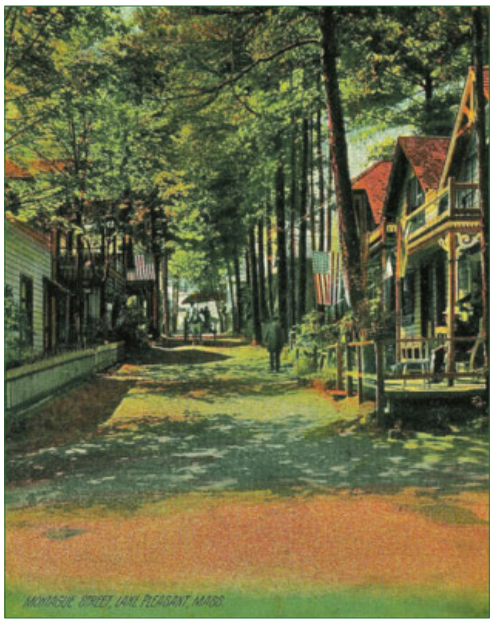
SENIOR NEWS

Greenfield Council on Aging

MARCH 2025



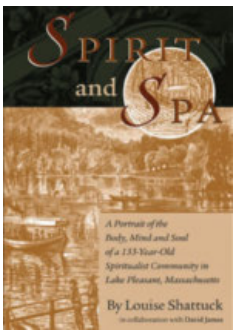






Lake Pleasant History

Tuesday, March 11, 2:00 - 3:00 p.m.



Montague's Village of Lake Pleasant is the oldest continuously existing, same-site, year-round Spiritualist center in the United States. For the first half century after founding as a religious resort in 1874, it was the largest Spiritualist gathering place in the U.S.

Rev. Sheryl Sadler-Twyon and David James of The National Spiritual Alliance, whose members believe human souls communicate with souls of the living-dead in the Spirit World, will read excerpts from the book, *Spirit and Spa*, followed by Q & A. James collaborated with the late Louise Shattuck, a third generation Spiritualist, and the last of the Bickford-Shattuck clan, to produce *Spirit and Spa*, a memoirist and vintage photo portrait of the history of Spiritualism in Lake Pleasant. Sadler-Twyon's great-grandparents, Frank and Myra Wilbur, he an herbalist and she a medium, were contemporaries of the Bickford-Shattucks in the pioneering days of the community. The program is free of charge and open to everyone. Senior Center membership is not required. **Pre-registration is required so we may plan seating. To sign up, call 413-772-1517 x 0 or stop by our Front Desk.**

Lunch

Monday - Thursday
Served at noon

Need to cancel your lunch reservation? Please let us know as soon as you can so that food is not wasted! Thanks!!!

Sign up with the Greenfield Senior Center Front Desk.
Pre-registration is required. **Reserve in advance for as many days as you like.** The LATEST you may sign up is 9:15 a.m. the day before you want to dine with us. This is so we can order your meal.
To reserve your meal, call 413-772-1517 ext. 0, or stop by between 9:00 a.m. and 4:00 p.m. The monthly menu is available at our Front Desk and online using this link:
https://lifepathma.org/resources/meals-menus/
Open at no charge to age 60+ and your any-age spouse or partner, also those under age 60 with a disability who live with a senior. Voluntary donations accepted. Suggested donation amount $3.50 per meal. Those under age 60 but NOT living with a senior pay $8 per meal.

Sponsored by LifePath and a Community Development Block Grant through Mass. DHCD and the City of Greenfield.

Greenfield Council on Aging
And Senior Center

at John Zon Community Center
35 Pleasant Street, Greenfield, MA 01301
413-772-1517 | www.Greenfield-MA.Gov

Business Hours

Monday - Friday: 9:00 a.m. - 4:00 p.m.

Greenfield Senior Center Staff

Director | Hope Macary, RN, BS
Activities Director | Kathy Dunn
Finance/Office Manager | MaryAnn Socquet
Food Services Coordinator | William Hume

Greenfield Council on Aging Officers

Chair | Peg Saulnier
Vice Chair | Janice Colbert
Secretary | Margot Peck
Treasurer | Linda Smith
Asst. Treasurer | Randie Handleman

Greenfield Council on Aging Members

Pat Jordan, Janice Colbert, Linda Smith, Peg Saulnier, Margot Peck, Randie Handleman, Michelle DeLisio, Margo Townley, Noreen Grogan, Judith Young, Karen Shepherd

The Greenfield Council on Aging is a public body and as such, all meetings are open to the public.
Please check the City of Greenfield meeting calendar here: https://greenfield-ma.gov/calendar to see a listing of public meetings scheduled for the City of Greenfield.

