

# Living Well



Newsletter  
November  
2018

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

## November Events Calendar

### Mondays:

- Veterans' Agent, 2-4 pm
- Monday Meals, every Mon, 11:45 am
- Nov 19: Healthy Holiday Eating 11 am\*

### Tuesdays:

- Healthy Bones & Balance, 10:30 am
- SHINE Rep, 11-2 (call for appointment)
- Congregate Meal, 11:45 am
- Yoga for You, 6 pm
- Basic Computer Class 6 pm (call ahead)
- Nov 13: Options Counseling, 12 noon (pg 3)
- Nov 20: Film Screening Now & Again 12:15\*
- Nov 27: Singalong / Patrick Callinan 12:15\*

### Wednesdays:

- Modern/Creative Dance 10 am
- Congregate Meal, 11:45 am
- Quilting Class 12:30 pm
- Nov 14: Advisory Board Meeting, 12:15 pm

### Thursdays:

- Tai Chi, 9:30 am
- Knit/Crochet Group 10:00 am
- Gentle Chair Yoga, 10:45 am
- Congregate Meal, 11:45 am
- Healthy Bones & Balance, 4 pm
- Basic Computer Class 6 pm (call ahead)
- Love Your Body 6 pm
- Nov 8: Brown Bag, 10 am
- Blood Pressure Clinic 11:30 am
- Nov 15: Men's Group, Snack Bar, 8 am

### Fridays:

- Hadley Mall Trips, Shopping &/or Movies\*\*
- Where would you like to go? \*\*

\*More in next column  
\*\*Contact us to find out more

## Film Screening at the Senior Center: NOW AND AGAIN: A Documentary on Finding Lost Memory

Tuesday, November 20th, 12:15

Presented by Alex Leff who says, "After my grandfather lost his memory to Alzheimer's, my brother and I set off to recreate the 1945 bicycle trip he took from Brooklyn to Philadelphia, to find his lost memory and explore the legacy of our grandfather."

The film explores what it means to lose one's memories, to be a caretaker, and to create memories knowing one day they might be lost.

Their preview screening in Northampton a few months ago really seemed to be a cathartic moment for those who came and they will do a similar screening here. "I see the film as an organizing tool, to raise cross-generational awareness and connect families who are seeking greater support." *For more about NOW AND AGAIN go to [ashbournefilms.com](http://ashbournefilms.com).*

## Sing-Along with Patrick Callinan

Tuesday, November 27th at 12:15 at the Senior Center Café. Patrick is working on a new program and wants to try it out on us! The songs will be some of your old favorites and some you may not have heard lately. Come and take a walk down Memory Lane! Singing is like laughter, it makes you feel better—what better way to spend an afternoon? Need a ride? Call us!

## Talk: Healthy Holiday Eating by Kristina Mullin of Food Bank of Western MA Monday, November 19 at 11 am

Just in time for the holidays—how do you avoid that overstuffed feeling? Kristina will explore that topic with some easy solutions and recipes to keep you on track!

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

Williamsburg Senior Center - 141 Main Street, P.O. Box 193 - Haydenville, MA 01039  
Phone: 268-8407 - Fax: 268-8409 - Hours: Mon–Thurs 8:30-2:30, 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! (No meals on holiday Mondays)

### 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. Birthday Cake will be provided by CareOne the first Wednesday of each month.

### Brown Bag Program

**Thurs, Nov 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 free rides to your medical appointments. Drivers are paid through PVTA.

### Benefit and Options Counseling

We 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, Nov 8, 11:30**

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

### Foot care Nurse, Piper Sagan

**Wed, Dec 26, 9-2**

Piper, 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, Nov 13, 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.

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

Contemporary dance for adults, taught by Susan Waltner. If you can get down on the floor and back up, you will enjoy this **free** class (donations accepted). Stop by and try it out!

### 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 for info & 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, paid monthly.

### Healthy Bones & Balance

**Tuesdays, 10:30am**

**and Thursdays, 4pm.** Fun, low impact exercises 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

**Nov 15th, 8am**

"The guys" meet on the third Thursday of every month at the Williamsburg Snack Bar. For a good time, join them!

### *The Senior Center is excited to present two* **NEW GROUPS**

#### Knit & Crochet Group

**Thursdays at 10am**

Bring your projects or come and learn how to wield the needles! Led by Candy Smith & Barb Estes. Meets on the first Thursday of the month.

