



# Northfield Senior Center

## NEWSLETTER

### JANUARY 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

Hi, My name is Linda Chapin.

I am the manager of the Northfield Regional Food Pantry, Director of the Field Library and volunteer at the Northfield Clothing Closet located at the Field Library.

I grew up in Heath, MA. where everyone knows their neighbors, and everyone else in town. People always help each other. My husband and I moved to Northfield 39 years ago. We have raised our two children here and enjoy our special part of town, "Northfield Farms". I worked as the school librarian at the Northfield Elementary School for 17 years.

I started volunteering at the Northfield Food Pantry about 10 years ago and have been Manager since 2019. The food pantry is going strong, serving about 50 families twice a month. I would say that about half of our patrons are over the age of 65. My husband and I make the trip to the Food Bank of Western Mass. in Chicopee once a week picking up healthy food for our patrons. The food bank has lots of fresh vegetables and frozen meals to round out what we offer people.

I have been the Director of the Field Library in "the farms" for over 20 years. The Field library was built 2yrs., before the Dickinson Library to serve the people of this area. Like many libraries, the Field Library has had to reinvent itself. A year ago in August, we added the Northfield Children's Clothing Closet to the library. The Closet takes donations from people, sorts them and offers them to patrons for free. Like the Food Pantry, the Clothing Closet could not survive without the generosity of the surrounding community. The Clothing Closet, and the food pantry, are staffed by some amazing volunteers.

We live in a very special area where people are always giving of themselves to help those less fortunate. It is a great feeling to help others.



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

- **Monthly meals are back!!** We will host a monthly meal 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.
- **Coming this month....Men's Breakfast!!** Stop by Tuesday, January 16<sup>th</sup>, 9:30 – 11:00 a.m. for a yummy breakfast and good conversation, topics of your choice! Hosted by our Outreach Coordinator, Matt Aversa. **R.S.V.P** for breakfast is required for our planning.
- **Also coming** is Wii Bowling! Come in and have some fun bowling on our large screen TV.
- Our **Second Memory Café** will be on **WEDNESDAY, January 24<sup>th</sup>**, 12:30 P.M. – 2:30 P.M.   
\*\*Program details in newsletter.
- **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**

**Call the VAN SERVICE! (413)768-1824**

**48 Hours Notice**

**Safe! Easy! Affordable!**

**Vans are Sanitized and Accessible! MASKS Suggested**

**MEDICAL APPOINTMENTS  
HAIRDRESSER**

**BANK  
ACTIVITIES AT THE SENIOR CENTER**

**PHARMACY**

**GROCERIES**



## **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!!**



## **WE WANT TO HEAR FROM YOU ABOUT DIGITAL EQUITY!**

**WEDNESDAY, JANUARY 17<sup>TH</sup> 1-3 p.m.**

The Franklin Regional Council of Governments is working with 8 communities on a Regional Digital Equity Plan to ensure that all residents have fair and equal access to digital technologies-including access to the internet and computers-as well as the skills and knowledge to effectively use them. The 8 communities are Charlemont, Colrain, Leyden, New Salem, Northfield, Orange, Warwick, and Wendell.

Join us for a community meeting Wednesday, January 17<sup>th</sup> from 1:00-3:00 p.m. at Northfield Senior Center, 69 Main Street, Northfield, MA. This meeting will be hybrid and is open to all residents of the towns listed above.

They will be holding two other community meetings during the early evening, dates and locations TBD.

If you are planning on attending by Zoom, please register in advance.

After registering, you will receive a confirmation email containing information about joining the meeting.

This project has been funded by the Massachusetts Broadband Institute's Municipal Digital Equity Planning Program, with assistance from the Franklin Regional Council of Governments. For more information, see <https://frog.org/project/municipal-digital-equity-planning-services/>. Contact: Ted Harvey at [tharvey@frcog.org](mailto:tharvey@frcog.org), or 413-774-3167x165



