

SOUTH COUNTY SENIOR CENTER NEWSLETTER SEPTEMBER/OCTOBER 2024

Monthly Musings from the Director

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

As summer gracefully makes its exit and fall whispers its arrival, I find myself reflecting on the concept of renewal — through a single, guiding word I chose for 2024: creativity. This year, I've immersed myself in the boundless wonders of nature, discovering inspiration in the smallest details that often go unnoticed.

Have you ever paused to marvel at a freshly spun spiderweb, glistening with morning dew like a delicate lacework of nature's design? Or observed a bumblebee or hummingbird flitting among flowers, their tireless dance a testament to nature's vibrant artistry? These moments, seemingly ordinary, are profound reminders of the creativity that flourishes all around us.

In this spirit of inspiration, I am happy to share we are infusing our Center's programming with new opportunities for artistic expression. Starting this month of September, we are launching fine arts classes that will include both painting and drawing. These classes are not merely a chance to create; they are a pathway to enhancing cognitive function and memory, as research shows that engaging in art can enrich our mental acuity and well-being.

Thanks to the support of our Hybrid Programming grant, we are able to offer these classes to a wider audience at no cost. You'll find detailed information in our upcoming newsletter. If you prefer to join us from the comfort of your home, we are also providing virtual options. Simply let us know at registration, and we will send you the links. For those who may need assistance navigating Zoom, please contact Tom at scpa@town.deerfield.ma.us or call 413.665.9508.

As you may know, a \$75,000 grant was awarded to the Town of Deerfield for the completion of a feasibility study for a new Senior Center. Our Board of Oversight, our SCSC Staff, and staff from our 3 towns are working with edMSTUDIO to ensure this happens. We will be hosting an Open House with them on **Wednesday, 10/2, 9 am - 12 pm**, 22 Amherst St., Sunderland. This event will be open to the public to ask questions and allow for the public to provide input to the architects.

Jennifer

Sunderland: See the calendar for Open Hours. Changes are due to programs - 22 Amherst Rd., Sunderland

Mailing Address: 22 Amherst Rd., P.O. Box 225, Sunderland, MA 01375

Our events take place at various locations throughout South County Monday - Friday. See newsletter for event details.

A Surprise 50-Year Reunion While Playing Cribbage

By Chris Goudreau

Nanci Schwartz and Maggie Vidrine had just finished playing a game of cribbage during the South County Senior Center's monthly cribbage tournament on July 18th. They started up a conversation and were surprised to discover that they had been roommates in Amherst more than 50 years ago.



Maggie Vidrine & Nanci Schwartz

Schwartz, a resident of South Deerfield, said she was “gobsmacked” to realize that sitting across from her was her roommate from 1974. Vidrine, who lives in Gill, came to the discovery after another Senior Center member spoke Schwartz’ last name out loud.

“As soon as I figured out you were you, I could see it,” Schwartz said to Vidrine.

Schwartz said she moved into the Amherst apartment with Vidrine, and another roommate named Ellen, in January 1974. Their unit in Brandywine Apartments overlooked a pond. They also shared their home with Vidrine’s two Siamese cats – Baer and Sam.

Schwartz was studying architectural design at the University of Massachusetts Amherst, while Vidrine worked at the college – staying for 35 years before retiring as director of grant and contract administration.



“My most familiar memory is you and I hanging out listening to music and talking in the living room,” Vidrine said to Schwartz. “Just enjoying each other’s company.”

Schwartz said they would often make dinner together, host parties, and frequently go to music concerts together. One of the most memorable concert trips together was to see singer-songwriter Jackson Browne in Boston.

“We just had a blast,” she said.

Now that Schwartz and Vidrine have reunited, they plan on meeting up again every month at the South County Senior Center for the monthly cribbage tournament to reminisce as long-lost friends and form new memories together.

“The senior center works,” Schwartz said. “It brings people together.”

Do you have a story you’d like to share about making friends or reconnecting with someone at the South County Senior Center? Contact Chris Goudreau at scoc@town.deerfield.ma.us or by calling 413.768.1066 to have your story featured in our newsletter. We’d love to hear from you!



Outreach Corner

The diagnosis of diseases like Alzheimer's or other types of dementia often impact the whole family – as navigating healthcare and resources to assist with the progression of the illness can be challenging, but thankfully, there are local resources available to help. Reach out to me, Chris Goudreau, if you need assistance with any resources: 413.768.1066 or scoc@town.deerfield.ma.us.

