



Northfield Senior Center Newsletter

May 2023



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

Program Assistant:

Linda Keech

Board Members:

Deb Lanou, Chair

Jim Whitcomb, Co-Chair

Betty Whitcomb,

Treasurer

Christine Harris,

Acting Secretary

Margaret Livingstone

Peter Vearling

Debby Wiesen Kelly

Phone & Information:

(413) 498-2901 x 114

Email:

seniorcenter@northfieldma.gov

Website:

www.northfieldma.gov/seniorcenter

Address:

69 Main Street
Northfield, MA 01360

Northfield CoA Board

My name is Peter Vearling. My family and I relocated from South Jersey to Northfield in 1987. My wife Judith and I graduated from Rutgers SJ in 1968 and I received my MS from Rutgers in 1972.

Since moving to Northfield, I have worked as a teacher and coach at Northfield Elementary School, Pioneer Valley Regional School, Linden Hill School, The Greenfield School District, and NMH. Presently, I am the Softball Coach at Keene High School.

I have had the pleasure of watching my daughters go to school and grow up in Northfield. My grandsons are now attending Northfield Elementary School as they follow in their parent's footsteps.

It has been a pleasure residing in Northfield all these years and I remain invested in the community. I feel it is important to stay involved and being a member of the CoA will afford me that opportunity.

Peter Vearling
Northfield CoA Board Member



Life Path is continuing to assist folks with Medicare questions. Call LifePath's main number (413) 773-5555 and ask for **SHINE**.

SHINE - Servicing the Health Insurance Needs of Everyone

Neighbors at Home

Call in your service requests – **New # 413-200-8183**

Contact: info@neighborsathome.org or

service@neighborsathome.org

www.neighborsathome.org.

Member fees are \$60 for an individual and \$90 for a household.





Coffee Social
MONDAY – May 1st
10:00 a.m. – Noon



Speaker at 11:00 a.m.
Speaker, Department Expert(s), from GFLD Savings Bank

Fiduciary Accounts

What IS a Fiduciary Account? What are the required documents and what responsibility does the fiduciary accept once they are named?

Drop-In Nursing Hours May 3rd, 12:30-2:30 p.m.



Public Health
Prevent. Promote. Protect.
Cooperative Public Health Service
Franklin Regional Council of Governments
Governments.

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**

If you need help finding a COVID Vaccine or for more information, contact Meg Ryan, RN at mryan@frcog.org, 413 774-3167 x 158, or Lisa White, RN, lwhite@frcog.org, 413 774-3167 x 156. Come and say hello!

CARD GAMES



Ongoing ~ SAMBA

Every Tuesday each month 1:00 – 4:00 p.m.

A variant of Canasta, you're invited to observe and learn from an experienced group of players. New groups can form when more participants are interested.



Ongoing ~ BRIDGE

Every Monday afternoon 1:00 - 4:00 p.m. and Wednesday morning 9:00 a.m. – Noon.

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MAY BRUNCH Social Lunch!

Come into the Senior Center, sit and enjoy brunch with other Seniors!

French Toast Bake OR Egg Bake

Sausages, Muffins and other goodies, beverages

Thursday, May 11th @ 11:00 a.m.

Suggested Donation of **\$6** per meal is appreciated to help cover our costs.

Reserved Seating - limited to 20

MUST RSVP by calling the Senior Center at 413-498-2901 x 114 or emailing seniorcenter@northfieldma.gov

By no later than 3:00 p.m. Monday, May 8th !



Brown Bag Program Accepting Applications! If you are having trouble keeping enough food on your table and would like some help, please contact the COA at: 413-498-2901x114 or email seniorcenter@northfieldma.gov for instructions on how to apply for monthly distribution of extra food (limited income service program).

Pick up is available on the **FIRST THURSDAY** of every month.



Free monthly community meals sponsored by the Franklin County Community Meals Program (FCCMP). Available every month on the 4th Thursday from 5-6p.m. for takeout at the Trinitarian Congregational Church (147 Main Street, Northfield).

***RSVP the week before by**

Calling: 334-663-6541 OR e-mailing ldewitt@fccmp.org OR online at fccmp.org/rsvp.

Food Pantry is open at the Dickinson Memorial Library, 115 Main St in Northfield on the 2nd and 4th SATURDAY of each month, between 10:00 a.m.-1:00 p.m.

