

SOUTH COUNTY SENIOR CENTER NEWSLETTER JULY/AUGUST 2023

Monthly Musings from the Director

SCSC Staff

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Our monthly Newsletter is made possible in part by our Formula Grant through MCOA.

It is officially summertime and more than halfway through 2023! We know many of you will be enjoying vacations and staycations. We've worked to create adventures and food opportunities if you're staying local.

On **Thursday, 7/20** we will enjoy **Fun at the Park** at **Look Memorial Park in Florence**. *For \$15* you'll receive a parking pass - or a ride on the SCSC van - a wrist band which allows you access to unlimited access to the parks activities including train rides, peddle boats, mini-golf, walks in the animal conservation, and picnic tables. We'll enjoy a catered lunch thanks to a generous donation by Friends of Deerfield. See details on page 6.

Enjoy a bit of history? We're taking a field trip to the **Springfield Armory Museum** on **Friday, 8/25**. Entry to the museum is free. After our tour, we'll venture to **Frigo's Foods** for a self paid lunch - weather permitting we'll eat at the Riverfront Park. Pre-registration is required. See details on page 6.

Are you like me - do you love food you don't have to cook? If your answer is yes, join us for a free Community Lunch on **Wednesday, 7/26, 11 am**, 29 Sugarloaf St., S Deerfield. We'll serve pulled pork sandwiches with chips, dessert, and an assortment of beverages. And of course there will be trivia, games & conversation! The meal is free - donations are always welcome.

Since I love to cook and you love to eat, visit Center **7/21, 11 am**, 29 Sugarloaf St., for **Cooking with Jen**. We'll have a variety of recipes for you to create and taste test with items we receive from our monthly food truck. You'll receive recipes to take home with you to create for yourself.

Last but not least, join us for **Hip Hop Dance with Rondae** on **8/11, 11 am**, 29 Sugarloaf St., S Deerfield for a fun filled dance class! Rondae brings maracas, tambourines, and more for a dancing good time. If you attended her classes last year, you know it's not one to be missed! This class is free from a MCC grant.

Jennifer

Deerfield: Monday, Wednesday, Friday 9am-12:30pm, 29 Sugarloaf St., S Deerfield
Sunderland: Monday & Wednesday 2-4pm or by appointment, 22 Amherst Rd., Sunderland
Mailing Address: 22 Amherst Rd., P.O. Box 225, Sunderland, MA 01375

OUTREACH CORNER

You won't have to wait much longer until the 2nd annual Informational Fair & Cruise Night takes place on Wednesday, August 23rd at Sunderland's Riverside Park from 4 to 7 p.m. (Rain date is August 30th).

In addition to the classic cars and trucks on display during the cruise night portion of the event, the South County Senior Center will be hosting our informational vendors from organizations and groups across Franklin County and western Massachusetts.

Here's a preview of some of the vendors ahead of the event:

LifePath: A leading nonprofit organization in elder services, LifePath offers a wide range of services. These include information and consultations such as for health insurance (SHINE), mental health services, care at home, Meals on Wheels and other nutrition programs as well as benefits counseling, caregiver grants, and Rides for Health. *101 Munson St., Suite 201, Greenfield, MA, 01301. Open Monday-Friday, 9-5. Phone: 413-773-5555.*

Upper Pioneer Valley Veterans' Services District: The mission statement of the Department of Veterans' Services is to "advocate on behalf of all the Commonwealth's veterans, provide them with quality support services and to direct an emergency financial assistance program for those veterans and their dependents who are in need." The Upper Pioneer Valley Veterans' Services District connects veterans with important services such as connecting about financial benefits for veterans and their spouses. *294 Main St., Greenfield, MA, 01301. Open Monday-Friday, 8:30 a.m. to 5 p.m. 413-772-1571.*

Franklin Regional Transit Authority (FRTA): Not only does the FRTA cover the greatest distance at 1,121 square miles of service coverage for a regional transit authority, but it also serves 41 communities throughout Franklin, Hampden, Hampshire, and Worcester Counties. For the past several years (in response to the COVID-19 pandemic) there has been a no-cost fare for fixed routes on FRTA buses, which continues today. Other services include the Med-Ride program, which is available to Franklin County residents 60 or older for rides to medical appointments as well as a demand response van (also for people 60 and older) for transportation. *12 Olive St., Suite 1, Greenfield, MA, 01301. 413-774-2262.*

For more information, you can speak with me, Outreach Coordinator Chris Goudreau – at the Senior Center. You can also reach me via phone at (413) 768-1066 or email at scoc@town.deerfield.ma.us.

We are currently providing two classes with funding through LifePath and EOE - **Enhanced Fitness & Chair Yoga**. These classes are funded through September 30, 2023. We will know later this summer if our grants will be continued past this date. Thank you for completing the paperwork we've been providing. It goes for grant reporting as part of receiving this funding. We will keep you posted.



Good news to share! We've received \$1,000 from the Fred G. Wells grant for the 2024 fiscal year. This grant will be split equally between our Healthy Bones & Balance class and our Tai Chi class. This grant will provide these two classes at no cost to participants through August 30th, 2023.

Donation Policy Posting

Enhanced Fitness & Chair Yoga which you are taking part in is funded in whole or in part with funds from the federal Older Americans Act. The Act maintains that elders be provided an opportunity to donate for services. Your program instructor will provide you with a container in a private location to use for voluntary and confidential donations or send you a letter with instructions about how to donate, if you choose to do so. Your services shall in no way be affected by your choices in regard to voluntary donations. Any donations received will remain with the program, for expansion of services. Participant contributions are the largest source of program income. We wish to thank you in advance for any support you might choose to provide. Any questions regarding the policy stated above may be directed to Lynne Feldman, Planner, LifePath, at 413.773.5555, ext. 2215.