**Alice Fortier**

**July 13, 1936 – November 28, 2023**

**Joanne Spencer**

**September 30, 1940 – December 3, 2023**

**Carolyn Barrett**

**May 12, 1933 – December 13, 2023**

**Roger Gould**

**September 22, 1933 – December 16, 2023**

**Lee J. Dresser Jr**

**June 26, 1937 – December 19, 2023**



# JANUARY



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

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
| <b>1.</b><br><b>NEW YEARS DAY</b><br><br><b>HOLIDAY</b>  | <b>2.</b><br><br>Samba Game<br>1–4 p.m.   | <b>3.</b><br>Bridge 9 a.m.<br>Healthy Bones<br>10:30 a.m.<br>Nursing Clinic<br>12:30 –2:30 p.m.   | <b>4.</b><br>60 + Yoga 9:30 a.m.<br><i>In person &amp; zoom</i><br><b>BROWN BAG PICKUP</b><br>12:30 p.m.<br>Last day to RSVP for<br>Monthly Meal on<br>1/10/24   | <b>5</b><br>Senior Center<br>&<br>Town Hall<br>CLOSED<br>on Fridays  |
| <b>8.</b><br>Happy Feet <br>10 a.m.<br>Tech Support Drop<br>in 10–11 a.m.<br><br>Bridge 1 p.m. | <b>9.</b><br>Samba Game<br>1–4 p.m.<br><br>Last day to RSVP<br>for Men's<br>Breakfast/Social on<br>1/16/24                    | <b>10.</b><br>Bridge 9 a.m.<br>Healthy Bones<br>10:30 a.m.<br>Monthly Meal<br>12:30 p.m.  | <b>11.</b><br>60 + Yoga 9:30 a.m.<br><i>In person &amp; zoom</i><br><br><b>TED TALKS</b><br>12:30 p.m.<br><br>Knitting 1 p.m.  | <b>12.</b><br>Senior Center<br>&<br>Town Hall<br>CLOSED<br>on Fridays  |
| <b>15.</b><br>Martin Luther<br>King Jr Day<br>Senior Center<br>&<br>Town Hall<br><b>CLOSED</b><br>on Fridays  | <b>16.</b><br>Men's Breakfast<br>Social 9:30 -11 a.m.<br><br>1 p.m. COA Board<br>Meeting<br><br>Samba Game<br>1–4 p.m.        | <b>17.</b><br>Bridge 9 a.m.<br>Healthy Bones<br>10:30 a.m.<br>Wii Bowling 11:30<br>– 12:30 p.m.<br>Public Digital Equity<br>meeting 1 – 3 p.m.<br><i>In person &amp; zoom</i> | <b>18.</b><br>60 + Yoga 9:30 a.m.<br><i>In person &amp; zoom</i><br><br>Last day to RSVP for<br>Memory Cafe` on<br>1/24/24   | <b>19.</b><br>Senior Center<br>&<br>Town Hall<br>CLOSED<br>on Fridays<br><br><b>RSVP for travel<br/> club on 1/24/24</b> |
| <b>22.</b><br>Happy Feet<br>*11:30 a.m. Main<br>Street Stroll<br><br>Bridge 1 p.m.  | <b>23.</b><br>Veteran's Services<br>9:00-11:00 a.m.<br><br>Last day to RSVP for<br>Art Class on 1/30/24<br><br>Samba 1–4 p.m. | <b>24.</b><br>Bridge 9 a.m.<br>Travel Club 10 a.m.<br>Healthy Bones<br>10:30 a.m.<br>Memory Café<br>12:30 – 2:30 p.m.   | <b>25.</b><br>60 + Yoga 9:30 a.m.<br><i>In person &amp; zoom</i><br>Knitting 1 p.m.<br>Tech Support Drop<br>in 2 – 3 p.m.  | <b>26.</b><br>Senior Center<br>&<br>Town Hall<br>CLOSED<br>on Fridays  |
| <b>29.</b><br><br><br><br><br><br>Bridge 1 p.m.   | <b>30.</b><br>Art Class<br>10 a.m.–12 p.m.<br><br><br>Samba Game<br>1–4 p.m.  | <b>31.</b><br>Bridge 9 a.m.<br><br><br>Healthy Bones<br>10:30 a.m.  | <b>WEATHER</b> <br><b>CLOSINGS/DELAYS</b><br><b>TV 22, 40</b> <br><b>Radio:</b><br><b>WHA1, Bear</b><br><b>Country, Wizz</b> |  |

## **DROP-IN NURSING HOURS**

**WEDNESDAY, JANUARY 3<sup>RD</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. Call the Senior Center if you are unsure of the status.

**MONDAY, JANUARY 8<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.*



**NEW \*MONDAY, JANUARY 22<sup>ND</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, (dressed for winter) are welcome.*



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## **\*\*NEW TECH SUPPORT HOURS\*\***



**MONDAY, JANUARY 8<sup>TH</sup> 10:00 – 11:00 a.m. THURSDAY, JANUARY 25<sup>TH</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!!

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## **MID-WINTER MONTHLY MEAL**



**WEDNESDAY, JANUARY 10<sup>th</sup> 12:30 p.m.**

Join Colleen and Robin for a hardy Pasta Bake, (Choice of vegetarian or sausage), salad, garlic bread and dessert.

Reservations required, limit 25 people.

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

**MUST RSVP no later than 3 p.m., Thursday, January 4<sup>th</sup>,  
by calling the Senior Center at 413 498-2901 x 123.**





## TED TALKS

hosted by *American House Senior Living Communities Keene N.H.*



Thursday, JANUARY 11<sup>TH</sup> @ 12:30 p.m.