#### Workshop: Quilted Wall Hanging **Nov 7, 14, & 28**

**12:30-2:30** Use our sewing machines to make your own wall hanging. Fabrics will be provided or you can bring your own. Barb Estes will teach you how!

*What else would be fun to do together?  
Call us or stop by any time to discuss new ideas!*

## What is Options Counseling?

**Tuesday, November 13, 12 Noon  
Senior Center Café**

Ashley from Highland Valley Elder Services will come and talk about Options Counseling. As I get older, how can I get the help I need? Is it feasible to stay at home or do I need a different level of care? No matter what your questions are, Options Counselors can help. Come and find out how!

## Looking for Seniors to Support Intergenerational Learning

Come join elementary school students on Thursdays at Meekins Library from 12:30 - 3 pm. Help students choose books or be a reading buddy to the younger children who come in between 1 and 2 pm. **Contact Stacy Jenkins at the Dunphy School at 268-8421.**

## Library Services for Seniors:

If you or a friend or neighbor would like Meekins Library books and other materials delivered to your home, contact **Anne Bussler at 268-7979.**

## The Williamsburg Fire Department to host Senior SAFE Day

Saturday, November 17th at the  
Anne T. Dunphy School  
Time to be announced.

*Look for fliers coming out soon!*

**Offered: Home Safety Checks  
Buckets of Sand \*  
Smoke Detectors and Much More!**

## \*Free Buckets of Sand for Winter!

The Sheriff's Department, the District Attorney and Fire and Police departments will be distributing 5-gallon buckets of sand for those who want them to help sand walkways over the winter season. Sign up at the Senior Center to get one delivered to your door. 268-8407.

**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,

Contact us, leaving your name, address & phone number at 268-8407 or email [sloomis@burgy.org](mailto:sloomis@burgy.org).

## Save the Dates:

**Tuesday, December 4th at 11:30  
Franklin First Presents Lunch & Learn  
Fight to Protect Seniors from Financial Abuse**

Rachel Senecal from the Northwestern D.A.'s office, along with Denise Wickland and First Franklin FCU President/CEO Michelle Dwyer will speak about fraud protection and more.

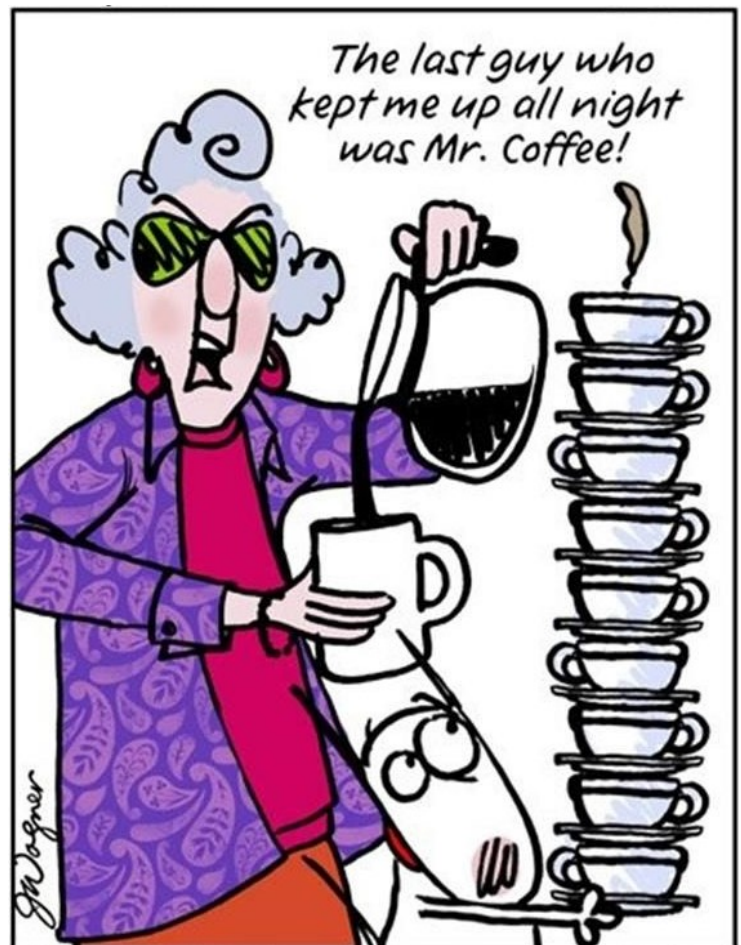
**Tuesday, January 8  
Talk on Medical Ethics**

Dr. Peter dePergola, Director of Clinical Ethics at Baystate Medical Center, will speak about Medical Ethics that Affect the Elderly. Time to be announced. All are welcome.