Grievance Notice

All persons who feel they have wrongly been denied services under the Older Americans Act, Title III Programs funded in full or in part by LifePath/Area Agency on Aging and by the Executive Office of Elder Affairs have the right to file a grievance. Please contact Jennifer Remillard at 413.665.2141.

If your issue cannot be resolved with Jennifer, please call Lynne Feldman, Planner, LifePath, at 413.773. 5555, ext. 2215 for details on how to file.

The Older Americans Act Title III Programs offered at the South County Senior Center are Enhanced Fitness & Chair Yoga.

Animals from Firefly Fields petting zoo at our Summer Carnival



In collaboration with Cadence Yoga Center, we continue to offer **Chair Yoga** on **Mondays at 1pm** and **Healthy Bones and Balance in Motion** on **Wednesdays at 11 am** at 289 Amherst Road (RTE 116) Sunderland. There is no fee for Chair Yoga. It is funded by grants through LifePath and EOEA. **Thanks to receiving another Fred Wells Grant, the Healthy Bones & Balance in Motion class is free through August 30th.** For more information on classes, please contact Alison at 413.265.5395.

Tai Chi classes are ongoing through our instructor, Mari Rovang. Join us every **Thursday at 1pm**, at the Whately Town Hall (**194 Chestnut Plain St., Whately**). **Thanks to receiving another Fred Wells Grant, Tai Chi is free through August 30th.** All are welcome! Contact Mari at 978.544.7693 or 413.522.7792 for details.

Enhanced Fitness continues to be offered at no costs on **Mondays, Wednesdays, and Fridays at 9 am**, 29 Sugarloaf St., S Deerfield. This class is funded by grants through LifePath and EOEA.

By the Seat of Your Dance

Good news! Our Wednesday Seated Dance classes are back. What is seated dance? It is a form of dance where participants warm-up their bodies, Dance and stretch all in the security of their chair. We start each class with a pun, joke or riddle. *Laughter is essential.*

This approach to dance was originally designed for people with mobility issues. Although, anyone can enjoy this type of Dance form for their own enjoyment.

It is a wonderful, fun way to exercise! Join Kathy Steinem on *** **Mondays at Noon & Wednesdays at 10 am (except 2nd Wednesday of the month)***** at 29 Sugarloaf St., S Deerfield.

The fee for this class is \$3.

SEATED VOLLEYBALL

What would summer be without a volleyball game? Skip the sunburn and sand in your suit by playing a game indoors with us! We'll be playing a game of seated volleyball on



Wednesday, 7/19, 11 am, 29 Sugarloaf St., S Deerfield. We'll use beach volleyballs, chairs, and a net.

Men's Social Hour

Get together with friends at the South County Senior Center for a Men's Social Hour on **Fridays, 7/7 & 8/4, 10:30 am**, 29 Sugarloaf St., S Deerfield. Light refreshments will be served. Topics of conversation will be self directed.



Arts & Crafts

Join us **Wednesday, 7/5, 11 am**, 29 Sugarloaf St., S Deerfield, to create wooden garden signs to decorate your garden!

Join us on **Wednesday, 8/23, 11 am**, 29 Sugarloaf St., S Deerfield to create pom pom dogs for the dog days of summer. **RSVP by 8/18.**

RSVP with Staff at Center or by calling Sue at 413.665.9508

Donations welcome for supplies



Celebrate National Mac & Cheese Day

Join us on **Friday, 7/14, 11am, 29 Sugarloaf St., S Deerfield** as we celebrate National Mac & Cheese Day. How are we are celebrating this day? With a tasting of delicious versions of Mac & Cheese of course! **Send in your favorite recipe by Monday, 7/10** and we'll make it to share with you!

To ensure we have enough food, please **RSVP by 7/13** with Staff at Center or by calling Jen at 413.665.2141 or Sue at 413.665.9508.

Walking Group & Support the Walk MA Challenge

Beginning May 1st, the Walk MA Challenge website & competition was up and running. Last year, the South County Senior Center won \$500 towards fitness programming. Will you help us win again? Visit walkmachallenge.org to register. Enter your town for your COA (Deerfield, Sunderland, or Whately).

Select the challenge you wish to completed.

To help keep up with your miles & steps, join our **Walking Group on Monday,**

Wednesday & Friday, 10 am, 29 Sugarloaf St., S Deerfield. Staff will lead the walk. *We will be going on a mystery walk on 7/21 & 8/18.*



Ice Cream Social

The summer months have been hotter than ever in recent years. Cool off and enjoy a refreshing sweet treat with us at the South County Senior Center on

Wednesday, 8/30 at 11 am. We'll enjoy a dish of ice cream with all the toppings! Need a ride? Call Chris at 413.768.1066 by Monday,



Suggested Donation \$2

adventure awaits

Looking for a fun and relaxing way to spend a day outdoors? Join us for fun in the park! Tickets are \$15 and include:



***Admission & Parking**

***Park Activities (pedal boats, mini-golf, train ride)**

***Picnic Sites with a BBQ lunch**

Enjoy a catered BBQ lunch provided by the Friends of Deerfield (also included in the price). Make some unforgettable memories with your SCSC family and friends at Look Park! We will have unlimited use of the park activities.

Purchase your ticket & reserve your van seat (limited to 7) by **7/10/23** at Center or by calling 413.665.2141. You can meet us there if you prefer. Parking passes will be distributed after 7/10.

