

Northfield Senior Newsletter

June 2016



07/11/2016

Sponsored by the Northfield Council on Aging and the MA Executive Office of Elder Affairs
COA Mission: To promote healthy aging of Northfield's citizens age 60 and over.

Volunteer Appreciation Day



On June 15 we will celebrate our many wonderful volunteers who make so much happen here at the Senior Center. Beginning at 11:30am, we will recognize our volunteers, followed by Bobby C spinning the songs of the 40's and 50's for your listening and dancing pleasure from 12-1, while we enjoy a wonderful luncheon. Please watch the mail for your invitation and join us for a very special celebration!



Summer Community Concert Series at the Stanley Wickey Pavilion



Our **free** concerts will be the second Saturday evening from **6-7pm**.

June 11, American Harmony will share music at the time of Northfield's early days, including our local composer, Timothy Swan.

July 11, Rob Fletcher returns bringing jazz to the evening. Sponsored in part by the Cultural Council

August 8 Moonshine Holler will brighten our evening with Blue Grass music. Bring the family, a chair and enjoy a relaxing evening after a busy day. Sponsored by the Friends of the Library

First Friday Film due to our very small audiences, we are suspending this movie series. Please let us know what time and day works for you so we can resume these great afternoon movies!



The Third Thursday Movie (June 16 at 7pm at the Library) will be **"Blow-Up"**: Thomas is bored with his life in 1960's London, of drugs and casual sex. He wanders through a park, taking pictures of a couple embracing. When he develops them, he believes he has a picture of a murder, and on further inspection, thinks he has a photo of a man holding a gun. Upon returning to the park, he discovers the body of the gentleman he photographed. Who is the murderer? Join us for a great discussion following movie.



Note the new time for the ROMEOs! 10:30 on Tuesdays!!

Silverthorne Theater

Join us on the following Sunday afternoons at 1pm at the Senior Center to hear a pivotal scene and discuss the plays prior to the first Matinees.

June 12: The Miser

July 10: Two Rooms

July 24: The Turn of the Screw



Group tickets are available at these events and single tickets are \$16 for seniors on sale at World Eye Bookstore or at the door.

Join us for lunch on June 30 at 11:00

Carol Pike has just returned from a wonderful trip to **Cuba** with Martha Tenney! She is excited to share her trip and all she learned. Call 498-2186 to reserve your space.



GAMES

Learn to play **Bridge** with Bill Tenney every Mon and Wed from 9-12 and Fri at noon.

Are you a **Mahjongg** enthusiast? Let us know!

Want to learn **Hand and Foot**? Join us on Mondays at 12:30.

Is **Cribbage** more your style? We've got boards!

Puzzles and coffee sound like fun? There's always a puzzle in progress.



What games do you enjoy on a hot sultry day! Come enjoy our air conditioning, warm conversation and lots of laughter!



Come to a Gardening Party!

On June 3 from 9-12, we will be getting the gardens ready for our many summer activities. We will have munchies and music while we work, followed by a light lunch. Call Jeanette sign up for the Party and help maintain our beautiful beds, making the Stanley Wickey Pavilion a peaceful and beautiful place to enjoy our outdoor activities. 498-2186



To sign up for programs or meals

Call 498-2186

To receive the unabridged newsletter every month, go to the town web page and look under Depts. for the Senior Center, Newsletters:

<http://www.northfieldma.gov/>. Not online?

Consider a \$6 donation to the Council on Aging with 'newsletter written in the memo line to be added to our monthly mailing. Send it to COA 69 Main St. Northfield, MA 01360



HEALTH PROGRAMS



YOGA with Libby Volkening: Thursdays at 9:30am, sponsored by LifePath and the Executive Office of Elder Affairs. Donations gratefully accepted. This class is mostly chair yoga followed by a relaxing mediation. All welcome.

HEALTHY BONES AND BODY with Mary Lyle: Wed.'s at 11-11:45 am. Hand weights, stretching and more.

BLOOD PRESSURE: Walk-in clinic 1st and 3rd Tuesday of each month from 9:30-11:30am

FOOT CLINIC: 1st and 3rd Tuesday every month; by appointment. 498-2186. Please bring a towel.

Please check the calendar for exact dates of the clinics as it is summer...



CAREGIVER'S SUPPORT GROUP: 2nd Friday of every month from 10-11am, led by Heather.

Come together with other caregivers to be supported and share stores and ideas.



DO YOU LIKE TO WALK? Let us know if you would like to walk with others every day, or most days. We are looking for someone to who wants to walk every day and keep track daily, of the numbers of walkers. Walking everyday keeps us limber, lowers our blood pressure and improves our cardiovascular strength and spirits! Give yourself a morning boost! (dogs welcome!)



