

# Living Well

Happy  
New Year

January  
2023  
Newsletter

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

## All Tech Users and Non-Users: We Need Your Feedback!

A survey will be mailed to all senior households in early January. **We are asking that you take the time** (10 -15 minutes) **to complete and mail it back to us** (in the enclosed self-addressed, stamped envelope) **as soon as possible, no later than February 15th.**

The survey will also be available on line at <https://forms.gle/5Drfrfw3WbU2Ef9b9>. This will also be posted on our website: [www.burgy.org](http://www.burgy.org). Alternately, if you would like to respond to this survey by phone, please feel free to call the Senior Center at 413-268-8410.

The purpose of the survey is to gather information for future technology programming. We want to hear from tech users and non-tech users. During the pandemic we heard much about the digital divide – older adults' lack of use of technology – and the hardship this can cause. Your answers will provide us with the best information about how to help older adults use technology in the way they choose.

Some comments from folks we have heard in our travels:

"I can do this from the comforts of home, especially if it is snowing!" This was from folks who do an online Zoom exercise class and another individual who was looking at rental properties for an upcoming move.

"We were able to fix them (passwords) and she showed me the security settings. Reviewing the security issues was the biggest thing. But now, I can use the calendar on my phone, and get notification of upcoming events! It has helped me simplify my daily life and provided me a lot of comfort knowing my safety was intact."

"I was excited to be able to connect to my office computer at home during Covid to help keep many of the Senior Center programs up and running."

This mailing is being funded by the Service Incentive Grant (State of MA), and through the Northern Hilltown Consortium of COAs (seven hilltowns:

Williamsburg, Westhampton, Chesterfield, Goshen, Plainfield, Cummington & Worthington). **Thank you for taking the time to respond to the survey.**

If you have any questions or concerns, please contact the Senior Center at 413-268-8410.

—Melissa Wilson



## Benefits of Technology in Healthcare

Digital health is the future. We live in an exciting era, where incredible advancements in healthcare are enabling more people to make more informed decisions about their everyday health. Humanity has never before had such an ability to care for ourselves—and others.

As technology rapidly advances, people are more able to manage their own health issues. New digital tools like apps, health trackers, and artificial intelligence (AI) platforms are making it increasingly possible for anyone to better understand their symptoms, be proactive about preventative care, and find the best self-care options. Technology helps medical providers ensure better patient care, improve relationships with patients, and deliver medical results direct to patients' phones.

**Please consider filling out the survey when you receive it** so we can fund programs to help you better use and understand your telephone, computer, tablet, and other devices.

**You can get technical help now through the Senior Center. Give us a call!**

Williamsburg Senior Center - 141 Main Street, P.O. Box 193, Haydenville, MA 01039  
Phone: 268-8407 or 8410 ~ Hours: Mon - Thurs, 8:30 - 2:00 ~ Email: [seniorcenterdirector@burgy.org](mailto:seniorcenterdirector@burgy.org)

## SHINE

**For Medicare and Medicare-related insurance issues, SHINE can help.** If you want to speak to a SHINE agent, call the Senior Center to make an appointment. Leave your name and phone number and we'll have an agent contact you.

### Veteran's Service Officer

The VA office is open and available. Our representatives, Dan Nye or Steve Connor may be reached at **413-587-1299** for appointments.

### Brown Bag: Food for Elders

Get a free bag of healthy groceries to eligible seniors 2nd Thursdays at the Senior Center. Call the Food Bank at **413-247-9738** or **800-247-9632** or download an application at <https://www.foodbankwma.org>. Send applications to: The Food Bank of Western Massachusetts, P.O. Box 160, Hatfield, MA 01038.

### Highland Valley Meals

**Congregate meals are being served in the Senior Café Mondays—Thursdays. Fridays will be delivery only.** We are accepting new folks for these meals. **Contact Tamar at 268-8419.**

### Take and Eat

Two area churches are providing freshly made meals delivered every Saturday. Contact the Senior Center to find out more or to sign up.