Take a journey through history on a venture to the Springfield Armory Historic Site on the campus of STCC on **Friday, 8/25**. We will be taking the SCSC van on a tour of this historic Armory. *Admission is free.* We will leave the Sunderland office at 9:30 am and arrive at the Armory by 10:15 am. Feel free to meet us there if you prefer.

We will tour the museum and then go to Frigo Foods (an Italian deli) for lunch (you will buy your own lunch, or pack a lunch to bring if you prefer). Weather permitting, we will eat lunch at the Riverfront Park in Springfield.

Register for the trip & reserve your van seat (limited to 7) by **8/16/23** at Center or by calling 413.665.2141. You can meet us there if you prefer to drive yourself.





Donations come in many forms. Whether your donation is monetary, time, supplies, or another type of contribution, we are very grateful to you! Our Center continues to be successful because of the amazing support we receive. We would like to thank the following organizations, businesses and individuals: Franklin County Sheriff's Office TRIAD, SC TRIAD, Friends of Deerfield, Deerfield 350th Committee, Atlas Farm Store, Leo's Table, SD Memorial Day Committee, the entire DES First Grade Class, LTS Tools, Whatley PD, Sunderland PD, Deerfield PD, Hampshire County Sheriff's Office, Betty & Tom Niedzwiecki, Irene Jordan, Gina Deschaine Stone & Tom Stone, Barb Pelis, LaSalle's Florist, Nancy Winter, Maryann Sadoski, Linda Rowe, Nancy & Gerry Paciorek, Carol Ryan, Kay Demers, Joan Gabriel, Maxine Young, Louis Misiun, Pat Misiun, Sandra Connor Misiun, Terry Misiun, David Rohrs, Rodney Patten, Hank Pydych, Sharyn Paciorek, Peg Warner, Ruth & Wally Sadowsky, Steve Helgerson, Jennie Allard, Mike Urkiel, Tim & Joanne Kuzdal, Danielle Corey, Stan Stokarski, and to everyone who has been generous with their time.

Cribbage Tourney

Our Cribbage winner for May is Matt Jakutowicz. Congrats, Matt! Our winner for June is Steve Perkins. Congrats, Steve!

Be sure to join us on **7/21 and 8/18 at 10 AM** sharp for our monthly cribbage tourneys. Beginners welcome!

Will you be our next winner?

Coffee with the Director

Join Jennifer at our 22 Amherst Rd., Sunderland location on **Tuesdays, 7/18 & 8/15 at 10 am** to talk about the ongoings at the South County Senior Center. Share ideas about events or programs you'd like to see, talk about current classes, concerns about the SCSC. Jennifer will share details about the ongoings behind the scenes. Light refreshments will be served. *Need free transportation to the event? Call Chris at 413.768.1066 to request it by Friday, 7/14 & 8/11*



Informational Highlights

Standing Weekly Programs

• **Mondays**

- 9 am - **Enhanced Fitness**, 29 Sugarloaf St., S Deerfield
- 10 am - **Bingo**, 29 Sugarloaf St., S Deerfield
- 10 am - **Walking Group**, 29 Sugarloaf St., S Deerfield
- 12 pm - **By the Seat of Your Dance**, 29 Sugarloaf St., S Deerfield
- 1 pm - **Chair Yoga**, 289 Amherst Rd., Sunderland, Cadence Yoga
- 2-4 pm - **Drop In**, SCSC, 22 Amherst Rd., Sunderland

• **Wednesdays**

- 9 am - **Enhanced Fitness**, 29 Sugarloaf St., S Deerfield
- 10 am - **Farm Stand**, 29 Sugarloaf St., S Deerfield
- 10 am - ***Class is Restarting* (Except the 2nd Wednesday of each month) By the Seat of Your Dance**, 29 Sugarloaf St., S Deerfield
- 10 am - **Walking Group**, 29 Sugarloaf St., S Deerfield
- 11 am - **Healthy Bones & Balance in Motion**, 289 Amherst Rd., Sunderland, Cadence Yoga
- 2-4 pm - **Drop In**, SCSC, 22 Amherst Rd., Sunderland

• **Thursdays**

- 1 pm - **Tai Chi**, 194 Chestnut Plain Road, Whately. For more info call Mari at 978.544.7693.

• **Fridays**

- 9 am - **Enhanced Fitness**, 29 Sugarloaf St., S Deerfield
- 10am - **Walking Group**, 29 Sugarloaf St., S Deerfield

Standing Monthly Programs

First Thursdays

- **Brown Bag**, Deerfield Town Hall, 8 Conway St., S Deerfield. Are you interested in becoming a new recipient or learning more about the program? Call 413.665.2141.
- **Foot Clinic**, Deerfield Town Hall, 8 Conway St., S Deerfield, by appointment only. To make an appointment please call 413.665.9508.

First and Third Fridays

- **YMCA Blood Pressure Self-Monitoring Program**, 29 Sugarloaf St., S Deerfield. No appointment necessary. This program is funded through a grant with the Franklin YMCA.

