



# Northfield Senior Center NEWSLETTER FEBRUARY 2024



*The Northfield Council on Aging provides services to promote healthy aging of Northfield citizens ages sixty and older in Northfield and surrounding communities.*

## COUNCIL ON AGING STAFF & BOARD MEMBERS

### Senior Center /CoA

#### Director:

Colleen Letourneau, LSW

#### Administrative

#### Program Assistant:

Robin Jenkins

#### Board Members:

Deb Lanou, Chair

Jim Whitcomb, Co-Chair

Betty Whitcomb,

Treasurer

Christine Harris,

Secretary

Margaret Livingstone

Peter Vearling

### Phone & Information:

(413) 498-2901 x 114

#### Email:

[seniorcenter@northfieldma.gov](mailto:seniorcenter@northfieldma.gov)

#### Website:

[www.northfieldma.gov/seniorcenter](http://www.northfieldma.gov/seniorcenter)

#### Address:

69 Main Street  
Northfield, MA 01360

Greetings Northfield!

Hi, I'm Lisa White and I am pleased to be one of the Franklin Regional Council of Governments Cooperative Public Health Service (FRCOG CPHS) nurses serving Northfield's Board of Health and the residents of the Town. A public health nurse since 2006, I came to the position with municipal work experience as a small-town administrator. I happen to be a Northfield resident, too! I live here with my husband Tom and enjoy being part of this community.

And hello, I'm Meg Ryan, also a public health nurse for Northfield. I love being a nurse and am especially interested in issues connected with aging like age-bias. While working as a homecare nurse and then managing a dementia residence, I became very interested in supporting people living with dementia and really love doing community education about dementia. I live in Northampton with my husband Steve and have three children who are all grown and settled in Massachusetts or Vermont.

As your Town nurses, we work with residents at monthly drop-in nursing hours at the Senior Center and Squakheag Village and provide home visits for people who need them. Our goal is to be a convenient resource for health information, and to assist clients to address and stay on track with personal health goals. We also monitor and respond to notices from the State Department of Public Health for infectious illness and outbreaks, provide vaccinations, and assist people to access health services. All these roles assist the Board of Health to meet the responsibility of protecting and improving public health.

Meg is a certified SHINE counselor for Medicare insurance concerns, joining with the other local resources for SHINE counseling at LifePath, to help sort out your questions. It is currently open enrollment period for anyone with Medicare Advantage, January 1 through March 31, so it is your yearly opportunity to switch plans if you want. (The open enrollment period for everyone on a supplemental plan or Part D drug plan is October through December 7 yearly.)

We also work with the Age- and Dementia-Friendly initiative. A five-year Action Plan was just released in November, based on priorities identified from your answers to the needs assessment survey. The Northfield Senior Center has copies available, and you can also find it online at <https://frcog.org/publications/age-friendly-franklin-county-and-north-quabbin-regional-action-plan-2024-2028/>

Please stop by on the first Wednesday to be in touch or call our office to discuss any needs. We both love working in the small towns of Franklin County, and feel Northfield is a very special place.

Lisa White, PhD, RN  
(413) 774-3167x156

Meg Ryan, BSN, RN  
(413) 774-3167 x158



### **BUZZ NOTES FROM COLLEEN:**

- **Monthly meals are back!!** Join us on the 2<sup>nd</sup> Wednesday of each month at 12:30 p.m. Check further in the newsletter for this month's meal. **R.S.V.P required.**
- **Men's Breakfast!!** We were snowed out on 1/16 but were able to reschedule for 1/18 and 8 men enjoyed breakfast and good conversation! We plan to continue these monthly breakfasts, 9:30 – 11:00a.m. on the third Tuesday each month joined by our Outreach Coordinator, Matt Aversa. **R.S.V.P** for breakfast is required for our planning.
- **Wii Bowling** has come to the center! It was such a hit with participants that we plan to offer it every Thursday, 11:30a.m. – 12:30p.m. Stop by and join the fun!!
- **The Memory Café** is a success! We held our second one on January 24<sup>th</sup>, with special music provided by Harpist, Piper Pichette. Look further in the newsletter for February's Memory Cafe information, 12:30 P.M. – 2:30 P.M. **R.S.V.P required.**  
\*\*If you have any questions, call Colleen\*\*
- **REMEMBER TO SIGN UP FOR UPCOMING PROGRAMS BY CALLING 413-498-2901 ext. 123,** and speak to Robin, we would love to see you here at the center!