Please Follow COVID-19 Posted Rules.



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 – SNP 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 those who have been furloughed, laid off or simply need emergency assistance.



Call Cathy Hawkins Harrison at 413-498-2038 for more information.



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Speaker @ 11 AM 10:00 AM - Noon Coffee time snacks & knitting  1:00 PM BRIDGE	2 RSVP for SELF DEFENSE Class 1:00 – 4:00 PM Samba card game	3 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class Zoom & In-person @ Town Hall 12:30 – 2:30 PM Nurses Available	4 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall BROWN BAG pickup @ 11:30 AM 1:00 – 3:00 PM MCOA WALK KICK OFF PARTY	5 Senior Center & Town Hall CLOSED on Fridays
8 Last day to RSVP for Brunch 10:00 AM "Happy Feet"  1:00 PM BRIDGE	9 Foot & Blood Pressure Clinic By appointment only 1:00 – 4:00 PM Samba card game	10 Last day to RSVP for Art Class 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class Zoom & In-person @ Town Hall 1:00 PM SELF DEFENSE CLASS	11 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall 11:00 AM BRUNCH By reservation 12:30 PM – TED TALKS 1:00 PM Knitting	12 Senior Center & Town Hall CLOSED on Fridays
15 Last day to RSVP for getting on the list for a golf cart ride in the Memorial Day parade. 1:00 PM BRIDGE	16 1:00 PM CoA Board Meeting 1:00 – 4:00 PM Samba card game	17 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom & In-person @ Town Hall 1:00 PM "Drawing Mandalas" ART CLASS	18 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall	19 Senior Center & Town Hall CLOSED on Fridays
22 9:30 AM  "Happy Feet" & "Happy Little Feet" Special Performance 1:00 PM BRIDGE	23 Foot & Blood Pressure Clinic By appointment only 9:00-11:00 AM Veterans' Services with Brian Brooks 1:00 – 4:00 PM Samba card game	24 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom & In-person @ Town Hall 1:00 PM SELF DEFENSE CLASS	25 9:30 AM 60+ Yoga (Libby) Zoom & In-person @ Town Hall 10 AM – Noon Internet Café  1:00 PM Knitting	26 Senior Center & Town Hall CLOSED on Fridays
29 HOLIDAY OBSERVED Town Hall and Senior Center CLOSED MEMORIAL DAY PARADE @ 9:30 a.m.	30 1:00 – 4:00 PM Samba card game	31 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom & In-person @ Town Hall		



#1 Walk:

"Happy Feet"

Walking group

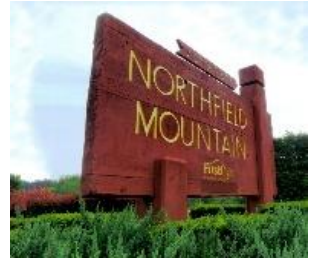
Monday May 8th 10:00 a.m.

Meet at the parking lot at Northfield Mountain Recreation & Environmental Center/First Light at 99 Millers Falls Road, Northfield, MA. to walk one of the wooded trails hand-picked by our friend Roger G.

This walk is on uneven terrain.

In the event of severe weather, poor road conditions or steady heavy rain the walk will be cancelled.

Dogs on leashes are most welcome 😊



#2 Walk: **HAPPY "LITTLE" FEET**



For a SPECIAL Intergenerational PERFORMANCE
"Young Fogies & Old Whippersnappers"
with performer & song writer Tim Van Egmond

Monday May 22nd

9:30 a.m. - Seniors meet at the Northfield Senior Center to walk to the Northfield Elementary school to pick up the Happy "Little Feet" kindergarten class. We will bring them back to the Senior Center during recess for this special event.

10:00 a.m. - Performance begins!

11:00 a.m. - We walk our "Little Feet" walkers back to school.

**Seniors with a walker or wheelchair and who have a caregiver, friend, or family member to assist them, are encouraged to attend*

3 Walk



MEMORIAL DAY PARADE Monday May 29th

All Seniors, Happy "Little Feet" kindergarten and 1st grade classes and their families are invited to join the Seniors in this parade.

If someone wishes to attend but needs to have a ride in a golf cart, we have a plan for that !

This ride option is made possible by the generosity of the Northfield Golf Club.