Second Wednesdays

- **Franklin Area Survival Center Food Pop Up Pantry, July 12th & August 9th, 10:30 am**, 29 Sugarloaf St., S Deerfield ****The truck arrives between 10:30-11AM****

July/August Programs

- **Grab and Go meals** continue daily from **11-11:45 am**, 29 Sugarloaf St., S Deerfield. Place your order 2 days in advance by calling Cathy at 413.665.5063. Unable to pick up your order? Please call 413.665.5063.
- **Arts & Crafts, July 5th & August 23rd, 11 am**, 29 Sugarloaf St., S Deerfield
- **Men's Social Hour, July 7th & August 4th, 10:30 am**, 29 Sugarloaf St., S Deerfield
- **National Mac & Cheese Day, July 14th, 11 am**, 29 Sugarloaf St., S Deerfield

Informational Highlights

July/August Programs (continued)

- **Seated Volleyball, July 19th, 11 am**, 29 Sugarloaf St., S Deerfield
- **Fun in the Park, Look Park, July 20th, 10 am**, Look Memorial Park, Florence
- **Cribbage Tourney, July 21st & August 18th, 10 am**, 29 Sugarloaf St., S Deerfield
- **Franklin Regional Dog Shelter, August 2nd, 11 am**, 29 Sugarloaf St., S Deerfield
- **Hip Hop Dance with Rondae, August 11th, 11 am**, 29 Sugarloaf St., S Deerfield
- **National Tell a Joke Day Open Mic - August 16th, 10:30 am**, 29 Sugarloaf St., S Deerfield
- **South County Senior Center Second Annual Informational Fair & Cruise Night, August 23rd, 4-7pm** - Sunderland Riverside Park, 20 School St., Sunderland (rain date August 30th)
- **Springfield Armory Museum Field Trip, August 25th** - see page 6 for details
- **Ice Cream Social, August 30th, 10:30 am**, 29 Sugarloaf St., S Deerfield

SCSC 2nd Annual Informational Fair & Cruise Night

Join us on **Wednesday, 8/23, from 4-7 pm, Sunderland Riverside Park**, School St., to meet with more than 15+ community providers to answer your questions and provide beneficial resources for you or your loved one. Michael & Carrie Kline Musical Trio will provide the entertainment, and Paris & Ty's Food Truck will be selling delicious food! Enter your car to win awards & prizes. Car entry is free. Contact staff at Center or call 413.768.1066 for more information.

Admission is free.

We will have a rain date of 8/30.

Short Term Rehab Process

Are you curious about the Short Term Rehab process? We will be hosting Jillian Manning, a licensed social worker, on **Friday, 7/28 10:30 am**, 29 Sugarloaf St., S Deerfield to discuss admission to a skilled nursing facility for short term rehab, discharge planning and supportive services available in our region to ensure safety and success upon return home. Feel free to bring your questions, as there will be a question & answer segment after the presentation.

Sunshine Group

Do you have items taking up space in your home? The South County Sunshine Group will be hosting a pop up thrift store later this year and are looking for donations. Please email scsunshinegroup@gmail.com or contact Sandy Connor-Misiun at 413.695.8398 for more details.

TRANSPORTATION INFORMATION

Deerfield & Whately: Franklin Regional Transit Authority (FRTA) "Demand Response" Van available for seniors 60+ on Monday, Wednesday and Friday between **9am-4pm Monday through Friday from 5:30am to 7:30pm** and on **Saturday and Sunday from 9:30am to 5:30pm** for pick up/drop off to your home address. Reserve ride for your destination by calling 413.774.2262 Monday through Friday 8am to 3pm. Weekly van trips to Big Y are available on Monday mornings. Cost start at \$1.50. *LifePath clients ride for free anywhere. Rides to South County Senior Center are 1/2 fare.* Fixed Routes (large bus) have designated stops in Franklin and Hampshire County. Seniors show ID and pay 1/2 fare. *Fixed routes are now fare free through June 30, 2024.* Brochures available at Senior Center.

Sunderland: Provided by Pioneer Valley Transit Authority (PVTa) and Hulmes Transportation. Call 413.739.7436 preferably 2 days in advance or more. Services for seniors are Mon-Fri. 8:30am-4:30pm. More days and times available with approval. Call Springfield for information at 413.732.6248 ext. 214. Fee \$2.50-\$3.50.

American's with Disability Act (ADA) The FRTA's ADA Paratransit Services are for disabled individuals who live within 3/4 mile of our fixed route and cannot navigate or access our fixed route service due to their disability. Transportation is provided from your point of origin to your destination point and is available only during regular operating hours. ADA service is available on a "next day basis," but costs twice the fare amount of our regular fixed route service. Please contact our office at 413.774.2262 if you would like an application sent to you.

Med-Ride Program: Available to medical apt. outside the county for ambulatory elders 60+ who reside in Franklin County (not Sunderland). Volunteer drivers provide transportation using their own vehicles. Available Mon-Fri. 8am-5pm. For more information and to schedule ride, please call 413.774.2262 or 1.888.301.2262 dial O for customer service.

Valley Neighbors, serving Whately, Deerfield and Sunderland. Now offering rides and friendly support services to resident members 60 years plus. For more information please call: 413.453.9057, or visit: valleyneighbors.org

South County Senior Center Van: ***New Info*** To the Movies on March 14th & April 4th. Available Monday, Wednesday, Friday to Deerfield location Center (no transportation offered on Second Wednesdays). To Sunderland location Tuesday & Thursday. Call 413.768.1066 at least 2 days ahead to make your reservation.

If you or someone you know in Hampshire or Franklin County has a consumer problem or question, please contact:

The Northwestern District Attorney's
Consumer Protection Unit

413.774.3186 Franklin County
413.586.9225 Hampshire County www.Northwesternmda.org

Working in cooperation with the Office of the Attorney General



HEALTH INFORMATION

NURSE (Cindy) is available at the SCSC Mondays: 11am-12pm, Wednesdays: 9-12pm, 2nd & 4th Fridays: 9am-12pm. Call 665.1400 ext.8.

