

# Living Well



Newsletter  
December  
2018

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

## December 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
- Yoga for You, 6 pm
- Basic Computer Class, 6 pm (call ahead)
- Dec 4: Lunch & Learn, 12 noon \*
- Dec 18: Holiday Music Program, 12:15\*

### Wednesdays:

- Modern/Creative Dance, 10 am
- Congregate Meal, 11:45 am
- Quilting Workshop, 12:30 pm
- Dec 12: Prevent Respiratory Illness, Noon\*
- Dec 19: Advisory Board Meeting, 12:15 pm
- Dec 26: Foot Nurse, Piper Sagan, 9-1

### Thursdays:

- Tai Chi, 9:30 am
- Knit/Crochet Group, 10:00 am
- Chair Stretch & Strengthen Exercise, 10:45
- Congregate Meal, 11:45 am
- Healthy Bones & Balance, 4 pm
- Basic Computer Class, 6 pm (call ahead)
- Dec 13: Brown Bag, 10 am
- Dec 13: Blood Pressure Clinic, 11:30 am
- Dec 20: 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*

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

## Lunch and Learn

### Learn about Financial Abuse and How to Avoid It

Tuesday, Dec. 4th, Senior Center Café

Come for a free catered lunch and learn how to keep your financials safe. Franklin First Credit Union is sponsoring this important meeting. Speakers will include Michelle Dwyer, President/CEO of Franklin First Credit Union; Julie Pearce of Highland Valley Elder Services; Rachel Senecal of the Northwestern D.A's Office; Janice Garrett of Consumer Protection; Walter Laskos, Financial Elder Abuse; and Denise Wickland, Williamsburg Police Chief.

Call to register ASAP so we'll have enough lunch for you! 268-8407.

## Tips to Help Prevent Respiratory Illness

by Dawn Lucia, RRT of CareOne of Northampton

Wednesday, December 12 at 12:00 Noon

Winter can wreak havoc with our respiratory system, between the cold weather, dry heat in our homes, and exposure to colds and the flu. Learn ways to prevent the ill effects of respiratory illness! Stay after lunch (reserve 2 days ahead) or drop in at noon.

## Holiday Music Program

Tuesday, Dec. 18th at 12:15

Naomi Edelman and her husband Joe Johnson from Hatfield will be performing seasonal songs mixed with old favorites from the '40s -'70s! Naomi plays guitar and sings, and Joe plays cello. They have been performing in this area for many years. Naomi is also a Board Certified physical therapist.

Come and enjoy the program at  
the Senior Center Café!

Refreshments will be served.

If you need a ride, call us!



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 Monday holidays.)

### 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, Dec 13, 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 PVTVA.

### 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, Dec 13, 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, Jan 8, 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

### Healthy Bones & Balance

**Tuesdays, 10:30-11:30**

**and Thursdays, 4-5.** 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**.

### Yoga for You—Adult Yoga

**Tuesdays, 6-7**

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, 10-11**

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, 9:30-10:30**

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**

See **Chair Stretch & Strengthen** article on page 3

## OTHER GROUPS

### Quilting Workshop

**Wednesdays, 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!

### Knit & Crochet Group

**Thursdays, 10-11:30**

Bring your projects or come and learn how to wield the needles! Led by Candy Smith & Ruthie Parsons. Meets every Thursday.

### Third Thursday Men's Group

**Dec 20th, 8am**

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

## "Aging in Place" - the Hilltown Consortium Survey

First, I want to wish each of you a very Happy Thanksgiving. This year I am thankful for being a part of such a vibrant and caring community. These past two months have been a whirlwind and I cannot wait to hear more of your ideas on what you want to see at your senior community center.

Many of you will be receiving a survey in the mail from the Hilltown Consortium. Williamsburg is part of the Hilltown Consortium, which is a collaborative group of senior center Directors and Coordinators in the

— See "Aging in Place" on page 4 —

## Chair Stretch & Strengthen Exercise Class

Weekly exercise class for increasing flexibility while strengthening your whole body through gentle, seated moves. Focus on the mind-body connection through movement and breath while bringing benefits to your whole body! Suitable for all ages and abilities. **Thursdays, 10:45—11:45 am. \$10 per class.** Try it the first time for free and then a monthly commitment is asked. Some financial assistance is available if the cost is a hardship.