### Foot Nurse

Piper Sagan is doing foot care at the Senior Center **February 14th** and on second Tuesday every other (even) month. Call us (**268-8407**) to make an appointment, (\$50). Piper can also do foot care in your home, (\$80). Call her at **413-522-8432** for an appointment.

### Podiatry

Dr. Coby has appointments available on **January 10th**, and the second Tuesday of every other (odd) month. He accepts insurance for payment. Call us (**268-8407**) for an appointment.

### Hilltown Elder Network

Also known as the **HEN Program**, is available from the Hilltown Community Development Corporation for housekeeping and other duties. Call the coordinator, **Fran**, at **268-7411** for more info.

### Medical Rides

Senior Center drivers are available for your medical rides funded by **PVTA**. **Call us at least 3 days ahead** and we will provide a driver. (You can also use their **Dial-A-Ride Services, (413-739-7436.)**)

### Carpool Rides\*

Rides for shopping/errands can be scheduled through our **Carpool Program**. **Call us at least 3 days ahead** and we will provide a driver.

### Companion Program\*

Would you or someone you know benefit from a

friendly visit or a regular companion? We can set it up for you! Contact us for more info.

\* *The previous two programs are provided by a Title III Grant through Highland Valley Elder Services.*

### Wellness Calls

The Williamsburg Senior Center makes friendly calls. If you are feeling lonely, or would like check-up calls, we'll add you to our call list. (**268-8419**)

### Modern/Contemporary Dance

**Susan Waltner's** very popular dance class happens on **Wednesdays at 10:00 am** in the auditorium or on the lawn. Contact her at [swaltner@smith.edu](mailto:swaltner@smith.edu) if you would like to join.

### Tai Chi

Instructor **Marty Phinney** is offering Tai Chi outside or in the auditorium, **Tuesdays, 9:30 am**. Members or interested folks can contact her at **413-268-3228**.

### Healthy Bones & Balance

**Mary Bisbee** leads HB&B on **Mondays at 1 pm** (except holidays) and **Thursdays at 9:30 am in the Auditorium**. Call the Senior Center to sign up or stop in!

### Strength and Cardio Workouts

**Joan Griswold** is leading workouts via Zoom **Thursdays at 10:15 am**. Visit her at [www.bybhealth.com](http://www.bybhealth.com) to sign up. Other hours may also be available.

### Men's Group

Meets at the **Williamsburg Snack Shack** on **3rd Thursdays at 8:30 am (Jan. 19th)**. To join, email **Larry West** ([landwest3315@yahoo.com](mailto:landwest3315@yahoo.com)), and become one of the "guys!"

### Ladies Who Lunch

Meets at the **Williamsburg Snack Shack** on **3rd Fridays at 11:30 am (Jan. 20th)**. Please call **268-8407**, or email [sloomis@burgy.org](mailto:sloomis@burgy.org) to reserve your spot at the table or just stop in! (Look for our sign.)

### Technology Program

**Need help using your cell phone, computer or other devices?** The Senior Center has a group of volunteers who can help! They are knowledgeable, caring and committed to helping older adults use the technology they choose in their daily lives. **Please contact the office at 413-268-8410 to schedule an appointment** (volunteers work one-on-one with folks and arrange a time that works for both parties).

## Art Show at the Senior Center!

Long-time friend of the Senior Center, Ruth Loomis, passed away in October. As a landscape artist, Ruth leaves quite a legacy of art to her family. We are featuring a show of some of her work in the Senior Center Café. Stop in any time to see Ruth's work in oils, pastels and theorem.

Visit our website, [www.burgy.org](http://www.burgy.org) or our Facebook Group: [Williamsburg Senior Center](#).