*The Northfield Council on Aging will be looking to fill vacancies on our Council on Aging Board. If you or someone you know is interested, please call Colleen Letourneau (Director) at 413-498-2901 ext. 114.*



### **PHONE DIRECTORY**



**NORTHFIELD SENIOR CENTER** (413) 498-2901

Colleen Letourneau, Director ext. 114

Robin Jenkins, Administrative Program Assistant, ext. 123

**FRTA (Franklin Regional Transit Authority) Senior Van Support** (413) 768-1824

**BERNARDSTON/NORTHFIELD TRAVEL CLUB** (413) 768-1824

**NEIGHBORS AT HOME** (413) 200-8183 (a local Northfield based organization dedicated to helping people stay in their homes by providing support with home maintenance tasks, rides to appointments, tech support, social events and more.) Call them to register as a new member.

**LIFEPATH** (413) 773-5555 (resource for Elders, Caregivers, and persons with disabilities)

**TRIAD** (413) 774-4726 (resource for Wellness Checks, durable Medical Equipment loans)

**COMMUNITY ACTION PIONEER VALLEY** (413) 475-1570 (SNAP, Health Insurance, Fuel Assistance, RSVP, Older Adult Home Modification, Housing Assistance, Utilities, VITA Tax Assistance & more)

**NORTHWESTERN DISTRICT ATTORNEY'S CONSUMER PROTECTION UNIT (SCAM ALERT) and Older Adult Unit Advocacy** GREENFIELD OFFICE (413) 774-3181

**FRANKLIN REGIONAL TRANSIT AUTHORITY (FRTA) SENIOR VAN SUPPORT** (413) 768-1824

48 Hours' Notice. Medical appointments, bank, pharmacy, groceries, hairdresser, activities at the senior center Safe, easy, affordable! Vans are sanitized and accessible! MASKS suggested.



## **SAND/SALT BUCKETS AVAILABLE**



**Contact the Senior Center 413-498-2901 X 123 to reserve your bucket for use during this winter season. We will be happy to deliver it to you if you can't come pick it up!!**

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### **The Northfield Clothing Closet**

The Northfield Clothing Closet, a free children's clothing closet, is looking for volunteers! Volunteer hours are flexible, based on your schedule. We need people who can sort clothing, clean/tidy our space, and/or possibly staff during our open hours. We are entirely volunteer-run and donation-based.

We're located at the Field Library at 243 Millers Falls Rd Northfield, MA 01360. We're open Mondays 4-6pm and the First Saturday of the Month 9am-1pm. However, you can also volunteer during other hours! Interested? Please call or text 413-239-4990.

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### **!! WARNING!!**

Seniors in the Town of Northfield, MA., have been scammed out of over \$100,000.00 in the last 6 months. Here are some warning signs of a scam call/email and things to **NEVER** do:

**Warning Signs:** \*The person is being pushy or aggressive \*Saying not to talk to bank employees or police regarding the issue \*Insisting you bought or owe money for something you don't remember \*Ask for payment in form of cash, gift cards, wire transfer or courier \*If a company was to make a deposit error, they would address that with the bank, not have you take out cash or check to give to them the money back.

**NEVER** give remote computer access to anyone who contacted you first! **NEVER** be convinced that a legitimate business will accept gift cards! **NEVER** send pictures of your license or other personal documents! **NEVER** be convinced that you need to keep the phone line open while the caller is still connected on the other end "monitoring" activities or "scanning devices"!

