy Bones & Balance, 4 pm
- *Love Your Body (see article on right) 6 pm
- Mar 8: Brown Bag, 10 am
- Blood Pressure Clinic 11:30 am
- Mar 15: Men's Group, Snack Bar, 8 am
- "Shamrocks & Leprechauns," 12:15 (Page 8)

Fridays:

- Hadley Mall Trip (see above right)

Saturdays:

- Mar 3 & 24: Winter Farmers' Market Trip
- Mar 17: Steve's Sugar Shack Trip 10 am
(see above right)

March Trips Being Scheduled Now!

Hadley Mall &/or Movie, Fridays: Have lunch, shop, take a stroll in the mall, shop at Trader Joe's or see a movie. Movies paid for by Senior Center!

Winter Farmers' Market, Sat. Mar 3 & 24

between 9 & 2. Use your SNAP benefits (ask us how to sign up).

Steve's Sugar Shack, Sat., Mar 17, 10 am. Pick up or meet at Senior Center lot.

Smith College Bulb Show, Wed, Mar 7, 12:30.

Donations accepted at show.

Call us to get on the list! Drivers will contact you with time and place. You can be picked up and delivered to your home. Funded by Highland Valley Elder Services.

PLEASE JOIN US for entertainment in the Senior Center Café March 15th. Young and old(er) folks alike will get a kick out of **Tim Van Egmond's** "Shamrocks & Leprechauns!" See page 8 for details!



*Love Your Body!

Have posture or alignment issues, trouble walking, pains where you shouldn't or want to feel better in your body?

Feldenkrais, Awareness Through Movement,
taught by Michelle Wolk, Thursdays 6-7 pm,

is a verbally-led movement class designed to relax and re-pattern extraneous effort in one's being by a gentle series of small movements in your comfort range. We need at least five people in order to hold the class. Invite a friend. **A waiting list has begun and hopefully we can start the class soon.** Don't be shy—come and Love Your Body! **Contact the Senior Center (below) to register.**



To sign up for any of our programs, call us at 268-8407.

If you'd like to include lunch on a particular day, please call at least two days before the event.

Williamsburg Senior Center - 141 Main Street, P.O. Box 193 - Haydenville, MA 01039
Phone: 268-8407 - Fax: 268-8409 - Hours: Mon & Wed 8:30-1:30, Tue & Thu 8:30-7:00

FOOD PROGRAMS

Monday Meals **Mondays, 11:45**

Meals are made fresh at the Senior Center with healthy ingredients, and include bread donated from Bread Euphoria Bakery plus dessert by Linda Manor. Eat in, pick up or have them delivered. \$3 per meal. Please call by Thursday to reserve your meal!

- 3/5: Green Split Pea Soup, Brown Butter Croutons
- 3/12: Artichoke & Feta Pizza, Side Salad
- 3/19: Potato-Spring Leek Soup, Cheese Sandwich
- 3/26: Broccoli-Gruyere Wild Rice Casserole, Green salad

Congregate Meals **Tues, Wed, & Thurs, 11:45**

Meals provided by Highland Valley Elder Services. Call at least two days ahead to make your reservations. We must have a reservation to feed you. Most programs are before or after these meals—see schedule on pg 1.

Brown Bag Program **Thurs, Mar 8, 10:00**

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

SERVICES

Veterans' Service Officer **Mondays, 2-4**

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

SHINE Representative **Tuesdays 11-2**

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

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

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

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

Medical Rides Call ahead to schedule rides to your medical appointments.

Benefit and Options Counseling The Senior Center can help you find the resources you need to:

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

HEALTH

Blood Pressure Clinic **Thurs, Mar 8, 11:30**

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

Footcare Nurse, Oni **Wed, April 25, 9-2**

Oni, Williamsburg's foot care nurse, comes on fourth Wednesdays every other month. This is self-pay at \$30 per visit. (Home visits, \$40.) Call **268-8407** for an appointment.

Podiatry, Dr. Coby **Tues, Mar 13, 9:30-1**

Routine foot care every other month in the Town Office building. Call **268-8407** for an appointment. Dr. Coby does medical billing—bring your insurance card.

FITNESS

Yoga for You—Adult Yoga **Tuesdays, 6pm**

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

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

Contemporary dance for adults, taught by Susan Waltner. Call to register. You may contact Susan with questions at swaltner@smith.edu.