## Extracurricular Activities: A Cure for Boredom and Loneliness

### Ladies Who Lunch

A group of **women get together at the Snack Bar on the third Friday of each month**. We are strictly a social group with no agenda! If you want to get out and visit with friends and neighbors, this is a great group for that. We are looking for new folks to join, as the group is small at this time. The more women who come, the more interesting and fun it will be! Won't you join us this month? **Stop in on January 20th at 11:30. Look for our sign!**

### Third Thursday Mens' Group

This group is celebrating its 5th anniversary this month! Yes, they started in January 2017 and kept it together throughout Covid shutdowns with Zoom meetings. They were happy to get back together again last year. **5-15 men meet at the Snack Bar at 8:00 am on the third Thursday of each month (January 19th)!** Contact Larry West with any questions at [landlwest3315@yahoo.com](mailto:landlwest3315@yahoo.com).

### Stay for the Entertainment!

On December 12th we had a special Monday meal with fresh made soup, sandwich roll-ups and brownies with ice cream for dessert. State Representative Lindsay Sabadosa and Senator Elect Paul Mark attended and spent time talking to folks about issues they were interested in. Then we had a sing-along with local entertainer, Roger Tincknell, playing guitar and banjo. What fun we had, all the words were printed and we sang folk songs for an hour and a half! Cider and cookies were served. Thank you to Lindsay, Paul, Roger and the MA Cultural Council!

***If you haven't come to our programs, you will be pleasantly surprised at the quality of entertainers we can get. Most get grants from the Mass Cultural Council. We also get occasional volunteers. You can enjoy the company of your friends and neighbors and have a great time (unless you'd rather watch daytime TV...)! Watch our newsletters for up-and-coming programs.***



Photos by Sherry Loomis

**The Williamsburg Senior Center relies on donations from the community to support some of our best-loved programs and events.** If you would like to donate, there are three ways to contribute:

1. Donate online via Unipay at [www.burgy.org/senior-center](http://www.burgy.org/senior-center);
2. Drop off your donation in person during business hours,
3. Mail a donation to Williamsburg Senior Center, PO Box 193, Haydenville, MA 01039.

### 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 \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

**Thank You for Helping Us Support Our Neighbors!**

## Are You Turning 65 This Year?

***Do you know you are eligible and should sign up for Medicare? Make sure to get the ball rolling three months before your big day!***

Medicare is your Federal benefit. "You are eligible for Medicare when you turn 65 if you or your spouse have paid into social security for 40 quarters (10 years)."

Most people become eligible for Medicare when they turn 65, but your steps may differ if you are already collecting retirement when you enter your Initial Enrollment Period (IEP). Also, if you are already collecting Social Security retirement benefits or Railroad Retirement benefits, you should already be enrolled in both Medicare Part A and Part B.

Here is a link with more information:

<https://www.medicareinteractive.org/get-answers/medicare-health-coverage-options/original-medicare-enrollment/how-to-enroll-in-medicare-if-you-are-turning-65>.

There is a 7-month window to sign up for Medicare, so the sooner the better! You may sign up the 3 months before, your birthday month, and the three months after your birthday. If you sign up before your birthday month, your Medicare coverage will start the first day of your birthday month. If you wait until your birthday month, there will be a delay in your coverage start date.

If you miss your enrollment deadline, unless you are working and have your own insurance or are covered by a spouse's work insurance, you could pay higher premiums for Medicare Part B, which covers doctors' bills, outpatient fees, and other medical expenses, so make sure to mark your calendar to apply for Medicare when you turn 64 <sup>3</sup>/<sub>4</sub> this year!

### ***How do I sign up?***

Social Security administers Medicare. If you go to the Social Security web site, [SSA.gov](http://SSA.gov), they ask you to sign up online.

If you are not able to sign up online, you can call them at the Holyoke office: 877-480-4989, or national: 800-772-1213. Be prepared to wait on hold.

You can also book an in-person appointment with the Holyoke office, or send in your application by mail after downloading it online.

If you have any questions or need help with your application, please contact our office (413-268-8407) and we can get you in touch with the local SHINE counselor.