WEATHER RELATED DELAYS & CANCELLATIONS

In case of weather, please check WHAI, Bear Country radio, or WWLP for announcements.

All programs and services are held at Greenfield Senior Center and membership (free) is required unless otherwise specified.

Schedule and program room assignments are subject to change without notice.

If you need any accommodation to attend, please contact a staff member in advance.

Donations

All donations MUST be submitted to the Front Desk and approved by staff.



PLEASE DO NOT drop off donations without asking staff if our Center needs/will accept the item(s).
Do not leave items outside after hours, or in the lobby.

- **Please bring items to our Front Desk for approval.**
- **We accept fiction & non-fiction books, and puzzles in good condition.**
- **Please only bring a few items at a time as space is limited.**
- **Please no: cookbooks, poetry, oversize or "coffee table", condensed books, computer manuals, self-help, medical topics, or textbooks.**
- **If you have questions about a donation, please ask.**



Franklin Regional Transit Authority
FRTA
413-774-2262

Meals on Wheels
LifePath
413-773-5555

LifePath is a nonprofit organization serving older people, people with disabilities, and caregivers in Western / Central Mass, helps people stay independent in their homes and communities. They offer in-home services, Meals on Wheels, health insurance help, and more.
Sign up for their weekly e-newsletter, The Good Life, by visiting their website: LifePathMA.org then scroll to the bottom right, or call 413-773-5555.

Board of Assessors Office Hours

Tuesday, March 25, 1 -2 p.m. Meet with Chuck Green, Greenfield Board of Assessors member, to discuss your Greenfield home valuation and property taxes. To make an appointment, please call 413-772-1517 ext. 0.

Ask the Lawyer

Monthly with Attorney Peggy Torello

Greenfield seniors age 60+ may reserve a 30-minute time slot for a free elder law consult by appointment only. **NOTE**: This consultation will get you started with elder law issues only: no divorce, bankruptcy, lawsuits, or other complex issues.

To make an appointment, please call (413) 772-1517 ext. 0 , or stop by our Front Desk. *Sponsored by the Franklin County Bar Association.*

SHINE

LifePath options for independence

Understand your Medicare and other health insurance and drug coverage options. Find the right coverage for you. Find ways you can save money on your prescription drugs and health insurance. Apply for programs that will lower your costs. Make the best coverage selection. Sponsored by LifePath.

Please call LifePath Inc. **413-773-5555** to make an appointment to see a SHINE Counselor.

SMITH-KELLEHER

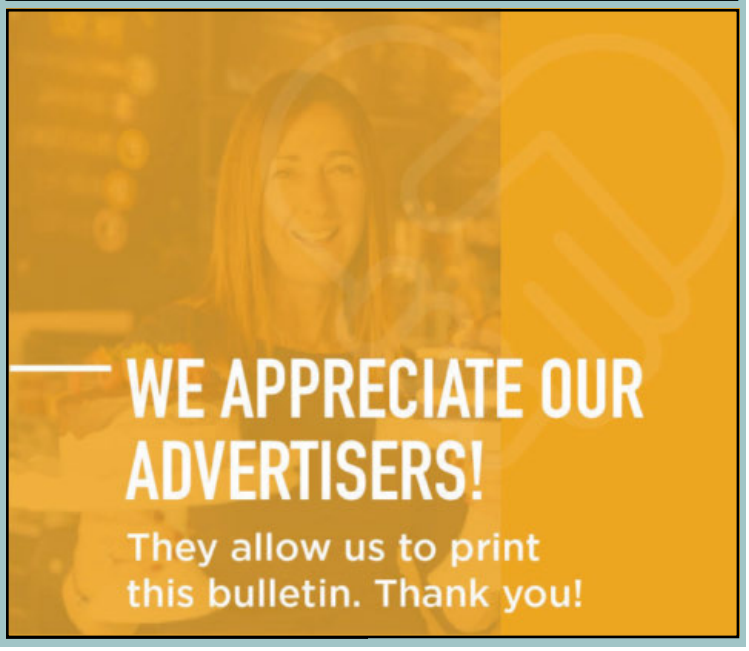
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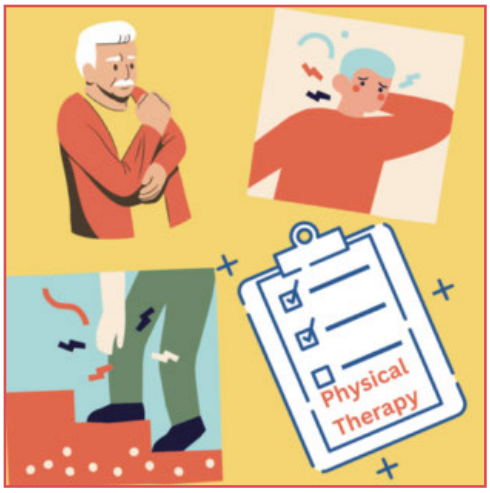
Memory Café - All Towns Welcome!