T'ai Chi Classes **Thursdays, 9:30am**

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

Gentle Chair Yoga **Thursdays, 10:45am**

Led by Alexandra Mello, features seated and standing exercises. Good for beginners-intermediate. All ages are welcome. \$10/class.

Healthy Bones & Balance **Tuesdays, 10:30 am and Thursdays, 4pm**

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

OTHER GROUPS

Third Thursday Men's Group **Mar 15, 8 am**

"The guys" meet on the third Thursday of every month at the Williamsburg Snack Bar. Join them!

Trip Program

Trips are being scheduled now. See article on the front page. Where would you like to go in March?

Now is the time to think about getting in shape for summer!

Contact us to sign up for any of the above classes or Love Your Body on page 1.



Intergenerational Bag Sew

***Tuesdays, 3:15-5:15 pm**

Join us!

Help sew bags for the Bagshare Project!

Learn to sew, sort fabric, cut tags. Lots of jobs are needed. No sewing ability necessary—Refreshments are provided! Grandparents, parents and children (children under 10 must be accompanied by an adult) are welcome! High school students can fulfill Community Service Project hours and anyone in the Northern Hilltowns can earn Community Credits to redeem for other services (ask us how to sign up). Call us at 268-8407 or e-mail coa@burgy.org.



Remember: Only YOU can reduce plastic bag use!
www.thebagshare.org

Enrich your Life, Volunteer!

Plenty of opportunities here now:

- **Reception & Kitchen Help** needed, Mon-Thu.;
- **Public Relations Volunteer**, Help with PR in our office or from home;
- **Medical Drivers** (paid by trip.);
- **Companions**, 1-2 hours weekly per client (includes small stipend);
- **Carpool Drivers**, Sign up to drive seniors for our new trip program. Drivers paid by trip;
- **Snowplowers, Shovelers, Yard workers:** to help local seniors at home.

If you can help, or know someone who may, call 268-8407 for information.

Speaking of Intergenerational Programs... Entertainer Steve Damon will be Back During Spring Break!

Yes, Steve Damon of A Natural Music School will be conducting a free intergenerational sing-along at the Senior Center on April 19th. Steve teaches and entertains small children to seniors all around this area. A perfect opportunity for you to bring guests, grandkids, or invite your neighbors. Look for more information in the April Newsletter. Let's draw a crowd!



A Home for Your Pets

If you or a friend find yourself in a changing living situation and can't keep your pet, there are agencies who can help (see page 6). It is important to know your pet will have a good home. Contact us for resources.

Thank You for ALL Your Donations!

Your donations help support programs such as the Companion Program; provide financial aid to lower fees for programs; and give us the flexibility to add new programs, classes & workshops to benefit our senior population. EVERY donation is important, as are all the VOLUNTEERS who donate their time to help out.

Please consider a tax deductible contribution. If you would like to contribute, please fill out the form below, send it with your check made out to **Town of Williamsburg** and write "Senior Center program support" in the memo line. We thank you for your continuing support!
—Marie Westburg, Director

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

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

Name _____

Address _____

Thank You for Helping to Support Your Neighbors!
Williamsburg Senior Center/Council on Aging

Calling All Readers!

If you can't get out to the library for new books, the Meekins Library has a program for you. Call **Anne Bussler at 268-7979** and you will be able to get **books delivered to your door!** You will be asked your preferences and the librarians will choose a selection for you. Don't let this opportunity pass you by!



Intergenerational Workshops- Session III

After School Enrichment Program with students at Anne T. Dunphy School Wednesdays February 28-April 4, 3:00-4:30 pm

A great way to enjoy a weekday afternoon—Sign up for **Yoga** or the game of **Dungeons & Dragons!** Imagine adventures fighting dragons and joining with friends for exciting adventures—Plus you can learn the tricks of the Rubik's Cube. Cost is \$50 for the session, and financial aid is available. **Call the Senior Center to register. Need a ride? We can help arrange one for you. 268-8407.** *If you miss the first session, the price will be reduced.*

Come and join the fun!

Age-friendly From the Inside Out

AARP uses the term “livable community” which they define “as a community that is safe and secure, has affordable and appropriate housing and transportation options, and offers supportive community features and services. Once in place, those resources enhance personal independence; allow residents to age in place; and foster residents’ engagement in the community’s civic, economic, & social life. In a livable community, people of all ages can go for a walk, safely cross the street, ride a bike, get around without a car, live comfortably, work or volunteer, enjoy public places, socialize, spend time outdoors, be entertained, go shopping, buy healthy food, find the services they need, and make their town, or neighborhood a lifelong home.”