Here's a list of some local organizations that support dementia patients, their caregivers, and family members:

Memory Disorders Program at Baystate Medical Center

330 Main St., Suite 4A, Springfield, MA, 01199. (413) 794-7035

The Memory Disorders Program at Baystate Medical Center in Springfield is a program that focuses on providing a location for elders experiencing memory problems or signs of dementia to have a complete evaluation. The program team consists of neuropsychologists, neurologists, psychiatrists, and a clinical nurse specialist. The team provides a comprehensive diagnosis, treatment, and referral services for older adults with memory loss. Appointments can be scheduled through Baystate's central intake office by calling 413.794.5555 between 8 am and 4:30 pm from Monday through Friday.

LifePath's Home Care & Dementia Support Programs

101 Munson St., Suite 201, Greenfield, MA, 01301. 413.773.5555. Info@LifePathMA.org.

LifePath's Home Care program provides comprehensive case management and services for older adults to live independently. Support services include a personalized plan of care for individuals residing at home such as home-making, personal care, laundry, shopping, meal preparation, adult day health, Alzheimer's/dementia coaching, nursing and transportation.

With its dementia coaching, LifePath offers a way to build community to help in the challenges of caregiving. There's a free Dementia Caregiver Support Group that takes place every Thursday from 10 to 11 am led virtually by Linda Puzan (LICSW) with LifePath. Call 413.773.5555 for more information.

LifePath also offers one-on-one dementia coaching through home visits, telephone, or videoconferencing. During a session, caregivers are given tips for handling changes in behavior, while also receiving suggestions to help cope with the disease as it progresses.

Alzheimer's Foundation of America

Phone: 866.232.8484 Email: info@alzfdn.org Website: <https://alzfdn.org>

The Alzheimer's Foundation of America (AFA) is a national organization dedicated to providing support, services, and education about Alzheimer's disease and related dementia to individuals, families, and caregivers.

Some of the resources available through AFA include a helpline, support groups, a dementia diagnosis roadmap, memory screening and webinars for dementia caregivers.

Dementia Society of America

Phone: 1.800.DEMENTIA Website: <https://www.dementiasociety.org>

Another national nonprofit organization is the Dementia Society of America, which provides dementia education and resources. The volunteer-driven organization connects families and caregivers with support near them. The organization offers "The Big Umbrella" - a guide to understanding dementia, care, and planning.

At our Center, we're incredibly fortunate to have a diverse and dedicated community of volunteers who generously donate their time and resources to ensure our success. Whether you're contributing financially, volunteering your time, donating supplies, or offering any other form of support, your commitment is truly appreciated.

Each day, we witness the impact of your contributions as our Center thrives and flourishes. It's because of your generosity and selflessness that we're able to provide vital services and programs to our community. Thank you to Yankee Candle for their recent donation of two top of the line Calphalon pans and a spatula. These will come in handy as we prepare food for many events!

While we would love to individually thank each and every one of our supporters, the list would be endless. So, to all of our wonderful volunteers, donors, and supporters, please know that your efforts do not go unnoticed or unappreciated. From the bottom of our hearts, thank you for everything you do to make our Center a vibrant and welcoming place for all.



Cribbage Tourney

Get ready for an exhilarating Cribbage Tournament at our Sunderland location, 22 Amherst Rd! We're shifting gears to ensure everyone can fully immerse themselves in the game, kicking off bright and early at **10 am**. No need to worry about time constraints—we'll play until the last hand is played, making for an intense and enjoyable experience. Mark your calendars for **September 6th and October 18th**, and join us for thrilling rounds of Cribbage. Whether you're a seasoned player or new to the game, there's excitement and camaraderie waiting for you. Bring your cards and competitive spirit as we gather for a day filled with strategy, skill, and friendly competition.

Our Cribbage winners:
for July - Patty Zoly; for August Charlie Decker.

Congratulations, Patty & Charlie!



COOKING WITH JEN

JOIN THE YEAR'S CULINARY
ADVENTURE WITH OUR
DIRECTOR JEN, WHO WILL
MAKE CRISPY ARANCINI BALLS
AND TACKLE A CHICKEN AND
VEGGIE STIR FRY. THERE'S ALSO
A SURPRISE DISH IN THE MIX!