Council on Aging Board: Gwen Trelle- Pres.; Gen Clark-Vice Pres.; Sue McGowan-Treasurer; Leona Labor-Secretary; Ted Thornton, Linda Hescok, Gail Bedard, Lloyd Parrill, Randy Foster, Rhoda Yucavich, Carol Pike, Bill McGee.



Meetings are every 3rd Friday at 9:00 am.

Contacting Center Staff & services

Heather Tower, Director 498-2901 x14

Amy Hall, Meal site mngr. 498-2186

Jeanette Tessier, Outreach, 498-2186

FCHCC- Homecare, SHINE, Meals on Wheels 773-5555

Transportation- Betty Stafursky, 413-834-4084



June 2016 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Silverthorne Theater</u> June 13 at 1 pm at the Senior Center Reading and discussion about <i>The Miser.</i>	<u>Summer Concerts</u> 2 nd Saturday of the month from 6-7 pm. June 11: <i>American Harmony</i>	1 8am walking 9 am <i>Bridge</i> 11am Healthy Bones and Body	2 8am walking 9:30 Yoga 10:30 Brown Bag 11:30 Lunch 12:15 Bagging 12:30 BB pick-up	3 8am walking 9-12 Gardening Party 12:00 <i>Bridge</i>
6 8am walking 9am <i>Bridge</i> 9:30 am Orange Walmart: Herrick's Tavern & Ice Cream!! 11:30 am Lunch 12:30 Hand and Foot	7 8am walking 9am BP/Foot Clinic: bring a towel 10:30am ROMEOS 11:30 Lunch 12:30 <i>Bingo</i>	8 8am walking 9 am <i>Bridge</i> 11am OSTEO Strength Training Exercise Class	9 8am walking 9:30 Yoga 11:00 Shirley Thompson 11:30 am Lunch	10 8am walking 10-11 Caregivers 12:00 <i>Bridge</i> 12:00 Olde Time New England Seafood Co. & Ice Cream!
13 8am walking 9am <i>Bridge</i> 9:30 Hinsdale Walmart's: The 99 11:30 am Lunch 11:30 am Shirley Thompson 12:30 Hand and Foot	14 8am walking 10:30am ROMEOS 11:30 Lunch 12:00 Senior Meeting 12:30 <i>Bingo</i>	15 8am walking 9 am <i>Bridge</i> 11am Healthy Bones and Body 11:30 Volunteer Appreciation (by invitation only)	16 8am walking 9:30 Yoga 11:30 Lunch 7pm "Blow-Up"	17 8am walking 9:30 COA Meeting 12:00 <i>Bridge</i> 12:30 Market Basket
20 8am walking 9:00 <i>Bridge</i> 11:30 am Lunch 11:45 Tom's Famous Long Hot Dogs & Grill, & Ice Cream! 12:30 Hand and Foot	21 8am walking 9 am <i>Bingo</i> 10:30am ROMEOS 11:30 Lunch 12:00 <i>Bingo</i>	22 8am walking 9 am <i>Bridge</i> 11am Healthy Bones and Body	23 8am walking 9:30 Yoga 11:30 Lunch	24 8am walking 12:00 <i>Bridge</i> 11:45 Johnson's Farm & Ice Cream!
27 8am walking 9:00 <i>Bridge</i> 9:30 Keene Walmart's; Longhorn Steakhouse & Ice Cream! 11:30 Lunch 12:30 Hand and Foot	28 8am walking 9am BP/Foot Clinic: bring a towel 10:30am ROMEOS 11:30 Lunch 12:30 <i>Bingo</i>	29 8am Walking 9am <i>Bridge</i> 11am Healthy Bones and Body 11:00 Shirley Thompson 12:00 Pot Luck Luncheon	30 8am walking 9:30 Yoga 11:00 Carol Pike-Cuba 11:30 Lunch	Check out the trips this month that include <i>Ice Cream</i> stops! Look for the van symbol

Senior Van

The Senior Van is available Monday to Friday to come to Congregate Meals, doctor's appointments, errands or shopping. Shopping and Lunch trips on Monday. Fee's range from \$1-\$3 each way. Contact Betty at 413-834-4084 at least 48 hours in advance, during business hours, to schedule a ride.



