

Living Well



Newsletter
JULY
2024

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

Welcome to Toni!

The Senior Center is happy (pleased as punch!) to announce that Toni Boughton has joined our staff. She has a breadth of experience in food programming and working with older adults. Most importantly, is her caring and positive attitude as she goes about preparing delicious luncheons on Mondays and Thursdays, as our In-house Meals Coordinator.

Toni began her new position in April of this year. Prior to this, Tamar Smith had been preparing our meals and handling all of the food programs. We have been very fortunate to have Tamar working with us, and will continue to be fortunate. Tamar has agreed to work as our Food Programs Coordinator working with Farm Shares, Highland Valley congregate meals, Brown Bag, and various other items related to our food programs.

As most folks probably know, Toni was a volunteer for the meals program prior to being hired. If you are interested in being a volunteer for the in-house meals program, please call the Senior Center at 268-8410.

And if you are interested in attending a luncheon, contact Tamar at 313-338-2920 or email tsmith@burgy.org. Thank you.



Our staff, clockwise from top left: Sherry Loomis, Toni Boughton, Melissa Wilson, Joy Moore, Tamar Smith, & Carol Hendricks

Save the Date for our Multi-Generational Luncheon! August 9th, 10 –12 pm

One year we had rabbits, another year we had service dogs. This year's event brings goats from Pause and Pivot Farms! If you never interacted with goats, you are in for a surprise—they are fun and rather goofy. The folks at Pause and Pivot often entertain with their goats—we hope you will join us!

Life is Better
WITH GOATS



Multi-Generational Event

AUG 9
10a.m. -12 p.m.

**WILLIAMSBURG
SENIOR CENTER**
"UNDER THE TENT"



10 a.m. - 11 a.m. Enjoy interacting with goats and the great folks from Pause & Pivot Farm in Williamsburg.



11:15 a.m. - 12 p.m. It's a wrap - lunch is on us!

Enjoy the day with
Youth from the 4-H and
Grange



RSVP

413-268-8410

SENIORCENTERDIRECTOR@BURGY.ORG

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

SHINE

SHINE can help you with Medicare and Medicare-related insurance issues. 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 get back to you: **268-8407**.

Veteran's Service Officer

VA office hours are back! Stop in to see our rep, Dan Nye on 1st & 3rd Wednesdays, 11:30—1:00, or call **413-587-1299** for appointments.

Brown Bag: Food for Elders

Eligible seniors can get a free bag of groceries on 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.

Congregate Meals

Meals are being served in the Senior Café Mondays—Thursdays! Fridays are by delivery only. On **Mondays and Thursdays we make fresh-cooked meals**, and **Tuesdays and Wednesdays we get meals** from Highland Valley Elder Services to eat in or **Grab-n-Go!** **Please join us! Contact Tamar at 413-338-2920, 2-3 days ahead to reserve a meal.**

Take and Eat

Two area churches provide delicious, freshly-made meals—delivered every Saturday. Contact the Senior Center to find out more or to sign up: **413-338-2920**

Foot Nurse

Piper Sagan is doing foot care at the Senior Center August 13th and the 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 a home appointment.

Hilltown Elder Network

Also known as the **HEN Program**, is available from the Hilltown Community Development Corporation for house-keeping and other duties. Call the coordinator, **Amy Phinney** at **413-655-0123** for more info.

Medical Rides

Senior Center drivers are available for your medical rides **funded by PVTA. Call us at least 3 bus. days ahead** and we will try our best to provide a driver: **268-8407**. (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 business days ahead.** We'll try our best to provide you a driver: **268-8407**

Companion Program/Friendly Visits

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. **413-338-2920**

The Carpool & Companion 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. **413-338-2920**

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 to check it out! This **free class** is sponsored by RSVP.

Tai Chi

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

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 if you would like to join. Donations gratefully accepted.

Strength and Cardio Workouts

Joan Griswold is leading workouts via Zoom **Thursdays at 10:15 am.** Visit her at 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 (July 18th).** To join, email **Larry West (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 (July 19th).** Please stop in and join us or call **268-8407** for info. (Look for our sign!)

Technology Program

Need help using your cell phone, computer or other devices? The Senior Center can help! Volunteers work one-on-one with folks and arrange a time that works for both parties. **Contact the office at 413-268-8410 to schedule an appointment.**

Tech Connect: You can also attend the Tech Connect Drop-in Center at **Meekins Library on the 2nd Tuesday of each month, 10 am—12 noon.** Bring your device(s) and your questions! Call **413-296-5080** or for support available by email, contact: coaTechHelp@gmail.com.

