

Living Well



Newsletter
July
2018

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

July 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 2) 3:15 pm
- Yoga for You, 6 pm
- Basic Computer Class 6-7 pm (call ahead)

Wednesdays:

- Congregate Meal, 11:45 am
- July 18: Advisory Board Meeting, 12:15 pm
- July 25: Ice Cream Social & Music 12:15*

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
- July 12: Brown Bag, 10 am
- Blood Pressure Clinic 11:30 am
- July 19: Men's Group, Snack Bar, 8 am

Fridays:

- Hadley Mall Trips, Shopping &/or Movies*
- July 20: Seniors w/ Kayaks DAR Trip, 10 am*

Saturdays:

- Farmers' Market Trips, by interest*

* See article in next column

Come and Enjoy our

Annual Ice Cream Social

With LIVELY Entertainment by

Fred Goodhue & Karen Guiel
Wednesday, July 25th at 12:15 pm
in the Senior Center Café

Please call two days ahead to reserve lunch if interested.

Seniors with Kayaks

Friday the 20th Paddle at the DAR

Let's get together for a float party on July 20th! We'll meet at the DAR boat ramp at 10am before it gets too hot and paddle for a while, maybe take a swim or walk the lakeside trail. Those who want to can meet at the Snack Bar afterward for lunch. If you need help with your kayak, call us. *Lifetime state park pass for seniors is \$10.*

Note: We're looking for someone (or 2) with a pickup to help carry kayaks. Contact us to sign up: 268-8407.

Let's enjoy summer like we used to!!

July Trips

Florence Farmers' Market, Wednesdays, open 2-6pm
The Saturday Farmers' Market, 8 Gothic St., "Hamp", is open 8-1. Use your SNAP benefits.

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

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

Where would you like to go?

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-Thurs 8:30-1:30, with extended hours for classes

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!

- **7/2: Tuna Salad, Apple Broccoli Slaw**
- **7/9: Chef Salad w/Egg, Ham, Turkey & Cheese slices, Zucchini Bread**
- **7/16: Potato Salad, Spanakopita Casserole**
- **7/23: Tabouleh Salad, Pita Points w/ Hummus and Cheese Dip**
- **7/30: Gazpacho Soup, Cheese Toast**

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

Meals provided by Highland Valley Elder Services. Call two days ahead to make your reservations. Most Programs are before or after these meals—see schedule on pg 1.

Brown Bag Program **Thurs, July 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, July 12, 11:30**

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

Foot care Nurse, Oni **Wed, Aug. 22, 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 for an appointment.

Podiatry, Dr. Coby **Tues, July 10, 9:30-1**

Routine foot care every other month in the Town Office building. Call 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 is on hold for July and August. Stay tuned for more info.

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. Small, easy movements done on a mat bring relief through better alignment. Wear loose clothing and bring a mat if you have one.

OTHER GROUPS

Third Thursday Men's Group **July 19, 8 am**

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

International Bag Sew **Tuesdays 3:15-5:15 pm**

On hold until further notice.

Seniors with Kayaks (pg. 1) **Friday, July 20th DAR paddle!**

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,](#)

Contact us, leaving your name, address & phone number at 268-8407 or email sloomis@burgy.org.

Enrich your Life, Volunteer! *Plenty of opportunities here for you.*

- **Reception & Kitchen Help** needed, Mon-Th.;
- **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;
- **Yard workers**: to help local seniors at home. Teens (Community service credit for your school) & Adults.

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

Thank you to ALL of our volunteers!

Wisdom of the Elders

As I contemplate the blank space in this newsletter, the following words come to mind: Wisdom of the Elders. Looking up the phrase online, I found a book by that name, "Wisdom of the Elders, The Ultimate Quote Book for Life."

In many cultures, including Native American, the elders are revered for their knowledge and wisdom. Oral transmission of this wisdom is the way children learn from the past and are taught to live lives with respect.

As we get together and talk about our lives and families and illnesses and whatever else, it might be fun to write down some of these nuggets of wisdom to share with others. (I know, it's how my mind works!)

Look for a notebook, coming soon, with some old pictures and room for comments, memories, lessons learned, favorite quotes, even recipes. No pressure to participate, but you DO have something to say!

We could have our own ultimate quote book of life and keep it going for generations...Just saying...

-Sherry

Senior Farm Shares

This year we found that the CISA Senior Farm Share program has run out of money and will not be offering the Senior Farm Shares.