*December Special – 2 Free Classes:  
Try something new and keep moving  
this Winter!*

Come try the Chair Stretch & Strengthen Exercise Class up to two times for free! Trial classes are offered on Thursdays in December 6, 13 and 20<sup>th</sup>.

## **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.**

## **Save the Dates!**

**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!

**Is there something you would like to learn about or share with others? Slide shows? Poetry or story readings? Workshops? Let us know!**

**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).

## **Enrich your Life, Volunteer!**

- **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 & Snow Shovelers:** to help local seniors at home. Teens (Community service credit for your school) and Adults.

**Call 268-8407 for information.**

**We thank ALL of our volunteers!**

## **Activity Report:**

**Our Fall Foliage Mystery Ride** was a great success! On October 12th, 15 seniors including 3 carpool drivers played follow the leader. Sherry led the way, driving over our beautiful back roads until we stopped for lunch at Velvet, the restaurant at the Worthington Golf Club. A leisurely lunch was served, and everyone enjoyed the view. Be sure to reserve a spot in your October 2019 calendar for the 4th Annual Fall Foliage Mystery Ride!



**“Aging in Place,” continued from page 2**

surrounding hilltown communities. We work together so we are stronger in our goals and vision to the commonwealth. Together, our hilltown communities can have one voice, even though we know some of our needs can be different.

The Commonwealth of Massachusetts understands there are differences in each community, and is interested in knowing what each community specifically needs in order to feel comfortable to age in our own homes.

This survey is very important because each of your opinions matter. The Town of Williamsburg and the Village of Haydenville want to have a complete picture of what our needs are now, and what they will be in the near future.

In January, we will have a meeting discussing what we currently have in place, what we are planning to have and what we need in the future. More to come on the meeting date. But first, **please fill out the survey and return it in the prepaid envelope as soon as you can.**

**Thanking you in advance.**

With Gratitude,  
Jenn Hoffman, Senior Center Director

**Laughter, the Best Medicine:**

**What is a Grandmother?**

**Written by a 3rd grader  
Contributed by Ellie Loomis**

“A grandmother is a lady who has no little children of her own. She likes other people’s. A grandfather is a man grandmother.

“Grandmothers don’t have to do anything except be there. They are old so they shouldn’t play hard or run. It is enough if they drive us to the market and have a lot of dimes ready. When they take us for walks, they slow down past things like pretty leaves and caterpillars. They never say “hurry up.”

“Usually grandmothers are fat, but not too fat to tie your shoes. They wear glasses and funny underwear. They can take their teeth and gums out. Grandmothers don’t have to be smart, only answer questions like: “Why isn’t God married?” and “How come dogs chase cats?” When they read to us, they don’t skip, or mind if we ask for the same story over again.



“Everybody should try to have a grandmother especially if you don’t have television, because they are the only grown-ups who have time.”

**Happy Holidays!**

**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

## 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.

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.



## Update on the Healthy Incentives Program (HIP)

*Last day to earn HIP benefits is Feb. 28, 2019*

HIP announces updated seasonal schedule!



### What does that mean for HIP?

HIP will be operating on an extended seasonal schedule. This means that clients may earn HIP dollar through February 28, 2019. We know HIP plays a crucial role in helping you buy healthy fruits and vegetables for your household, therefore HIP will resume in Spring 2019.

To find a location, go to [www.mass.gov/massgown](http://www.mass.gov/massgown). Click on the map and choose SNAP, under nutrition programs.

For more information on DTA (Department of Transitional Assistance) programs, please visit [mass.gov/dta](http://mass.gov/dta).

### 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.

### So Clever!

You know the scammers are good at spoofing where a phone call is coming from, e.g., the IRS or a friend. They are getting clever in other ways as well. At a TRIAD meeting the other day, Dave Fenton of the Sheriff's office told us about a really sophisticated scam that he encountered. The scammer was looking for female names in the phone book likely to belong to an older person (for instance they would ignore Beyonce)... and call the person. The caller would ask for the man of the house, sometimes finding out the man was dead. He makes sympathetic noises, gets more information such as the man's name (Harold, let's say), finds out he was a veteran, and hangs up.

A month or two later, he calls back and asks to speak to Harold "about his pledge". The caller learns, again, that Harold has passed away, and says something like "Oh gosh, we have a pledge from him, saying he would be willing to give \$100 to the Northeast Veteran's Association. I wonder if you, ma'am, would like to honor the pledge that Harold made?"

