

Living Well



Newsletter
October
2026

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

Elvis to the Everly Brothers!



featuring

Roger Tincknell

Thursday, October 29th, 12:30 pm

At the Senior Center Café
Town Office Bldg.,
141 Main Street, Haydenville

50's pop, rock, and sock hop favorites!
Let's stretch our singing muscles, &
bring joy to our day!

Contact us at 413-268-8410 to sign up!

"Music acts like a magic key,
to which the most tightly closed
heart opens."

– Maria Augusta von Trapp



See Page 4 for
our
FLU CLINIC!

Election Information

From the Desk of Brenda Lessard,
Town Clerk

Important dates to know:

- Oct. 24th, voter registration deadline.
- Oct. 27th, 5 pm – vote by mail application deadline.

In-person early voting schedule: (Town Clerk's office)

- October 17, Saturday: 9 am to 5 pm
- October 19, Monday: 9 am to 11 am
- October 20, Tuesday: 9 am to 5 pm
- October 22, Thursday: 5 pm to 7:30 pm
- October 24, Saturday: 9 am to 5 pm (*last day to register to vote for the 11/3 election*)
- October 26, Monday: 9 am to 11 am
- October 27, Tuesday: 9 am to 5 pm
- October 29, Thursday: 5 pm to 7:30 pm
- November 3, Election Day (voting hours, 7 am – 8 pm, Town Office building, 141 Main St., Haydenville. *This is the only voting site for Williamsburg.*)

Contact the Senior Center if you need a ride to vote, (268-8407) we will do our best to arrange a ride for you.

You can reach Brenda at 413-268-8402
or townclerk@burgy.org

Save the Date!

November 17th

Our local state representatives will be here.
Please stay tuned for more details!

Williamsburg Senior Center ~ 141 Main Street, P.O. Box 447, Haydenville, MA 01039

Phone: 268-8407 or 8410 ~ Hours: Mon-Thurs, 8:30-2:00

Melissa Wilson, Director ~ Email: seniorcenterdirector@burgy.org ~ www.burgy.org/senior-center



Here's What's Happening!

Food Programs:

Congregate Meals

Meals are 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. **Contact Jen 2 or 3 days ahead to reserve a meal. jbatty@burgy.org or 413-338-2920.**

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, ext 3005 or download an application at www.foodbankwma.org.**

Take and Eat

Two area churches provide delicious, freshly-made meals, delivered every Saturday. **Contact Carol Hendricks to sign up: 413-338-2920.** Donations accepted for the churches.

Transportation:

Medical & Carpool Rides

Senior Center drivers are available for your Medical Rides (funded by PVTa). Rides for shopping & errands can be scheduled through our Carpool Program (Funded by Highland Valley Elder Services). **Call us at least 3 business days ahead and we will do our best to provide a driver. 268-8407. (Or you can call PVTa Dial-A-Ride at 413-739-7436.)**

Health & Wellness:

Foot Nurse

Piper Sagan does foot care at the Senior Center on the second Tuesday every month (Oct. 13th). Call Carol at **413-338-2920** to make an appointment, (\$60). Piper can also do foot care in your home, (\$90). **Call Piper at 413-522-8432 for a home appointment.**

Companion Program, Friendly Visits & Wellness Calls

Would you or someone you know benefit from a regular companion? Or would you like to receive wellness calls or a friendly visit now and then? Contact Carol for more info at **413-338-2920**. Companion Program is funded by Highland Valley Elder Services.

Healthy Bones & Balance

Mary Bisbee leads HB&B, Mondays at 1 pm (except holidays) and Thursdays at 9:30 am, in the Auditorium. Call the Senior Center for info, or stop in to check it out! This free class is sponsored by RSVP.

Yoga Practice

Carol Konz leads Yoga Practice on Mondays at 10:30 am in the Auditorium. You can contact her at **413-531-7321** or carolkonz57@gmail.com for more information. Free class sponsored by RSVP.

Tai Chi *

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

Modern/Contemporary Dance *

Susan Waltner's dance class happens on Wednesdays at 10:00 am in the auditorium. Contact Susan at swaltner@smith.edu if you'd like to join.

Strength and Cardio Workouts *

Joan Griswold leads workouts via Zoom Thursdays at 10:15 am. Visit her at www.bybhealth.com to sign up. Other hours may be available.