And **REMEMBER** when in doubt, hang up or stop responding and talk to the police or bank employees regarding the matter. **YOU ALWAYS HAVE TIME TO STOP AND TALK WITH SOMEONE YOU KNOW!! KNOCK ON THE Police Department's DOOR OR CALL SHELBUEN CONTROL AT (413) 625-8200.**



**Michael B. Wing**

**August 9, 1953 – December 30, 2023**

**Steven Kelley**

**June 23, 1949 – December 31, 2023**



# FEBRUARY



Further details for Programs on our Calendar are posted elsewhere in this Newsletter.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEATHER CLOSINGS/DELAYS</b> TV channell 22 Radio: WHAI radio group Bear Country		<b>RSVP BY 3:00 p.m.</b> <b>Thursday FEBRUARY 1<sup>st</sup>, FOR TUESDAYS (2/7)</b> Franklin Tech Culinary demonstration.	<b>1.</b> 60 + Yoga 9:30a.m. <i>In person &amp; zoom</i> <b>BROWN BAG PICKUP 12:30 p.m.</b> Wii Bowling 11:30a.m.– 12:30 p.m.	<b>2.</b> Senior Center & Town Hall <b>CLOSED</b> on Fridays
<b>5.</b> Coffee Social w/GFLD Savings Bank 10 a.m. Speaker @ 11 a.m. Bridge 1 p.m.	<b>6.</b> <b>SPECIAL:</b> Franklin Tech Culinary demonstration 10 a.m. -12 p.m. Samba Game 1–4 p.m.	<b>7.</b> Bridge 9 a.m. Healthy Bones 10:30 a.m Nurses clinic 12:30 p.m. <b>LAST DAY TO RSVP for meal on 2/14</b>	<b>8.</b> 60 + Yoga 9:30 a.m. <i>In person &amp; zoom</i> Wii Bowling 11:30a.m.– 12:30 p.m. Knitting 1 p.m.	<b>9.</b> Senior Center & Town Hall <b>CLOSED</b> on Fridays
<b>12.</b> Happy Feet 10 a.m. Tech Support Drop in 10–11 a.m. Bridge 1 p.m.	<b>13.</b> <b>LAST DAY to RSVP for Men's Breakfast/Social on 2/20/24</b> Art Class 10 a.m. -12 p.m. Samba Game 1–4 p.m.	<b>14.</b> Bridge 9 a.m. Healthy Bones 10:30 a.m Monthly Meal 12:30 p.m. w/music <b>LAST DAY to RSVP for Memory Cafe` on 1/28/24</b>	<b>15.</b> 60 + Yoga 9:30 a.m. <i>In person &amp; zoom</i> Wii Bowling 11:30a.m.– 12:30 p.m.	<b>16.</b> Senior Center & Town Hall <b>CLOSED</b> on Fridays
<b>19.</b> <b>PRESIDENTS DAY</b> Senior Center & Town Hall <b>CLOSED</b>	<b>20.</b> Men's Breakfast Social 9:30 -11 a.m. Last day to RSVP for Travel Club on 2/23 1 p.m. COA Board Meeting Samba 1–4 p.m.	<b>21.</b> Bridge 9 a.m. Healthy Bones 10:30 a.m.	<b>22.</b> 60 + Yoga 9:30 a.m. <i>In person &amp; zoom</i> <b>Medicare (BC/BS) Speaker/coffee social 11:00 a.m.</b> Knitting 1 p.m. Tech Support Drop in 2 – 3 p.m.	<b>23.</b> Senior Center & Town Hall <b>CLOSED</b> on Fridays Travel Club 9 a.m.
<b>26.</b> Happy Feet *11:30 a.m. Main Street Stroll Bridge 1 p.m.	<b>27.</b> Veteran's Services 9:00-11:00 a.m. Samba Game 1–4 p.m.	<b>28.</b> Bridge 9 a.m. Healthy Bones 10:30 a.m. Memory Café 12:30 – 2:30 p.m.	<b>29.</b> 60 + Yoga 9:30 a.m. <i>In person &amp; zoom</i> Wii Bowling 11:30a.m.– 12:30 p.m.	<b>WEATHER CLOSINGS/DELAYS</b> TV Channell 22 Radio Group: WHAI, Bear Country