Arts & Crafts Open Studio

Make your own art/crafts in good company! Bring your supplies and enjoy the camaraderie of being with a group of folks who have shared interests. **This month, we'll meet on July 11 & 25, 1-3 pm.** Contact **Gloria Black at Gloriosa05@yahoo.com** or **413-268-7767.**

Lunch Time Lottery

Every time you eat lunch at the Senior Center Café, your name is put into a bowl for the **Lunch Time Lottery!** At the end of the month we draw a name—winners receive a gift certificate to the **Williamsburg Market** or **The Village Green!** Another reason to come to the Senior Center Café!

*Williamsburg Town Offices/Senior Center
will be closed on Thursday, July 4th,
for Independence Day*

Living Well Newsletter Update

As you know, the Living Well newsletter will be available in digital format effective next month. There are several ways to stay connected and obtain the information about our programs, services, and events.

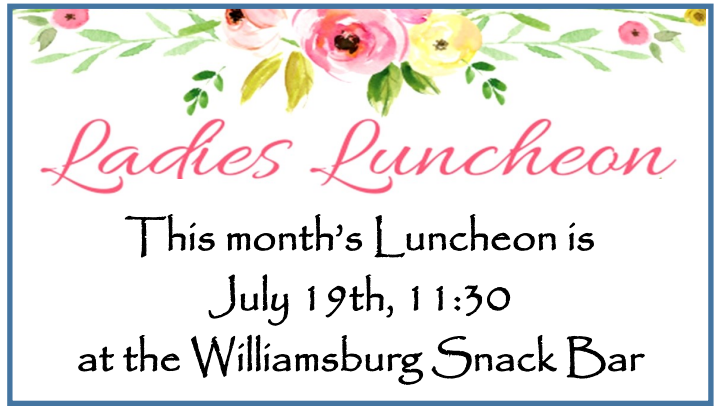
1) **Sign up for the digital newsletter** to be sent to your current email address. Contact Sherry at sloomis@burgy.org (or call 413-268-8410).

2) **Visit the Town website, www.burgy.org.** Click on Senior Center and you will see a tab on the left labeled Living Well Newsletter.

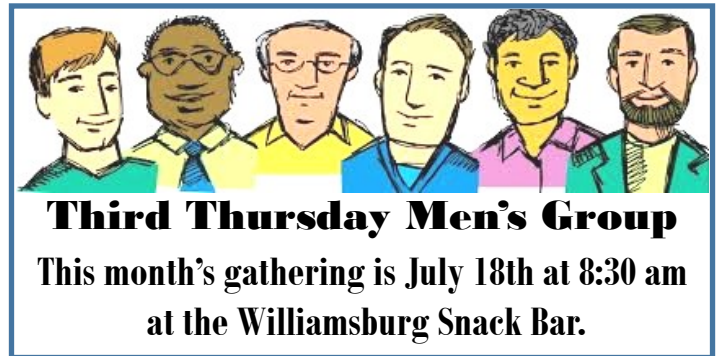
3) **Join the “Williamsburg Senior Center” Facebook page** (with a link to the Burgy.org website) to get information, as well.

4) **Paper copies** of our newsletter will be available in our office, the Haydenville and Williamsburg Post Offices, Meekins Library and possibly other places in the community.

We want to make sure that all older adults still have access to the newsletter’s important information. **You can reach the Senior Center at 413-268-8410 if you have questions.**



Ladies Luncheon
This month’s Luncheon is
July 19th, 11:30
at the Williamsburg Snack Bar



Third Thursday Men’s Group
This month’s gathering is July 18th at 8:30 am
at the Williamsburg Snack Bar.



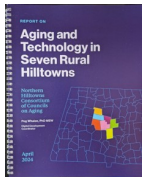
TECH CONNECT
SUCCESS FOR OLDER ADULTS

Tech Connect – Drop In Hours

Meekins Library - July 9th (2nd Tuesday of each month) **from 10 am – 12:00 noon.** Please bring your device(s), along with your questions or concerns, and tech help folks will be available to assist.

Hot Off the Press! Report on Aging and Technology in Seven Rural Hilltowns

Remember that survey you received on your digital activity way back when? Well, the full-color, published report, based on your help, is now out! If you would like to see a copy, stop by your Senior Center.



This report helped the Northern Hilltown Consortium to receive a grant from the MA Executive Office of Elder Affairs to set up and operate the Tech Connect program. Tech Connect can help install high speed internet to eligible households, arrange for low-cost internet service and provide free or reduced-cost laptops/tablets where needed. Call 413-296-5080 for more information.