Fortunately, we have an alternative! Thanks to all your generous donations, we can fund a regular farm share from Prospect Meadow Farm, through ServiceNet. We are just setting it up at this time (6/13) and don't have all the details yet, but we should be able to have fresh vegetables and other produce for you weekly through the end of season! You'll be able to pick up your bag here at the Senior Center (or delivered to your home.)

There would be a small charge (\$3 per week or \$30 for the season). The most important thing is that you **sign up ASAP so we can get the most for you. The number of participants will determine how many shares we buy!**

**Call us NOW or sign up in the office.
We will keep you informed of the details!**

268-8407

Hydration is a Key to Good Health

Dehydration has been associated with increased mortality among older adults and can precipitate emergency hospitalization. Dehydration has also been associated with impaired cognition or acute confusion, falling or constipation.

Why are the elderly more susceptible to dehydration? The amount of body water decreases by approximately 15% between the ages of 20 and 80. The elderly often experience diminished thirst which leads to reduced fluid consumption. The kidneys have less ability to concentrate urine and retain water, and ageing kidneys are less able to conserve or excrete sodium. Insufficient fluid intake can also be the result of reduced swallowing capacity, decreased mobility, or comprehension and communication disorders. Disease-related factors such as incontinence can increase water loss. Dehydration may also be caused by hot weather, over-heated homes or use of laxatives or diuretics.

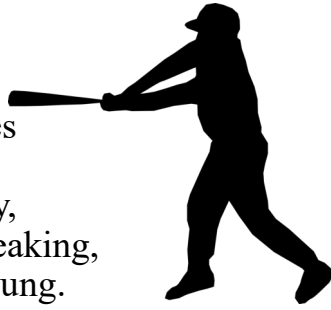
What steps can be taken to prevent dehydration?

- Drink plenty of fluids with medications
- Drink water **and** preferred beverages
- Try for a minimum intake of 3 pints (48 oz) or more
- **Stop by the Senior Center for a free water bottle!**
(Provided by your generous donations!)

Reference: <https://www.h4hinitiative.com/everyday-hydration/how-your-needs-change-over-time/hydration-and-elderly>

“Crutch”

In small towns
Boyhood friend’s homes
Become verities:
Touchstones of memory,
Comforting without speaking,
Confirming all of us young.



When B-Ball games were
Always “pickup,” and
Like Runyon’s floating craps,
Their location known mysteriously:
Time and Place:

Youthful words were few,
Action was more important.
Years later the games remain
In fading Sports Page minds:
Who won, who lost, who cried?

Who cared? Unending games
Now being called one by one
On account of darkness.
Like they were—
Like they always were.

James Francis Cahillane
(From “The Pilot’s Satchel” 2016)

50th Class Reunion

In 1968, I never thought I’d see the day—our 50th class reunion! Fifty years and so many of us are still friends or we’re new friends. No matter what roads we traveled, we’ve all shared similar experiences.

All the Alumni got together for a buffet banquet and gathering, packing the local diner. What a great crowd! One dear lady graduated in 1937 and the youngest class, in 1971, when the new regional came to the area.

When we asked for class reps to stand up and talk about their school years, one man stood up with a big notebook and slowly, page after page, read for 25 minutes. He was a brilliant orator, memories in poetic license.

As expected, many in my class looked a “tiny bit” older. But some were shockingly still the same. The words “time warp” remained with me during the banquet—flashbacks happened. Yes, we were children of the ‘60s!

Other events unfolded, making 2 full days of activities. A few of us actually tried twirling hula hoops, sang songs from “Pirates of Penzance” and “Paint Your Wagon.” We took a riverboat ride, visited the old school, the Historical Museum, a local park, the Bridge of Flowers, taking pictures to share on Facebook.

The last day was poignant, with many people going home far away. Lots of hugging ensued and we all promised to get together often and not lose touch. For a few moments in time, I felt like I was 18 again!

—Sherry Loomis

Thank You for Your Generous Donations!

Your donations help support our Companion Program; provide financial aid to lower class fees; and give us the flexibility to add new programs, like our Farm Share & water bottle handout, (pg 3) to benefit local seniors. EVERY donation is important to us, as are all the VOLUNTEERS who donate their time to help out.

Please consider a tax deductible donation. If you would like to contribute, please fill out the form below, send it with your check made out to **Town of Williamsburg**. We thank you for your continuing support!