## **Wii BOWLING!!**

**EVERY THURSDAY 11:30 a.m. – 12:30 p.m.**

**2/1, 2/8, 2/15, 2/29**

**(\*\*NO BOWLING\*\* on 2/22 due to special programming)**

*Stop by the Senior Center and enjoy a string or two of bowling with our new Nintendo Wii and large screen TV.  
If enough are interested, we might start our own league!  
Friendly competition of course!*



## **COFFEE SOCIAL with GREENFIELD SAVINGS BANK**

**MONDAY – FEBRUARY 5<sup>th</sup>**

**10:00 a.m. – Noon**

**Speaker at 11:00 a.m.**

**This month's topic: An Explanation of Equity Products and Lending.....  
Mary Pomeroy, an AVP in Residential Lending, will be the presenter.**



## **\*SPECIAL\* FRANKLIN COUNTY TECHNICAL SCHOOL CULINARY DEMONSTRATION**

**TUESDAY, FEBRUARY 6<sup>th</sup>**

**10 a.m. – 12 p.m.**



**Members of the Junior Class will be demonstrating on their portable burners, apple cinnamon crepes, along with samplings of their specialty coffees. Vanilla coffee with whipped cream and chocolate sauce. Limit to 15 participants.**

**RSVP BY 3 p.m. Thursday FEBRUARY 1<sup>st</sup>.**

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## **DROP-IN NURSING HOURS**

**WEDNESDAY, FEBRUARY 7<sup>th</sup>,**

**12:30-2:30 p.m.**



**Everyone is welcome, no appointment is needed for Drop-In Nursing. Confidential services available at walk-in wellness times include blood pressure, blood glucose checks, support with managing chronic health conditions and self-management of medications, sharps disposal and container exchange.**

**This nursing service is provided on the first Wednesday each month by nurses **Meg Ryan** or **Lisa White** from the Cooperative Public Health Service of the Franklin Regional Council of Governments.**

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## **"HAPPY FEET" WALKING GROUPS**

**In the event of severe weather, the walk will be canceled.**

**\*MONDAY, FEBRUARY 12<sup>th</sup>, @ 10:00 a.m.** Meet at the Turners Falls Canalside access road leading to Cabot Station. Take Avenue A, take a right at 11<sup>th</sup> Street (before Cumberland's), go over the bridge into the "Patch" neighborhood. Take your first left and drive to the parking lot at Cabot Station.

**This walk is flat and plowed so it is a great walk for all levels of walkers. Dogs on leashes (wearing warm sweaters) are welcome.**



**\*MONDAY, FEBRUARY 26<sup>th</sup>, @ 11:30 a.m.**

**Meet at the Senior Center and we will walk the Historic Main Street (so long as the sidewalks are cleared), for social time, fresh air, and an easy stride.**



**Dogs on leashes, (wearing warm sweaters) are welcome.**





**\*\* TECH SUPPORT HOURS \*\***



**MONDAY, FEBRUARY 12<sup>TH</sup> 10:00 – 11:00 a.m. THURSDAY, FEBRUARY 22<sup>ND</sup> 2:00 – 3:00 p.m.**

Drop in, bring your device, (tablet, cell phone) along with any questions you have, and we will assist you in trying to figure out the issues and hopefully find solutions!!

