

# Living Well



Newsletter  
April  
2018

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

## April 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) 3:15 pm
- Yoga for You, 6 pm
- Basic Computer Class 6-7 pm (call ahead)

### Wednesdays:

- Modern/Creative Dance Class 10 am
- Congregate Meal, 11:45 am
- Apr 18: Advisory Board Meeting, 12:15 pm
- Apr 25: Magic Wings Trip, 12:30 (see right)
- Foot Nurse Oni, 9-1

### Thursdays:

- Tai Chi, 9:30-10:30 am
- Gentle Chair Yoga, 10:45 am
- Congregate Meal, 11:45 am
- Healthy Bones & Balance, 4 pm
- Basic Computer Class 6-7 pm (call ahead)
- Love Your Body 6-7 pm
- Apr 12: Brown Bag, 10 am
- Blood Pressure Clinic 11:30 am
- Apr 19: Men's Group, Snack Bar, 8 am
- Intergeneration Sing-along 12:15, (see right)


### Fridays:

- Hadley Mall Trips, (see above right)



### Saturdays:

- Farmers' Market Trips  
(see above right)



 Steve Damon will be performing an  
**Intergenerational Sing Along,**  
**Thursday, April 19th at 12:15!**

Invite your neighbors and bring the grandkids!

 This Spring-break show will encompass all ages.  
Steve is an energetic and fun entertainer! 

## April Trips

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

**Winter Farmers' Market, Sat. through 4/21** between 9 & 2. Use your SNAP benefits. The **Outdoor Farmers' Market** on Gothic Street starts 4/28.

**Magic Wings Butterfly Conservancy, Wed. 4/25**  
Leave from Sr. Center at 12:30. Admission \$12.50

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

## 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. **Class has begun!** Please come on Thursdays. 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!

- 4/2: Mac & Cheese, Apple Carrot Raisin Salad
- 4/9: Creamy Carrot Soup, Grilled Cheese Sandwich, Small Side Salad
- 4/16: Closed for Patriots' Day
- 4/23: Veggie Lasagna, Spinach Salad
- 4/30: Spinach & Cheese Strata, Side 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, Apr 12, 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 free rides to your medical appointments. Drivers are paid through PVTA.

**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, Apr 12, 11:30**

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

### Foot care Nurse, Oni **Wed, Apr 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, May 8, 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](mailto: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, 10:30am 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**.

### Love Your Body **Thursdays, 6pm**

**Feldenkrais, Awareness Through Movement**, taught by Michelle Wolk. Tone up for Spring/Summer activities! Wear loose clothing and bring a mat if you have one.

## OTHER GROUPS

### Third Thursday Men's Group **Apr 19, 8am**

"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 May?** Let us know.

## **Bagshare Project Launched at Meekins!**

Last month the first 100 bags were delivered to Meekins Library to be used by everyone. Plans are to make enough bags for use in all our local businesses!

Join us for  
**Intergenerational Bag Sew**  
**Tuesdays, 3:15-5:15 pm**

### **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 or e-mail [coa@burgy.org](mailto:coa@burgy.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. (teens & adults)

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

**Thank you to ALL of our volunteers!**

## **Intergenerational Workshops-Session IV After School Enrichment Program with students at Anne T. Dunphy School. Join the Fun!**

**Wednesdays Starting April 25, 3:00-4:30 pm**

A great way to enjoy a weekday afternoon—Sign up for the next session now! Programs will be announced soon. 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.** *If you miss the first session, the price will be reduced.*

## **Visit the Town of Williamsburg Website- [www.burgy.org](http://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](mailto:sloomis@burgy.org).

## **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

# I Am Still Me

I am coming up on a pretty big birthday this summer. Certainly, there are many people who are older than I am, but there are a lot more who are younger. When I was 64 years old and with a family history of longevity, I realized that I could have about 30 years to be productive. That's when I decided to go back to school, add knowledge to my own aging experience, and bring that learning back to help my family and friends, my community, and me. That was more than 15 years ago. Now when I look into the future I realize somewhat poignantly that even if I continue my lucky aging I have about 10-15 years – not 30. I also know that the older I get there is greater potential for a decrease in wellness. So I am again thinking about how to use those years in the best way possible.

