

Living Well Newsletter November 2019

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

November Events Calendar

Mondays:

- Monday Meals, every Mon, 11:45 am
- Veterans' Agent, 2-4 pm
- Ukulele Strum Group, Weekly, 4:30 pm
- ZUMBA! Auditorium at 6 pm
- Nov 4: Chrysanthemum Show 12:30 pm

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 Tutoring, 6 pm (call ahead)
- Nov 5: Flu Clinic, Café, 11 am
- Nov 12: Podiatry with Dr. Coby 9:30-2
- Nov 19: CDH Patient Gateway, 12:15

Wednesdays:

- Congregate Meal, 11:45 am
- Farm Share Pick-up, 11 am-2 pm
- Nov 13: Caregiver Support Group, 1:00
- Nov 20: Advisory Board Meeting, 12:15 pm

Thursdays:

- Chair Stretch & Strengthen Exercise, 10:45
- Congregate Meal, 11:45 am
- Healthy Bones & Balance, 4 pm
- Basic Computer Class 6 pm (call ahead)
- Nov 14: Brown Bag, 10 am
- Nov 21: Men's Group, Snack Bar, 8 am

Fridays:

- Tai Chi, Auditorium, 9:30 am
- Nov 8: Ladies Who Lunch, Snack Bar, 11:30

Saturdays:

- Take and Eat program delivery *
- Nov 2: Senior Home Safety - Home visits *
- Nov 16: POLKA PARTY! 4-7 pm, Auditorium*
- Nov 16: Senior Sand and Emergency Bag distribution*

**More info in next column
More activities outlined on pg 2 & 3
Contact us to find out more...*

Senior Home Safety Check

Saturday, November 2nd, 2019

Make sure your home is safe for the Winter!

Two firefighters will come to your home and do a walk-through with you and look for trip hazards, electrical cord usage, and check your current smoke and CO2 detectors-then add more if needed. Call **413-268-4008** asap (by 11/1) and leave a message for Shawna. Schedule a time, either in the morning or afternoon so you can be ready for when the firefighters come.

***Smith College Chrysanthemum* Show. Monday, November 4th, 12:30 pm**

Join us on for a carpool trip to the Smith College Greenhouse. (Donations accepted at greenhouse) Carpool will leave the Senior Center at 12:30 PM.

Call to sign up!

Flu Clinic

November 5, 11:00 am in Sr. Ctr Café

Sponsored by Hilltown Community Health Care (HCHC). Please call to sign up!

A Special Treat for the Hilltowns!

Williamsburg POLKA Party!

Fundraiser for Senior Center

Saturday, November 16th, 4-7 PM

Town Offices Auditorium

Steve & Tom Duo will be playing polkas—

Polish-inspired food to be served.

\$5.00 Entrance Fee (donations also accepted)

Call to sign up. Get your dancing shoes ready!

Take and Eat Meal Program

Williamsburg Senior Center and local churches have joined up to provide food access to those who need it on weekends. If you or a family member have need of a meal on weekends contact us. Delivery is on Saturdays between 11 and noon.

To sign up for our programs, call 268-8407

Williamsburg Senior Center - 141 Main Street, P.O. Box 193 - Haydenville, MA 01039

Phone: 268-8407 - 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! (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. These meals are not eligible to go.

Brown Bag Program **Thurs, Nov 14, 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 Tutoring **Tues & Thurs, 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? Do you want someone to come and visit regularly? The Companion Program can match you to a peer for social time, companionship, respite care, running errands and more.

Medical Rides **Need a ride to a medical appt.?**
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 and Snap programs.**



HEALTH

Foot Care Nurse, Piper Sagan **To be announced**
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 12, 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

Zumba! With Melissa T **Mondays, 6:00**
Dance for fitness. Come & join the fun! \$5 drop-in fee. Get ready to MOVE!

Yoga for You—Adult Yoga **Tuesdays, 6:00**
Taught by Michelle Wolk, Geared for active adults. All ages welcome. Class is \$12 or 6 classes for \$60. Call to register.

Healthy Bones & Balance **Tuesdays, 10:30 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.

Creative Dance Class **Wednesdays 10:00**
Contemporary dance for adults, taught by Susan Waltner. Free class, donations accepted. Call for schedule.