~ Joy Cross Moore



**How about  
some friendly  
afternoon  
competition?**

**DO YOU LOVE  
CRIBBAGE?**

**Contact Melissa Wilson  
268-8410**

**or  
Joy Moore  
268-8407**

**For more Information...**

## Transportation News:

Since stepping into the role as transportation coordinator in October, I have felt both welcome and appreciated. Our seniors and drivers make my job a pleasure every day.

***Did you know...***that you can call to set up rides to your **medical appointments**, or even if you need a **carpool ride** to the grocery store/post office? We have wonderful volunteers to get you where you're going, and they are happy to help!

**Please call me at 268-8407 Mon.-Thurs. from 9 am to 1 pm and I'll get you scheduled. \*\*\*Please call at least 3 business days in advance of your appointment. \*\*\***

~ Joy Cross Moore

## TRIAD Council is Looking for Volunteers

What is TRIAD? It is a community policing initiative of seniors, law enforcement and service providers which is focused on increasing safety through education and crime prevention. Its goals are: to reduce criminal activity targeting seniors; to alleviate seniors' fears of victimization, build confidence and improve their quality of life; and to enhance the delivery of law enforcement services to seniors.

The Council meets 4-5 times a year and has helped our community in several ways: sand program, lock boxes, file of life cards, and home safety visits. If you are interested in joining or have questions, please contact Larry West at [landlwest3315@yahoo.com](mailto:landlwest3315@yahoo.com) or 268-3315. Thank you.

## Fuel Assistance

Remember, Fuel Assistance applications can be done online at [www.communityaction.us/fuel-assistance](http://www.communityaction.us/fuel-assistance) or by calling 800-370-0940. You can also call the Senior Center at 413-268-8410 if you need help completing the application.

**To subscribe or unsubscribe from this newsletter or receive this newsletter by email**, contact us, leaving your name, address and phone number at **268-8410**, or [sloomis@burgy.org](mailto:sloomis@burgy.org).



# Out and About this Winter

## Art in 2023 with Lena Garcia- Register Now! Winter Watercolor Class

Jan. 23– March 27 (9 classes)

Mondays 1-3pm

Register at [www.lenagarcia.com](http://www.lenagarcia.com)

Coming next: A Taste of Oil Painting Class  
Shadow Puppetry Workshop



## Becoming Winter / Restorative Yoga Workshop

Sunday, January 22 (Snow Date Jan 29th) 3-5:30 PM,  
Parish House, 21 Main Street, West Cummington

Judy Messer will guide you in a process of becoming fearless in the darker, cooler season of winter by helping you to let go while finding your own natural rhythm. Following this restorative yoga there will be journaling and teatime to conclude the practice. This transcending yoga takes place on the floor. Please bring a yoga mat, blanket, pillowcase, journal, and warm clothing. To make a reservation call Judy Messer at 413-221-3012. Check her out at [judymesser.com](http://judymesser.com). Funded by a HVES grant.

## Being Mortal Discussion Group

Thursdays, Feb. 2nd through March 2nd, 1-2:30pm  
John James Memorial Hall, 42 Main St. Goshen  
Upstairs Dining Room

The Goshen COA is excited to announce that Peg Whalen will be offering a five session discussion group based on the book by Atul Gawande named *Being Mortal*. Through riveting, honest, and humane stories this book shows that the ultimate goal is not a good death but a good life- all the way to the very end. It is about maintaining dignity, independence, and quality of life as we age. It is recommended (but not required) that you read the book which is available at local libraries, on Kindle or Nook, and there is an audiobook version. Please register by emailing Peg at [pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com) or calling/texting her at **413-404-4566**. Messages left should include your name, cell/home phone number, and your email address. Adults of all ages from all towns are welcome to register.