FUNDED BY LIFEPAATH'S CSHF GRANT



TUESDAY, SEPTEMBER 3 FROM 1PM-2:30PM
THURSDAY, SEPTEMBER 19 FROM 10:30AM-12PM

SOUTH COUNTY SENIOR CENTER
22 AMHERST ROAD, SUNDERLAND

FOR MORE INFORMATION OR TO REGISTER, CONTACT
TOM PATRIA AT 413.665.9508 OR
SCPA@TOWN.DEERFIELD.MA.US



Footcare by Nurses Clinic

We're partnering with Footcare by Nurses to offer a monthly foot clinic. The nurses offer a 30 minute appointment for \$30. While they do not take insurance directly, their service may be reimbursable. The nurses complete lower limb assessments, assess shoes and socks and gait, trim toenails, reduce toenail thickness, reduce calluses, remove corns, address fungal toenails and skin issues, help with edema control, perform a circulation-enhancing massage, reset balance and fit some shoes for diabetics and hard to fit feet. They also provide a lot of education. Their services will be offered on the **first Thursday of each month** at **22 Amherst Rd., Sunderland**. Checks are payable to the Town of Deerfield. *If you do not provide a 48 hours cancellation, you will be charged for your appointments. Call 413.768.1066 or 413.665.9508 to make an appointment.*

*As of this newsletter, we're booking
into April of 2025!*



Knitting Circle

Classes both In-Person and Online

- Project for both Novices and Advanced Knitters
- Option to Create Full-Size or Lap Blankets

Group meets from 2pm to 3:30pm at the South
County Senior Center,
22 Amherst Road, Sunderland:

Friday, September 6 and 27

Contact Tom Patria at 413-665-9508 or
scpa@town.deerfield.ma.us

Zoom Information Provided at Registration
This program is funded by the EOE





MEET WITH SENATOR PAUL MARK

WHATELY TOWN HALL
194 CHESTNUT PLAIN RD

MONDAY, SEPTEMBER 9 @10:30AM
RSVP BY SEPTEMBER 6

PRESENTED BY THE
SOUTH COUNTY SENIOR CENTER

ALL RESIDENTS ARE WELCOME TO STOP BY FOR COFFEE
AND SNACKS AND SHARE THEIR THOUGHTS, OPINIONS,
AND/OR CONCERNS

TO REGISTER, CONTACT TOM PATRIA AT
413-665-9508 OR
SCPA@TOWN.DEERFIELD.MA.US

Painting with Julia

TAKE PART IN **FREE** PAINTING CLASSES WITH JULIA
SHIRAR ON TUESDAYS THIS SEPTEMBER!

SEPTEMBER 10, 17, 24
1:30PM TO 3:30PM

SOUTH COUNTY SENIOR CENTER
22 AMHERST ROAD, SUNDERLAND

HYBRID OPTION
*ASK TOM FOR
DETAILS!

FUNDED BY AN EOE A GRANT!



FOR MORE
INFORMATION OR
TO REGISTER,
CONTACT TOM
PATRIA AT
413.665.9508

OR
SCPA@TOWN.DEERFIELD.MA.US



THE BIG
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THE BIG E

THE BIG
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Tickets:
\$16

Tickets:
\$16



Friday, September 13
10am to 3pm

Bus Leaves South County Senior Center at 9:15AM

RSVP by September 11

Questions? Contact Tom Patria at
413-665-9508 or
scpa@town.deerfield.ma.us

THE BIG
E

THE BIG
E

DRAWING WITH CAMPBELL

TAKE PART IN **FREE** DRAWING CLASSES WITH
CAMPBELL LACKEY ON MONDAYS THIS SEPTEMBER!

SEPTEMBER 16, 23, 30: 1:30PM TO 3:30PM

SOUTH COUNTY SENIOR CENTER
22 AMHERST ROAD, SUNDERLAND

HYBRID OPTION: ASK TOM FOR DETAILS!

FUNDED BY A GRANT THROUGH THE EOE A!