The Williamsburg Senior Center relies on donations to support our well-attended 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;
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!

A Big Thank You!

We would like to take a moment to thank everyone who supports our Senior Center. We have **amazing volunteers** who donate their time to help in the café, give rides, be companions, and work our special events!

We have so many generous sponsors! **Pause and Pivot Farm** donates eggs and fresh hydroponic greens to use in our meals and give to seniors! **The Williamsburg Market** and **The Village Green** provide gift certificates for our luncheon raffle. The Village Green also donates ice cream sandwiches for the café and Take and Eat Program and sponsors our Annual Ice Cream Social — and they donated the beautiful pansies for our Spring Fling!

The Senior Center experience is richly enhanced by our volunteers and sponsors!



News from the Transportation Desk

I have heard from several seniors that it has become difficult to access the RMV for Drivers License and ID related transactions, as it requires an appointment be made online in advance, and that the website can be difficult to navigate. To find more information, I visited [mass.gov/info-details/ask-the-rmv](https://www.mass.gov/info-details/ask-the-rmv).

The RMV **does** require an appointment for Drivers License and ID related transactions. *Registration-related transactions can be performed at an RMV Service Center without an appointment.* According to the website, members need an appointment to perform any RMV-related transactions at AAA branches.

THE GOOD NEWS: Customers who are at least 65 years of age or have a disability can call the RMV's dedicated Senior License Renewal Appointment Line at 857-368-8005 to schedule a license or ID appointment. You can also Email the RMV for assistance at MassDOTRMVSeniors@dot.state.ma.us.

Hoping this helps to reduce frustration and keep you doing the things you enjoy. ~ Joy Moore

Foot Nurse

Piper Sagan is doing foot care at the Senior Center on the second Tuesday every other (even) month. Piper says,

“As a RN and Certified Foot Care Specialist I provide medically based foot care.

An appointment includes assessment of foot structure, skin and toenails. Quality of circulation is determined by visual inspection and palpation of pedal pulses. Any areas of concern or discomfort of the feet are also addressed.

Nails are clipped and filed. Dystrophic nails are thinned. Painful corns and calluses are reduced. The visit ends with a massage with a specially formulated blend of essential oils.

Recommendations to see primary care, podiatry, or wound care are provided as needed as well as recommendations for changes in foot wear.”

Call us at **413-268-8407** to make an appointment (\$50) Piper also will do foot care in your home (\$80) call her directly for a home appointment **413-522-8432**. Good news—beginning on September 10th, she will be coming the second Tuesday of **every month**.



KICKS OFF GOLDEN ANNIVERSARY CELEBRATION

SPRINGFIELD, MA: The Pioneer Valley Transit Authority (PVTA) is celebrating its Golden Anniversary of providing public transportation services for 50 years.

To kick off PVTA's 50th Anniversary celebration, and to thank our passengers for their continued loyalty, **starting June 1, 2024 through August 31, 2024, no fares or passes will be needed for PVTA bus and paratransit services.**

For information on the PVTA's Golden Anniversary Celebrations, please visit [pvta.com](https://www.pvta.com).

Café News:

Don't forget! Highland Valley Elder Services provides free (or small donation) lunches Tuesdays, Wednesdays and Fridays for anyone over 60 years old. You must pick up the Tuesday and Wednesday meals between 11:30 and noon at The Senior Center Café; on Fridays we deliver.

And don't forget! Our home-cooked meals are served Mondays and Thursdays!

Seniors Aware of Fire Education

In the last five years there have been more than 500 fires and explosions involving the use of illegal fireworks in Massachusetts. Seven firefighters were injured and the damage was estimated at more than \$1.5 million. More than 200 people, many of whom were children, were treated in medical facilities for serious injuries caused by fireworks.



No wonder Massachusetts law prohibits the possession and use of fireworks by people who are not certified and permitted to use them. The illegal fireworks include sparklers, party poppers, snappers, fire crackers, cherry bombs and the bigger rockets.

There are a whole lot of fireworks events run by certified-permitted people in our area around the Fourth of July. Enjoy them safely!

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

The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.

Crabby Road

7-4-12



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So Whaddaya Think?

Since my pay for writing these notes depends on how useful you find them – oh wait, I don't get paid! Oh well. I would still like to find out how useful you find them. I've been writing these since 2014 and mostly decided the subjects myself. Occasionally one of you will write or call with a question that ends up as a topic, and that is good. It makes me do more research and learn more. When I am out of my knowledge base, I have several experts I can consult and learn more.