Chair Stretch & Strengthen **Thursdays, 10:45**
Gentle seated stretching led by Alexandra Mello. Good for beginners---intermediate. All ages welcome. \$10/class, paid monthly.

T'ai Chi Classes **Fridays, 9:30**
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.

OTHER GROUPS

Chrysanthemum Show **Monday Nov 4, 10:00**
Join us for a carpool trip to Smith College Mum Show! We'll leave from the senior Center parking lot at 12:30. **Carpool drivers needed.** Contact Sherry to reserve your spot! 268-8407

Ladies Who Lunch **Friday, Nov 8, 11:30**
Join "The Gals" for lunch Fridays, at the **Williamsburg Snack Bar.** Please call to reserve your spot!

Caregivers' Support Group **Wed, Nov 13, 1:00**
Caregivers, take some time to get the support YOU need. Moderated by Tryna Hope.

Third Thursday Men's Group **Nov 21, 8:00**
"The Guys" meet on the third Thursday of every month at the **Williamsburg Snack Bar.** For a good time, join them!

Save the Date!

Wednesday, 12/4, 6 pm

An Intro to Aromatherapy: The Basics

Presenter: Kay Judge, Clinical Aromatherapist

This class is designed to provide a basic understanding of what the use of essential oils is all about. Topics to be covered include defining essential oils, an explanation of how they are derived, discussion of their beneficial properties and an outline of safe use practices. Participants will have the opportunity to create a room spray from commonly used essential oils to take home. A materials fee of \$25.00 will be collected. **All are invited!**

"Although we be but little, we are fierce"

Burgy Books

(where the sign is as big as the library)

Stop in and browse. Bring books other might enjoy. (Thank you to those who have done so!) Help us cull what we have to give elsewhere. Enjoy a short chat with others. And by all means, enjoy the Williamsburg Senior Center! Call Tryna at 268-8407 or email her at thope@burgy.org.

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**.

Second Senior Kayak at DAR State Park.
The Fall foliage was beautiful, the water
was cold!



Visit the Town of Williamsburg
Website: www.burgy.org
Facebook: Williamsburg Senior Center

November

comes

And November goes,
With the last red berries
And the first white snows.
With night coming early,
And dawn coming late,
And ice in the bucket
And frost by the gate.
The fires burn
And the kettle sing,
And earth sinks to rest
Until next Spring.

Clyde Watson

Get to know your Cell Phone

David Martin of Williamsburg is available to teach you the ins and outs of your cell phone! Call us at 268-8407 and we'll help you set up an appointment with David.

Seeking Volunteers!

We need a few people to help with our Brown Bag program. Second Thursdays of the month for 1-2 hours, Help us fill the bags!

We Need Companions (Paid)

Visit seniors, help with errands, go on outings

Medical Drivers (Paid)

Drive seniors to medical appointments

Carpool Drivers (Paid)

Help folks run errands, trips & non-medical rides

Yard Workers, Snow Shovelers

Light chores, yard clean-up, Shoveling sidewalks
Teens: *get Community Service credit for school!*

Call 268-8407 for information.

Thank you to ALL of our volunteers!



Care for the Homeless

With Thanksgiving not too far away, this is the time of year that we take the time to consider the things we are thankful for, such as, our families, friends, health and especially for being part of a welcoming community like Williamsburg.

The Senior Center Director meets monthly with the Council on Aging Advisory Board to discuss topics that are important to the people of Williamsburg 60+ years old. The Board also discusses topics that are personally near and dear to us. In September, one Board Member, Daria D'Arienzo, shared how she is concerned about the homeless population and keeping warm during the winter.

Daria's best friend from high school, Doctor Regina Flynn Olasin, is the Chief Medical Officer of the non-profit organization, "Care for the Homeless", which is located in New York City. Homelessness is difficult to manage in rural communities and an even larger concern in urban areas. "Care for the Homeless" provides health care and shelter for homeless men, women and children. It also helps people find safe transitional and permanent housing to ultimately create new beginnings. Daria and Regina had talked about how small things can make a big difference in the lives of people who are struggling, and the idea of homemade items was born.