***Donations gratefully accepted for these programs.**

Just For Fun:

Weekly Game Sessions in the Café

Join us on Wednesdays, noon - 2pm for game sessions. Bring a game, cards or activity to share. To sign up, **contact Jen Batty at 413-338-2920 or jbatty@burgy.org, or stop in!**

Arts & Crafts Open Studio

Led by **Steve LaValley** on 2nd and 4th Thursdays, 1-3:00 pm. Bring your supplies and join us! **Contact Steve at stevehal@gmail.com or 413-320-7624, or stop in!**

Men's Breakfast Group

Meets at the Williamsburg Snack Shack on **3rd Thursdays** at 8:30 am (Oct. 15th). To join, email **Stuart at stuartkrantz@gmail.com or Larry at landwest3315@yahoo.com or stop in!**

Ladies Who Lunch

Meets at the Williamsburg Snack Shack on **3rd Fridays** at 11:30 am (Oct. 16th). Please stop in and join us (Look for our sign!) Call **268-8407** for info.

Other Services:

Technology Program

Drop-in Center at Meekins Library, second Tuesdays, will be on October 13th this month, 10:30-12:30. Bring your device(s) and your questions! For additional help, including purchasing devices, contact coaTechHelp@gmail.com or call **413-296-5080**. More on Page 7.

SHINE

SHINE can help you with Medicare and Medicare-related insurance issues. For more info, **contact Caroline Solan at Highland Valley Elder Svcs. at 413-586-2000, ext.999 or email csolan@lifepathma.org.**

Hilltown Elder Network

Also known as the **HEN Program**, is available from the Hilltown Community Development Corporation for housekeeping and other duties. Call the new coordinator for Williamsburg, **Barb Crane at 413-478-1696, or email barbcranehen@gmail.com.**

Veteran's Service Officer

Stop in and see your **VA rep, Dan Nye**, on the 1st & 3rd Wednesdays, upstairs, from 11:30 am -1:00 pm, or call **413-587-1299** for an appointment.

HAPPY bIRTHDAY!

Please Join Us for "Birthday Thursday!"

Each month on the 2nd Thursday we celebrate that month's birthdays! We will start serving cake at 12 noon. It is a fun time to visit with other folks from town over a piece of cake!

Don't forget that we also have lunch on Mondays and Thursdays at 11:30. **For lunch, you need to sign up ahead (413-338-2920)--for cake, just show up!**



Art & Craft Open Studio is Back!

Steve LaValley will be hosting our open studio again this year, starting this month!

We'll be open on the **2nd and 4th Thursdays** each month, from **1-3 pm** for you. Bring your materials and work on your art and/or craft projects here in the company of other creative people. **Contact Steve at stevehal@gmail.com or 413-320-7624**, or stop in!

A Reminder... Please note that **our PO Box has been changed to Box 447**. If you use our old address your mail will be returned to you!



Hello Neighbors!

I'm Jen Batty. At the beginning of August, I was warmly welcomed here at the Senior Center as the Food Programs Coordinator. I have been getting up to speed for the past several weeks and I am thrilled to be working with such a fantastic team and a lovely community. I really enjoyed meeting with some of you at the Intergenerational Event last month.

One of my goals is to bring seniors together in person on Tuesdays in the cafe. This could be for a book club, crafting, knitting or painting. If you might be interested in attending or volunteering to coordinate a group, please let us know. Feel free to call us, email us or stop by. Let me know what you'd love to see happen!

Also, money is tight for lots of folks these days. If you are hungry or need help getting food, please reach out. I'm in the office on Tuesday and Wednesday from 10am-2pm. I look forward to getting to know you all better as time goes on! You can reach me at **413-338-2920**.

We Have a New Look!

Please bear with us while we learn the ins and outs of our new graphic program!

Come In and Enjoy Lunch With Your Friends and Neighbors!



Call for Reservations: 413-338-2920



Flu Vaccine Clinic for Seniors

**When: Thursday, October 15th,
10 am– 12 pm**

**Where: Anne T. Dunphy School
parking lot**

**Please register in advance at
seniorcenterdirector@burgy.org
Or call [413-268-8410](tel:413-268-8410)**

*Walgreens of Florence will
be administering the
vaccine, rain or shine.*



If you enjoy Autumn, you might like this:

Fall Leaf Identification Guide



We Thank You for Your Generous Contributions!

Please mail your donation to Williamsburg Senior Center. **PO Box 447**, Haydenville, MA 01039
Or donate on-line via Unipay: **[www.burgy.org/senior center](http://www.burgy.org/senior%20center)**

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!



Regional News

Good News October 2026

by Deb Hollingworth

Open Enrollment is here again, October 15th to December 7th, where we have an opportunity to switch our health insurance.

