SENIOR NEWS

Greenfield Council on Aging

MAY 2025







HOLIDAY CLOSING
Monday, May 26
We are closed in observance of Memorial Day.



EYES ON FREEDOM

Juanita & Wally Nelson Audio Presentation

Friday, May 30, 1:00 -3:00 p.m.

Join Michael & Carrie Kline for a one hour audio program on the lives of Wally and Juanita Nelson — civil rights activists, peace activists, war tax refusers, subsistence farmers, and advocates for simple living. The Nelsons were members of groups such as CORE (Congress on Racial Equality), FOR (Fellowship of Reconciliation), and Peacemakers. In Western Mass they were founding members of Greenfield Farmers' Market, Free Harvest Supper, Valley Community Land Trust, and Winter Fare. As folklorists, gatherers of oral testimonials and audio producers, Michael & Carrie Kline, along with production assistant Nicholas Boyer, produced an hour-long audio tapestry which includes music.

The program is free. 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.**

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 with Jim Geisman, Tuesday, April 22.
Greenfield residents please call 413-772-1517 ext. 0 to make an appointment.

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.*

Legislative Office Hours

Open to the public

Monday, May 12, 1:00 - 3:00

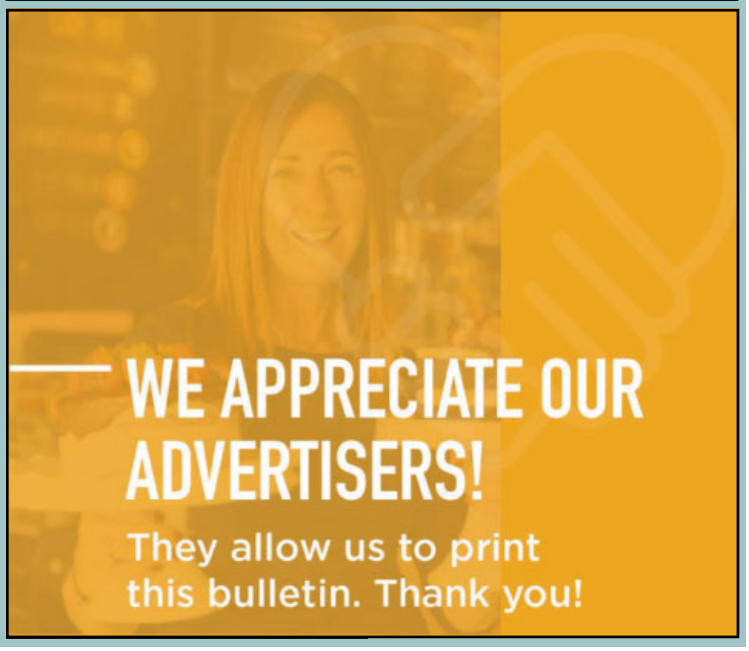
State Rep. Natalie M. Blais hosts office hours monthly at our Senior enter. Say hello and meet 1:1 to discuss issues and interests in policy and all things happening in the 1st Franklin District.

Drop-in or contact Corinne Coryat to schedule an appointment: Corinne.coryat@mahouse.gov or 413-362-9453.

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Memory Café - All Towns Welcome!

Friday, May 9, 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 .*



Learn to Knit

2-Session Workshop with Irene Woods
Monday 5/5 & Wednesday May 5/7, 10-11:30 a.m.

Would you like to learn to knit or refresh your long lost knitting skills? At our knitting workshop you'll learn to cast on, purl, knit and cast off -- and complete a pair of fingerless gloves to take home. If you have knitting needles and yarn please bring them, if not, we'll have materials for you to use. Free of charge

Pre-registration is required. Call 413-772-1517 ext. 0 or stop by our Front Desk to sign up.



Farmshares

Thursday AM pick up, 10 weeks, starts 7/17

Prospect Meadow Farm will bring fresh summer produce to the Greenfield Senior Center on Thursdays from10:30-11 a.m., for 10 weeks starting July 17. Cost for the season is only $10, paid on July 17.

Prospect Meadow Farm is a therapeutic vocational farming program which provides employment and activities for individuals with intellectual and developmental disabilities. Sign up for this CISA Farmshare distribution and feel great about supporting a farm which gives meaningful hands-on work training and experience. **Farmshare applications available at the Greenfield Senior Center, are accepted until the program is full. Income guidelines: Single $29,160/Household $39, 440.** Questions -- please call Senior Center Activities Director, Kathy Dunn, 413-772-1517 ext. 3.