FOR MORE INFORMATION OR TO REGISTER, CONTACT TOM PATRIA AT
413.665.9508: SCPA@TOWN.DEERFIELD.MA.US



iPad Basics

The South County Senior Center Presents iPad Basics
by Calm Computing

Learn Step-By-Step, Comprehensive iPad Instruction
for the Non-Tech-Savvy

TUESDAY, SEPTEMBER 17 @10AM

RSVP BY SEPTEMBER 12

22 AMHERST STREET, SUNDERLAND



Register by contacting Tom Patria at 413-665-9508
or scpa@town.deerfield.ma.us

SOUTH COUNTY SENIOR CENTER PRESENTS



Sharks. Deadly jellyfish. Violent storms. Nothing can throw Diana Nyad off course as she sets out at 60 to complete a historic swim from Cuba to Florida.

WEDNESDAY, SEPTEMBER 18 @10:30AM

RSVP SEPTEMBER 16

22 AMHERST ROAD, SUNDERLAND

To register or questions, contact Tom Patria at
413.665.9508 or scpa@town.deerfield.ma.us

CARVING OUT YOUR STORY: AN ORAL HISTORY WORKSHOP

This is a fun and friendly workshop to help you uncover
interesting life stories.

Award-winning facilitators & storytellers Karen Chace and
Andrea Lovett use prompts and interesting activities to guide
you through the process of finding those story jewels that
deserve to be remembered.

Thursday, September 19: 2pm

RSVP Date: September 12

South County Senior Center
22 Amherst Road, Sunderland

To register, contact Tom Patria at
413-665-9508 or
scpa@town.deerfield.ma.us

HYBRID PRESENTATION: Zoom link
provided at registration

Funded by LifePath's CSHF Grant



BIRDS OF PREY



GET A CLOSE-UP LOOK AT OWLS AND OTHER BIRDS OF PREY
WITH TOM RICARDI, A LICENSED REHABILITATOR AND
WILDLIFE BIOLOGIST, AND LEARN ABOUT THE GREAT WORK
BEING DONE AT THE MASSACHUSETTS BIRDS OF PREY
REHABILITATION CENTER, WHICH CARES FOR INJURED BIRDS.

FRIDAY, SEPTEMBER 20 @10:30 AM

WHATELY TOWN HALL
194 CHESTNUT PLAIN ROAD
RSVP DATE: SEPTEMBER 18

TO REGISTER, CONTACT TOM PATRIA AT
413.665.9508/SCPA@TOWN.DEERFIELD.MA.US

South County Senior Center

Presents:

Sara Snyder's Joy of Song

Join us for a fun hour singing familiar popular songs. Experience music's remarkable capacity to awaken the brain, boost biochemistry, and inspire joy.

Thursday, September 26 @ 11am **RSVP by September 24**

South County Senior Center

22 Amherst Road, Sunderland

This program is funded in part by Deerfield, Sunderland & Whately Cultural councils.



To register, contact Tom Patria at 413-665-9508 or scpa@town.deerfield.ma.us

TARA MURPHY DRUMMING CIRCLE

Thursday, September 26 @1PM

**SOUTH COUNTY SENIOR CENTER
22 AMHERST ROAD, SUNDERLAND**

PARTICIPANTS WILL LEARN SIMPLE RHYTHMS ON THE DRUMS AND PLAY TOGETHER AS AN ENSEMBLE. FOR SENIORS OF ALL ABILITIES.

DRUMS PROVIDED AND EXPERIENCE ISN'T NECESSARY.

RSVP BY SEPTEMBER 24



CONTACT TOM PATRIA AT
413-665-9508 OR SCPA@TOWN.DEERFIELD.MA.US



Birding with Lesley Farlow



Join us as Lesley Farlow, Co-Chair of the Hampshire Bird Club Education Committee, will be at the South County Senior Center, 22 Amherst Road, Sunderland

**Wednesday, September 25 at
11am**

Lesley will talk about the birds that can be seen this time of year.



RSVP by September 23

To register or have questions, contact Tom Patria at 413.665.9508 or scpa@town.deerfield.ma.us



SOUTH COUNTY SENIOR CENTER FIELD TRIP CLAY MATES BELCHERTOWN, MA

**RSVP BY
SEPTEMBER 20**



**RSVP BY
SEPTEMBER 20**

TUESDAY, SEPTEMBER 24: 11AM TO 3PM | **BUS LEAVES 22 AMHERST ROAD AT 10:30AM**

CONTACT TOM PATRIA AT 413-665-9508 OR
SCPA@TOWN.DEERFIELD.MA.US

ONE-ON-ONE TECHNOLOGY HELP

Calm Computer is offering 1-on-1 tech help for your smart phone, tablet, or laptop in October. Sign up today for a 30-minute session!