For those of us with Medicare Advantage plans (HMOs or PPOs) and those of us who have a Medicare D plan for our Rx coverage, **this is the time of year when we can review our coverage, check out any changes...and see if what we have, is what we want to keep for next year.** If we don't do anything, our coverage will automatically renew January 1st for next year.

Here are the things we can do during Open Enrollment:

- Enroll in a Medicare D plan, or switch your D plan
- Enroll in a Medicare Advantage plan, or switch Advantage plans
- Enroll in a Medicare Advantage plan for the first time
- Drop your Medicare Advantage plan and switch back to original Medicare with a Medicare D plan

If you need help figuring all this out...you can contact your SHINE counselor, Caroline Solan at Highland Valley **(413-586-2000)** and make an appointment to see her in person, or email her with your questions (**csolan@lifepathma.org**) and she can help that way. Caroline works Wednesdays, but will have Tuesday appointments as well during Open Enrollment.

Last year all SHINE appointments across the State were booked up quickly. If this happens again (as expected) you can also get help through Medicare by calling **1-800-633-4327**... 24 hours x day, 7 days a week!

I have heard good reports from folks using the Medicare help line, and all you night owls can catch them when phone lines are perhaps less busy. If you are using the Medicare help line, they will encourage you to set up a **Medicare.gov** account which is a personalized tool that allows you see the activity on your Medicare coverage. The website **Medicare.gov** has good step by step directions on how to do that.

The BlueCross Brigham and Women's Issue, Revisited

Last month, there were news articles and letters about the **BlueCross Blue Shield HMO/PPO Advantage plan changes regarding Mass General Brigham and Woman's primary care provider (PCP) coverage.**

As of October 1st, Primary Care Providers are unable to bill the BlueCross Advantage plan, and consumers with BlueCross PPO's can expect to pay higher fees for their PCP visits.

Fortunately **the October 1st deadline for coverage has been extended to December 31st.** This extension allows for continuity of care, giving consumers time to make changes to their coverage.

If you have a BlueCross HMO Advantage plan, or a BlueCross PPO plan, you should call the customer service number on the back of your insurance card. And during Medicare Open Enrollment (October 15th - December 7th) you should **consider switching to coverage that your PCP can bill.**

Here are your options:

- You can disenroll from your Advantage plan by enrolling in a Medicare D plan. (Enrolling in a D plan will automatically cancel your Advantage Plan)
- You can enroll in another/different Medicare Advantage plan.
- You can go back to "original Medicare" and enroll in a Medicare D plan so you have Rx coverage

(Any of these changes would take effect January 1st.)

If you go back to original Medicare with a D plan, remember **you can enroll in a Medex-type supplement any time during the year** if you need more coverage than original Medicare provides.

Still have questions? BlueCross Customer Service can help. Or call your **SHINE counselor**, or the **Medicare help line at 1-800-633-4327.**

--Deb Hollingworth

Senior SAFE October

October is **Fire Safety Month**, making it a good time to take a few minutes to **review your family's home escape plan**. Fires can spread quickly, and having a plan ahead of time can make a big difference.

- Know two ways out of every room.
- Keep hallways, doorways, and stairs clear.
- Practice your escape plan with everyone in your household.
- Keep glasses, keys, medications, and a phone where they can be easily reached.
- Choose a meeting place a safe distance from your home.
- When a smoke alarm sounds, get out and stay out. Call 911 from a safe location.

A few minutes of planning today can help protect you and your loved ones when every second counts.

Stay SAFE this Fire Safety Month!



Capt. Steve Estelle
SAFE Educator
Goshen Fire Department

Your Local Fire Chiefs

Chesterfield - David Hewes 413-296-4049
Cummington - Adam Dragon 413-634-0333
Goshen - Steve Estelle 413-268-7161
Plainfield - Dennis Thatcher 413-634-5566
Westhampton - Dave Antosz 413-529-7181
Williamsburg - Jason Connell 413-268-7233
Worthington - Michael Dondiego 413-238-4445



On the Road Again...



*** Trips in 2026 ***

Contact Francine Frenier to reserve your seat **BEFORE** mailing payments.

For more info call 413-296-4291

Email: francine.frenier@gmail.com

Mail: 11 Stage Rd. Williamsburg, Ma 01096

NEW Day Trip, Monday October 12th, Worthington COA Fall Foliage Bus Trip. Hudson River Narrated Cruise aboard the Rip Van Winkle II, choice of gourmet boxed lunch on board, and market stop. Discounted price for Worthington Seniors over 60 and \$140 for other seniors. Call Phyllis 413-238-5962 or email coa@worthington-ma.us for details & to reserve a seat. Room still available.