Chair Pilates with Laura

5 weeks $25

Fridays 9:30-10:15 a.m. May 2, 9, 16, 23, 30

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 May 1.**

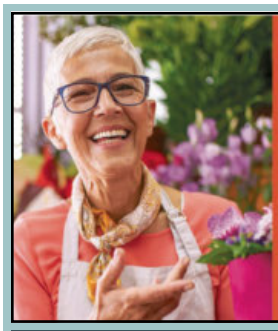


Qi Gong with Lynne Smith

7-weeks $65

Tuesdays, 10:30 - 11:30 a.m. 5/13- 6/24

Qi gong is an ancient practice that offers multiple benefits for the body, mind and spirit. Simple movements are gentle and easy to follow. No experience necessary. All exercises are done standing. **Pre-registration with $65 payment (cash or check only) required by May 6.** *You'll need to carry-in clean shoes, as class meets n the Fitness Studio.*



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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
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 * May/Jun** **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** **May** $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 * Apr/May** **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, May 1, 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, May 5, 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.*

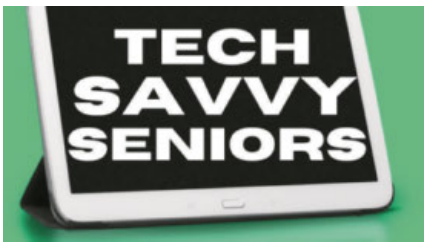
BLOOD PRESSURE SCREENING

Blood Pressure Screening

Powerback Rehabilitation

Wednesdays 5/7 & 5/21, 10:30 - 11:30

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: 45-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.

My Social Security Web Portal



Do you need help setting up your online social security portal? Make an appointment with our volunteer, Avery Cassell, who will guide you in using *My Social Security portal.*

This service is NOT for general social security advice or claims assistance -- it's limited to helping with your online account ONLY. **Please call our Front Desk, 413-772-1517 ext. 0 to make an appointment.** Please bring your phone, laptop or other email-capable device (if you have one) and any necessary passwords

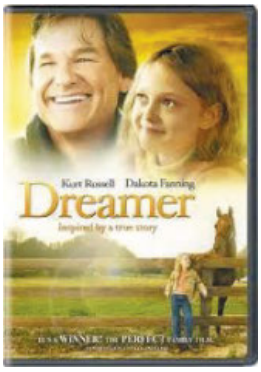




Movie Matinee

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.



Dreamer

Mondays, 5/5 & 5/12

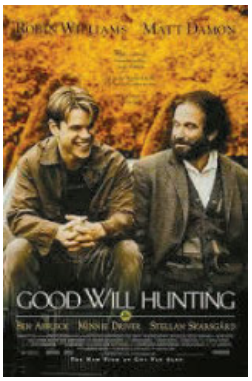
2005. Kurt Russell & Dakota Fanning star as father and daughter horse trainers in this perfect family film inspired by a true story. **1 hr. 46 mins.**



Good Will Hunting

Monday 5/19. Fridays 5/16 & 5/23

1997. James Earl Jones & Robert Duvall. Tender story of a man traveling to meet the family he never knew, embarking on a journey of self discovery. **1 hr. 49**



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Chair Massage with Emma Marscher LMT

Friday, May 30 by appointment

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.*



Sew Crafty

2nd & 4th Mondays 10:30-12

Drop in with your new or unfinished projects on the second and fourth Mondays of each month, 10:30 a.m. -12:00 p.m. Bring your own materials and enjoy time with other sewers and crafters. We have two sewing machines. Free. Drop-in. No need to register.

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Foot Care with Piper Sagan, RN, CFN, CFCS

$30/visit

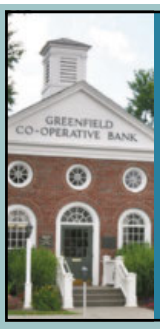
This service is designed to support our seniors who cannot safely take care of their own feet (*not a spa service*). Appointments are booked approx. every 8 weeks due to limited availability. **For Greenfield residents only, age 60+.**
$30 per visit . Please call our Front Desk at (413) 772-1517 ext. 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 Irene Woods LICSW

Tuesday, May 13, 1 - 2:30 p.m.

In this group we discuss the joys & concerns of aging, and explore ways to be proactive about making connections with others. Free of charge. Pre-registration is required, space is limited to 11 people.
Call 413-772-1517 ext. 0, or stop by our Front Desk to sign up.
All seniors from all towns are welcome!

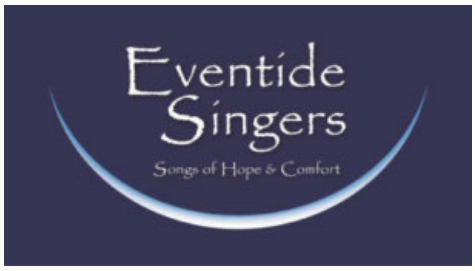
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Eventide Singers



Friday, May 2, 1- 1:45 p.m.

The Eventide Singers offer songs of hope and comfort for the ill, homebound, dying, their families, and others who may benefit from the healing gift of music. Easing the end-of-life journey is Eventide's essential mission.

Eventide's repertoire consists of an eclectic mix of spiritual and uplifting selections that do not subscribe to a specific religion or culture. Songs are sung in a number of different languages with diversity in mind. Hymns, spirituals, chants, rounds and contemporary standards are all included in the Eventide songbook. Though many of the songs are solemn in nature, there is no shortage of up tempo, inspirational material. You'll recognize songs from Dylan, The Grateful Dead, Carole King, Leonard Cohen and Thomas Dorsey. All songs are sung a cappella. The program is free. Senior Center membership is not required.

Pre-registration is suggested to ensure we have enough seating for all.
To sign up, please call 413-772-1517 ext 0 or stop by our Front Desk.



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SUBSCRIBE BY MAIL

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