Since I began that journey of learning and helping, I discovered skills within myself that I never realized I had – writing, for example. I remember the moment at my computer when it dawned on me that I was a writer. Wow! I've learned that the best part of being a writer is hearing people say they like what I write. As they tell me about their lives, they say “you are writing what I am thinking,” or “you have helped me through a difficult time with my old and sick father.” I think that people respond in this way because I write from reality – not from a theoretical place.

I know about being a caregiver – both the daunting and the rewarding parts. I have dealt with illness and death, but know the deep gratification of helping someone who is in real need. As I cared for people, I continued my own aging. Fortunately, I have not had serious illnesses or injuries, but have had some relatively minor health issues that left me incapacitated and in pain for short periods. I got better, but understood how even small assaults on my body could make a major impact on my ability to do the simplest things – like walking the 25 feet from my bedroom to the kitchen table.

Just as I continue to age within my body, I am aging in my community. I would like to think that I have a role in raising awareness about what it's like to get older and how important it is to get through the fear and denial-of-aging barrier so that we can begin to prepare wisely. If we as individuals acknowledge the aging process and the need to plan, that will help communities think about this also. The places where we live often don't have adequate systems, structures, and attitudes to support all of us elders: not enough all-income-level housing for down-sizing and safety; not enough simple ways to get around; and not enough

opportunities to help people avoid isolation and loneliness.

At a more overarching level, I've had a mixed experience with ageism. Since my hair turned completely grey, I am called “honey” or “dear” more often. I never know how to respond. People are just trying to be kind, but at the same time, they don't realize that those seemingly innocuous words can imply that I'm more like a child than a proficient adult. It has taken a while, but I am beginning to feel some respect for my increasing age. Perhaps this is because I have been proactive in making decisions about my own future to maintain control over my life as the birthdays piled up. For example, I decided to sell my house and move into an accessible condo building before “as long as possible” caught up with me and before someone else starting making decisions that overruled my judgment. Also, I have learned not to be afraid to speak up in public and to write about issues that are of great concern to me, and to the community.

I reflect on how I may have changed especially during the last 15 years. In addition to grey hair, I have a few more annoying pounds, and I am really careful as I walk on uneven sidewalks or down the stairs. I have seen what can happen with a broken hip.

But at the core, I don't think I have changed all that much. Certainly I have gained more knowledge and experience. My circle of family and friends keeps changing. Many people I love have died and they are integrated into my spirit. But I now have grandchildren. New friends come into my life because I step out of my routines to try different things. But I think my basic personality has pretty much stayed the same. Underneath it all I am a learner, an advocate, a helper, and a planner. This is who I am and want to continue to be until who knows when. So those of you who call me “honey” or “dear” and make assumptions about my capability, acknowledge that I have an intricate, thoughtful life. Just know that I am still me.

*Posted by Marian Knapp, March 5, 2018*  
<http://voicesofaging.com/i-am-still-me/>



## 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 chose a selection for you. Don't let this opportunity pass you by!



# Regional News

## Strength in Numbers: Preventing Falls Among Older Adults

Thurs. April 5th, 1-2pm  
Westhampton Congregational Church  
1 Tobb Hill Rd., Westhampton

### Hilltown Easy Ride Regular Schedule:

**Monday** – medical rides prioritized

**Tuesday** – Big Y in Northampton  
(we still do medical rides whenever possible on this day)

**Wednesday** – medical rides prioritized

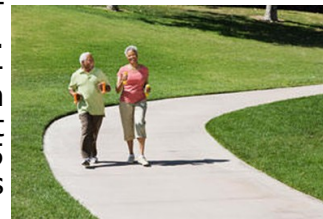
**Thursday** – shopping in Pittsfield  
(we still do medical rides whenever possible on this day)

**Friday** – best day to schedule group social outings (we still do medical rides whenever possible on this day)

You must be 60+ to be eligible for the van and fill out a Demand Respond Application with FRTA. We would gladly help you with that process, or you may go on the FRTA website and download an application. It takes about a week to process, and once you get the acceptance letter you can start booking rides.