You see what happened here. The caller is clever about getting personal information, then doesn't act on it until time has passed and the original call is forgotten. The caller then plays on the feelings of the widow, giving an expectation that she will send money. So – we don't answer in the first place, right? If we do answer, we don't give out any personal information. And we don't let anyone play on our sympathies or patriotism.

Safely,  
Jean O'Neil, TRIAD committee member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

## ***Developing Rural Age and Dementia Friendly Communities in the Hilltowns***

Many communities across the country are looking at what it takes to help people age in their own homes. It's an important issue for all ages, not just older adults. The Northern Hilltowns Consortium of Councils on Aging recently completed a pilot program to explore the readiness and interests of towns in becoming age friendly communities. Surveys were sent to each resident 60 years and older in Plainfield, Cummington and Chesterfield. Results showed that of all the issues related to having age friendly and/or livable communities, the most commonly shared concerns included the importance of transportation, housing, accessibility to town facilities and other sites, traffic safety and sidewalks. Having a central source of complete information about community events, supports, programs and services was one of the highlights people shared in the second phase of the pilot program.

When folks were asked about the importance of remaining in their own homes, **87%** said that it was **Very Important**. When asked about reasons they might move, the most common reasons included: looking for a home that will help you to live independently as you age (54%); looking for a different home size that better meets their needs, concern about the expense of maintaining the current home,

and needing more access to public transportation.

Now the rest of the Northern Hilltowns: Goshen, Williamsburg, Worthington and Westhampton, are launching both the distribution of surveys to everyone over sixty and conducting public forums about what people would like to do about moving toward becoming Age Friendly Communities. Because the return rates were so high in the first three towns, it's anticipated that the voices of folks from the remaining towns will be equally clear and compelling. Please let us know what's important to you and what improvements you would like to see in your communities. If you have other thoughts you would like to share, please contact: Jan Gibeau, Chair, Northern Hilltowns Consortium of Councils on Aging: 413-296-4007 or [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com).



## **Need help with your housing repairs?**

Hilltown CDC received funding for the FY18 Housing Rehab Program, and we're currently applying for the FY19 Housing Rehab Grant. We're accepting applications from homeowners who live in **Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington** who need help with their housing repairs. Here's a sample of some the work that can be performed under the Housing Rehab Program:

### **Possible Repairs:**

Siding	Roofs and Chimneys
Windows and Doors	Floor Joists, Flooring
Insulation, Walls, Ceilings	Foundation Work
Septic Systems and Sewer Tie-in's	
Handicap Accessibility Work	
Plumbing and Electrical Updates	
Wells, Pumps, and Hot Water Tanks	
Lead Paint Removal	
Asbestos Removal	



### **HOUSEHOLD INCOME GUIDELINES/ LIMITS:**

<b><u>Household Size</u></b>	<b><u>Gross Annual Income</u></b>
1	\$45,200
2	\$51,650
3	\$58,100
4	\$64,550
5	\$69,750
6	\$74,900
7	\$80,050

Funding is provided by the US Dept. of HUD/ DHCD and MA CDBG Programs.

These are **NO interest/NO payment loans** which are forgiven over 15 years, and all work is completed by licensed contractors. Please don't delay! Funding is available right now, and you may be surprised to find out you qualify! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email [paulab@hilltowncdc.org](mailto:paulab@hilltowncdc.org) for more information and an application.

# 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.**

## 2019

**April 13: MGM & Majestic Theater Combo.** Spend the morning at the MGM casino. Receive a \$10 free bet. Following lunch on your own, spend the afternoon at the Majestic Theater and receive a \$3 snack coupon. Enjoy the musical "The Marvelous Wonderettes." Cost is \$61. There is a \$10 discount if paid in full by February 1st.

**April 27-May 5: Memphis-Home of the Blues & Tunica-Casino Capital of the South.** Cost is \$798 per double. There is a \$25 discount if paid in full by Jan. 15. This 9 day trip includes: 8 nights lodging including 4 consecutive nights at a Tunica area Casino Resort. 14 meals including: 8 breakfasts and 6 dinners. Admission to the Tunica Museum, free time on Beale Street in Memphis. Guided tour of Memphis. Admission to Memphis Rock N' Soul Museum. Mansion Tour of Home of Elvis Presley – 'Graceland' . . . and Sun Studio.

**May 21: Mamma Mia,** the musical with Abba's greatest hits woven into the story, is performed at Warner Theatre in Torrington, CT. Pre-show lunch at La Cupola Ristorante & Inn is included. Cost is \$109. There is a \$10 discount if paid in full by March 1.