**Tuesday, January 15 at 10:30  
Silk Scarf Painting**

Trish Gendron of Care One will teach silk scarf painting. She says the results are stunning. Materials will be provided. All are welcome!

## Laughter, the Best Medicine:



## Seniors Can Prepare Now to Stay Healthy This Winter

Winter is approaching and as the temperature drops, it's important for older adults to prepare for the potential risks that cold weather can bring.

For the thousands of seniors living in the Northeast, winter may pose a number of risks such as much higher incidences of injury and illness due to icy sidewalks, cold and dry air, flu viruses and in many cases, hypothermia.

Older adults should **keep these tips in mind** to help ensure safety and optimum health this winter.

- Older adults are more susceptible to hypothermia, which occurs when too much heat escapes from the body. It is important to dress warmly and keep dry, but equally important to remember good nutrition. Food provides the fuel we need to keep warm. Hot food and warm drinks are best to warm the body.
- When going outdoors, remember to dress warmly. Wear layered, loose-fitting clothing and mittens. When possible, wear a hat to protect against heat loss since close to half of all body heat is lost through the head. To avoid slips and falls, wear non-skid boots or other shoes with plenty of traction.
- You can prevent many winter hazards simply by planning ahead. Before winter arrives, check all the windows and doors in your home for cracked or worn sealants. A new application of caulking may be needed; in a pinch, staple a sheet of plastic tarp over really old windows.
- Talk to your electric or gas companies to see if you

can be put on a level billing system that averages your energy payments equally over 12 months. This doesn't save money, but it does help to budget during the heating season and prevent your heat from being shut off.

- Cold weather can put extra strain on the heart. When doing winter chores such as shoveling snow, do some warm-up exercises first and take many breaks.
- To conserve energy, heat only those rooms that you use. Close off the attic, garage, basement, spare bedrooms or storage areas. But don't overdo your money-saving efforts: keep your thermostat set to at least 65 degrees to prevent hypothermia.
- Shift energy use from peak to off-peak times. For example, do small things like running your dishwasher after 9 p.m.
- When using a portable heater, plug the heater directly into an outlet, not to an extension cord. Make sure the outlet and wiring are in good condition. Keep the area around the heater clear of furniture, newspaper or other flammable materials and take special care to avoid tripping over cords.

Many government, nonprofit and community organizations offer energy assistance programs to low-income older adults during the winter months. **Don't hesitate to call the Senior Center to locate the resources you need!**

---

## 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 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!**

**Jennifer Hoffman, 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



## Regional News

### Seniors Aware of Fire Education



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

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

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

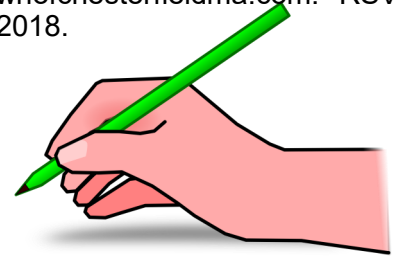
--Worth Noyes, SAFE Educator  
Williamsburg & Cummington Fire Departments

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

### Drawing Class Coming Soon!

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

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



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

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

### Freeze for Free!

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

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

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

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

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

## Central Hampshire Veterans' Services – Hilltown Schedule

### Williamsburg Town Hall

141 Main Street  
Haydenville, MA 01039

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



### Cummington Community House

33 Main Street  
Cummington, MA 01026

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

### Goshen Town Offices

40 Main Street  
Goshen, MA

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

### Worthington Town Hall

160 Huntington Road  
Worthington, MA 01098

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

### Chesterfield Community Center

400 Main Road  
Chesterfield, MA 01012

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

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

Main Office: Central Hampshire Veterans' Services, Memorial Hall, 240 Main Street, Room 4, Northampton, MA 01060

## Welcome aboard, Jen Hoffman and Sue LaRock!

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

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

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

## Tips for Holiday Eating

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

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

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



### Strategies to help you avoid overeating

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

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

By: Rita Longe, RDN, LDN

**RESOURCE DIRECTORY**

<b>Domestic Violence Advocate</b> , 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
<b>Elder Abuse Hotline</b>	800 922-2275
<b>First Call for Help</b> Information and Referral Resources	800 339-7779
<b>Fuel Assistance</b> Application and Recertification	800 370-0940
<b>Hilltown Elder Network – H E N</b> (sponsored by Hilltown CDC)	413 296-4536 x120
<b>Veterans' Service Officer</b> Tom Geryk	413 587-1299
(Westhampton) Joe Henning	413 207-3541
(Plainfield) Brian Brooks	413 772-1571
<b>DO NOT CALL Registry</b>	888 382-1222