## Matt York Brings Johnny Cash to Chesterfield

Sunday, February 12th at 2pm  
Chesterfield Community Center  
400 Main Rd. Chesterfield

Longtime New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950's to his passing in 2003 . York was recently nominated for the Boston Music Award for Best Country Artist and his album Gently Used was just named one of Worcester Magazine's best albums of 2022.

# Regional News



## Romance will be in the air! But first...

Thanks to Rachel Seneca in the DA's office – a font of knowledge about scams, especially those we are seeing in our towns. Here are two to watch for.

Soon it will be Valentine's Day, when the advertisements remind us to love, give, and eat chocolate. I'm certainly in favor of all three. But there is also the scammer who is faking it on romance!

The scammer will reach you on social media, dating sites and the like, start a conversation, get to "know you", flatter you some, then start asking for money. They say "It would be so nice if you could send me some money to come visit you! I would pay but am a little behind because my father had to have surgery." They may ask to wire money, or send a gift card with the pin.

Now wouldn't ya know it – the second scam is asking you to send some cryptocurrency to pay for their trip to meet you or maybe to invest. Recently we have seen a lot of headlines about this digital (not real!) money. The Federal Trade Commission has a good website about crypto, and includes this no-nonsense message: "If you meet someone on a dating site or app, and they want to show you how to invest in crypto, or asks you to send them crypto, that's a scam."

Read the FTC site for more info:

[consumer.ftc.gov/articles/what-know-about-cryptocurrency-and-scams#paying](https://consumer.ftc.gov/articles/what-know-about-cryptocurrency-and-scams#paying)

Stay safe,

Jean O'Neil

TRIAD Committee member

[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## January's Good News

By Deb Hollingworth

How did Medicare get so complicated? It was created in 1965 as Medicare A & B and stayed that way for almost 40 years. Medicare D (for Rx) was added in 2006 to subsidize the cost of our prescriptions. Medicare is a Federal benefit we get when we turn 65 if we've paid our 40 quarters (10 years) into social security, or if we are married to someone who has. Medicare also is the main insurance for the disabled collecting social security disability benefits.

Medicare A covers hospital costs and some home care benefits. Medicare B covers everything else like doctor visits, lab tests, medical treatments. Medicare A is free, Medicare B has a monthly premium that is usually deducted from our social security benefit, so we often forget we are paying for it. Medicare C is another name for Medicare Advantage plans that began about 20 years ago and were originally called Managed Care plans because that's what they do. They manage our Medicare A&B benefit. And more recently these plans began to include Rx coverage. If you enrolled in a Medicare Advantage plan, it managed your Medicare A & B and D.

You'd think this would simplify things, but it didn't. And this is where it gets complicated: Medicare Advantage plans are offered by private insurance companies like BlueCross, Health New England, United/AARP, Tufts, etc. and are for profit enterprises. These Advantage plans come in many variations, with different benefits like dental, hearing, vision, subsidy for your gym membership. But let's remember, they manage your Medicare benefit. And in most cases, you must have a referral for medical treatments, sometimes prior authorization for care, and they can decline to cover the treatment/hospital/doctor you want.

Advantage plans have co-pays for all services. If you're healthy an Advantage plan is not expensive, but if you're not healthy, those co-pays can quickly add up. So if you decide to supplement your Medicare A & B...and D, it can get complicated.

**Would you like to receive your newsletter, in color, by email instead of snail mail?**

If so, please email Kristen at **regionalcoanews@gmail.com** to be put on the email list. Include your address so I will know which mailing list to take you off of. Thanks!



## January Tech Tip

By Peg Whalen



I want to share an experience I had so that others can benefit from my misadventure. Recently, I traveled to Philadelphia by train to see family. I had two carry-on bags with me and my laptop in a separate case. I briefly left my seat, so to keep the laptop safe, I tucked it overhead between two carry-on bags. Later, when I was exiting the train, I got distracted. Yup, you guessed it. I left the laptop behind.

