SENIOR NEWS

Greenfield Council on Aging

AUGUST 2025



AI FOR SENIORS

Real Confidence with Artificial Intelligence
Tuesday, August 12, 1 - 2:30 pm

Robots, smart assistants, and magic-sounding tech—oh my! If you've ever wondered what AI actually is (and what it isn't), this fun, no-pressure class is for you.

Join our Digital Navigator, Rich, to explore how artificial intelligence shows up in everyday life, how to use it to make things easier, and why it's not scary or just for the younger crowd.

Come with questions, leave with confidence! Pre-registration is required. Senior Center membership not required.

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

Presenter Rich Vaden is the Digital Navigator from the United Way Franklin and Hampshire Region. He provides 1:1 tech help at the Greenfield Senior Center and other locations.

LUNCH

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

Monday - Thursday
Served at noon

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. Inc.





"Live in the sunshine. Swim in the sea. Drink in the wild air."
– Ralph Waldo Emerson

Senior Tax Work Off annual application period is coming up:
Pick up your application at the between Sept. 1 and Sept. 30. Completed applications must be returned by Thursday, September 30 to be entered into the lottery. Details in our September Senior News!

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.

Monetary donations are accepted to support programs and services such as free coffee, fitness classes, & concerts.

Other 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, August 26.
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, August 11, 1:00 - 3:00

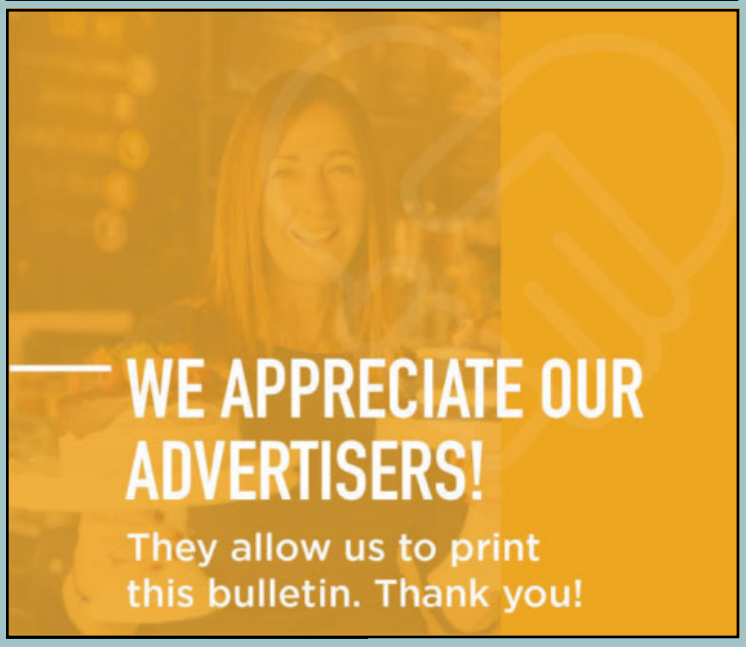
State Rep. Natalie M. Blais hosts office hours monthly at our Senior enter. Say hello and meet 1:1 to discuss issues and interests in policy and all things happening in the 1st Franklin District.

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, August 8, 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 .*



Drop-In And Draw

with Ellie Harris & Kemah Wilson

Fridays 10:30 a.m. - Noon

Let your imagination fly in this low-key, safe, and welcoming group. You do not need to have any art experience to join us. All levels are welcome! Bring your own art supplies or use some of those provided. Greenfield Senior Center membership (free!) is required. Drop-in. Free!





"Live " Game Shows w/ Host Kevin Richman

Tuesday, August 26, 1:00 - 2:30 p.m.

You've watched game shows on TV all your life and thought I'd be great on that show! Well now here's your chance. Join the fun playing in teams in both Family Feud & Concentration with Game Show host, Kevin Richman. Fun prizes for winning teams. No pressure, no stress, just fun.

Free. Pre-registration is required. Space is limited. To sign up, stop by our Front Desk or call 413-772-1517 ext. 0.



Reiki with Tomasin Whitaker

Relax and energize with the gentle power of Reiki! Reiki is a Japanese relaxation technique that channels universal energy to support wellbeing in body, mind and spirit. It enhances healing, gently releases emotional and physical blockages, and recharges the body's energetic system. What to expect: My hands will rest lightly (or hover over) a series of energy centers in your body, while you lie or sit fully clothed, relaxing comfortably. Tomasin is a certified Usui Reiki practitioner with a background in human services and mindfulness practice.

Free of charge. Call 413-772-1517 ext.0 to make an appointment.

Please do not book if you have had a previous appointment. Visit www.goodlife-reiki.com for more information about Reiki.



Chair Pilates with Laura

$20 for 4 weeks

Fridays 9:30-10:15 a.m. August 1 - 22

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 payment by July 31.**

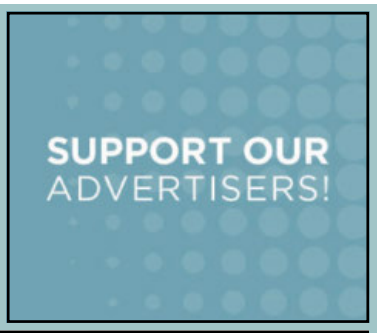


Greenfield Recycle Presentation

Friday, August 15, 1:00 – 2:00 p.m.