Friday, March 14, Noon to 1:30

A supportive gathering place for people living with memory loss together with their caregivers. Lunch is provided, followed by an activity. Free. Pre-registration required each month you wish to attend. **To sign up, please call our Front Desk at (413) 772-1517 ext. 0.**

Sponsored by The Arbors at Greenfield .

Powerback Rehabilitation to you



Balance Assessments

Friday, March 7, 10:00 a.m. -2:00 p.m.

By appointment only

Physical and Occupational Therapists from Powerback Rehabilitation will check your muscle strength, balance, endurance, and pain to determine if a comprehensive assessment might be warranted.

Call 413-772-1517 ext. 0 or stop by our Front Desk to make an appointment for this free 15 minute screening.

Powerback Rehab to You is a Mobile Outpatient Therapy company who provides Physical, Occupational and Speech Therapy in the home and the community. Treatments include mobility, gait training, pain management & more.



CAPV

Free Tax Assistance

Community Action VITA Program

January – April 2025

VITA helps you get the best refund possible. Volunteers will prepare your return, taking the stress out of filing. Tax preparation appointments are available January through April. IRS Certified VITA volunteers can help prepare your taxes if your income meets the eligibility requirements, you live in Franklin, Hampshire Counties, or the North Quabbin area and the volunteers are trained on your tax situation. *If you have a complicated tax situation, our volunteers may not have the training needed to prepare your taxes.*

To schedule an appointment at Community Action, call 413-376-1136 or schedule online at www.communityaction.us/taxes beginning Monday, January 6, 2025.



Chair Pilates with Laura Rooney

4 weeks $20

Fridays 9:30-10:15 a.m. March 7, 14, 21, 28

Chair Pilates helps with better posture and mobility, for example getting down and up from the floor. Exercises done seated in the chair can tone your whole body, including your core. This is a slow paced and gentle exercise class. Chair Pilates is especially helpful for those struggling with osteoporosis. Pre-register with $20 payment by March 3.



Qi Gong with Lynne Smith

7-weeks $65

Tuesdays, 10:30 - 11:30 a.m. **March 11 - April 29, no class April 8**

Qi gong is an ancient practice that offers multiple benefits for the body, mind and spirit. It's a simple movement practice, gentle, relaxing, easy to follow. No experience necessary. All exercises are done standing.

Stop by our Front Desk to pre-register with $65 payment by March 3.

Note: Please carry-in clean shoes, as class is held in the Fitness Studio.









PROGRAM	WHEN	COST	DESCRIPTION
Book Chat	1st Thurs 1:30	FREE	Drop-in. Discuss favorite books & authors.
Brown Bag Food Distr.	1st Thurs 10:30-11	FREE	OFF-SITE LOCATION: Weldon House, 54 High St.
Canasta	Thursday 1:00	FREE	Drop-in. Friendly & fun card game.
Chair Massage	Please Call	$20/15 mins	with Emma Marscher, LMT by appointment
Cribbage	Tuesday 1:00	FREE	Drop-in. We supply cribbage boards & cards.
Game Time!	Mon/Wed 9:30 - 12	FREE	Drop-in. Scrabble, Rummikub, Quiddler, Checkers, Backgammon, Cards
Knitting Circle	Wednesday 1:30	FREE	Drop-in. Socialize & share your creative side.
Mahjongg for Beginners	Monday 1:00 - 3:30	FREE	Drop-in. Learn to play with patient teachers.
Mahjongg	Friday 1:00	FREE	Drop-in. Experienced players welcome.
Memory Cafe	2nd Friday 12:00	FREE	Pre-registration required.
Movie Matinee	Mon & Friday 1:00	FREE	Reservations suggested as space is limited.
Perkins Library	800-852-3133	FREE	Get back to reading books you love with free services from Perkins Library
Pitch	Wednesday 1:00	FREE	Drop-in. Friendly, casual game.
Pool Players	Wednesday 1:00	FREE	Drop-in. Play ends at 3:45.
Rummikub	Tuesday 1:30	FREE	Drop-in. Friendly fun -- easy to learn!
Sew What	2nd & 4th Mon 10:30	FREE	Drop-in. Bring your own project.
SHINE	Please Call	FREE	Help with Medicare and other health insurance.
Writers' Group	Monday 1:30	FREE	This group is full and not accepting new members at this time.