These are wonderful concepts and I support them completely. A few things strike me about the AARP and WHO notions. First, they are global and all-encompassing, reflecting the many aspects of peoples’ existences. AARP focuses a little more on the all-age aspect, whereas WHO specifically targets elders. However, an underlying theme is that what is good for seniors is good for everyone – no matter what age.

Second, to achieve what these definitions suggest, an entire community must come together and pledge to make positive change. Residents like you and me, community agencies and city departments, businesses, and, importantly, elected officials must all commit to taking on age-friendliness as a compelling strategy for now and the future since there will be more and more of us agers.

Lastly, these statements talk about “them” and not “us.” This may seem a small point, but to me it’s huge. If we are to plan for the future we must accept that we are the population under discussion. We need to stop talking about ourselves as if we were a distant, disconnected “other” group. Instead, we must start talking about you and me.

I have been at meetings about seniors where people didn’t ask my opinion, or didn’t listen if I gave it anyway. Was it because I have grey hair? It is not only about being involved; it is about being listened to as a credible voice among the voices of differing ages.

As seniors, what would we want our elected officials to be thinking about – for us? What questions do we want them to answer – for us? How will they work to make my city age-friendly and livable, not from a high level platform, but from the inside of our aging lives?

(<http://voicesofaging.com/age-friendly-from-the-inside-out/>)

Together we can make Williamsburg an Age-friendly place! You may have heard that the Senior Center has started a strategic planning process. Decisions made over the next few years about town buildings, community needs, etc. will have an impact on aging services. Your voice is important and we want to hear from you! You can call, write or get on our lists for announcements about public input sessions and surveys.



Visit the Town of Williamsburg Website- www.burgy.org

Facebook: Williamsburg Senior Center

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

call the Senior Center and leave your name, address & phone number with your preference at **268-8407** or email sloomis@burgy.org.



Regional News

Seniors Aware of Fire Education



The number one fire safety item in your house is your smoke detector. It does save lives. In a typical home, fire, smoke, heat and toxic gases build up rapidly. So, when a smoke alarm sounds, get out of the building immediately before your escape route is blocked. Make sure you:

- Install smoke alarms on every level of your house and in each bedroom.
- Test them monthly.
- Replace the battery twice a year.
- Check on the back of the detector for its age. If it is 10 or more years old, replace it with a new one which will have a 10 year battery. Smoke alarms do wear out, so replace them.
- Never ever disable your smoke detector. The life you save will be your own.

Be SAFE!

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

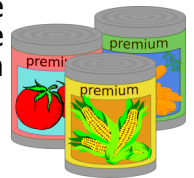
The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.

Hilltown Food Pantry

The Hilltown Food Pantry, run under the auspices of the Northampton Survival Center, is located on the bottom floor of the town office building in Goshen. The pantry is open to people in the towns of Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington. Hours are Wednesdays from 1pm-3pm, and, on the third Wednesday, there are extended hours: 1pm-6pm. During the winter months, the pantry closes if the Hampshire Regional School District closes.

Diane Meehan is the director of the food pantry. If you have any questions, the pantry's phone number is 413-268-7578, and will be answered on Wednesdays, otherwise the call goes to the Northampton Survival Center.

Donations of non perishable items, personal care items and paper products are always welcome and appreciated. In-season produce is also helpful. Someone is available at the food pantry after 10am on Wednesdays for donation drop-offs.



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

If so, please email Kristen at regionalcoanews@gmail.com to be put on the email list.

Finally – new Medicare cards!

At long last, people on Medicare will be getting new identity cards with a new number. If you haven't reached that magic age yet, please know that a person's current Medicare number is their social security number followed by one or two characters. The characters don't exactly disguise the number, so if you carry your Medicare card, which you may need now and again, you are also carrying your social security number! And that, of course, is a big no-no because of identity theft.

New cards will be mailed starting in April 2018. Some cards may not show up for a while because there are a lot of us who will be receiving them; the government has allowed itself a year.

Now this will be a shocker: there are likely scammers out there who will call and try to trip you up. They might tell you that a fee is required for the card, that more personal information is needed before the card can be mailed, or that your benefits will be stopped until you provide more information. All not true. Just hang up.