**May 21:** Enjoy a carousel ride and tour the **New England Carousel Museum** in Bristol, Ct. Bring your own lunch from home. Dessert and beverage will be provided at the Carousel Museum. Then on to the **Hill-Stead Museum** in Farmington, CT for an art tour with time to explore the gardens and grounds on your own. Time for shopping and/or catch a quick bite to eat at West Farms Mall. Cost is \$77. There is a \$10 discount if paid in full by March 4.

**May 29-31: Ogunquit, Maine.** Two night getaway at the Meadowmere, city tour of Portland, Nubble Lighthouse Cruise, time to stroll Perkins Cove, and much more. Cost is \$460 per double. There is a \$25 discount if paid in full by Feb. 11. Sign up early; only 22 seats available.

**June 11-13: Island Hopping.** Stay in Hyannis for two nights. Take the high speed ferry over to Nantucket one day and Martha's Vineyard on the other. Enjoy the free time, lunch on each island.

Stop in Edgartown. Includes 2 breakfasts. Cost is \$550 per double. There is a \$25 discount if paid in full by Feb. 25.

**Sept. 4-12: Nova Scotia, Prince Edward Island & New Brunswick.** Passport required. Cost is \$1,070 per double. There is a \$25 discount if paid in full by June 1. This 9 day trip includes: 8 nights lodging including 5 nights in Canada, 14 meals, guided tour of Acadia National Park, guided tour of Halifax, and more. Guided Tour of Prince Edward Island. Admission to the natural wonder: "Hopewell Rocks".

**Nov. 9-24: Panama Canal Cruise—** 16 days. Starting at \$1,999 per double. Bus to NY Pier. Return home from Tampa airport to Bradley, then bus to Northampton. Escorted cruise on Norwegian Dawn. Lots of daily activities. Includes all meals on board, free style dining. Limited seats. Sign up by Sept. 1, 2019. Passport required.

## Highland Valley Elder Services joins Meals on Wheels America and Subaru of America in Sharing the Love this Holiday Season!

*The eleventh annual Subaru Share the Love® Event will help deliver nutritious meals and compassion to the seniors of Hampshire and Hampden County.*

Highland Valley Elder Services continues to participate in the 2018 Subaru Share the Love Event as a member of Meals on Wheels America through January 2, 2019. Subaru of America donates \$250 for every new Subaru vehicle sold or leased to the customer's choice of participating charities.

Participating Meals on Wheels America members, like Highland Valley Elder Services (HVES), will receive a share of the donation raised by Subaru in their state. HVES has partnered with Steve Lewis Subaru in Hadley, MA to raise awareness for the popular year-end sales and giving event, and drive support for Meals on Wheels through meal deliveries for consumers.

Over the last 10 years, Subaru of America and its participating retailers have donated more than \$118 million to its charity partners. This year's event is on track to bring that total to over \$140 million, proving there's no limit to the amount of love we can all share.

By purchasing or leasing a new Subaru during the Subaru Share the Love Event and selecting Meals on Wheels as your charity of choice, you can help deliver nutritious meals and other important services to seniors right here in Hampshire and Hampden County.

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

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Coordinator

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

## Out and About in December

**Sun. December 2nd & 9th from 2-4pm**

**Sat. December 29th from 1-4pm**

**10th Annual Parade of Trees**

*Clark Chapman House, 234 College Hwy, Southampton*

This is a free event featuring traditional, contemporary, and whimsically decorated trees for the holiday season. Santa will be available for pictures on the 2nd and 9th. Holiday refreshments served. Vote for your favorite tree!

**Sun. December 9th at 3pm**

**Christmas Carol Sing at Goshen Cong. Church**

*45 Main St. Goshen*

**Fri. December 21st, 9am & 10am**

**Spa Day at Smith Vocational**

*80 Locust St. Northampton*

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

## Save the Date

**Ring in the New Year!**

**International Food Potluck and music by  
James Kitchen & Friends**

*Sunday, January 13, 2019 from 2-4pm*

*New Hingham Regional Elementary School  
30 Smith Rd., Chesterfield, MA*

This community event brings the Hilltowns together with all generations enjoying warmth, friendship and great food. Bring your favorite international dish to share!

This event is a benefit for the Hilltown Food Pantry: all honoraria and donations received will go to them. Sponsored by the Chesterfield COA.