Please contact staff in advance to request an accommodation to participate in any program or service.

Exercise Classes

MON	TUES	WED	THURS	FRI
Dance Aerobics** **9:15 -10 studio** Free. Drop-in Medium to Hard	**Stretch & Tone** **9:30 - 10:15** Free. Drop-in All Levels	**Dance Aerobics**** **9:15 -10 studio** Free. Drop-in Medium to Hard	**Stretch & Tone** **9:30 - 10:15** Free. Drop-in All Levels	**Aerobics**** **9:15 -10 studio** Free. Drop-in Medium to Hard
Easy Chair **9:30 - 10:20** Free. Drop-in All Levels Mostly Seated	**Qi Gong *Jan/Feb** **10:30-11:30 studio** $65/7 weeks Advanced	**Functional Fitness** **9:30 -10:15** Free. Drop-in All Levels Mostly Seated	**Pilates Plus*** **10:30-11:15 studio** Free. Drop-in Medium to Hard Floor Mat Class	**Chair Pilates** **9:30 - 10:15** $20/4 weeks All Levels Mostly Seated
***Morning Aerobics classes are open to Greenfield residents only due to capacity. Other classes open to ALL towns!**	**Aerobics *** **1-1:45 studio** Free. Drop-in Moderate Level	**Yoga * Feb/Mar** **10:30 -11:30 studio** $55/7 weeks Floor Mat Class	When there's no class in the studio, come in and do your own workout. *Group exercise is not allowed during this time. You may bring your personal trainer, who must register professional credentials in advance with COA staff.*	



Fitness Program Guidelines

Check with your healthcare provider before you begin any physical activity program. Age 55+ only, residents of all towns are welcome in most classes.

- Scan-in before you go into the program room.
- Instructors & schedule subject to change without notice.
- Free classes covered by grants might not remain "free". Voluntary donations are accepted to support our free classes.



How do I know which level class is right for me?

We suggest most people begin by attending the "Mostly Seated" chair exercise classes (in the green boxes above) to build stamina, strength, and improve balance. When there is an optional standing component: you may remain seated.

May I just observe a class to see if I will like it?

Because people may feel uncomfortable being watched while they workout, we have a **No Spectators** policy. Please attend the class you are interested in and go at your own pace. Kathy & Hope can help you choose classes.



Footwear

- Shoes are required at all times, everywhere in our building.
- Classes held in the Fitness Studio* require that you carry in a clean pair of soft-soled, closed toe footwear. Please help keep your nice hardwood floor in great shape!
- Chair classes in the Main Room require you to wear any closed toe shoes (no sandals or open toes) and keep them on.



Brown Bag Food Distribution

Thursday, March 6, 10:30-11 Monthly bag of groceries sponsored by Food Bank of Western Mass. Pick up application at our Center or on site at the distribution site. You may have someone get your bag for you if you are unable to come at that time.

Pick up at the Weldon House 54 High Street, Union Street entrance.

Community Cuts by The Hairloft

Monday, March 3, 9:30 - 11:00

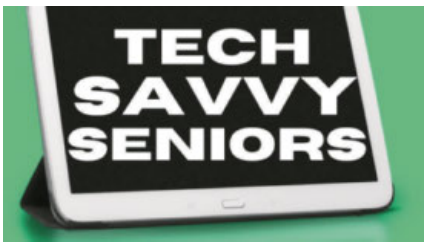
Basic men's and women's haircuts, beard trims, blow-drys, and curling iron sets are offered monthly at the Greenfield Senior Center. **For Greenfield residents age 65+ by appointment only.** Please arrive with clean, dry hair. Sign up at the Senior Center Front Desk or call us at 413-772-1517 ext. 0. Limited to one appointment every eight (8) weeks to allow more people to access this service. Thank you for understanding. *Donations of any amount to help cover the stylists' time and expenses are accepted.*



Blood Pressure Screening

Wednesdays 3/5 & 3/19

Have your blood pressure checked with Karli Sacco, OT. Stop in for a blood pressure/wellness check. Free of charge. Drop-in.



Tech Help

Open to age 60+ all towns welcome!

Appointments: 30-minute 1:1 session with our Tech Savvy helper.
To sign up, call 413-772-1517 ext. 0 or stop by our Front Desk.