Please call the Senior Center 413-498-2901 x 114 to get on the golf cart escort list by Monday May 15th.

Meet at the Trinitarian Church by 9:30 a.m., parade starts at 10 am

SELF DEFENSE for SENIORS

This is a two-session workshop designed to provide seniors with strategies and tactics that can help keep them safer. The workshop was offered in April and is repeated in May.



Repeated Workshops: May 10 and May 24 at 1:00 PM

PRE-REGISTRATION/ RSVP DUE BY May 2nd

Call 413-498-2901 x 114

A minimum of 4 people are needed for this class.

The class is free, but donations to support programs offered by the Senior Center are welcome. **This class will be taught by Betty Whitcomb and Bernie Boudreau, who studied martial arts together for several years. Whitcomb holds a fifth-degree black belt in Tae Kwon Do; Boudreau holds a second-degree black belt.**

ART CLASS

"Drawing Mandalas"
Wednesday, May 17th
1:00 – 3:00 p.m.



In Sanskrit the word mandala means circle. Making them "... is all about finding peace in the symmetry of the design and of the universe." *Saudanini Madra*

Come and learn how to draw a personal mandala. We'll be tapping into our senses of shapes, patterns, and color to create a radial design. All materials will be provided.

New Participants are always welcome to come and learn. Everything will be provided.

Come join our Art Class by retired art teacher Ginny Rockwood.

PRE-REGISTRATION/ RSVP DUE BY 5/10/23

Call 413-498-2901 x 114

Cost is \$6.00 for all materials and professional instructions. Limited to 8 participants

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 REQUIRED

Medical Appointments
Hairdresser

Groceries
Bank

Pharmacy
Coffee



60+ YOGA

Zoom and in-person at the Northfield Town Hall

Thursdays 9:30 - 10:30 a.m.

***see statement below**

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

- move with more ease,
- balance with greater confidence,
- breathe more deeply,
- think more clearly, and
- sleep more soundly.



Open to anyone 60+ living in Northfield and surrounding towns. *Funded by a combination of state and federal 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.

***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.

"Class via Zoom only when the Senior Center is closed due to inclement weather causing hazardous road conditions."



Healthy Bones and Balance Classes

Every Wednesday starting at 10:30 a.m.

Zoom and in-person at the Northfield Town Hall

(An email with the Zoom link will be sent to registered participants.)

All Are Welcome

- ✓ COVID Safe – Comfort of your own home via zoom invitation
- ✓ Low Impact (provide your own sturdy 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)!!

To register/for more information email seniorcenter@northfieldma.gov

Reserve your spot by calling or emailing the Senior Center at (413) 498-2901 x 114



Knitters and Crocheters!

2nd & 4th Thursday each month @ 1:00 – 2:00 p.m. and at coffees



THIS MONTH: **May 11th @ 1:00 p.m.**
May 25th @ 1:00 p.m.

Our current project is learning to knit **SWEATERS**! Bring your yarn, patterns and supplies. If interested in knitting sweaters from your home, please contact Betty Whitcomb at l.enfantd.hiver@gmail.com.

Knitters are welcome to attend the TED talks, but there will be no knitting related discussion until 1:00 when TED Talks ends.



TED TALKS

hosted by

American House Senior Living Communities Keene N.H.



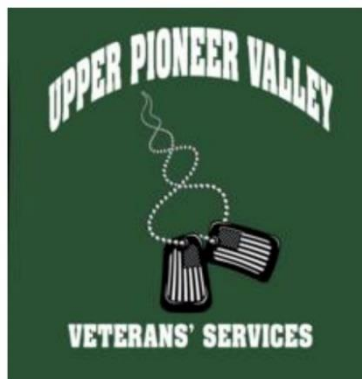
Thursday, May 11th @ 12:30 p.m. - "Climate Change"

- 1. What to do when there's a polar bear in your backyard – Alysa McCall**
- 2. The surprising climate benefits of sharing your stuff – Tessa Clarke**

If interested in receiving the zoom link, email: keeneassistant@americanhouse.com

OR better yet,

Come to the Senior Center and watch Ted Talks with us on our flat screen TV.



Veterans' Agent Hours

May 23rd 9:00 – 11:00 a.m.