SHINE Serving Health Information Needs of Everyone counselor from LifePath is available for appointments in Greenfield Please call 413.773.5555 or SCSC 413.665.2141.

Free Collection of Drugs: Safely dispose unwanted medications at the Police Stations in Deerfield and Sunderland. No questions asked.

Amherst Survival Center Free Health Clinic, 138 Sunderland Rd (just off 116) is open to everyone on Mon. 12:30 - 1:30 pm and on Thurs. from 5- 6 pm. Ph.: 413.549.3968. Many more programs too!

AEIOU Urgent Medical Care for minor illness and injury. Most insurances accepted and self-pay fee starts at \$135. Located at 170 University Dr. in Amherst, Phone 461.3530 and 489 Bernardston Rd. in Greenfield, Phone 413.773.1394.

TRIAD of Franklin County has many assistive programs for seniors including: 911 emergency cell phones, medical equipment loans, house id numbers, smoke and carbon monoxide detectors, food and pet food needs, File of Life information cards, well-being checks and patrol stops to your home, and more. Call 413.774.4726 or Sharyn Paciorek at 413.665.3017.

Community Health Center: offers medical and dental care to all ages, regardless of insurance status or income. Located in Turners Falls, Orange, and Greenfield. Call: 413.325.8500

LifePath Inc. offers assistance through the Benefits Counseling program for income eligible seniors age 60 and up. Also, they can help file applications for fuel assistance and find additional ways to save you money. Call 413.773.5555.

Grab and Go Meals

For lunch reservations call before 10:00 am two days prior. For more information about menu you can call 413.773.5555 or email info@lifepathma.org. Dining Centers welcomes those who are 60 years and above with their spouses of any age. A donation of \$3.00 per meal is suggested.




| MON | TUE | WED | THU | FRI |
|---|---|---|--|--|
| 3 | 4 | 5 | 6 | 7 |
| Enhanced Fitness 9AM <u>BINGO 10AM</u> Walking Group 10AM <u>Seated Dance 12 PM</u> Chair Yoga 1PM |  | Enhanced Fitness 9 AM <u>Seated Dance 10AM</u> Walking Group 10AM <u>Wooden Garden Craft Signs with Sue 11AM</u> | Foot Clinic By Appointment <u>Brown Bag</u> Tai Chi 1 PM | Enhanced Fitness 9 AM Walking Group 10AM <u>Men's Social Hour 10:30 AM</u> |
| 10 | 11 | 12 | 13 | 14 |
| Enhanced Fitness 9AM <u>BINGO 10AM</u> Walking Group 10AM <u>Seated Dance 12 PM</u> Chair Yoga 1PM | | Enhanced Fitness 9 AM <u>Franklin County Survival Center Food Pop-Up 11 AM</u> | Tai Chi 1 PM | Enhanced Fitness 9 AM <u>Walking Group 10AM</u> <u>National Mac & Cheese Day - Taste Test at the SCSC 11AM</u> |
| 17 | 18 | 19 | 20 | 21 |
| Enhanced Fitness 9AM <u>BINGO 10AM</u> <u>Walking Group 10AM</u> <u>Seated Dance 12 PM</u> Chair Yoga 1PM | <u>Coffee with the Director 10AM</u> | Enhanced Fitness 9 AM <u>Walking Group 10AM</u> <u>Seated Dance 10AM</u> <u>Seated Volleyball 11AM</u> | <u>Picnic at Look Park 10AM</u> Tai Chi 1 PM | Enhanced Fitness 9 AM Walking Group 10AM <u>Cribbage Tourney 10 AM</u> <u>Cooking with Jen 11 AM</u> |
| 24 | 25 | 26 | 27 | 28 |
| Enhanced Fitness 9AM <u>BINGO 10AM</u> <u>Walking Group 10AM</u> <u>Seated Dance 12 PM</u> Chair Yoga 1PM | | Enhanced Fitness 9 AM <u>Walking Group 10AM</u> <u>Seated Dance 10AM</u> <u>Community Lunch 11AM</u> | Tai Chi 1 PM | Enhanced Fitness 9 AM <u>Walking Group 10AM</u> Jillian Manning - Long Term Admission & Discharge Care 10:30AM |
| 31 | | | | |
| Enhanced Fitness 9AM <u>BINGO 10AM</u> <u>Walking Group 10AM</u> <u>Seated Dance 12 PM</u> Chair Yoga 1PM | | |  | |

