



# Northfield Senior Center, COA NEWSLETTER MARCH 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

Hello Northfield!

We are RSVP of Pioneer Valley, the volunteer connector for people 55+ in the valley. RSVP, a program of Community Action Pioneer Valley, celebrated its 50<sup>th</sup> anniversary in 2023. Our team of five works with individuals and organizations including the Northfield Senior Center to help match volunteers with programs that need their time and expertise.

Pat Sicard and Ginger Elliott work personally with volunteers to help each person find their perfect match. Ginger works with volunteers whose last names begin with the letters A-K. She joined RSVP six years ago following a 30-year career as a middle and high school Spanish teacher. She is bilingual (English/Spanish) and is passionate about increasing food security through her service as a Food Bank of Western MA volunteer. Pat works with volunteers whose last names begin with L-Z. She has been with RSVP for 15 years and has a background as a social worker, senior center director, and director of hospital volunteer services. She has a particular affinity for working with veterans and veterans' organizations.

Both Ginger and Pat enjoy getting to know new volunteers and would love to help you find a meaningful volunteer role that matches your time and interests. Call or email to get started: Pat – (413) 387-1286 or [psicard@communityaction.us](mailto:psicard@communityaction.us) or Ginger – (413) 387-1296 or [gelliott@communityaction.us](mailto:gelliott@communityaction.us).

The other members of our team include Lindsay Bennett-Jacobs, RSVP Director, Sandra Mongeon, Program Assistant, and Danielle Costa, Healthy Bones & Balance Program Coordinator. Lindsay has been RSVP Director for 13 years and is the go-to person for site partner questions, annual surveys, and any other tricky topics that might come up. Sandra handles hours reporting and helps volunteers with mileage reimbursement. Danielle coordinates training and support for our Healthy Bones & Balance (HBB) exercise program, now celebrating its 25<sup>th</sup> year! If you love the weekly HBB class and are interested in learning about becoming a leader, contact Danielle at (413) 387-1297 or [dcosta@communityaction.us](mailto:dcosta@communityaction.us).

RSVP currently supports **8** active volunteers at the Northfield Senior Center and enjoys working closely with Colleen and Robin as they develop and offer their many excellent senior center programs. We have worked with the senior center for over 15 years now and look forward to many more years of partnership!



## **BUZZ NOTES FROM COLLEEN:**

- **Program updates:** It is very important to call and register for programs advertised in our newsletter as soon as you can. As you see, we are expanding our program offerings and programs are filling up fast. **If an R.S.V.P is required**, make sure you pay attention to that cut-off date.
- **The Memory Café Lending Library.** Stop by and check out our “**NEW**” Memory Café Lending Library for caregivers. These books are available for you to borrow, covering a wide range of topics dealing with and caring for loved ones. They are located on the top shelf of our bookcase, and there is a sign-out system. **\*\*If you have any questions, call Colleen\*\***
- *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.

**TO SIGN UP FOR SENIOR CENTER PROGRAMS, CALL (413) 498-2901, ext. 123**



**WATCH OUT FOR UNEXPECTED CALLS, EMAILS, AND TEXT MESSAGES. THE STORY MIGHT CHANGE, BUT THE MOTIVE IS THE SAME. SCAMMERS WANT EASY MONEY. PROTECT YOUR FINANCIAL AND PERSONAL INFORMATION.**

- Hang up if you don't recognize the caller.
- Hang up if the caller tries to pressure you or scare you, no matter what they say.
- Resist the pressure to act quickly. Stop and talk about the situation with a friend or family member.
- Screen your calls by letting them go to voice mail or letting your answering machine pick up.
- Block unwanted calls and text messages.
- Don't click on links or attachments in emails.
- Send scam emails to the spam or junk folder.
- Don't give out personal information over the phone, through email or text message.
- Never pay someone you don't know by gift card, wiring money, or cryptocurrency.

### **CRYPTOCURRENCY SCAMS**

#### **WHAT THEY SAY:**

- Someone calls from the government or law enforcement. They say you're in trouble. There's a problem with your Social Security number, or you owe back taxes.
- You get a call or see a pop-up window on your computer telling you there's a problem and they can help you fix it.
- They call or send a message saying there's fraud on your bank account and you need to transfer the money to keep it safe.
- They pretend to be a loved one or friend who can help you invest. They promise free money or big payouts with guaranteed returns.

#### **WHAT YOU NEED TO DO:**

- Hang up! Government agencies, law enforcement, and businesses will never require you to pay with cryptocurrency.
- Don't believe anyone who says there's a problem with your computer. Don't allow anyone remote access to your computer or let them download a program onto your device.
- Call your bank directly at the number on your bank card to check on your account.
- Know that only scammers promise "no risk" investments and guarantee high returns.