October 1, 17, & 29 from
10am to 12pm
Hybrid Option!

South County Senior Center
22 Amherst Road, Sunderland

Funded by an EOE Grant

Register by contacting Tom Patria at 413-665-9508
or scpa@town.deerfield.ma.us

South County Senior Center Presents:
A ***HYBRID*** Living Losses Support Group



Cathy Hope supports others as an End of Life, Grief, Living Losses Coach and works with people facing living losses (divorce, illness), end-of-life transitions, and death of loved ones.

Tuesday, October 1 @ 1PM

RSVP September 27

South County Senior Center
22 Amherst Road, Sunderland

Zoom Link Provided Upon Registration

Paid for by an EOE Grant

For registration or questions, contact Tom Patria at 413.665.9508 or scpa@town.deerfield.ma.us

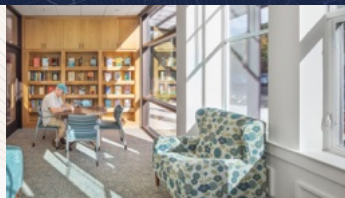


Let's discuss the future of the
South County Senior Center

We want to
hear from you!

We welcome your ideas as we
start to imagine the new space.

Stop by to ask us questions and
share your thoughts!



22 Amherst Road,
Sunderland, MA 01375

October 2nd, 2024
9AM - 12PM

SOUTH COUNTY SENIOR CENTER

PRESENTS:

**HISTORY OF
BASEBALL IN
MASSACHUSETTS**

**FRIDAY,
OCTOBER 4 AT 10:30AM**

RSVP OCTOBER 2

**WHATELY TOWN HALL
194 CHESTNUT PLAIN
ROAD, WHATELY**

**Hybrid Workshop: Zoom Link
Provided Upon Registration**

Funded through an EOE Grant!

For registration or questions, contact Tom Patria at
413.665.9508 or scpa@town.deerfield.ma.us

Drawing Classes with Campbell

Take part in **FREE** drawing classes with Campbell Lackey on Mondays this October!

October 7, 21, 28: 1:30PM TO 3:30PM

South County Senior Center
22 Amherst Road, Sunderland

Funded by a grant from the EOE!

For more information or to register, contact Tom Patria at 413.665.9508; scpa@town.deerfield.ma.us



HYBRID OPTION AVAILABLE: ASK TOM FOR DETAILS



Knitting Circle

Classes both In-Person and Online

- Project for both Novices and Advanced Knitters
- Option to Create Full-Size or Lap Blankets

South County Senior Center,
22 Amherst Road, Sunderland:

Friday, October 11 and 25: 2pm to 3:30pm

Contact Tom Patria at 413-665-9508 or scpa@town.deerfield.ma.us

Zoom Information Provided at Registration

This program is funded by the EOE!



PAINTING WITH JULIA

Take part in **FREE** painting classes with Julia Shirar on Tuesday afternoons this October!

October 8, 15, 22, 29

1:30PM TO 3:30PM

South County Senior Center
22 Amherst Road, Sunderland

Funded through an EOE Grant

For more information or to register, contact Tom Patria at 413.665.9508 or scpa@town.deerfield.ma.us

**HYBRID OPTION
*ASK TOM FOR
DETAILS!**



SOUTH COUNTY SENIOR CENTER'S

BRUNCH BRIGADE

BEGINNING IN OCTOBER, THE BRUNCH CLUB WILL VISIT A DIFFERENT RESTAURANT MONTHLY

FIRST BRUNCH: TUESDAY, OCTOBER 8 @ 11AM
BUS LEAVES SCSC AT 10:30AM

- VAN SPACE LIMITED TO 7 ONLY
- MEMBERS PAY FOR THEIR OWN MEALS; CAN PROVIDE OWN TRANSPORTATION

FOR MORE INFORMATION, QUESTIONS, OR TO SIGN UP, PLEASE CONTACT TOM PATRIA AT 413-665-9508 OR SCPA@TOWN.DEERFIELD.MA.US





SOUTH COUNTY SENIOR CENTER PRESENTS CHRIS DALEY'S HAUNTED HISTORY OF NEW ENGLAND

THIS PRESENTATION MELTS HISTORICAL FACTS TOGETHER WITH LEGEND AND MYTH TO PRODUCE AN INTERESTING, FASCINATING AND SOMETIMES SHOCKING NEW LOOK AT EVENTS THAT REALLY HAPPENED AND THE STORIES OF HAUNTING THAT FOLLOWED THEM.