Losing the laptop device was frustrating but could be replaced at some expense. The information loss was a tragedy. Before leaving, I had not backed up the files, photos, and programs on the laptop. I know better! It happened anyway. What should I have done? I could have used one of the "clouds", like Microsoft OneDrive, Google Drive, Apple iCloud, or my external hard drive at home. Most of my information is lost: taxes, medical records, technology workshop handouts, pre-retirement work. So, even seasoned users of technology lose equipment and computer information. Backup your information in case of device loss, viruses, scams, equipment failure. If you do not know how to protect electronic information, find assistance with ways to stay safe.

### ***The Regional COA Newsletter benefits from your support!***

I would like to contribute to the COA Newsletter. My contribution of \$\_\_\_\_\_ is attached.

*(Please make out your check to "Northern Hilltown Consortium/ Town of Chesterfield" and mail to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)*

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

***Thank you for helping support this vital resource for our seniors!***

## Resource Directory



|  |                        |
|--|------------------------|
| <b>Domestic Violence Advocate</b> , Hilltown Safety at Home (HS@H)                   | 413 387-3120           |
| If you need help in an emergency, call <b>911</b> or the <b>Safe Passage Hotline</b> | 888 345-5282           |
| <b>National Suicide Prevention Lifeline</b>  | 800 273-8255           |
| <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 – HEN</b> (sponsored by Hilltown CDC)                      | 413 296-4536, ext. 120 |
| <b>Veterans' Service Officer</b> : Williamsburg - Dan Nye or Steve Connor            | 413 587-1299           |
| Westhampton – Joe Henning  | 413 207-3541           |
| Plainfield – Brian Brooks  | 413 772-1571           |

### Food Services

|   |                              |
|---|------------------------------|
| <b>Food Bank of Western Massachusetts Brown Bag Program</b>                         | 800 247-9632 or 413 268-8407 |
| <b>SNAP, Supplemental Nutrition Assistance Program</b> (Food Stamps)                | 413 552-5400                 |
| Or call Chesterfield COA, 296-4007 or Williamsburg Sr. Ctr, 268-8410 for assistance |                              |
| <b>Hilltown Food Pantry</b> , Goshen Town Hall – Diane Drohan, Director             | 413 268-7578 Weds. 1-3       |
| <b>Meal Site</b> , Williamsburg Senior Center Café                                  | 413 268-8419 Mon-Thurs       |
| <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>Grab and Go Meals</b> : Chesterfield COA, Thursdays, 11:30                       | 413 296-4007                 |
| Cummington COA, 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays, Noon                    | 413 634-2262                 |
| Goshen COA, 3 <sup>rd</sup> Tuesday, 11:30  | 413 268 9354                 |
| Westhampton COA, 3 <sup>rd</sup> Thursday, Noon                                     | 413 387-3960                 |
| <b>Salvation Army Emergency Food, Fuel or Medication Vouchers</b>                   | 413 586-5336 or 586-6564     |

### 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   |
| <b>Hope Nurse</b> , Mary Kane  | 413 238-5511, ext. 322   |
| <b>HealthWise</b> Community Health Worker, Ellie Mathias                       | 238-5511, ext. 322       |
| <b>Podiatrist</b> , Dr. Michael Coby at Williamsburg Senior Center             | 413 268-8407             |
| Call to schedule alternating (odd) months at the Senior Center                 |                          |
| <b>Foot Care</b> , Piper Sagan, RN. - Williamsburg or in-home visits           | 413 268-8407             |
| Cummington, call Ann Eisenhour   | 413 634-2243             |
| Goshen & Chesterfield, Call Piper for appt.                                    | 413 522-8432             |
| Westhampton, call Deb Dean   | 413 667-5363             |
| <b>SHINE, Medicare &amp; Drug Coverage Part D &amp; Prescription Advantage</b> |                          |
| Lorraine York-Edberg   | 413 773-5555, Ext. 2275  |
| Chesterfield, Deborah Hollingworth   | 413 296-4007 or 268-8317 |
| Williamsburg, Deborah Hollingworth   | 413 268-8407             |
| <b>Mass Health &amp; New Health Coverage</b>                                   |                          |
| Buliah Mae Thomas at Hilltown Comm. Health Ctr.                                | 413 667-2203             |