We are happy to answer questions:  
**413-296-4536** or [ride@hilltowncdc.org](mailto:ride@hilltowncdc.org).

Unintentional falls are a threat to the lives, independence and health of adults ages 65 and older. Every 18 seconds, an older adult is treated in an emergency department for a fall, and every 35 minutes someone dies as a result of their injuries.



Although one in three older adults fall each year in the United States, falls are not an inevitable part of aging. Falls are often preventable through increasing activity and exercise, balance training, education, and home safety assessment. These proven strategies can reduce falls and help older adults live longer and more independently. Cooley Dickinson VNA & Hospice, in cooperation with the Westhampton COA, invite you to participate in a special "Falls Prevention" presentation. John Yount, PT, Falls Prevention Coordinator from Cooley Dickinson VNA & Hospice will present the program.

**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.

### You Aren't Just a Number!

You are a valued individual. However, your Social Security number is pretty important in your life! It's really not good to carry your SS card with you because if someone gets ahold of it, they are on the way to stealing your identity. A crook will know that the first three digits tell where and when the card / number was issued and they may be able to get these if they know your birthdate and hometown. The two digits in the middle are a book-keeping identifier. The last four digits are unique and what the crook really needs.

So, I say: "Don't carry your card!" And you say: "But I don't know my number! What if I need it?"

Here's some suggestions:

- Write down the number, accurately, for heaven's sake, on two or three pieces of paper and carry them in different places in your wallet.
- Even better, write them in a different order, e.g., backwards. Recording them backwards will help disguise the last four. Say your number is 567 – 50 – 1234. Write it down as 432105 in one place, and 765 in another.
- Even better than that: learn your last four and don't write them down.
- And you guessed it, the best idea is to learn the entire number so you don't carry it in any way, shape, or form.

If you have any better suggestions, send them and I'll consider giving you a prize.

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

## **Chesterfield's Outreach Team is active and growing**

By Peg Whalen  
Regional Outreach Coordinator for the  
Northern Hilltowns Consortium of COAs

In 2018, the Chesterfield Council on Aging is reaching out to over 382 older adults turning 60 or better in 2018. Chesterfield's outreach is multi-faceted and growing rapidly.

- COA board members have continued doing outreach individually.
- Traditional activities continue and are combined with informational phone contacts and concrete assistance through home visits and food deliveries.
- Intergenerational COA activities are a common feature of Chesterfield events including square dances, breakfast/lunch at New Hingham Elementary School, among others.

The Chesterfield COA board created an Outreach Team. The team meets monthly to identify older adults known to be isolated or potentially isolated and those with specific needs. Chesterfield's Outreach Team is a diverse group of town residents. The team includes four COA board members, the UCC minister, a church deacon, and the HEN (Hilltown Elder Network) Coordinator for Chesterfield, Helen Pelletier. The team also plans to have others join them including Fire, Police, Emergency Management, and Library.

Chesterfield's Outreach Team is creating a network of volunteers to assist older adults in need. Their goal is to have neighbors giving rides, doing tasks and providing supports needed by the town's older adults.

Rides by volunteer drivers take older adults not only to medical visits, but also grocery shopping, entertainment, errands, banking and haircuts. Tasks could include short-term help following illness or rehabilitation, regular or periodic cooking, regular phone calls, or help getting information. Support may include regular social visits, sharing a common interest, playing cards or games, or simply keeping someone company so their caregiver gets a break.

## **Did you know?**

Your COA has a list of volunteer opportunities and needs.

If you have some time, please speak with your COA to find out how you can help!