| MON | TUE | WED | THU | FRI |
|--|--------------------------------------|---|--|--|
| | 1 | 2 | 3 | 4 |
|  | | Enhanced Fitness 9 AM <u>Walking Group 10AM</u> Seated Dance 10AM <u>Franklin Regional Dog Shelter 11AM</u> | Foot Clinic By Appointment <u>Brown Bag</u> Tai Chi 1 PM | Enhanced Fitness 9 AM <u>Walking Group 10AM</u> Men's Social Hour 10:30AM |
| | 7 | 8 | 9 | 10 |
| Enhanced Fitness 9AM <u>BINGO 10AM</u> Seated Dance 12 PM <u>Chair Yoga 1PM</u> | | Enhanced Fitness 9 AM <u>Walking Group 10AM</u> Franklin County Survival Center Food Pop-Up 11 AM | <u>Rainbow Elders Luncheon 12PM</u> <u>Tai Chi 1 PM</u> | Enhanced Fitness 9 AM <u>Walking Group 10AM</u> <u>Hip Hop with Rondae 11AM</u> |
| 14 | 15 | 16 | 17 | 18 |
| Enhanced Fitness 9AM <u>BINGO 10AM</u> Seated Dance 12 PM Chair Yoga 1PM | <u>Coffee with the Director 10AM</u> | Enhanced Fitness 9 AM <u>Walking Group 10AM</u> Seated Dance 10AM <u>National Tell a Joke Day Open Mic 11AM</u> | <u>Tai Chi 1 PM</u> | Enhanced Fitness 9 AM <u>Cribbage Tourney 10 AM</u> |
| 21 | 22 | 23 | 24 | 25 |
| Enhanced Fitness 9AM <u>BINGO 10AM</u> Seated Dance 12 PM <u>Chair Yoga 1PM</u> | | Enhanced Fitness 9 AM <u>Walking Group 10 AM</u> <u>Seated Dance 10 AM</u> <u>Arts & Crafts 11 AM</u> Informational Fair & Cruise Night 4-7pm | <u>Tai Chi 1 PM</u> | Enhanced Fitness 9 AM <u>Springfield Armory Field Trip 10AM</u> |
| 28 | 29 | 30 | 31 | |
| Enhanced Fitness 9AM <u>BINGO 10 AM</u> <u>Seated Dance 12 PM</u> <u>Chair Yoga 1PM</u> | | Enhanced Fitness 9 AM <u>Walking Group 10 AM</u> <u>Seated Dance 10 AM</u> Ice Cream Social 11 AM <u>Informational Fair & Cruise Night Rain Date 4-7PM</u> | <u>Tai Chi 1 PM</u> | |

LIFEPATH CONGREGATE LUNCH MENU- JULY 2023

Suggested Voluntary Confidential Donation is \$3.00 per meal

PLEASE CALL YOUR MEAL SITE BEFORE 9:30AM ONE SERVING DAY AHEAD TO ORDER OR CANCEL A MEAL. Athol 978-249-9001, Bernardston 413-648-5319, Charlemont 413-834-7413, Greenfield 413-772-1517, Ext 2, New Salem 978-575-0116, Petersham 978-821-5549, Phillipston 978-652-5797, Royalston 978-249-9656, Shelburne 413-625-6266, South County 413-665-5063.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| 3 mg Sodium Chicken Souvlaki 456 Seasoned Orzo 4oz 38 Zucchini 4oz 5 Wheat Bread 90 Mandarine Oranges 7 Total Sodium (mg): 755 Calories: 786 | 4 mg Sodium Independence Day Holiday NO MEALS SERVED  | 5 mg Sodium Alaskan Breaded Pollock 190 w/ Tartar Sauce & Lemon 70 Rice Pilaf 1/2cup 99 Carrots 4oz 77 Wheat Bread 90 Pears 5 Total Sodium (mg): 690 Calories: 776 | 6 mg Sodium Hamburger 259 American Cheese 184 Lettuce, Tomato, & Ketchup 82 Hamburger Roll 180 Summer Blend Vegetables 4oz 67 Summer Potato Salad 4oz 65 Blueberry Parfait 170 Total Sodium (mg): 1166 Calories: 1056 | 7 mg Sodium Lasagna* 557 Chicken Meatball 70 Italian Blend Veg 4oz 19 Tossed Garden Salad 4 oz 168 Apple Cinnamon Muffin 190 Fresh Fruit (Orange) 0 Total Sodium (mg): 1164 Calories: 762 |
| 10 mg Sodium Spinach, White Bean, & Quinoa Stew* 11oz 637 Green Beans 4oz 3 Wheat Bread 90 Fresh Fruit 0 Total Sodium (mg): 891 Calories: 739 | 11 mg Sodium Mediterranean Cod 6oz 239 Seasoned Orzo 4oz 38 Zucchini & Cauliflower 4oz 6 Multigrain Bread 150 Chocolate Pudding 195 Total Sodium (mg): 787 Calories: 780 | 12 mg Sodium Macaroni & Cheese* 11oz 548 Broccoli 1/2cup 12 Multigrain Bread 150 Mixed Fruit 3 Total Sodium (mg): 874 Calories: 785 | 13 mg Sodium Chicken Cacciatore* 6oz 644 Seasoned Noodles 1/2cup 40 Italian Blend Veg 4oz 19 Dinner Roll 180 Fig Bar 149 Total Sodium (mg): 1192 Calories: 792 | 14 mg Sodium Meatloaf 4oz 116 w/ Mushroom Gravy 3oz 122 Mashed Potatoes 1/2cup 68 Carrots 4oz 77 Wheat Bread 90 Peaches 8 Total Sodium (mg): 611 Calories: 848 |
| 17 mg Sodium Greek Chicken* 4oz 561 Rice Pilaf 1/2cup 99 Italian Blend Veg 4oz 19 Dinner Roll 180 Pears 5 Total Sodium (mg): 1023 Calories: 720 | 18 mg Sodium American Chop Suey 10oz 449 Carrots 4oz 77 Wheat Bread 90 Fresh Fruit (Orange) 0 Total Sodium (mg): 776 Calories: 985 | 19 mg Sodium Wild Salmon 3oz 67 w/ Teriyaki Sauce* 4oz 629 Lo Mien Noodles 4oz 58 Asian Blend Veg 4oz 9 Dinner Roll 180 Tapioca Pudding 183 Total Sodium (mg): 1286 Calories: 739 | 20 mg Sodium Hot Dog* 550 Coleslaw 45 Baked Beans 1/2cup 140 Hot Dog Roll 165 Ketchup, Mustard, Relish 218 Peaches 8 Total Sodium (mg): 1256 Calories: 872 | 21 mg Sodium Vegetarian Lentil Stew 8oz 486 Green Beans 4oz 3 Tossed Garden Salad 4oz 168 Dinner Roll 180 Chocolate Chip Cookie 60 Total Sodium (mg): 1058 Calories: 761 |
| 24 mg Sodium Breaded Alaskan Pollock 190 Lemon Wedge 0 Roasted Potatoes 1/2cup 68 Mixed Vegetables 4oz 56 Multigrain Bread 150 Peaches 8 Total Sodium (mg): 632 Calories: 770 | 25 mg Sodium Baked Ziti* 9oz 744 Chicken Meatball 70 Brussels Sprouts 1/2cup 17 Wheat Bread 90 Pears 5 Total Sodium (mg): 1085 Calories: 774 | 26 mg Sodium Aloha Chicken 6oz 290 Rice Pilaf 1/2cup 99 Carrots 4oz 77 Dinner Roll 180 Fresh Fruit 0 Total Sodium (mg): 806 Calories: 706 | 27 mg Sodium Beef Pot Roast w/ Gravy 120 Mashed Potatoes 1/2cup 68 Beets 1/2cup 185 Wheat Bread 90 Cupcake 170 Total Sodium (mg): 792 Calories: 906 | 28 mg Sodium Broccoli & Cheese Bake 475 Potato Wedges 27 Green Beans 4oz 3 Wheat Bread 90 Vanilla Pudding 174 Total Sodium (mg): 929 Calories: 934 |
| 31 mg Sodium Roasted Turkey w/Gravy* 5oz 617 Mashed Potatoes 1/2cup 68 Mixed Vegetables 4oz 56 Dinner Roll 180 Ambrosia Pudding 3 Total Sodium (mg): 1084 Calories: 756 | |  | ALL MEALS INCLUDE: 8 oz 2% MILK containing 130 mg Sodium & 130 Cal AND 1 pat of MARGARINE containing 30 mg Sodium & 30 Cal Sodium & Calories included in totals for each meal |  |