Your new Medicare number, called a Medicare Beneficiary Identifier, will still need to be protected to ensure your privacy and security. Make sure you know who you are sharing it with.

The office sending the cards is the Centers for Medicare & Medicaid Services (CMS). CMS says if someone calls and asks for your Medicare number or other personal information, hang up and call 1-800-MEDICARE (1-800-633-4227). Turn 'em in.

Cheers,
Jean O'Neil, TRIAD Committee Member
413-268-2228, jeanoneilmass@gmail.com

Outreach in Cummington continues to expand

By Peg Whalen

Regional Outreach Coordinator for the Northern Hilltowns Consortium of COAs

The Cummington Council on Aging is reaching out to over 300 town seniors. COA board members continue functioning as the primary outreach team, respectfully and regularly watching out for the wellbeing of residents that may be isolated or have special vulnerabilities.

Cummington's COA is the only hilltown board that maintains a specific council position of Corresponding Secretary. In this role, Peg sends cards of support or condolence. The entire COA board identifies people that are ill or families that have recently lost a senior. Birthday cards also go out to residents 80 and over.

Their COA Neighbor to Neighbor ride program provides non-driving seniors with access to transportation by matching volunteers with seniors needing rides to appointments. Early expansion of outreach included a discussion of the book *Being Mortal*, which continued beyond the group meetings. Several book group participants have continued meeting about issues reflected in the group's name: "Living Fully, Aging Gracefully, and Befriending Death". In successive months, the group focuses on "living fully" the first month, "aging gracefully" the second month and "befriending death" the third month, and then repeats the cycle. The discussion group is open to all ages. Participants have come from Holyoke, Williamsburg, Hinsdale, Plainfield and Chesterfield, among others. They meet once a month on the 2nd Tuesday from 1pm to 3pm in the Community House Library room.

Most recently, the Cummington COA initiated contact with younger seniors aged 60 to 69. This growing group of seniors received a personal letter introducing the COA, which invited input and participation. The letter was shared with area COAs. Several neighboring towns are using this approach as an outreach tool to engage younger seniors.

Several book and discussion participants and others have formed Cummington Community Cares, a newly organized town volunteer group, open to all. The initial group includes roughly 20 participants. The group's purpose is to establish a program that strengthens the ability of the people of Cummington to care for each other in the face of disasters and emergencies- large or small, community-wide or personal. The group is exploring what community preparedness involves and how residents can effectively care for each another. Another small group of volunteers is looking at ways to prepare food for people in need. Discussion has started to strategize ways to expand a call list or phone tree to encompass the entire town.

The group is also considering ways to mobilize a group to do "mapping" of community resources and needs. In January and February, Cummington Fire and emergency management members trained a group of residents as the first C.E.R.T. (Community Emergency Response Team), resulting in a small

initial team of residents with the knowledge and skills to assist others in many types of emergencies.

The West Cummington Congregational Church also does outreach to the congregation and other residents by maintaining a call list that any resident can be included on, arranging for nutrition support through coordinated food access, and counts several members of the COA board among the congregation. The Village Church does outreach to its congregation, many of whom are seniors. The Village Church nurtures community and promotes vitality in the village by providing care, connection, and healing to church members. One COA board member has a connection to the congregation.

Circuit Breaker Tax Credit

Adults age 65 and older are eligible to receive this tax credit when their property taxes and half of their water/sewer bills total more than 10% of their income. Or, if they rent an apartment (without a state or federal subsidy), they may get this tax credit if their rent is more than 25% of their income.

Here are some details:

- Tax filers should use the "Schedule CB form" and "Form 1", respectively.
- It's easy to get the forms. Download Form 1 and Schedule CB Form at the official Department of Revenue site: www.mass.gov/lists/2017-massachusetts-personal-income-tax-forms-and-instructions

If you need help, VITA (Volunteer Income Tax Assistance) helps low income and middle income people fill out tax returns for free. Call them at 1-800-906-9887. There are other options including AARP's Tax-Aide program and you can reach them at 1-888-227-7669.

It can be tough to continue taking care of our furry loved ones when illness and death affect our lives. **New 2U Dog Rescue** is a non profit organization in Greenfield run by compassionate volunteers who take in dogs from senior citizens and folks who can no longer care for their beloved pets. Their goal is to place the dogs into a loving foster home environment, evaluate them and match them up with their New2U forever family in the state of Massachusetts.