Trips in 2027

Multi Day Trip, April 25-May 1 Savannah, Jekyll Island & Beaufort, SC. Seven days, six nights. Visit Savannah, "The Belle of Georgia," Magnificent Beaufort, SC "The Queen of the Carolina Sea Islands," and Port Royal Sound Maritime Museum and more. Price \$987 per person, double occupancy. A \$25 discount is given if paid in full by January 25, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail to the address above after the first of the year.

Multi Day Trip, October 17- 23 Chicago, 7 days, 6 nights. The partial itinerary includes a tour of Chicago, a skyline cruise on Lake Michigan, a visit to a historic Navy Pier and museums. Includes hotels, breakfasts and 4 dinners. Price \$946 per person, double occupancy. A \$25 discount is given if paid in full by July 17, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail to the address above.

Please email Francine NOW so she can see if there is enough interest to make these trips a go:

**** 3-days / 2 nights trip to Baltimore** to see the Red Sox play a game against the Baltimore Orioles along with some sightseeing and visit to the National Aquarium. Waiting for the 2027 MLB schedule to come out in December to determine dates.

**** Day trip for shopping and lunch.**

TechConnect

Technology Help for October

TechConnect will be offering Q&A style classes this fall on the second Tuesday of the month at the Chesterfield COA offices. Bring your questions and contributions to our Roundtable Discussion. Hosted by Lizzy Canady from 1-2pm on the following dates:

- **10/13/2026:** Digital Legacy: Putting your digital house in order
- **11/10/2026:** Medical Portals, taught by Peg Whalen
- **12/8/2026:** Artificial Intelligence: Trends and Topics

No registration necessary.

Tech Support Home Visit is available by appointment. Call or message **413-296-5080** to arrange a home visit.

Devices for you: Refurbished PC laptops

We have **free refurbished laptops** while supplies last. Please call **413-296-5080** and leave us a message if you are interested. If you have received a device from us and are not using it, please call our number to arrange a return so someone else can use it.

Drop-in Centers (no appointment needed)

- **Chesterfield Community Center**, 400 Main Rd. Chesterfield. Weekly on all Tuesdays from 11:00 to 2:00
- **Goshen Library**, Drop-In tech support from 12:00 to 2:00, 3rd Thursday, 10/15
- **Westhampton Library**, Drop-In tech support, from 2:00 to 4:00, 4th Thursday 10/22
- **Williamsburg - Meekins Library**, Drop-In tech support (call library for latest information)
- **Worthington**, tech support - contact **Eileen Daneri** eadaneri@gmail.com.



Some Activities Available at Williamsburg Senior Center!

See Page 2 for complete list.



Williamsburg Senior Center
141 Main Street
P.O. Box 447
Haydenville, MA 01039

**WILLIAMSBURG
COUNCIL ON AGING
ADVISORY BOARD**

Members

Maureen O'Brien, Chair
Mary Bisbee
Toni Boughton
Laura Davenport
Christopher Flory

Assoc. Members

Daria D'Arienzo

Emerita

Mary Lee Satterfield

Senior Center Staff

Melissa Wilson, Director
Jennifer Batty
Toni Boughton
Carol Hendricks
Sherry Loomis
Joy Moore
&
Our Many Volunteers



Take a RIDE!
with the **WESTERN MASS WHEELERS!**
Come experience the joy of cycling!

FREE to take a ride!
NO BIKING EXPERIENCE is necessary!

WEDNESDAY, OCTOBER 14
2:30 PM
GOSHEN TOWN CENTER PARKING LOT

RAIN DATE: The event will be rescheduled in the event of inclement weather.

Questions?
Joan Griswold
joan@bybhealth.com
413-537-8337

Thanks to the Western Mass Wheelers for making the joy of biking possible for all!

Western Mass Wheelers
Everyone deserves the joy of biking.

SCAM ALERT!

Look out for possible scams on social media!

- Shopping scams offering high-priced items for cheap. Sometimes orders never arrive or are not what was ordered.
- Investment scams using ads and testimonials offering fool-proof investments.
- Romance scams where they build a love connection then invent problems and ask for money.

To avoid scams on social media:

- Limit who can see your posts and contacts on social media.
- Never let someone you met on social media direct investment decisions.
- Before you buy, check out the company. Search online for its name plus "scam" or "complaint."

**Northwestern
District Attorney's
Consumer Protection Unit**

Northampton
(413) 586-9225

Greenfield
(413) 774-3186

Working in cooperation with the Office of
the Massachusetts Attorney General