With the transition of the newsletter and the reinvigoration of the Northern Hilltowns Consortium website (northernhilltownscoas.org), it's a good time to do a check. I've written on:

- credit reports
- scams and more scams
- financial literacy
- our mind and money
- the Big Five and extensions thereof
- electronic safety
- nuisance calls and emails
- organizing our life of paper

So which of these topics have caught your attention? Which have you found most helpful, and which should be explored more? Which might be ripe for an update? AND have I left out a topic you think should be covered? I really would like your input.

With appreciation,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228

Tech. Help and Training for July



Tech Support Available

Receive technology help by email, phone, drop-in or appointment: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within a day.

Drop in Centers: All are Welcome at Any Location! (no appointment needed)

- Chesterfield Community Center, 400 Main Rd.
Weekly on all Tuesdays from 11:00 to 2:00
Bi-Weekly on Fridays, 1:30 to 3:30 (7/12, 7/26)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (7/10)
- Goshen Town Hall, 42 Main St.
Drop-in tech support, 3rd Weds. 1-3pm (7/17)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5-8pm (7/18)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (7/25)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 7/9 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 7/9 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
Drop-In tech support, 2nd Thurs. 1-3pm (7/18)
{appt. preferred}

Tech Training:

Must pre-register for classes no later than one week before the scheduled training date.

- Beginner's Computer / Laptop Class
will resume in September
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, until 7/17
- Chromebook training will be available in August.
See next month's newsletter for date & time.

All classes held at the Chesterfield Community Center, 400 Main Rd, lower level. To register, email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Tech Workshops:

- Managing Passwords
Chesterfield Com. Center, Thurs. 7/18 3-4pm

- Accessing Your COA Newsletter Online
Chesterfield Comm. Center, Mon. 7/29 3-4pm

Devices Available:

We have many PC laptops, refurbished Chromebooks and refurbished iPads. If you need a device to connect to the internet, have something so old it is not working effectively, or need a different type of device, please contact us.

Email coatechconnect@gmail.com, leave message at **413-296-5080**, or use online request form on our website: www.northernhilltownscoas.org

VOLUNTEERS STILL NEEDED: to learn more about what we need volunteers to help with, contact Volunteer Coordinator: coatechvolcoor@gmail.com, 413-296-5548, or www.northernhilltownscoas.org

On the Road Again... 2024 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.

Day Trip Wednesday, August 7. Resorts World Casino-- Catskills, NY trip. Can you get enough of Elvis? Enjoy a lovely ride to the Catskills. Included: King in Concert show, Buffet Lunch and \$25 free slot play, driver gratuity. The \$145 Payment to Friendship Tours is due NOW. Please mail it to the address above. Please include your date of birth for the player card. **This trip is a go. Just a few seats remain.**

Day Trip Friday, August 23. Essex Steam Train & Riverboat, Essex, CT. A train and riverboat excursion awaits. Includes luncheon at Griswold Inn. Make payment to Landmark Tours for \$136 and mail to the address above by July 20th. Departs from the Calvary Baptist Church, Easthampton.

Day Trip Friday, September 13. Boston. Charles River Sightseeing Cruise & Harvard Museum of Natural History, home of the Glass Flowers. Includes lunch at The Cheesecake Factory. Make payment to Landmark Tours for \$124 and mail to the address above by August 1st.

*Day Trip Monday, September 23. The Big E, an annual favorite, with free entertainment at Honor Court Stage. Herman's Hermits starring Peter Noone performs at 2pm. **Cost TBD.** Make your check payable to Francine Frenier and send it to the address above. NO REFUNDS due to bargain price.*

Continued on back page.

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
National Suicide Prevention Lifeline	800 273-8255
Elder Abuse Hotline	800 922-2275
First Call for Help , Information and Referral Resources	211
Fuel Assistance , Application and Recertification	800 370-0940
Hilltown Elder Network – HEN (sponsored by Hilltown CDC)	413 296-4536, ext. 120
Veterans' Service Officer: Williamsburg, Chesterfield, Cummington, Goshen	
Dan Nye or Steve Connor	413 587-1299
Westhampton – Joe Henning	413 207-3541
Plainfield – Brian Brooks	413 772-1571