**ART CLASS**

**TUESDAY, FEBRUARY 13<sup>th</sup>  
10:00 a.m. – 12:00 p.m.**



Come and join us with retired art teacher Ginny Rockwood to learn the “Blotted Line” technique, a technique once used by Andy Warhol that utilizes both drawing and printing. Once printed, your designs will be colored with watercolors. Bring some photos or drawings around 5” x 8” to be your subjects and to work from, but images will be provided for use. Bring a smock or apron as you will be working with India ink.

The fee is \$6.00 Limited to 10 participants.

\*Please bring your own smock or apron.

**Need to RSVP by Thursday, Feb. 8<sup>th</sup>.**

**MID-WINTER (VALENTINES DAY) MONTHLY MEAL**



**WEDNESDAY, FEBRUARY 14<sup>TH</sup> 12:30 p.m.**

Join Colleen and Robin for homemade creamy tomato soup, salad bar, dinner rolls and brownie alamode.  
Reservations required, limit 25 people.

**Special music provided by Piper the Pied Harpist**

Suggested Donation of \$7 is appreciated to help cover costs.

**MUST RSVP no later than 3 p.m., Wednesday, February 7<sup>th</sup>, by calling the Senior Center at 413 498-2901 x 123.**

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**\*\* MEN’S Breakfast Social with Matt Aversa \*\***

Stop by and enjoy breakfast, meet new friends, pick a topic to talk about or just enjoy conversation and comradery with your fellow man

**TUESDAY, FEBRUARY 20<sup>th</sup>, 9:30 a.m. – 11:00 a.m.**

Suggested donation of \$5.00 to help cover costs.

**RSVP by FEBRUARY 13<sup>TH</sup>**



## MONTHLY PROGRAMS

### DROP-IN NURSING HOURS--- FIRST WEDNESDAY 12:30 -2:30 p.m.

Everyone is welcome, no appointment is needed for Drop-In Nursing. Confidential services available at walk-in wellness times include blood pressure, blood glucose checks, support with managing chronic health conditions and self-management of medications, sharps disposal and container exchange. This nursing service is provided each month by nurses Meg Ryan or Lisa White from the Cooperative Public Health Service of the Franklin Regional Council of Governments.

MEN'S BREAKFAST SOCIAL---THIRD TUESDAY 9:30 a.m. – 11:00 a.m. Northfield's and surrounding Towns come enjoy breakfast, conversation and companionship, Matt Aversa, our outreach coordinator will also be present. **MUST RSVP** for food planning purposes. \$5.00 suggested donation



OUTREACH OFFICE HOURS---FOURTH THURSDAY 9:00 a.m. – 2:00 p.m. *(located at the Bernardston Senior Center)*, with Matt Aversa -he will help answer questions on fuel assistance, SNAP, electric bills, outreach, veterans' questions, home visits, SHINE and other information/referrals.



*For Outreach Appointments, reserve your time by calling 413-648-5413 and ask for Matt.*

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### VETERAN'S AGENT HOURS---FOURTH TUESDAY 9:00 a.m. – 11:00 a.m.

A veterans' agent will conduct outreach hours at our Senior Center.



COFFEE SOCIAL WITH SPEAKER---FIRST MONDAY 10:00 a.m. – 12:00 p.m. **GSB** SPEAKER AT 11 a.m.

KNITTING GROUP---SECOND & FOURTH THURSDAYS 1:00 p.m. – 2:00 p.m.

ART CLASSES---ONCE A MONTH, CHECK CALENDAR FOR DATES

FOOT CLINICS---TWO CLINICS/ MONTH, (Winter medical leave, call Bernardston COA for appointments)

HAPPY FEET WALKING GROUP--- USUALLY TWO WALKS A MONTH, weather permitting in the Winter

MEMORY CAFÉ---FOURTH WEDNESDAY 12:30 – 2:30 p.m. **MUST RSVP** limited to 20 participants.

TECH SUPPORT---SECOND MONDAY 10:00 a.m. – 11:00 a.m. /FOURTH THURSDAY 2:00 p.m. – 3:00 p.m.