Friday, October 11 @10:30AM

RSVP by October 9

194 Chestnut Plain Road, Whately

Hybrid Option Available
Grant Funded by the EOE A

For more Information or to register, contact Tom Patria at 413.665.9508 or scpa@town.deerfield.ma.us

SOUTH COUNTY SENIOR CENTER PRESENTS: TODD GOODWIN'S GROWING UP "GRUBBY" STORIES & SONGS OF THE 1950S AND 60S!

TODD GOODWIN OFFERS HUMOROUS CHILDHOOD STORIES FROM THE 1950S AND 1960S. FROM WEEKLY BATHS TO ROAD TRIPS AND HOLIDAYS AND THE DUMB THINGS DONE AS KIDS WHICH WE CAN LAUGH AT NOW. SEE IF ANY OF THESE STORIES BRING BACK YOUR CHILDHOOD, THEN YOU CAN SHARE THEM WITH YOUR FRIENDS AND FAMILY!

**TUESDAY, OCTOBER 15
FROM 11:30AM-1PM**

RSVP DATE: OCTOBER 11

22 AMHERST ROAD, SUNDERLAND

**HYBRID OPTION *ASK TOM FOR DETAILS!
FUNDED BY AN EOE A GRANT!**

FOR MORE INFORMATION OR TO REGISTER,
CONTACT TOM PATRIA AT 413.665.9508 OR
SCPA@TOWN.DEERFIELD.MA.US

Touch of Sakura

Sound Bath Event

TUESDAY, OCTOBER 22 AT 10AM

RSVP BY OCTOBER 18

SOUTH COUNTY SENIOR CENTER
22 AMHERST ROAD, SUNDERLAND

Indulge in 1-hour of tranquility with crystal singing bowls sound bath experience. Get immersed in soothing tones that wash away stress and tension, allowing for deep relaxation and inner harmony. Don't miss this opportunity to prioritize your well-being!

For more information or to register, contact Tom Patria at 413.665.9508 or scpa@town.deerfield.ma.us

Show & Tell

REMEMBER KINDERGARTEN? WAS SHOW AND TELL ONE OF YOUR FAVORITE EVENTS?

JOIN THE SOUTH COUNTY SENIOR CENTER ON WEDNESDAY, OCTOBER 23 AT 11AM FOR SHOW & TELL, ADULT STYLE.

BRING IN AN ITEM AND ENTERTAIN THE AUDIENCE ON THE STORY BEHIND IT.

DAZZLE THEM WITH A HEARTFELT OR FUNNY TALE!

TO REGISTER, CONTACT TOM PATRIA AT 413-665-9508 OR SCPA@TOWN.DEERFIELD.MA.US

WEDNESDAY

Oct

23

11AM

FUNNIEST MOMENTS IN FILM

Join award-winning author and pop culture historian Marty Gitlin for an interactive presentation highlighting the best of the best from the silent era to the modern era.

THURSDAY, OCTOBER 24 AT 10AM

RSVP BY OCTOBER 22

WHATELY TOWN HALL

194 CHESTNUT PLAIN ROAD, WHATELY

PROGRAM PAID VIA EOE A GRANT!



****Hybrid Option Available****

For registration or questions, contact Tom Patria at 413.665.9508; scpa@town.deerfield.ma.us

SOUTH COUNTY SENIOR CENTER PRESENTS

TRIVIA DAY

FRIDAY, OCTOBER 25

NEED SMART PHONE OR TABLET TO PLAY!

SOUTH COUNTY SENIOR CENTER
22 AMHERST ROAD, SUNDERLAND

10:30AM- 12PM: | RSVP BY OCT. 23RD

QUESTIONS OR TO REGISTER, CONTACT TOM PATRIA AT 413.665.9508 OR SCPA@TOWN.DEERFIELD.MA.US

South County Senior Center Presents

DAVIS BATES HALLOWEEN HARVEST

Telling stories for 38+ years, Davis Bates' performances are a mixture of family, Native American, international and regional songs and stories. His style of telling empowers and encourages audiences to join in the fun, and to take the stories home to share with others.