**Contact Dawn: 413-824-9225,
new2udogrescue@yahoo.com.**

RESOURCES DIRECTORY

Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 559-8039
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282
Elder Abuse Hotline	800 922-2275
First Call for Help Information and Referral Resources	800 339-7779
Fuel Assistance Application and Recertification	800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC)	413 296-4536
Veterans' Service Officer Tom Geryk	413 587-1299
(Westhampton) Joe Henning	413 207-3541
(Plainfield) Upper Pioneer Valley Veterans' Services District in Greenfield	413 772-1571
Regional Outreach Coordinator , Peg Whalen	413 404-4566
DO NOT CALL Registry	888 382-1222

Food Services

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP)	413 552-5400
For assistance call Fran @ Williamsburg COA	413 268-8407
Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director	413 268-7578 Wed 1-3; 3 rd Wed 1-6
Meal Site Williamsburg Senior Center	413 268-8407
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
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336/6564

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 , Robin Laferriere, RN	413 238-5511, ext. 313
Janet Dimock , HealthWise Community Health Worker	413 238-5511, ext. 149
Podiatrist Dr. Michael Coby , call Williamsburg Senior Center to schedule (Alternating months at the Senior Center)	413 268-8407
Foot Care Oni, RN , foot care in Goshen, Call Liz Loven for appt.	413 268-7122
Oni, RN , foot care in Williamsburg or in-home visits	413 268-8407
Oni, RN , foot care in Plainfield or in-home visits	413 522-7219
Diane Roeder , foot care in Whamp & Chesterfield	413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Wayne Glaser	Call your COA for appointment
Richard Bauman (Westhampton)	413 527-5240
Lorraine York-Edberg	413 773-5555, ext 2275
Mass Health and New Health Coverage	
John Bergeron, HCHC-Huntington	413 667-2203
Buliah Mae Thomas at Hilltown Comm. Health Center	413 667-2203

Transportation Services

Cummington Neighbor to Neighbor Drivers	413 634-2262
Westhampton transportation appts or groc. shopping, Louise Jasionkowski	413 527-5134
Williamsburg Medical Rides Williamsburg Senior Center (to schedule)	413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center)	866 277-7741
FRTA Van Fran Goebel	413 296-4232

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Anne Parsons	413 634-2262
Goshen COA , Evelyn Culver	413 268-3316
Plainfield COA , Deborah Thibault	413 634-0275
Westhampton COA , Julia Lennen	413 537-9880
Williamsburg Senior Center , Marie Westburg	413 268-8407
Worthington COA , Sandra Epperly	413 238-5584

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

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**WILLIAMSBURG
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Administrative Asst.
Emily Wadham
Nutrition Program Coord.

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

Out and About in March

Thurs. March 15th at 12:15pm
St. Patrick's Day Songs & Stories with
folksinger and storyteller Tim Van Egmond
Williamsburg Senior Center, 141 Main Rd.
Haydenville, MA

Van Egmond will accompany himself on a wide variety of traditional instruments, including guitar, hammered dulcimer, and limberjack (a wooden puppet that taps out a rhythm dancing on a paddleboard). His captivating talent, warmth, and engaging humor create a moving and enjoyable experience for all.



This program is supported in part by a grant from the Williamsburg Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



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

Students in the Cosmetology program are offering the following: Shampoo, cut & style \$5.00; Manicure

\$4.00; Pedicure \$8.00; Basic Facial \$8.00. Please call 413-296-4007 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. Following the Spa Day, enjoy lunch at the Oliver Smith Restaurant!

Sun. March 18th at 2pm
Sidetracked
Chesterfield Comm. Center,
400 Main Rd. Chesterfield, MA



Roots rock, Country and Blues for all ages. Come shake off the winter blues and enjoy this concert that will have you on your feet in no time.

Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA, which coordinates these programs in partnership with: the Westhampton COA, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Davenport Childcare, and New Hingham PTO.

Tues. March 20th at 4:30pm
Prediabetes Informational Meeting
Hilltown Community Center, 9 Russell Rd.
Huntington, MA

Free yearlong class offered to all area residents with prediabetes. Contact Ellie Brasil at 413-667-2203 ext. 322 or ebrasil@hchcweb.org for more information.