BERNARDSTON/NORTHFIELD SENIOR CENTER'S TRAVEL CLUB--- CHECK CALENDAR FOR DETAILS

MONTHLY MEAL---SECOND WEDNESDAY 12:30 p.m. **MUST RSVP** limited to 25 participants.



**Brown Bag Program Accepting Applications!** If you are having trouble keeping enough food on your table and would like some help, please contact the Northfield COA at: 413-498-2901x114 or email [seniorcenter@northfieldma.gov](mailto:seniorcenter@northfieldma.gov) for instructions on how to apply for monthly distribution of extra food (limited income service program). **Pick up is available the FIRST THURSDAY of every month between 12:30 p.m. – 1:30 p.m.**

Free monthly community meals sponsored by the [Franklin County Community Meals Program \(FCCMP\)](#).



Available every month on the 4th Thursday from 5-6 p.m. for takeout at the Trinitarian Congregational Church (147 Main Street, Northfield). \*RSVP the week before by Calling: (978) 544-2149 OR online at [fccmp.org/rsvp](http://fccmp.org/rsvp).

**FOOD PANTRY** is open at the Dickinson Memorial Library, 115 Main St in Northfield on the 2<sup>nd</sup> and 4<sup>th</sup> SATURDAY of each month, between 10:00 a.m.-1:00 p.m.



The Supplemental Nutrition Assistance Program (**SNAP**), formerly known as the Food Stamp Program, helps you stretch your food dollars to buy nutritious foods. Single people, families, the elderly, working couples – all types of people receive SNAP benefits. Eligibility is based primarily on household income and certain expenses. \* To find out if you're eligible and to apply CALL The Food Bank of Western Massachusetts – SNAP Department at 413-992-6204 for more information.

## LOAVES & FISHES

Administered by the TCC Mission Committee, this Emergency Food Project assures applicants of confidentiality. This local non-profit also has funding available to assist with paying a portion of utilities and essential bills for furloughed, laid off or in need of emergency assistance. Call 413-498-2038 Cathy Harrison for more information.



# SCAM ALERT!



*People you meet online aren't always who they say they are.*

### SIGNS OF A SCAM

- They profess love quickly.
- They ask for money to pay for an emergency or offer investment opportunities.
- They ask you to buy gift cards, transfer money, or invest in cryptocurrency.
- They claim to live or do business far away so that you can't meet in person.

### WHAT TO DO

Never send money or gifts to anyone you haven't met in person, even if they send you money first.

Only scammers tell you to buy gift cards, wire money, or pay by cryptocurrency.

Once you send it, you won't get your money back.

*If you have a consumer problem or question, contact the*

### Northwestern District Attorney's Consumer Protection Unit

Greenfield  
(413) 774-3186  
Northampton  
(413) 586-9225

Working in cooperation with the Office of the MA Attorney General





## MEDICARE PROGRAM

**THURSDAY, FEBRUARY 22, 11:00a.m.**



### **Exploring Medicare Advantage Plans:**

Have you ever wondered about the Medicare Advantage plans advertised on TV? Join us as a Blue Cross Blue Shield of Massachusetts representative unravels the options. Learn about Medicare Advantage Plans, the differences between HMOs and PPOs, and get a closer look at the Blue Cross Blue Shield Medicare Advantage plans. Discover the cost-sharing and extra benefits associated with these plans. Don't miss this chance to understand your healthcare options better! With various plan types available, understanding how different options work is crucial. It's not a one size fits all situation, but being aware of the variations empowers you to make informed decisions. It is currently OPEN ENROLLMENT TIME.

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### **Bernardston/Northfield Senior Centers**

#### **TRAVEL CLUB**

**FRIDAY, FEBRUARY 23<sup>rd</sup> 9:00 a.m.**

#### **Hadley Walmart and lunch.**

Sign up is limited to 6 people from each town. There will be a wait list in case one town has spaces open. The cost for the van is \$6.00 for a round trip. Pick up at Bernardston Senior Center, or home pick up is available.