WEDNESDAY, OCTOBER 30
@10:30AM

RSVP by October 28
Whately Town Hall
194 Chestnut Plain Road

Paid for by an EOE A Grant!

For more information or to register, contact Tom Patria at 413.665.9508 or scpa@town.deerfield.ma.us

**HYBRID OPTION
*ASK TOM FOR
DETAILS!**



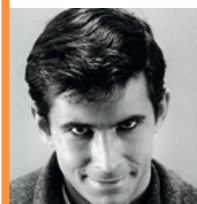
HALLOWEEN

Party & Movie

THURSDAY, OCTOBER 31 @ 10:30AM

First Congregational Church
91 S. Main Street, Sunderland

Food & Fun; Costumes Recommended!



Movie: Psycho

To register, contact Tom Patria at 413-665-9508 or scpa@town.deerfield.ma.us

Exercise Classes



Thanks to the Hybrid Programming Grant through the EOE, we are now offering all Movement Classes **at no cost to you**. This also means the movement classes will be offered in a hybrid fashion (in-person and online). This funding is available until the end of March 2025. When this funding is depleted, *we will be passing the class costs onto participants. All of the prices and information will be shared in our January/February 2025 edition of the newsletter.*

In collaboration with Cadence Yoga Center, we continue to offer **Chair Yoga** on **Mondays** at **1pm** and **Balance in Motion** on **Wednesdays** at **11 am** at 289 Amherst Road (RTE 116) Sunderland. Please register with Tom if you'd like to join in for our hybrid option. *Please note you must register at least two business days in advance. You cannot register the day of.*

We continue to offer **Enhanced Fitness** classes, instructed through the Franklin's YMCA, on **Monday, Wednesday and Friday** at **9 am** at the Whately Town Hall (194 Chestnut Plain St., Whately). **This class is currently full for in person classes, but sign up for our hybrid option to participate!** To be put on the in-person waitlist, please contact Tom Patria at 413.665.9508 or email at scpa@town.deerfield.ma.us. *Please note, there is no class on 9/2 or 9/4.*

Tai Chi classes are provided through instructor, Mari Rovang. Join us every **Thursday** at **1pm**, at the Whately Town Hall (**194 Chestnut Plain St., Whately**). All are welcome!

Our **Seated Dance Class** with Kathy Steinem is offered on **Mondays** at **12:15 pm** at our 22 Amherst Rd., Sunderland location. 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.

To register for the hybrid option for any of the above classes, please call Tom Patria at 413.665.9508. You must register at least two business days in advance. You cannot register the day of.



Did you know we partner with the Franklin Area Survival Center (FASC) for our monthly pop up food pantry? Each month they deliver a truck full of items to ensure those who are in need receive nourishing food. Well, our friends need your help! Their truck is out of commission and each time they make our monthly delivery it costs them \$100 to rent a truck. At each pop up food pantry, we accept donations to benefit the SCSC. We will continue to have a separate collection to help FASC offset their costs for their rental. Over the last two months, we raised \$102 to benefit them. The FASC is a 501(c)(3) and any monetary donation to them is tax deductible. If you'd like to make a direct donation to them, you can mail it to Franklin Area Survival Center, 96 Fourth Street Turners Falls, MA 01376. They also accept donations via credit card. Just give them a call at 413.863.9549.



Technology Education Continues

Exciting news! Thanks to the Hybrid Programming Grant from the EOE, we're thrilled to announce ongoing technology support at our 22 Amherst Rd., Sunderland location. Join us for the following opportunities through our partnership with Calm Computing:

- 9/17 - Basic iPad class, 10 AM.
- 10/1 - Sign up for one on one time (1/2 hr slots) starting at 10 AM with last appointment at 12 PM. Slots are first come, first serve.
- 10/17 - Sign up for one on one time (1/2 hr slots) starting at 10 AM with last appointment at 12 PM. Slots are first come, first serve.
- 10/29 - Sign up for one on one time (1/2 hr slots) starting at 10 AM with last appointment at 12 PM. Slots are first come, first serve.

As part of our commitment to accessibility, we're excited to introduce hybrid learning options. Whether you prefer to join us in person or from the comfort of your own home, we've got you covered. Simply let us know your preference when you register, and we'll email you the link to participate via Zoom. Look for more details in the newsletter, where you'll find descriptions of each activity.