June 2016 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALTERNATIVE MENUS: June 2 - Chicken Breast with Red Pepper Pesto, Macaroni Salad, Peaches. June 9 - Turkey Salad with Cranberry, Italian Pasta Salad, Chickpea Mint Salad. June 16 - Seafood Asian Salad, Hoison Black Bean Salad, Cucumber Salad.	ALTERNATIVE MENUS: CONTINUED: June 23 - Tuna Salad, Mixed Vegetable Salad, Rice and Black Bean Salad. June 30 - Roast Beef, Chickpea Cilantro Salad, Pears.	1 mg Sodium Macaroni & Cheese 488 Broccoli 10 Whole Wheat Bread 160 Mixed Fruit 10	2 mg Sodium Chicken Meatballs 190 Swedish Sauce 10 Mashed Potatoes 66 Tossed Salad 5 Whole Wheat Bread 160 Oatmeal Cookie 97 Diet: Gingerboy 60	3 mg Sodium Vegetable Soup 240 Chicken Parmesan* 670 Marinara Sauce 31 Penne Pasta 1 Italian Bread 230 Fresh Fruit 1
Calories: 577		Calories: 722		Calories: 707
6 mg Sodium Roast Pork 73 Rosemary Gravy 85 Brown Rice 5 Green Beans 3 Multigrain Bread 163 Applesauce 0	7 mg Sodium Tomato Florentine Soup 164 Baked Salmon 67 Lemon Mustard Sauce 117 Rice Pilaf 141 Whole Wheat Bread 160 Mixed Fruit 10	8 mg Sodium Ground Beef Burger 200 Onion Gravy 26 Tossed Salad 5 Whipped Potatoes 66 Rye Bread 150 Brownie 165 SF Pudding 170	9 mg Sodium Chicken Breast Filet 320 Coq au Vin 67 Diced Red Potatoes 5 Broccoli 10 Multigrain Bread 163 Fruit Loaf 234 Diet: Lorna Doones 56	10 mg Sodium COLD PLATE Chicken Salad with Cranberry* 554 Three Bean Salad 89 Potato Salad 122 Hot Dog Roll 270 Mandarin Oranges 7
Calories: 597		Calories: 701		Calories: 699
13 mg Sodium Ground Beef Bolognese 223 Penne Pasta 1 California Vegetables 22 Whole Wheat Bread 160 Fresh Fruit 1	14 mg Sodium Chicken Meatballs 190 Marinara Sauce 31 Tater Tots 29 Spinach 65 Sub Roll 218 Blueberry Yogurt 125	15 mg Sodium Three C Soup 299 Chicken Breast Filet 320 Apricot Sauce 22 Brown Rice with Red Pepper 5 Whole Wheat Bread 160 Peaches 5	16 mg Sodium Roast Beef Au Jus 38 Whipped Potatoes with Sour Cream & Chives 94 Green Beans 3 Wheat Dinner Roll 105 Apple Streusel Cake 191 Diet: Apple Grahams 85	17 mg Sodium Shepherd's Pie 407 Tossed Salad 5 Multigrain Bread 163 Fresh Fruit 1
Calories: 647		Calories: 579		Calories: 696
20 mg Sodium Pork Riblet 280 BBQ Sauce 110 Baked Beans 132 Carrots 64 Rye Bread 150 Applesauce 0	21 mg Sodium Chicken Breast Filet 320 Teriyaki Sauce 42 Brown Rice 5 Peas 2 Whole Wheat Bread 160 Pineapple 1	22 High Sodium Meal* COLD PLATE Minestrone Soup 152 Sliced Turkey with lettuce 384 Broccoli, Cauliflower & Red Pepper Salad 158 Lemon Pudding 200 SF Pudding 170	23 mg Sodium Chicken Corn Stew* 513 Tossed Salad 5 Whole Wheat Bread 160 Fresh Fruit 1	24 mg Sodium Potato Pollock Filet 273 Butternut Squash 0 Spinach 65 Multigrain Bread 163 Sugar Cookie 181 Diet: Lemon Grahams 95
Calories: 509		Calories: 597		Calories: 761
27 mg Sodium Lasagna 290 Tomato Basil Meat Sauce 70 Italian Green Beans 3 Italian Bread 230 Mixed Fruit 10	28 mg Sodium Salisbury Steak 193 Jardiniere Gravy 96 Whipped Potatoes 66 Corn 3 Whole Wheat Bread 160 Fresh Fruit 1	29 mg Sodium Chicken Drumstick 290 Cacciatore Sauce 71 Tossed Salad 5 Cavatappi Pasta 1 Italian Bread 230 Peach Crisp 8 Diet: Gingerboy 60	30 mg Sodium Broccoli Bake 482 Home Fries 5 Carrots 64 Whole Wheat Bread 160 Applesauce 0	ALL MEALS INCLUDE: 1% MILK 110 CALORIES 125 mg SODIUM
Calories: 536		Calories: 600		Calories: 661

Congregate meals are served Mon., Tues., and Thurs. at 11:30am.

Suggested Donation: \$2.50; \$3.00 for those under 60

To sign up for meals, you must call 498-2186 at least 1-2 days in advance by 10a.m.

***Menu is subject to change. To sign up for Meals on Wheels call 773-5555, to cancel 773-7702**