**The deadline to register is 2/20.** Call Shannon at 413-768-1824 to reserve your spot.

**And... if you need a Van ride to Bernardston, call Shannon ASAP.**

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### VETERAN'S AGENT HOURS

**TUESDAY, FEBRUARY 27<sup>TH</sup>**

**9:00 a.m. – 11:00 a.m.**

As a member of the Upper Pioneer Valley Veterans' Services District, Northfield now has a veterans' agent conducting outreach hours at the Northfield Senior Center - the **Fourth Tuesday of every month**. They will provide information on veterans' benefits for veterans and their dependents and schedule one on one appointments as needed. Please call the Veterans' Services office at 1-413-772-1571 for more information.

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## MEMORY CAFÉ PROGRAM

**WEDNESDAY, FEBRUARY 28<sup>TH</sup> 12:30 – 2:30 p.m.**

This program will provide support and socialization for adults dealing with memory related issues and their caregivers. We will meet on the fourth Wednesday of each month in our hearing-enhanced Senior Center where there will be an activity or entertainment.

February's entertainment is:

**Our very own local talent "Jim Anderson" will be playing the guitar and singing for us !**

A light lunch will be included. **RSVP by FEBRUARY 14<sup>TH</sup>** limited to 20 participants.

To register or for more information, call the Senior Center 413 498-2901 x 114.

## ON GOING WEEKLY PROGRAMS

**SAMBA**---TUESDAYS 1:00 p.m. – 4:00 p.m. Come join the fun! Samba is a variant of Canasta, you're invited to observe and learn from an experienced group of players. New groups can form when participants are interested.

**BRIDGE**---MONDAY AFTERNOONS 1:00 p.m. – 4:00 p.m.

WEDNESDAY MORNINGS 9:00 a.m. – 12:00 p.m.



Are you an avid bridge player or do you want to learn? Come on out and check us out.

**Wii BOWLING**---THURSDAYS 11:30 a.m. – 12:30 p.m.

**HEALTHY BONES AND BALANCE**---WEDNESDAYS 10:30 a.m. – 11:30 a.m. All are welcome In-person (Northfield Town Hall) and Zoom (link sent to registered participants).

- ➔ COVID SAFE (comfort of your own home via Zoom invitation if preferred)
- ➔ Low Impact (provide your own steady chair if at home)
- ➔ Focused on Improving Balance and Core Strength
- ➔ “Adaptive weights” = canned goods; “Exercise balls” = rolled socks
- ➔ FREE TUITION – Thanks to a partnership with RSVP (Retired Senior Volunteer Program!)



**Call** the Senior Center at (413) 498-2901 x 114 to register.

**60+YOGA**--- THURSDAY 9:30 a.m. – 10:30 a.m. (Northfield Town Hall & Zoom) Based on the gentle Viniyoga™ approach, this class is accessible to people with any amount of flexibility and yoga experience. We'll be working in and around a chair: standing is optional. Alternatives are offered for anyone who prefers to remain seated. *Beginners welcome!*

Explore how the tools of yoga can help you:



balance with greater confidence.



move with more ease.



breathe more deeply.



Sleep more soundly.



think more clearly.

Open to anyone 60+ living in Northfield and surrounding towns. \*New students must register in advance and complete a Waiver prior to attending first class.

To register/ for more info: call or text 413-834-4524 or email [libby@yogalibre.net](mailto:libby@yogalibre.net).

This program is funded by a combination of state grants administered by the Town of Northfield, MA and your donations.

Donations appreciated but not required. *If you'd like to donate, please make checks payable to the "Northfield Council on Aging", write "Exercise Fund/60+ Yoga" on the Memo line, and mail to Northfield Senior Center, 69 Main Street, Northfield, MA 01360. Donations ensure the continuation of this valuable program.*



**\*\*During inclement weather, check your local radio WHAI /channel 22's website for Senior Center program cancellations. \*\***