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**Rita Huber**







**May 18, 1931 – January 24, 2024**



# MARCH



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>1. LAST DAY to RSVP for Travel Club on 3/6</b> Senior Center & Town Hall CLOSED on Fridays
<b>4.</b> Coffee Social 10a.m-noon w/GFLD Savings Bank. Speaker starts @ 11 a.m.  Bridge 1 p.m.	<b>5.</b> Foot & Blood Pressure Clinic- By Reservation only  Samba Game 1-4 p.m.	<b>6.</b> Bridge 9 a.m. Travel Club 9 a.m. Healthy Bones & Balance 10:30 a.m Nurses clinic 12:30-2:30 p.m. <b>LAST DAY TO RSVP for meal on 3/13</b>	<b>7.</b> 60 + Yoga 9:30 a.m. <i>In person &amp; zoom</i> <b>BROWN BAG PICKUP 12:30p.m.</b> Wii Sports Games 11:30a.m.- 12:30 p.m. <b>LAST DAY to RSVP for Art Class on 3/12</b>	<b>8.</b> Senior Center & Town Hall CLOSED on Fridays
<b>11.</b> Happy Feet *10 a.m. at Old Vernon Road NFLD Tech Support Drop in 10-11 a.m. Bridge 1 p.m.	<b>12. LAST DAY to RSVP for Men's Breakfast/Social on 3/19</b> Art Class 10 a.m. - 12 p.m. Samba Game 1-4 p.m.	<b>13.</b> Bridge 9 a.m. Healthy Bones & Balance 10:30 a.m Monthly Meal 12:30 p.m. by reservation <b>LAST DAY to RSVP for Memory Café on 3/27</b>	<b>14.</b> 60 + Yoga 9:30 a.m. <b>** ZOOM ONLY **</b>  Wii Sport Games 11:30a.m.- 12:30 p.m. Knitting 1 p.m.	<b>15.</b> Senior Center & Town Hall CLOSED on Fridays
<b>18.</b> Coffee Social 10 a.m. with N.W. District Atty's Office "Spot the Scam" BINGO game  Bridge 1 p.m.	<b>19.</b> Men's Breakfast Social 9:30 -11 a.m. by Reservation only  Samba 1-4 p.m.	<b>20.</b> Bridge 9 a.m.  Healthy Bones & Balance 10:30 a.m	<b>21.</b> 60 + Yoga 9:30 a.m. <i>In person &amp; zoom</i> Wii Sport Games 11:30a.m.- 12:30 p.m.	<b>22.</b> Senior Center & Town Hall CLOSED on Fridays
<b>25.</b> Happy Feet *11:30 a.m. Historic Main Street Stroll  Bridge 1 p.m.	<b>26.</b> Veteran's Services 9 - 11 a.m. Foot & Blood Pressure Clinic- By Reservation only 1 p.m. COA Board Meeting Samba Game 1-4 p.m.	<b>27.</b> Bridge 9 a.m. Healthy Bones & Balance 10:30 a.m.  Memory Café 12:30 - 2:30 p.m. by Reservation only	<b>28.</b> 60 + Yoga 9:30a.m. <i>In person &amp; zoom</i> FCTS Manicure & Hand Massage 9:30a.m. Wii Sport Games 11:30a.m.- 12:30 p.m. Knitting 1 p.m. Tech Support 2-p.m.	<b>29.</b> Senior Center & Town Hall CLOSED on Fridays

## COFFEE SOCIAL with GREENFIELD SAVINGS BANK



**MONDAY – MARCH 4<sup>th</sup>**

**10:00 a.m. – Noon**

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

**This month's topic:** "Planting the Seeds to Better Interest." With Matt Sheridan

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## FOOT & BLOOD PRESSURE CLINIC

**MARCH 5<sup>th</sup> & MARCH 26<sup>th</sup>**

Foot & Blood Pressure Clinics Foot Clinic open for LIMITED in-person appointments!

Two clinics this month: March 5th. and March 26th. Please call for dates and availability

413-498-2901, ext. 114. (Slots fill up fast) Foot Clinics are two Tuesdays every month! Nail trimming, simple consultations, will trim fingernails too. Blood pressures by request. Dates are posted on the monthly calendar. Mask required. Service is free; **donations greatly appreciated for supplies and for Council on Aging programs.**

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## **DROP-IN NURSING HOURS**

**WEDNESDAY, MARCH 6<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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## Bernardston/Northfield Senior Centers



### TRAVEL CLUB

**WEDNESDAY, MARCH 6<sup>th</sup>**

**9:00 a.m.**

## SPA DAY AND LUNCH AT FRANKLIN COUNTY TECHNICAL SCHOOL

Facials, pedicures, nail painting and haircuts for \$5.00

The Apprentice Restaurant opens at 11:00 a.m. for lunch.

Sign-ups are limited to 6 people from each town, there will be a waitlist in case one town has spaces open. The cost for the van is \$6.00 for a round trip. Pick up is at the Bernardston Senior Center or pick up at home is available. **The deadline to reserve a space is 3/1.** Call Shannon at 768-1824 to reserve a space!