The theme is Dinosaurs:

- 1) A giant Jurassic Sea dragon, unearthed (Dean R. Lomax | TEDxManchester) What's hidden under the Greenland ice sheet? - Kristin Poinar
- 2) The dinosaur detectives of real-life Jurassic parks (Martin Lockley | TEDxMileHigh)

Watch with us on our flat screen TV. or receive the zoom, emailing: [keeneassistant@americanhouse.com](mailto:keeneassistant@americanhouse.com)

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### **\*\* MENS 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.

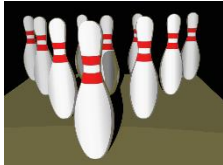
**TUESDAY, JANUARY 16<sup>th</sup>, 9:30 a.m. – 11:00 a.m.**

Suggested donation of \$5.00 to help cover costs.

**RSVP by 1/11/24**



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### **Wii BOWLING!!**

**WEDNESDAY, JANUARY 17<sup>th</sup>**

**11:30 a.m. – 12:30 p.m.**

*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!*



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### **VETERAN'S AGENT HOURS**

**TUESDAY, JANUARY 23<sup>rd</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.

## 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.

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### TED TALKS---SECOND THURSDAY/MONTH 12:30 p.m.



*hosted by American House Senior Living Communities Keene N.H.*

Watch on our flat screen TV. OR email: [keeneassistant@americanhouse.com](mailto:keeneassistant@americanhouse.com) for ZOOM link

### MENS BREAKFAST SOCIAL---THIRD TUESDAY 9:30 a.m. – 11:00 a.m. Northfield's and surrounding Towns Come enjoy breakfast, conversation and companionship with Matt Aversa . **MUST** **RSVP** for food planning purposes.



### 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.*

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

As member of the Upper Pioneer Valley Veterans' Services District, 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 EACH 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.

### 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

### Wii BOWLING---THIRD WEDNESDAY 11:30 a.m. – 12:30 p.m.

### 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.



## CHECK OUT THE NEWEST SCAM

### Zelle Scams

Scammers are turning to [Zelle](#), the [peer-to-peer payment app](#), as a means to steal people's money. The scammer will email, text or call you pretending to work for your bank or credit union's fraud department. They'll claim that a thief was trying to steal your money through Zelle, and that they have to walk you through "fixing" the issue. Then, they may instruct you to send the money to yourself, but the money will actually go to their account. **Hang up** and call your Bank to talk to someone to check on this story yourself.

You can sign up for e-mail updates at [ftc.gov/scams](http://ftc.gov/scams). To report a scam, or a deceptive or unfair business practice, go to [ReportFraud.ftc.gov](http://ReportFraud.ftc.gov). The FTC enters complaints into a secure online database used by hundreds of law enforcement agencies.





## Bernardston/Northfield Senior Centers TRAVEL CLUB

**WEDNESDAY, JANUARY 24<sup>TH</sup> 10:00 a.m.**

Magic Wings Butterfly & Conservatory Gardens with lunch at Wendy's.

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 Magic Wings is \$12.50 for ages 62 & over. 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 1/19.** 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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### MEMORY CAFÉ PROGRAM

**WEDNESDAY, JANUARY 24<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.

January's entertainment is: Piper The Pied Harpist. She has graced many a gathering on the Celtic Harp since 2003. Piper's interest in the harp began with its healing powers through Hospice. She has also done interactive programs that demonstrate the power of music across language barriers, with the Blind, Hearing Impaired, and as therapy for Dementia and Alzheimer's. [www.piperthepiedharpist.com](http://www.piperthepiedharpist.com)

A light lunch will be included. **RSVP by JANUARY 17<sup>TH</sup> limited to 20 participants.**

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



### ART CLASS

**TUESDAY, JANUARY 30<sup>TH</sup>**

**10:00 – 12:00 p.m.**

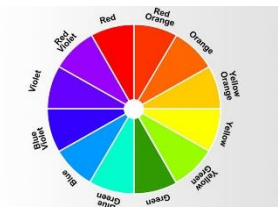
Come and join us with retired art teacher Ginny Rockwood to learn about color and your way around the color wheel. This class was suggested by participants of December's painting class.

Learn how to use the color wheel as a tool to make color choices. We'll be painting to illustrate some of the concepts, and you will be able to complete a small painting.

The fee is \$6.00 Limited to 10 participants.

Please bring your own smock or apron.

Need to **RSVP by 1/23/24**



## ON GOING WEEKLY PROGRAMS

**SAMBA**---TUESDAYS 1:00p.m. – 4:00p.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.

**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)
- ➔ Low Impact (provide your own steady chair)
- ➔ 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.



breathe more deeply.



move with more ease.



think more clearly.



Sleep more soundly.

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/news stations for Senior Center program cancellations. \*\***