Williamsburg is a generous community full of people who knit, crochet and sew. When Daria discussed this idea at the September Board meeting, the Senior Center wanted to help. The Center felt that this is a way to share a little bit of country warmth with those who live in the city. The townspeople can donate handmade hats, scarves, mittens, gloves, blankets—virtually anything warm and handmade. The goal is to bring a smile to someone whose circumstances are worse than ours and the ultimate goal is to keep someone warm.

Daria was also inspired by local master knitter Sylvia Snape, who asked the small Meekins "Yarn-spinners" to make something for charity with yarn donated by a friend. Daria knew that her own friend Regina's group needed warm items, especially now, and the idea just took on a life of its own.

We are not looking for store bought items, although those are appreciated. This small act of kindness is focused on providing something handmade for someone who lives outside, or in a shelter, and who needs warmth. A warm handmade item comes with the care of the person who made it. Although the recipient may never know who made their hat or scarf or blanket, they will know it was someone who cared enough to make it for them.

Join us in sharing your talents and warmth, and touch someone's life. You can reach Daria at ddariento@me.com or at 413-538-6489. You can also drop items off at the Senior Center office.

Thanking you all for helping in any way you can.

Jenn Hoffman, Senior Center Director
Daria D'Arienzo, Senior Center Advisory Board

Thank You for Your Generous Donations!

Your donations help support our Farm Share 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.** To contribute, fill out the form below, send it with your check made out to **Town of Williamsburg** (address on pg 1). 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!

Save the date

Prepare for a HUNT-A-BOOK lead up event

On Sunday, December 8, 2019 from 3-5pm at the Chesterfield Community Center, local author, journalist, teacher, set dresser, editor and spoken word artist, Joe Gannon will talk about books, writing, research and questions how an author deals with the truths of the past while writing for audiences in modern times. After Joe's talk, there will be time for questions and edible treats.



Joe spent three years in the army, graduated from the University of Massachusetts at Amherst and received his MFA at Pine Manor College. During the Sandinista Revolution, he worked as a freelance journalist in Nicaragua and wrote for The Christian Science Monitor, The Toronto Globe and Mail and the San Francisco Examiner. At present, he writes a monthly column for the Daily Hampshire Gazette and the Valley Advocate, and teaches in Springfield.

His first novel, *The Night of the Jaguar*, published in 2014 by St. Martin's Press, was named one of the best debut mystery novels by Booklist. His second novel, *The Last Dawn*, was published in 2016, and his next book, *The Girl in the Well*, is a fictional account of New York's first sensational murder trial in 1800.

And what is a HUNT-A-BOOK? Watch this space, prepare to think about Chesterfield haunts, look for publicity that gives hints...and, and, AND...get ready to HUNT-A-BOOK.

The Massachusetts Councils on Aging held their annual fall conference in the first week of October in Danvers, MA. Our own Chair of the Northern Hilltowns Consortium, Janice L. Gibeau, along with Deborah Hollingworth, Regional Facilitator and Sue LaRock, Coordinator, Plainfield Council on Aging presented "Down in the Weeds: Grass Root Development of Rural Age Friendly Communities".

The Northern Hilltowns Consortium of Councils on Aging has found that regularly meeting together creates a strong forum for sharing problems, strategies and specific techniques to build cohesive community networks. The presentation/workshop focused on the dynamics of community development when changes are sought, strategies for creating cohesive relationships within the community and its stakeholders. It also addressed stages of development of an Age Friendly Community.



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.

It's Personal!

OK – we always say “don't give out personal information”, but what all does that mean? Say someone comes to your door and wants to chat before selling you something. Someone calls on the phone, or you get a real-looking email. What don't you want to tell them?

What is considered personal information is numbers. Numbers for you: Social security, Medicare or Medicaid, medical insurance, driver's license, bank account, credit or debit card, street address.

But wait, there's more! Also considered personal information is your middle name, your mother's maiden name, the town you were born in, the town from which you graduated high school, the year you graduated, a favorite pet's name. Seriously, Jean? Yes, seriously. Many people use a pet's name as part of their password system, and may even say the pet's name during a phone call.

Some of the damage criminals do is incremental – they get one of your numbers, add a piece of personal information, and away they go, opening a new charge card or withdrawing cash on a fake ID card. The designations of mother's maiden name and other such information specific to you are often used as part of password recovery settings, so they can take a guess and then reset your password.