Food Services

Food Bank of Western Massachusetts Brown Bag Program	413 338-2920 or 800-247-9632
SNAP, Supplemental Nutrition Assistance Program (Food Stamps)	413 552-5400
Williamsburg Sr. Ctr, 268-8410 for assistance	
Hilltown Food Pantry , Goshen Town Hall – Diane Drohan, Director	413 268-7578 Wed. 1-3
Meal Site , Williamsburg Senior Center Café	413 238-2920 Mon.-Thurs.
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
Grab and Go Meals: Chesterfield COA, Mondays, Thursdays, 11:30	413 296-4007
Cummington, Plainfield COAs, Tuesdays, Noon	413 634-2262
Goshen COA, 3 rd & 4 th Tuesday, 11:30	413 268-8236 x 118
Westhampton COA, 3 rd Thursday, Noon	413 387-3960
Williamsburg COA, Tuesday Wednesday 11:30	413 338-2920
Worthington COA Thursday, 11:30	413 238-238-5962
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336 or 586-6564

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 Greta Cullett	413 238-5511, ext. 322
HealthWise Comm. Health Worker, Ellie Mathias	413 238-5511, ext. 322
Foot Care , Piper Sagan, RN. -Williamsburg or in-home visits	413 268-8407
Plainfield, Cummington, call COA	413 634-2262
Goshen, Call Piper for appt.	413 522-8432
Worthington, call Deb Dean	413 667-5363
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Lorraine York-Edberg	413 773-5555, Ext. 2275
Deborah Hollingworth call COAs,	
Williamsburg, Chesterfield, Goshen	
Worthington, Cummington, Plainfield, Westhampton	
Mass Health & Insurance Coverage	
Buliah Mae Thomas, Navigator: Hilltown Comm. Health Ctr.	413 238-5511

Transportation Services

PVTA Dial-A-Ride Williamsburg	413 268-8407 or 866-277-7741
Hilltown Easy Ride Van and Driver Pool , Ed Pelletier	413 296-4232
Westhampton Transportation , appts. or shopping Danielle Buzzee	413 246-0278
Williamsburg Medical and Carpool rides , call to schedule	413 268-8407

Local Councils on Aging

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

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

PRSR STD
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PAID
PERMIT 183
Greenfield MA

**WILLIAMSBURG
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ADVISORY BOARD**

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Maureen O'Brien, Secretary
Mary Bisbee
Toni Boughton
Daria D'Arienzo

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Carol Hendricks
Sherry Loomis
Joy Moore
Tamar Smith
Toni Boughton
&
Our Many Volunteers

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

On the Road Again: 2024 Trips

continued from page 4

Four Day Trip September 30- October 3. Lancaster, PA. Sight & Sound's spectacular theatrical experience of the biblical show Daniel.

Cost \$646, per person dbl. occupancy. Highlights: Sight & Sound Theater show, tour of Philadelphia, visit the Liberty Bell, Holocaust Memorial, The Mint, and spend time at Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above now. Call now to reserve your spot. Four seats available.**

Day Trip Friday, October 4. Vermont's Finest.

Stops at Scott Farm Orchard for freshly pressed cider and slice of apple pie, & Robb Family Farm Sugarhouse to sample maple cream and syrup. Lunch at The Marina included. Make payment to Landmark Tours for \$127 and mail to the address above by August 19th.

NEW Day Trip Monday, October 14. Thimble Islands Cruise along the Connecticut shore line aboard the Sea Mist. Includes luncheon, choices available. Discounted price for Worthington Seniors over 60 and \$131 for other seniors. Call Phyllis 413

-238-5962 for details and to reserve a seat by September 1. Limited seating.

Day Trip Tuesday, October 15. Culinary Institute of America-- Enjoy a "CIA" experience, lecture and tasting with lunch at Catarine de Medici. The \$147 payment to Francine Frenier is due by August 15th. Please mail a check to the address above.

NEW Day Trip Monday, October 21. Boston Fine Arts Museum. Guided tour and many exhibits to explore on your own including: Jewelry--Beyond Brilliance, Art of Japan, Dali: Disruption and Devotion. Lunch on your own at one of three dining options within the Museum, or bring your own to eat outside the Museum. The \$85 payment to Francine Frenier is due by August 21st. Please mail a check to the address above. **Call NOW to reserve a seat. This trip is a go.**

Day Trip Friday, December 13. Festival of Trees and Red Rose Lunch. Enjoy the uniquely decorated Christmas Trees at the Mass Mutual Center in Springfield. Enter a chance to win a tree and associated gifts. Some are worth hundreds of dollars. Then walk over to the Red Rose Italian Restaurant for lunch: pizza, salad and bread. The \$30 Payment to Francine Frenier is due by October 25. Please mail a check to the address above. **NO REFUNDS due to bargain price.**

October 2025~~~~Blue Ridge Mountains