Learn about Greenfield's new recycling program, followed by a Q&A session. Switching to automated single stream recycling collection, all recyclables, including cardboard, will go into one container—no more sorting! Stop by and learn all about how it works. Drop-in. Senior Center membership not required.









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!	Wednesday 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 Crafty	2nd & 4th Mon 10:30	FREE	Drop-in. Bring your own project.
Tech Help	Please Call	FREE	1:1 and group support available.
Writers' Group	Monday 1:30	FREE	Drop in and share your work in this peer led group. Now open to new participants!

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 * July/Aug** **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 wks **Aug.** All Levels Mostly Seated

***Morning Aerobics classes are open to Greenfield residents only due to capacity. Other classes open to ALL towns!**

Yoga * On Break

See you in Sept.!

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. 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.
- Funding for free classes is provided, in part, by the Fred Wells Trust and AGE. 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, August 7, 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, August 4, 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. **Open to everyone age 60 and over!** Please arrive with clean, dry hair.

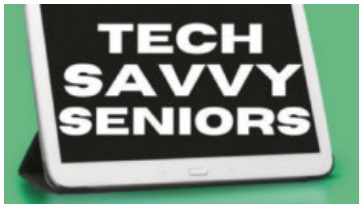
Sign up at the Senior Center Front Desk or call us at 413-772-1517 ext. 0. Limited to one appointment every eight (8) weeks to allow more people to access this service. Thank you for understanding. *Donations of any amount to help cover the stylists' time and expenses are accepted.*



Blood Pressure Screening

Wednesdays 8/6 & 8/20, 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.





Rich Vaden, Digital Navigator

Tech Help — Open to age 60+ all towns welcome!

Appointments: To sign up, call 413-772-1517 ext. 0 or stop by our Front Desk. All of our tech help is free of charge.

Tuesdays, 1:1 with Rich, our Digital Navigator from the United Way Franklin and Hampshire Region. He offers one-on-one help with technology, from setting up devices and finding affordable internet to building confidence with everyday digital tasks.

Wednesdays, 1:1 with Bryna who can help you with all sorts of tech issues, including mobile phones, laptops, photos, and email.

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





Social Security Portal Online Assistance

Fridays, by appointment, with Avery Cassell

Avery will assist you in setting up your online Social Security Portal. Bring your email address & passwords, phone #, address and Social Security number. If you do not have an email address, Avery can help you set one up. If possible, bring a letter from Social security with your home address. Once your portal is set up, you can access your SS Statement, Benefit Verification letter, View SS payment history, View earning record, update contact or direct deposit information, Replace SS or Medicare cards, Replace tax SSA form. For an appointment, call 413-772-1517 ext. 0.



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.





Conclave

Mondays, 8/4 & 8/11. Friday, 8/1

2024. Ralph Fiennes, Stanley Tucci, John Lithgow and Isabella Rossellini, Story behind the secret process of selecting a new Pope. **2 hrs.**



Here

Mondays, 8/18 & 8/25. Fridays 8/22 & 8/29

2024. Tom Hanks, Robin Wright star in this tale of love, loss, laughter and life, Life-affirming and soul- enriching. **1 hr. 44 mins.**

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Chair Massage with Emma Marscher LMT

Please call. 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

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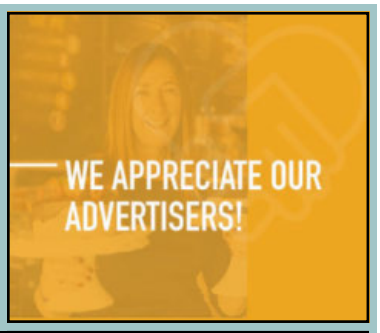
This service is designed to support our seniors who cannot safely take care of their own feet (*not a spa service*). Appointments are booked approx. every 8 weeks due to limited availability. **For Greenfield residents only, age 60+.**
$30 per visit . Please call our Front Desk at (413) 772-1517 ext.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

Thursday, August 21, 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!









Herbal Approach to Seasonal Allergies

Tuesday, August 5, 1:30 – 3:00 p.m.

Greenfield Community Herbalist, Patti Williams will host *Herbal Approach to Seasonal Allergies & Upper Respiratory Conditions.*

This free workshop will cover herbal treatments to strengthen immunology and ease seasonal allergies and respiratory ailments.

We will discuss how an allergic response is a symptom of deeper imbalances in the kidneys, liver and lymphatic systems. After the presentation here will be ample time for Q & A.

A variety of herbal products will be available for purchase (cash only).

Patti Williams is a Community Herbalist practicing in Greenfield for over 10 years and the creator of Earthcraft Botanicals. She is a graduate of the Boston School of Herbal Studies and has been a guest teacher for their Apprenticeship Program.

The workshop is free of charge and Greenfield Senior Center membership is not required. Pre-registration is required.
To sign up, call 413-772-1517 ext. 0 or stop by our Front Desk.



Ragweed



Goldenrod

Goldenrod or ragweed? Goldenrod, with its bright yellow flowers, is a pollinator-friendly plant that relies on insects for pollination and is not a major cause of allergies. Ragweed has greenish flowers and relies on wind for pollination, making its pollen an allergen for many people.

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

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

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City State Zip

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