I hate to sound paranoid, but it is not paranoia if scammers are actually out to get you!

Cheers anyway,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

Worried about Dementia?

As life expectancy grows, and the population of people 60 years or older, we're all seeing an increase in the level of concern about how well people will live, not just how long they will live. It's not uncommon for people to say: **"I just want to keep my marbles"**. Those marbles, as it were, are the ability to remember things and the ability to manage their lives and not be a burden to others. These are not small concerns. Rather than silently worrying about "how bad am I", it's important to know how to find out and where to turn for help. The person experiencing memory loss is often the first to notice it, but it's also families and friends who recognize how and if things are changing. One of the most troubling worries is the problem of Alzheimer's disease, but it's important to not jump to conclusions. Not all dementias are due to Alzheimer's disease. Dementia is a collection of symptoms that can occur due to a variety of possible reasons.

If you or your loved one is experiencing memory problems, don't immediately conclude that it's dementia. A person needs to have at least two types of impairment that significantly interfere with everyday life to receive a dementia diagnosis. In addition to difficulty remembering, the person may also experience impairments in: language, communication, focus, and reasoning.

1. Subtle short-term memory changes. Trouble with memory may be an early symptom of dementia. The changes are often subtle and tend to involve short-term memory. An older person may be able to remember events that took place years ago but not what they had for breakfast. Other symptoms of changes in short-term memory include forgetting where they left an item, struggling to remember why they entered a particular room, or forgetting what they were supposed to do on any given day.

2. Difficulty finding the right words. Another early symptom of dementia is struggling to communicate thoughts. A person with dementia may have difficulty explaining something or finding the right words to express themselves. Having a conversation with a person who has dementia can be difficult, and it may take longer than usual to conclude.

3. Changes in mood. A change in mood is also common with dementia. If you have dementia, it isn't always easy to recognize this in yourself, but you may notice this change in someone else. Depression, for instance, is typical of early dementia. Along with mood changes, you might also see a shift in personality. One typical type of personality change seen with dementia is a shift from being shy to outgoing. This is because the condition often affects judgment.

4. Apathy or listlessness, commonly occurs in early dementia. A person with symptoms could lose interest in hobbies or activities. They may not want to go out anymore or do anything fun. They may lose interest in spending time with friends and family, and they may seem emotionally flat.

5. Difficulty completing normal tasks. A subtle shift in the ability to complete normal tasks may indicate that someone has early dementia. This usually starts with difficulty doing more complex tasks like balancing a checkbook or playing games that have a lot of rules. Along with the struggle to complete famil-

iar tasks, they may struggle to learn how to do new things or follow new routines.

6. Confusion. Someone in the early stages of dementia may often become confused. When memory, thinking, or judgment lapses, confusion may arise as they can no longer remember faces, find the right words, or interact with people normally. Confusion can occur for a number of reasons. For example, they may misplace their car keys, forget what comes next in the day, or have difficulty remembering someone they've met before.

7. Difficulty following storylines. Difficulty following storylines may occur due to early dementia. This is a classic early symptom. Just as finding and using the right words becomes difficult, people with dementia sometimes forget the meanings of words they hear or struggle to follow along with conversations or TV programs.

8. A failing sense of direction. The sense of direction and spatial orientation commonly starts to deteriorate with the onset of dementia such as not recognizing familiar landmarks and forgetting regularly used directions. It also becomes more difficult to follow a series of directions and step-by-step instructions.

9. Being repetitive. Repetition is common in dementia because of memory loss and general behavioral changes. The person may repeat daily tasks, such as shaving, or they may collect items obsessively. They also may repeat the same questions in a conversation after they've been answered.

10. Struggling to adapt to change. For someone in the early stages of dementia, the experience can cause fear. Suddenly, they can't remember people they know or follow what others are saying. They can't remember why they went to the store, and they get lost on the way home. Because of this, they might crave routine and be afraid to try new experiences. Difficulty adapting to change is also a typical symptom of early dementia.