Sodium Levels are listed next to each individual menu item. Meals are based on a No Added Salt (3000 - 4000mg sodium diet) for healthy older adults.

If you have a concern regarding the sodium, contact the Nutritionist for guidance on managing your intake to meet your diet requirements at 413-773-5555, Ext. 2415.

*Indicates higher sodium items greater than 500mg.


Due to availability, menu subject to change without notice.

LIFEPATH CONGREGATE LUNCH MENU- AUGUST 2023

Suggested Voluntary Confidential Donation is \$3.00 per meal

PLEASE CALL YOUR MEAL SITE BEFORE 9:30AM ONE SERVING DAY AHEAD TO ORDER OR CANCEL A MEAL. Athol 978-249-9001, Bernardston 413-648-5319, Charlemont 413-834-7413., Greenfield 413-772-1517, Ext 2, New Salem 978-575-0116, Petersham 978-821-5549, Phillipston 978-652-5797, Royalston 978-249-9656,

Shelburne 413-625-6266, South County 413-665-5063.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
|  | 1 mg Sodium Chicken & Veg Stir Fry 8oz 453 Jasmine Coconut Rice 9 Snack n' Loaf 160 Pears 5 | 2 mg Sodium Stuffed Shells, 2 each 390 w/ Tomato Sauce 3oz 354 Chicken Meatball 70 Tuscany Blend Veg 47 Multigrain Bread 150 Fresh Fruit 1 | 3 mg Sodium Hamburger 259 American Cheese 184 Ketchup 82 Hamburger Roll 180 Green Beans 3 Potatoes O'Brien 32 Pineapple 9 | 4 mg Sodium Cod w/ Broccoli Cheese Sauce 5oz 450 Italian Roasted Potatoes 4 Broccoli 12 Wheat Bread 90 Brownie 297 |
| | Total Sodium (mg): 786 Calories: 795 | Total Sodium (mg): 1125 Calories: 617 | Total Sodium (mg): 879 Calories: 830 | Total Sodium (mg): 1014 Calories: 760 |
| | 7 mg Sodium Broccoli & Mushroom Frittata 1pc 181 Whipped Sweet Potatoes 27 Summer/Spring Blend Veg 67 Blueberry Snack n' Loaf 160 Fig Bar 35 | 8 mg Sodium Honey Mustard Chicken 473 Seasoned Orzo 4oz 38 Brussels Sprouts 17 Multigrain Bread 150 Pineapple 9 | 9 mg Sodium Unstuffed Pepper Casserole 224 Tuscany Blend Veg 47 Multigrain Bread 150 Fresh Fruit 1 | 10 mg Sodium Wild Salmon 3oz 67 w/ Lemon Garlic Cr Sauce 2oz 246 Mashed Potatoes 68 Zucchini & Cauliflower 6 Wheat Bread 90 Peaches 8 |
| Total Sodium (mg): 630 Calories: 899 | Total Sodium (mg): 847 Calories: 727 | Total Sodium (mg): 582 Calories: 703 | Total Sodium (mg): 645 Calories: 767 | Total Sodium (mg): 1175 Calories: 890 |
| 14 mg Sodium Potato Crunch Pollock 4oz 337 Lemon Wedge 0 Red Bliss Potatoes 8 Peas 84 Wheat Bread 90 Peaches 8 | 15 mg Sodium Vegetarian Lentil Stew 8oz 486 Green Beans 3 Dinner Roll 180 Vanilla Pudding 174 | 16 mg Sodium Barbeque Chicken* 5oz 662 Macaroni & Cheese 4oz 199 Coleslaw 45 Corn Bread 180 Watermelon 2 | 17 mg Sodium Cheese Ravioli 3pc 190 w/ Tomato Sauce 3oz 354 Brussels Sprouts 17 Birthday Cupcake 170 | 18 mg Sodium Beef Burgundy 8oz 170 Mashed Potatoes 68 Jardiniere Vegetables 32 Fresh Fruit 1 |
| Total Sodium (mg): 688 Calories: 798 | Total Sodium (mg): 1003 Calories: 877 | Total Sodium (mg): 1248 Calories: 821 | Total Sodium (mg): 891 Calories: 654 | Total Sodium (mg): 611 Calories: 801 |
| 21 mg Sodium Chicken w/ Sauteed Veg 7oz 347 Jasmine Coconut Rice 9 Blueberry Snack n' Loaf 160 Pears 5 | 22 mg Sodium Cheese Lasagna* 1pc 557 Chicken Meatball 70 Green Beans 3 Wheat Bread 90 Fig Bar 35 | 23 mg Sodium Fish (Pollock) Sandwich 6oz 190 Cheddar Cheese 1oz 185 Tartar Sauce 1pk 70 Tuscany Blend Veg 47 Burger Roll 180 Pineapple 9 | 24 mg Sodium Roasted Turkey w/ Gravy* 5oz 617 Mashed Potatoes 68 Fiesta Blend Vegetables 23 Wheat Bread 90 Cranberry Sauce 1 Mixed Fruit 3 | 25 mg Sodium Beef Stroganoff 8oz 139 Seasoned Noodles 1/2cup 40 Brussels Sprouts 17 Wheat Bread 90 Tapioca Pudding 183 |