**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



Regional News

Seniors Aware of Fire Education



Finally, grilling season is here. Here are a few tips on how to grill and not get burned or worse.

In general:

- Always grill outdoors.
- Do not grill on a porch/deck with a roof over you.
- Grills should be at least 10 feet from the side of a building.

For gas grill safety:

- Open grill lid when you light it. It will keep built up propane from exploding.
- If you smell gas while cooking, get away from the grill. Call 911.
- Always turn off the burner and propane cylinder when done cooking.
- Never leave a burning grill unattended.

For charcoal grill safety:

- Use only charcoal lighter fluid and not gasoline.
- Never add lighter fluid to hot coals or small fire.
- Allow coals to burn out completely; after they are cold, wait 48 hours before disposal.
- Never use a charcoal grill indoors.

Have a S.A.F.E summer grilling!

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



The Easy Ride Van will be in the 4th of July parade in Chesterfield!

We want you to be, too! No need to worry about how to get there: we would pick you up and bring you home! If anyone is interested in being on the van in the parade and has the acceptance letter from FRTA to ride, **we would love to have you.** Seating is limited, so please RSVP soon!

We will also be in the 250th celebration parade for Worthington on June 30th! As with the Chesterfield parade, we invite anyone to ride with us on the van in this parade. If you have the acceptance letter from FRTA to ride the van, you are good to go. We would pick you up and bring you home.

Rate Change News

Here are the new rate changes.

How much does it cost?

- One way trips that originate and end within the same town are \$1.25.
- One way trips to adjacent towns that are within our service area are \$1.75.
- One way trips beyond an adjacent town that are within our service area are \$2.25.
- PCA/escorts are \$0.75 all one-way trips.
- Trips to Senior Centers are half fare.

Fares listed are for one way. Call or email with any questions: 413-296-4232 or ride@hilltowncdc.org.

Is your home falling down and you can't afford to fix it?

If you live in the towns of Chesterfield, Cummington, Goshen, Plainfield, Peru, or Worthington, help may be available!

The Hilltown CDC is accepting applications from income eligible homeowners that need help repairing their homes. These are NO PAYMENT / NO INTEREST loans that are forgiven over 15 years. Loan amounts can go up to \$40,000 and can include any of the following work:

Siding, Windows, and Doors
Roofs and Chimneys
Plumbing and Electrical
And more!

Septic Systems and Sewer Tie-in's
Handicap Accessible Work
Wells, Pumps, and Hot Water Tanks

Why not give us a call today to find out if you're eligible? Get those repairs made now while funding is still available! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email at paulab@hilltowncdc.org to request an application.



www.hilltowncdc.com - 2014/2015

Reaching Out to Older Adults in Westhampton

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

Westhampton Council on Aging outreach is unique among the seven northern hilltowns. Town COA board members already have been functioning as an Outreach Team. The town of Westhampton has had a well-balanced COA board. The composition of the board has similar representatives to the key players found on developing outreach teams elsewhere. In the other towns, reported previously (Plainfield, Cummington, Goshen, and Chesterfield), the COAs have worked to form outreach teams.

Westhampton COA outreach work is in addition to the customary activities and responsibilities generally expected of COA board members. The COA includes:

- One board member who also serves as the Westhampton Hilltown Elder Network (HEN) Coordinator;
- Another board member is part of the town's TRIAD;
- Two COA members who are involved with the Westhampton Congregational Church;
- and Board Chair currently coordinating the volunteer driver program for older adults that request help getting around.

The board is committed to working with other town departments. Looking outside the COA to bolster outreach led the board to contact fire, police, and emergency management departments, library, among others. Their goal is integrating the circle of town resources and personnel attuned to older adults' needs. COA outreach also is well supported by additional supports for town residents.

Westhampton has a widely-distributed monthly community newsletter. "The Bell Tower" goes to all residents in Westhampton, without requiring a subscription. The Westhampton Congregational Church does outreach to congregation and community members when they become aware of a need. The town library provides support for home-bound readers with delivery and pick up of library materials.

Westhampton COA has the only Friends of Westhampton Council on Aging among the seven northern hilltowns. Westhampton COA Friends is instrumental in supplementing COA programming support and financial resources for activities, programs, and events.

Westhampton's variety of supports for older adults demonstrates the town's unique ways of helping. With Westhampton's population changes,

the needs for outreach continue to grow. Please talk with your COA director or board members about opportunities for you to participate in outreach. Outreach is happening everywhere!