Tech Club Drop-in Group: Thursdays w/Ted, 1:00 - 3:00

Sponsored by the Mass Exec. Office of Aging & Independence Digital Equity Grant.





Quilling Workshop

Wednesday, March 5, 10:00 – noon

This easy to learn craft class led by Margot Peck is back! Quilling is a simple paper art that has fascinated people for hundreds of years. Quilling involves rolling, shaping, and gluing strips of paper to create decorative designs. The name comes from the practice of using birds' quills to coil the paper. These paper strips can make colorful, stunning designs!

Free of charge. All materials provided.

Pre–registration is required.

To sign up call 772-1517 ext. 0 or stop by our Front Desk.



Movie Matinee

Mondays & Fridays, Showtime 1 pm

Free of charge. Pre-registration is suggested. Space limited to 8. Please call 413-772-1517, ext. 0, or stop by our Front Desk to sign up.

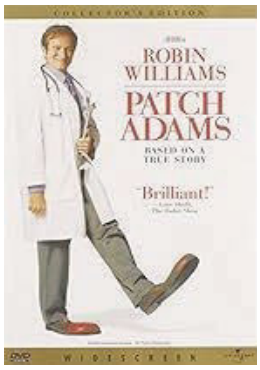




Thelma

Mondays, 3/3, 3/10 & 3/17. Friday 3/7

Thelma Post, with Oscar nominee June Squibb, teams up with an old friend for an adventure to take back what she's lost to a scammer. **1 hr. 37 mins.**



Patch Adams

Mondays 3/24. & 3/21. Friday 3/28

Based on an inspiring true story. With Robin Williams. Side-splitting humor. **1 hr. 56 mins.**

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Please call to enquire

Relax with a chair massage! $20 for 15 mins, payable to provider at time of service. Check or cash. Please arrive on time for your appointment. Late arrivals will be charged the same amount for a shorter appointment. Call 413-772-1517, ext. 0. *We keep a wait list for each month but that list is not transferrable to the following month.*

Legislative Office Hours

Open to the public

Monday March 10, 1:00 - 3:00

State Rep. Natalie M. Blais hosts office hours monthly at our Senior Center. Say hello and meet 1:1 to discuss issues and interests in policy and all things happening in the 1st Franklin District. Drop-in or contact Corinne Coryat to schedule an appointment Corinne.coryat@mahouse.gov or 413-362-9453.

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$30/visit

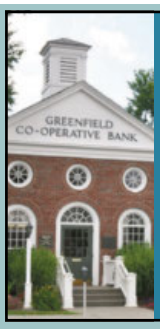
This service is designed to support our seniors who cannot safely take care of their own feet (*not a spa service*). Appointments are booked approx. every 8 weeks due to limited availability. **For Greenfield residents only, age 60+.**
$30 per visit . Please call our Front Desk at (413) 772-1517 ext. 0 to make an appointment. NOTE: If you're paying cash - we accept NO bills larger than a twenty. Checks payable to "City of Greenfield".
We do not do insurance billing.
Foot Care is supported by the Fred W. Wells Trust Fund.

Connections Support Group with Matt Aversa, LICSW

Thursday, March 20, 1 - 2:30 p.m.

In this group we explore ways to be proactive about making connections with others, and we'll talk about the potential challenges of the holiday season. Free of charge. Pre-registration is required, space is limited to 11.
Call 413-772-1517 ext. 0, or stop by our Front Desk to sign up.
All seniors from all towns are welcome!

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Celebrate St. Pat's
Farley String Band Concert



Friday, March 21, 1:00 - 2:00 p.m.

Celebrate the season with the marvelous melodies of the Farley String Band in concert. This lively performance will get your feet tapping and hands clapping with the mix of reels, jigs, and upbeat tunes. Wearing of the green is not required, but highly encouraged! This program will fill up -- so sign up early! Limit three registrations by any one person. This program is free and open to the public. Senior Center membership is not required. **Pre-registration is required.**

To sign up, please call 413-772-1517 ext. 0 or stop by our Front Desk.



Recycling Presentation

Tuesday, March 4, 1:00 – 2:00 p.m.

Greenfield is rolling out a new recycling program in 2025! With single stream recycling collection, all recyclables, including cardboard, go into one large cart—no more sorting! These new carts are on wheels and super easy to use. Learn all about how it works and take a look at the new recycling carts. Drop-in. Senior Center membership not required.

Subscribe free online! Call or stop by and give us your email.

SUBSCRIBE BY MAIL

Complete this form and mail it to us with a check for $10.00 payable to "City of Greenfield"

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Mailing Address

City State Zip

Greenfield Senior Center
at the John Zon Community Center
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