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## **Wii SPORTS!!**

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

**3/7, 3/14, 3/21, 3/28**

Stop by the Senior Center and enjoy some friendly competition through

bowling, golf, tennis, frisbee, (just to name a few), with our new Nintendo Wii and large screen TV. This is a great way to get a little exercise, enjoy an activity with others and have some laughs!

**Come on down and join the fun!!**







## "HAPPY FEET" WALKING GROUPS

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



### **\*MONDAY, MARCH 11<sup>th</sup> , @ 10:00 a.m.**

Meet at the lower parking area at 354 Old Vernon Road, Northfield MA. to walk the picturesque, paved road. You will enjoy walking by the beaver-made ponds, you will see wildlife and it has great bird watching.

Dogs on leashes are welcome.



### **\*MONDAY, MARCH 25<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 are welcome.*

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

MONDAY, MARCH 11<sup>th</sup> 10:00 – 11:00 a.m.

THURSDAY, MARCH 28<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!!



### ART CLASS

TUESDAY, MARCH 12<sup>th</sup>

10:00 a.m. – 12:00 p.m.

Come and join us with retired art teacher Ginny Rockwood on Tuesday, March 12 from 10:00 a.m. -12:00 p.m., to try your hand at some relief printing. We'll be using cutting tools to prepare blocks for printing either two- or three-color final products. There are lots of options to be creative with this medium. Bring some pictures around 4" X 6" to work from if you have them, however I will bring some to share. Bring a smock or apron.

The fee is \$6.00.

Limited to 10 participants.

Need to **RSVP** by: March 7<sup>th</sup>

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### MARCH MONTHLY MEAL

WEDNESDAY, MARCH 13<sup>th</sup>

12:30 p.m.

Join Colleen and Robin for homemade Shepards Pie, glazed carrots, bread, and dessert.



Reservations required, limit 25 people.

Cost is \$7.00

**MUST RSVP no later than 3 p.m., Wednesday, March 6<sup>th</sup>. Call the Senior Center at 413 498-2901 x 123.**

## 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** one week in advance, 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.*

### 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 - **MUST RSVP**

FOOT CLINICS---TWO CLINICS/ MONTH **by reservation only**

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** two weeks in advance, 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** one week in advance, 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.

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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.



### 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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**Backyard Oasis Pod Cast**  
By Greenfield Community College  
**Check it out!**  
[gccfor.me/backyard-oasis](http://gccfor.me/backyard-oasis)



Backyard Oasis is a podcast designed by and for Older Adults living in the beautiful Pioneer Valley of Western Massachusetts and produced in the multimedia studios at Greenfield Community College. Backyard Oasis reaches out to older adults who seek knowledge to help them live more thoughtfully, healthy, and happily: who hope to inspire others with their ideas: and who serve their communities in the interest of greater good. Join us frequently in the Backyard Oasis for wide-ranging conversations with a diversity of people who are growing older...and want to talk about it!

Created by Dennis Lee, Denise Schwartz, Chad Fuller, Christine Copeland, and Judy Raper  
Produced by Alex Audette at Greenfield Community College's Teaching and Learning Innovation Center





## CONSUMER PROTECTION COFFEE SOCIAL

### "SPOT THE SCAM BINGO"

**MONDAY, MARCH 18<sup>th</sup>**

**10:00a.m.**



The Northwest District Attorney's office will have a representative here to play the game, "Spot the Scam Bingo". Participants will be given a bingo card containing different key words related to their scam presentation. When you hear the word or see it on the screen, you'll place a marker on your card. Prizes will be given to the top three participants who get 5 chips in a row on their card.

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### **\*\* MEN'S Breakfast Social with Matt Aversa \*\***

**TUESDAY, MARCH 19<sup>th</sup>**

**9:30 a.m. – 11:00 a.m.**

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



**Suggested donation of \$5.00 to help cover costs.**

**RSVP by March 12<sup>th</sup>**

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

**TUESDAY, MARCH 26<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, MARCH 27<sup>th</sup> 12:30 – 2:30 p.m. All Towns Welcome**

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.

**March's activity is: An Art Project with Ginny Rockwood**

**A light lunch will be included. RSVP by March 13<sup>th</sup> limited to 20 participants.**

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

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### **\*\*NEW PROGRAM\*\***



### **FCTS MANICURES AND HAND MASSAGES**

**THURSDAY, MARCH 28<sup>th</sup> 9:30 a.m. – 11:30 a.m.**

Students from Franklin County Technical School will be here to give manicures and hand massages. These students are looking forward to practicing their skills here with us at Northfield.

**Come on down, enjoy a cup of coffee, relax, and pamper yourself!**

**Call 413 498-2901 ext. 123 to reserve your spot.**



## 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 SPORTS**---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. \*\***