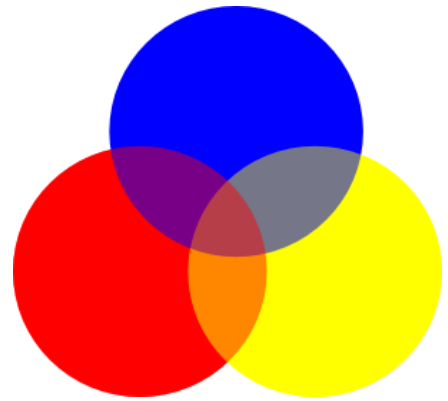
As a member of the Upper Pioneer Valley Veterans' Services District, Northfield now has a veterans' agent conducting outreach hours at the Northfield Senior Center - the **Fourth Tuesday of every month.**

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 or the Northfield Senior Center Director at 1-413-498-2901 X 114 to speak with Colleen Letourneau.



KICK - OFF THE WALK MA CHALLENGE WITH US

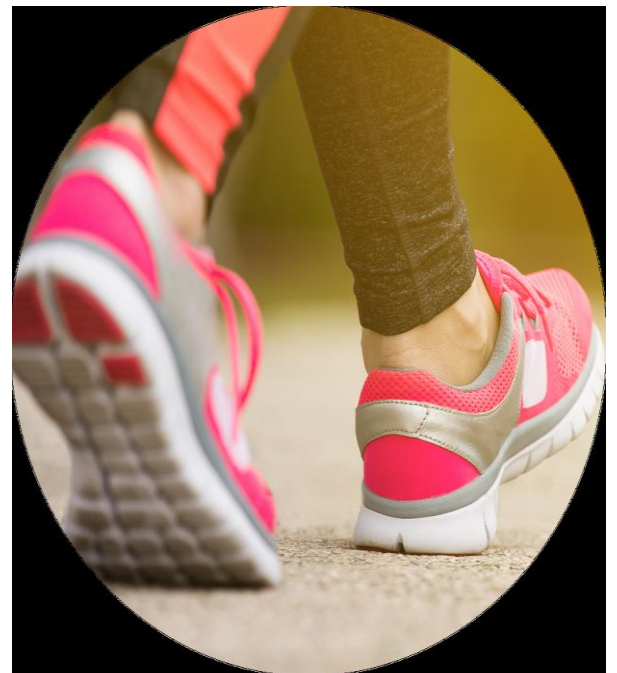


Join us for a fun, interactive wellness presentation by MCOA's Nutrition Specialist from Boston & learn more about the Walk MA Challenge program.

Light refreshments will be served.

MAY 4 @ 1PM (if it's nice out we will do this kick-off event in the pavilion).

**NORTHFIELD SENIOR CENTER
69 MAIN STREET
NORTHFIELD, MA
413-498-2901 X 114**



***one lucky attendee will win a**



sponsored by MA Councils on Aging

www.walkmachallenge.com

Official start date of this walking challenge is May 1st and the contest ends October 31st 2023. Thank you for designating Northfield COA to receive a potential prize towards future programming.

NEW – 60+ Pickleball

NES gym Sundays from 1:00 – 2:00 p.m

More details online: <https://northfieldma.myrec.com/info/>



The goal of Pickleball Open Play Drop-In for adults is to allow as many players as possible to practice and learn from each other in a friendly-competition environment. You can also play during any of the other regular times posted.

\$25 for the year and come as often as you want!! For residents of Northfield and the surrounding school district. (Non-residents are \$45).

****Must fill out online waiver and registration. If you don't want to pay online, you can print your pre-registration form after registering online and bring cash or check with you (pay to: Town of Northfield) to your first game**



Foot & Blood Pressure Clinics

Foot Clinic open for LIMITED in-person appointments!

2 Clinic this month: May 9th & May 23rd

Please call for availability 413-498-2901, ext. 114.

(Slots fill up fast)

Service is free; donations appreciated for supplies and for Council on Aging programs.



Free Wi-Fi

INTERNET CAFÉ

Thursday, May 25th

10:00 a.m. – Noon

DROP IN bringing your own tech devices (laptops, tablets, smartphones). **OR ask about using our iPads (Lifepath grant).**

Linda Keech & Carol Pike will be on hand for Senior Center iPad instructions or assistance with using your personal tech devices.