| Total Sodium (mg): 680 Calories: 770 | Total Sodium (mg): 915 Calories: 858 | Total Sodium (mg): 838 Calories: 828 | Total Sodium (mg): 962 Calories: 703 | Total Sodium (mg): 668 Calories: 834 |
| 28 mg Sodium Breaded Chicken Bites 4pc 456 Roasted Potatoes w/ Red Peppers & Onions 10 Zucchini 5 Dinner Roll 180 Vanilla Pudding 174 | 29 mg Sodium Mediterranean Cod 6oz 239 Seasoned Orzo 38 Broccoli & Cauliflower 14 Tossed Garden Salad 168 Dinner Roll 180 Oatmeal Raisin Cookie 75 | 30 mg Sodium Beef Hot Dog * 550 Hot Dog Roll 165 Ketchup, mustard, relish 218 Coleslaw 45 Baked Beans 140 Fresh Fruit 1 | 31 mg Sodium Beef Meatloaf 4oz 116 w/ Gravy 46 Mashed Potatoes 68 Carrots 77 Dinner Roll 180 Mixed Fruit 3 | ALL MEALS INCLUDE: 8 oz 2% MILK containing 130 mg Sodium & 130 Cal AND 1 pat of MARGARINE containing 30 mg Sodium & 30 Cal Sodium & Calories included in totals for each meal |
| Total Sodium (mg): 984 Calories: 770 | Total Sodium (mg): 875 Calories: 692 | Total Sodium (mg): 1249 Calories: 892 | Total Sodium (mg): 650 Calories: 860 | |

Sodium Levels are listed next to each individual menu item. Meals are based on a No Added Salt (3000 - 4000mg sodium diet) for healthy older adults.

If you have a concern regarding the sodium, contact the Nutritionist for guidance on managing your intake to meet your diet requirements at 413-773-5555, Ext. 2415.

*Indicates higher sodium items greater than 500mg.

Due to availability, menu subject to change without notice.



LifePath
options for independence



Rainbow Elders August 10th, 2023 Luncheon in Sunderland!

The Rainbow Elders of LifePath will gather for a meal and conversation at SCSC's accessible space at 22 Amherst Road (Rte. 116) in Sunderland on **Thursday, August 10th**. Folks are welcome to arrive by noon, and we will share food together around 12:30 p.m. Feel free to inquire if you need directions.

We will offer as safe a setting as possible. HEPA air purifiers will be in use, and windows can be opened if needed. We'll provide test kits, masks, and hand sanitizer, but we won't inquire about vaccination status. We ask that you monitor your health in advance by testing (if you can) and staying home if you do not feel well. Mask wearing while we are together will be encouraged, except when eating or drinking—and please feel free to practice as much social distancing as you need. Thanks!

We will offer beverages and a meal that will be provided by LifePath's Nutrition Program. We will be happy to provide alternate menu items, if they are requested in advance and we can manage to obtain them. You are also welcome to bring your own lunch. **Please register by the end of the day Sunday, August 6th**, at: [Rainbow Elders Luncheon Club Tickets, Multiple Dates | Eventbrite](#)

The menu this month is egg salad, tossed garden salad, garden shell pasta salad, snack n' loaf, lorna doones!

A suggested voluntary donation for those 60 years and over will be \$3. For those younger than 60, we request \$8. No one will be turned away for lack of funds.

For more information contact 413.773.5555, X1242 or 978.544.2259 X1242. You may also contact scsc@town.deerfield.ma.us or 413-665-2141. To sign up to receive weekly Rainbow Elders updates, visit <https://lifepathma.org/rainbowelders>.

The Rainbow Elders serve LGBTQIA+ elders (50+) and friends in the Franklin-North Quabbin region and beyond with in-person and virtual programming.

L = Lesbian, G = Gay, B = Bisexual, T = Transgender, Q = Questioning or Queer, I = Intersex, A = Agender, Asexual, Aromantic, and Allies