## **Expert Builder Kent Hicks to present: Going Green and Aging in Place in Chesterfield**



**Sunday, April 15th at 2pm  
Chesterfield Community Center  
400 Main Rd.**

The ability and desire to remain in our home and our community long-term can often become a major dilemma in life. When making the decision about whether we or our extended families can personally manage health and finances, important questions are faced:

- \* Can we physically stay in our homes?
- \* Can we afford to either retrofit our existing home or build a new house that allows us to "age in place?"
- \* Should we move into senior housing?

Rural life presents challenges to creating homes that are energy efficient and environmentally friendly. Zoning laws vary and septic requirements are different than those in urban areas. The upfront higher construction costs to build or renovate a green, efficient home can seem hard to balance with the future benefit of not having to face the usual, higher utility costs in retirement. Out of a sense of responsibility and respect for our beautiful community, more community members want to create homes that contribute to the sustainability of the environment.

The Chesterfield Council on Aging Senior Housing Committee has been discussing these same questions as we look to progress towards a more integrated, age-friendly community. Our wish is to provide a range of options for people of all ages who are hoping to stay in their home town.

Kent Hicks, a member of the Building Committee and owner of Kent Hicks Construction Co., has generously volunteered to present a program that will shed light on the most common questions about "going green," and also describe new approaches in dealing with rural housing, living in a healthy home and building small. A Chesterfield resident and expert in the construction of energy efficient homes, Kent is more than familiar with the nuances of living in our unique Hilltowns.

Please join us for Kent's presentation on April 15th at 2pm at the Chesterfield Community Center, 400 Main St, Chesterfield Ma. It is certain to be an informational and interesting approach to "aging in place" in our homes in the hilltowns.

## On the Go!

The Northampton Senior Center has arranged the following outings, and you are welcome to join!



\*Please make your reservations early as these trips fill up fast!\* **Call Francine Frenier at the Northampton Senior Center: 413-587-1228.**

*April 20– Friday: Polish Center of Discovery & Learning*, a unique museum filled with 10 rooms of Polish history, emigration and culture. Located in Chicopee. Enjoy a German-fare lunch on your own at the Munich House prior to the museum stop. Sign up early, seats are limited. Cost is \$36.

*June 21–Thursday: The Gilded Age of the Berkshires.* Tour Ventfort Hall and The Mount. Buffet lunch on terrace at The Mount. Cost is \$112. There is a \$10 discount if paid in full by May 7.

*June 26-28: Three Day Tour to Lancaster, PA.* Two shows, *Jesus* at Sight & Sound Theater (reserved orchestra seats) and *The Wizard of Oz* at Dutch Apple Dinner Theater. 2 nights at the Best Western Hotel, 2 full breakfasts at the hotel, family style dinner at an actual Amish home. Price includes baggage handling, tax and driver gratuities. \$434 with double occupancy. **Pay in installments (balance due May 18th) or pay in full by April 5th and receive a \$25 discount.** \$50 Deposit. Trip insurance available.

*July 10 – Tuesday: Tour of Mark Twain Home and Wickham Gardens.* Lunch at Promenade Shops on your own. Cost is \$74. There is a \$10 discount if paid in full by June 1.

*July 24 – Tuesday: Best of Boston.* Duck Boat Tour, lunch on your own at Quincy Market and New England Aquarium. Cost is \$109. There is a \$10 discount if paid in full by June 12.

*August 7 –Tuesday: Tour of Fenway Park and Lunch at Cheers.* Enjoy some free time in Boston. Cost is \$123. There is a \$10 discount if paid in full by July 1.

*Sept. 7-11: Washington D.C.,* 5 days, via bus, \$540 with double occupancy. Full day at the Smithsonian. Pay in installments or pay in full by June 1 and receive a \$25 discount. \$100 Deposit. Trip insurance available.

*Oct. 21– Sunday: Halloween in Salem.* Enjoy

the Salem Street festivities and a tour of the House of Seven Gables. Lunch is on your own in downtown Salem. Cost is \$82. There is a \$10 discount if paid in full by September 7.