**Food Services**

<b>Food Bank of Western Massachusetts Brown Bag Program</b>	800 247-9632 or 413 268-8407
<b>Food Stamps - Supplemental Nutrition Assistance Program (SNAP)</b>	413 552-5400 or 413 296-4007
Call Chesterfield COA for assistance	413 296-4007
<b>Hilltown Food Pantry</b> - Goshen Town Hall - Diane Meehan, Director	413 268-7578 Wed 1-3; 3 <sup>rd</sup> Wed 1-6
<b>Meal Site</b> Williamsburg Senior Center	413 268-8407
<b>Meals on Wheels</b> Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
<b>Northampton Survival Center</b> , 265 Prospect St. Northampton	413 586-6564
<b>Salvation Army Emergency Food, Fuel or Medication Vouchers</b>	413 586-5336/6564

**Health Services**

<b>Highland Valley Elder Services</b> Intake referral for homecare, etc.	413 586-2000
<b>Hilltown Community Health Center-</b> 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
<b>Podiatrist</b> Dr. Michael Coby, call Williamsburg Senior Center to schedule (Alternating months at the Senior Center)	413 268-8407
<b>Foot Care</b> Piper Sagan, RN	
foot care in Cummington, call Peg Daniels for appt.	413 634-2229
foot care in Goshen, call Liz Loven for appt.	413 268-7122
foot care in Plainfield or in-home visits	413 522-8432
foot care in Williamsburg or in-home visits	413 268-8407
Diane Roeder, foot care in Whamp & Chesterfield	413 374-0457
<b>SHINE, Medicare &amp; Drug Coverage Part D &amp; Prescription Advantage</b>	
Wayne Glaser	Call your COA for appointment
Lorraine York-Edberg	413 773-5555, ext. 2275
<b>Mass Health and New Health Coverage</b>	
Buliah Mae Thomas at Hilltown Comm. Health Center	413 667-2203

**Transportation Services**

<b>Cummington</b> Neighbor to Neighbor Drivers	413 634-2262
<b>Westhampton transportation</b> Appts or groc. shopping, Louise Jasionkowski	413 527-5134
<b>Williamsburg Medical Rides</b> Williamsburg Senior Center (to schedule)	413 268-840
<b>PVTA Dial-A-Ride</b> (tickets sold at Williamsburg Senior Center)	866 277-7741
<b>Hilltown Easy Ride Van</b> Ed Pelletier	413 296-4232

**Local Councils on Aging**

<b>Chesterfield COA</b> , Janice Gibeau	413 296-4007
<b>Cummington COA</b> , Anne Parsons	413 634-2262
<b>Goshen COA</b> , Evelyn Culver	413 268-3316
<b>Plainfield COA</b> , Susan Metcalfe LaRock	413 743-5345
<b>Westhampton COA</b> , Julia Lennen	413 537-9880
<b>Williamsburg Senior Center</b> , Jennifer Hoffman	413 268-8410
<b>Worthington COA</b> , 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**

Jacquelyn Dufresne, Chair  
Margaret Ricci, Secretary  
James Cahillane  
Daria D'Arienzo  
Nancy Winninger

**ASSOC. MEMBERS**

Dean Acheson  
Susan Farrell  
Lawrence West

**SENIOR CENTER  
STAFF**

Jennifer Hoffman,  
Director  
Sherry Loomis,  
Administrative Asst.  
Melinda McCall  
Mealsite Coordinator  
&  
Volunteers

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

## Out and About in November

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

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



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

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

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

Students in the Cosmetology program are offering the following: Haircuts \$5.00; Manicure \$4.00; Pedicure \$8.00; Facial \$8.00. Please call 413-587-1414 x3531 to make an appointment. Each appointment takes about

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

*Save the date!*

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

*There's still time...*  
*Join the Northampton Senior Center on their*  
*December trip:*

*December 10 — Monday:*  
**White Christmas Big Band** show and luncheon at Aqua Turf, Plantsville, CT. Rob Zappulla and his 13-piece Big Band will perform holiday favorites. Cost is \$102.

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