It's important to remember that forgetfulness and memory problems don't automatically point to dementia. These are normal parts of aging and can also occur due to other factors, such as fatigue. Still, you shouldn't ignore the symptoms. If you or someone you know is experiencing a number of dementia symptoms that aren't improving, talk with a doctor. They can refer you to a neurologist who can examine you or your loved one's physical and mental health and determine whether the symptoms result from dementia or another cognitive problem. The doctor may order:

- a complete series of memory and mental tests
- a neurological exam
- blood tests
- brain imaging tests

With treatment and early diagnosis, it may be possible to slow the progression of the disease and maintain mental function. The treatments may include medications, cognitive training, and therapy. It's important to have a thorough evaluation before deciding that you or a family member have Alzheimer's Disease. You can learn more by contacting the Alzheimer's Association and checking to see if there are Memory Clinics or programs in your area.

Source: Adapted from Alzheimer's Association

RESOURCE DIRECTORY

Domestic Violence Advocate , 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
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 x120
Veterans' Service Officer Tom Geryk	413 587-1299
(Westhampton) Joe Henning	413 207-3541
(Plainfield) Brian Brooks	413 772-1571
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 or 413 296-4007
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, Mary Kane	413 238-5511, ext. 322
	Ellie Mathias, HealthWise Community Health Worker	413 238-5511, ext. 322
Podiatrist	Dr. Michael Coby, call Williamsburg Senior Center to schedule (Alternating months at the Senior Center)	413 268-8407
Foot Care	Piper Sagan, RN	
	foot care in Cummington, call Ann Eisenhour	413 634-2243
	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
	Deb Dean, foot care in Westhampton	413 667-5363
	Diane Roeder, foot care in Chesterfield	413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage		
	Wayne Glaser	413 268-8407
	Lorraine York-Edberg	413 773-5555, ext. 2275
	Deborah Hollingworth (Chesterfield)	413 296-4007 or 413 268-8317
Mass Health and New Health Coverage		
	Buliah Mae Thomas at Hilltown Comm. Health Center	413 667-2203

Transportation Services

Cummington	Neighbor to Neighbor Drivers	413 634-2262
Westhampton transportation	Appts or groc. shopping, Louise Jasionkowski	413 527-5134
Williamsburg Medical & Carpool Rides	(call to schedule)	413 268-8407
PVTA Dial-A-Ride	(tickets sold at Williamsburg Senior Center)	866 277-7741
Hilltown Easy Ride Van & Driver Pool	Ed Pelletier	413 296-4232

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Chrisoula Roumeliotis	413 634-2262
Goshen COA , Evelyn Culver	413 268-3316
Plainfield COA , Susan Metcalfe LaRock	413 743-5345
Westhampton COA , Amy Landau	413 203-9808
Williamsburg Senior Center , Jennifer Hoffman	413 268-8410
Worthington COA , Shelley Modestow	413 238-5532

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**

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Carol Hendricks
Barbara Estes
&
Volunteers

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

Out and About in November

Mon. November 11th, 9am-10am
Veterans Day Breakfast

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

Free! All Hilltown veterans and spouses welcome.
RSVP welcome, call Maryanne Coleman: 296-4787.
Sponsored by the Chesterfield Grange.



Fri. November 15th, 9am & 10am
Spa Day at Smith Vocational

80 Locust St. Northampton

Smith Vocational is collaborating with the Chesterfield COA by offering a "spa day" once a month to seniors in the surrounding area for the 2019-2020 academic year. All work is done by students and is supervised by a licensed instructor.

Cosmetology students are offering: Haircuts \$6.00; Manicures \$5.00; Facials \$9.00. 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.

Sat. November 16th, 4-7pm
Williamsburg Polka Party

Williamsburg Town Offices Auditorium
143 Main St. Haydenville

Steve & Tom Duo will be playing polkas. Polish-inspired food to be served. All are welcome! \$5.00 Entrance Fee (donations also accepted). **Get your dancing shoes ready! Fundraiser for Williamsburg Senior Center.**

Sun. November 17th, 2pm
Music with AJ & Sylvia

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

Come enjoy music by the Lapinskis! Refreshments will be served.

Save the Date!

Wednesday, December 4th, 6 pm
An Intro to Aromatherapy: The Basics

Williamsburg Town Offices Café
143 Main Street, Haydenville

Presenter: Kay Judge,
Clinical Aromatherapist



This class is designed to provide a basic understanding of what the use of essential oils is all about. Create a room spray from commonly used essential oils to take home. A materials fee of \$25.00 will be collected. All are invited!