### Transportation Services

|  |              |
|--|--------------|
| <b>PVTA Dial-A-Ride</b> (Tickets sold at Williamsburg Senior Center, 413 268-8407) | 866 277-7741 |
| <b>Hilltown Easy Ride Van and Driver Pool</b> , Ed Pelletier                       | 413 296-4232 |
| <b>Westhampton Transportation</b> , appts. or shopping, Louise Jasionkowski        | 413 527-5134 |
| <b>Williamsburg Medical and Carpool rides</b> , call to schedule                   | 413 268-8407 |

### Local Councils on Aging

|  |                        |
|--|------------------------|
| <b>Chesterfield COA</b> , Janice Gibeau            | 413 296-4007           |
| <b>Cummington COA</b> , Chrisoula Roumeliotis      | 413 634-2262           |
| <b>Goshen COA</b> , Kerry Normandin                | 413 268-8236, ext. 118 |
| <b>Plainfield COA</b> , Polly Ryan                 | 413 212-1581           |
| <b>Westhampton COA</b> , Amy Landau                | 413 203-9808           |
| <b>Williamsburg Senior Center</b> , Melissa Wilson | 413 268-8410           |
| <b>Worthington COA</b> , Phyllis Dassatti          | 413 238-5962           |

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

## On the Road Again... 2023 Trips



Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291, francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

*Multi Day April 23-29, 2023. **Myrtle Beach Show Trip.*** Five shows—Legends in Concert, Carolina Opry Show, The Man of a Thousand Voices, Anthems of Rock and an evening show at the Alabama Theater. There will be a stop at the Airborne and Special Operations Museum in Fayetteville, NC. This 7 day trip includes bus transportation, driver gratuities, all hotels and most meals for \$829. Get a \$25 discount if paid in full by **January 30, 2023**. Contact Francine to reserve your seat.

*Day Trip May 18. **Beatles Show- Ticket to Ride*** - A 4- piece band that plays high quality, exacting renditions of songs written by the Beatles spanning their entire decade together. Self-Drive to the Log Cabin. Arrive 11:15am. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNCS for \$120 by **February 1st**, so we can get good seats. Mail to the address above.

*Day Trip May 22. **Staying Alive- A Tribute to The Bee Gees.*** Five-course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNCS for \$120 due by February 1st, so we can get good seats. Mail to the address above.

*Day Trip May 31. **Oh What A Night! And Resorts World Casino-*** An exciting musical revue show from Las Vegas features hits from Franki Valli & The Four Seasons. Luncheon buffet and \$25 bonus slot play at the Casino in the Catskills, NY included. Make payment to FNCS for \$132 due by **February 21st**. Mail to the address above.

*Day Trip July 20. **Lake George Cruise-*** Take a 2 1/2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. A stop at the Lake George Outlets. Make payment to Landmark Tours for \$TBD due **April 21st**. Mail to the address above.

*Day Trip August 10 **Garden in the Woods-*** This trip includes a walking guided tour of the Garden in the Woods in Framingham followed by a luncheon at the Longfellow's Wayside Inn. Entrée choices are Roast Prime Rib of Beef or Baked Atlantic Salmon. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$120 due **June 10th**. Mail to the address above.

*Multi Trip September 10-12. **Nantucket Island.*** Three days to two nights. Includes ferry to and from the island, guided tour of the island and all access pass to historical sites. Cost TBD. Make payment to First Choice for \$748 p/p double occupancy due **June 21st**. Mail to the address above.

*Day Trip September. **BIG E.*** A YEARLY favorite. Make payment to FNCS for \$TBD by **August 1st**. Mail to the address above.