Become an Elder Advocate!

A three-day ombudsman certification training will be held at Highland Valley Elder Services **October 3-5, 2018.**



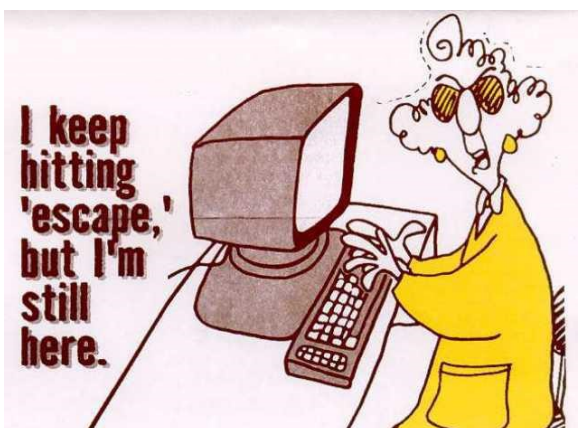
Ombudsmen help ensure the quality of life for nursing and rest home residents. Volunteers are thoroughly trained to assist residents with benefits, rights and entitlements guaranteed under federal, state, and local laws. Ombudsmen assist and empower residents with the tools for self-advocacy and they may make all the difference!

The Ombudsman Program is a federally mandated advocacy program for nursing home and rest home residents throughout the United States. Highland Valley administers the program in Hampshire and Hampden County. **We are in need of four new ombudsmen to cover facilities in Hampshire County.**

Please note: New volunteer recruits are required to interview with the program director and to complete a CORI background check prior to this training. **For more information, please call Don Freeman at (413) 588-5755.**

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.



RESOURCE 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
Call Chesterfield COA for assistance	413 296-4007
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. shop, 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
Hilltown Easy Ride 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 , Sherry Loomis	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
COUNCIL ON AGING
ADVISORY BOARD**

MEMBERS

Jacqueline Dufresne, Chair
Margaret Ricci, Vice Chair
Daria D'Arienzo

ASSOC. MEMBERS

James Cahillane
Susan Farrell
Lawrence West
Nancy Winner

**SENIOR CENTER
STAFF**

Sherry Loomis,
Administrative Asst.

And Volunteers

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

Out and About in July

Wed. July 4th, 7am-2pm
Chesterfield July 4th Celebration

Pancake Breakfast (Firehouse)	7:00 - 10:00
Food & Vendor Booths	8:00 - 2:00
Historical Exhibits (Edwards Museum)	9:00 - 10:30
Hilltown Art Display (Town Hall)	9:30 - 2:00
Heritage Pops Concert Town Center)	9:30 & 11:30
PARADE	10:30 - 11:30
Chicken Barbecue (Church)	11:30 - 1:30
Classic Car Show (Town Offices)	11:30 - 1:30
Magic Show & Face Painting (Park)	11:30 - 1:30
Sidetracked Band (Car Show)	11:30 - 1:30
Family & Kids Softball (Ball Field)	12:30 - 1:30
Firefighters Contest (Ball Field)	11:30 - 12:30

Sponsored in part by the cultural councils of Chesterfield, Cummington, Goshen, Williamsburg & Westhampton.



Weds. July 11th, 11am
Wild West: The Mystery of the Haunted Piano
by the ScienceTellers
Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA

You're invited to a WILD WEST Library Adventure— part of the Chesterfield Public Library 2018 Summer reading program. ScienceTellers brings science to life. Not too

long ago, Science and Storytelling were accidentally mixed. Here is what happened! This interactive story allows kids of all ages to explore the fascinating science behind chemical reactions, combustion, air pressure, inertia and more. Don't miss this classic action-packed western with 'notes' of science!

Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA, coordinated in partnership with the Chesterfield Public Library.

Tues. July 17th, 12pm
Cummington COA Annual Picnic
Pettingill Memorial Field, 14 Main St.
Cummington, MA

Cummington will be having its annual COA picnic on Tuesday, July 17th, at the Pettingill Memorial Field, by the playground, at 12:00 noon. This year we're inviting folks from other COAs to join us. If you plan to come, please give Anne a call at the Cummington COA by the 11th so we can plan accordingly: 413-634-2262. If you need a ride, reserve it with the Hilltown Easy Ride Van at 296-4232.