## Strengthening Networks of Existing Community Supports

*Is your town safe? Affordable? Walkable? Healthy? Inclusive? Does it meet your needs? Is it a great place to grow up and grow old? In short, is it “age-friendly?”* In 2015, the Northern Hilltowns Consortium of COAs received a Service Incentive Grant from the state’s Executive Office of Elder Affairs. With these funds, the Consortium has been part of strengthening coordinated networks of community-based supports. Across the hilltowns, there are long-time community systems that support older adults. These supports include fire, police, and others.

On February 28<sup>th</sup>, Peg Whalen, the Consortium’s Regional Outreach Coordinator, sat down with Bernie Forgea, Cummington Fire Chief; Mike Perkins, Cummington Police Chief; and fire chiefs from 10 other hilltowns to discuss mutual concerns. Together the group talked about ways the COAs can work more closely with town departments. Fire chiefs expressed strong interest in having their COAs help engage residents about many issues:

- Goshen fire chief, Sue Labrie, commented about the usefulness of COAs accounting for and access to information about many older adult residents. For example, COAs are better able to know which older adults are living alone and where.
- Chesterfield fire chief, David Hewes, shared his department’s concern about the under use of emergency alert systems among adults, especially those living alone.
- Several participants cited instances in which their departments have been called to check on a resident. They reported often finding people who had fallen, were unable to get up and laid for *as long as 24 to 48 hours* before help arrived.
- Whalen shared information about the grant, purpose of COAs and their goal of developing supportive, age-friendly communities.

Fire chiefs agreed that working together on these important issues was helpful. Watch for more updates on ways COAs are working with other town departments. Coordination can make your town a more age-friendly community for residents!

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

PRSRT STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

**WILLIAMSBURG  
COUNCIL ON AGING  
ADVISORY BOARD**

**MEMBERS**

Jacqueline Dufresne, Chair  
Margaret Ricci, Vice Chair  
Paul Dunphy, Treasurer  
Daria D'Arienzo

**ASSOC. MEMBERS**

James Cahillane  
Susan Farrell  
Lawrence West  
Nancy Winninger

**SENIOR CENTER  
STAFF**

Marie Westburg,  
Director  
Fran Goebel,  
Outreach Coordinator  
Sherry Loomis,  
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 April

**Fri. April 6th @ 6pm, April 7th @6pm, April 8th @ 2pm**  
**Tales of the 1000 Nights**

*Worthington Town Hall, 160 Huntington Rd.  
Worthington, MA*

Directed and adapted by Maureen Shea, Musical Direction by Meg Breymann and presented by Hilltown Playing, it's a tale where Scheherazade weaves stories to save her head, and to heal the King's heart. Seating is limited. Tickets are available at the Corners Grocery Store in Worthington, The Old Creamery in Cumington, or by calling 413-386-7576. *Sponsored by the Worthington Rec. Committee and a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA. Supported in part by a grant from the local cultural councils of Chesterfield, Cumington, Plainfield and Worthington, who are supported by the Mass. Cultural Council, a state agency.*



**Fri. April 6th & 13th, 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. There are only 10 spots per day, so reserve early. 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. April 22nd, 2pm**  
**Old Country Road**

*Goshen Town Hall, 42 Main St.  
Goshen, MA*

Old Country Road is dedicated to keeping the sound of "true" or vintage country music alive, featuring songs from the 1950s and 60s. FREE and open to the public! All ages welcome! Refreshments provided by the Goshen COA. *Sponsored by: the Goshen COA, the Goshen Cultural Council and the Mass Cultural Council.*



**Sat. April 28th, 9am-3pm**  
**Clothing Exchange**

*Goshen Congregational Church, 45 Main St.  
Goshen, MA*

Get a new spring wardrobe for your family without spending a cent and clean out your closet at the same time! Please drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Thurs. 4/26 5-9pm and Fri. 4/27 9-3, then come back to shop on Sat. the 28th from 9am-3pm! Please no swimwear, socks or undergarments. If you need an alternate drop-off time, please call the church: 268-7427. All are invited to participate whether you donate clothes or not. Leftover clothing will be donated to local charities unless otherwise specified.