Have questions or need assistance with Zoom? Ask Tom for help when you register.

MCOA Service Incentive Grants

We're thrilled to announce the South County Senior Center was awarded two grants through the Massachusetts Councils on Aging Service Incentive Grant. These grants total \$27,500 and are for:

1. Age & Dementia Friendly Needs Assessment for older adults residing in South County in the amount of \$20,000. This will allow us to partner with the team from the Gerontology Institute at UMass Boston to connect with older adults and community stakeholders. Our goal is to bring everyone together to be able to better support older adults in our community. Be on the lookout for more information.
2. Marketing our Senior Center in the amount of \$7,500. This will allow us to reach members of our community who are unaware of our presence and/or the services and resources we offer.

We are grateful for the grant funding and will use it to enhance our overall mission.

LifePath's 50th Anniversary Walkathon

This year is LifePath's 50th Anniversary. Join the South County Senior Center walking team to raise awareness and much needed funds to support LifePath's Meals On Wheels and other essential programs. This year the Walkathon will be held at the **Franklin County Fairgrounds** on **Saturday, October 19th, 10 am - 1 pm**. If you're unable to join us at this celebration, consider making a donation to support our team by using the following link:

<https://lifepath.app.neoncrm.com/SCSC> .

You can also mail in a donation to us at PO Box 225, Sunderland, MA 01375. Please make checks payable to LifePath and put SCSC in the memo line. We will be selling chocolate Halloween Candy Pops to support our team too. Stop by the Center **10/7-10/18** to buy yours! Thank you for your anticipated support!

Part of our 50th Anniversary Celebration!

LifePath's Annual
Walkathon
Saturday, October 19th
10am - 1pm (9:30am registration)
Franklin County Fairgrounds
89 Wisdom Way, Greenfield

Get ready to put on your walking shoes to help raise funds for Meals on Wheels and other essential LifePath programs. Enjoy family friendly activities, music, and more!

Register now as a Walker or Event Sponsor!

Can't join us to walk? Donate below or mail checks to:
LifePath, 101 Munson Street,
Suite 201, Greenfield, MA 01301
<https://lifepathma.org/events-workshops/walkathon>



Highlights

Standing Weekly Programs

• **Mondays**

- 9 am - **Enhanced Fitness**, 194 Chestnut St., Whately
- 10 am - **Bingo**, 22 Amherst Rd., Sunderland
- 12 pm - **By the Seat of Your Dance**, 22 Amherst Rd., Sunderland
- 1 pm - **Chair Yoga**, 289 Amherst Rd., Sunderland, Cadence Yoga

• **Wednesdays**

- 9 am - **Enhanced Fitness**, 194 Chestnut St., Whately
- 10 am - **Farm Stand**, 22 Amherst Rd., Sunderland ****New Location** (Second Wednesday of the Month is at First Congregational Church, 91 S Main St., Sunderland)**
- 11 am - **Balance in Motion**, 289 Amherst Rd., Sunderland, Cadence Yoga

• **Thursdays**

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

• **Fridays**

- 9 am - **Enhanced Fitness**, 194 Chestnut St., Whately

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 Chris Goudreau 413.768.1066 for more details.
- **Foot Clinic**, We are offering a foot clinic with Footcare by Nurses. For more information, see page 3.

Second Wednesdays

- **Franklin Area Survival Center Pop Up Food Pantry, 9/11 & 10/9, 10:30 am**, 91 S Main St., Sunderland. Enter through parking lot by Wild Roots, exit onto RTE 47. The truck arrives between 11:30 am to 12:00 pm. Please carpool if you can!

September/October Programs

- ****New Location** Grab and Go meals** continue daily from **11-11:45 am, 22 Amherst Rd., Sunderland**. The recommendation donation is now \$3.50/per meal. 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.
- **Cooking with Jen, 9/2 & 9/19, 1 pm**, 22 Amherst Rd., Sunderland. See page 6 for details.
- **Springfield Museums Field Trip, 9/4, 11 am**. Leave the 22 Amherst Rd, Sunderland location at 10:30 am. Meet at the Quadrangle at 11 am. Buy your own lunch at The Student Prince/The Fort afterwards. **The van is full for this trip. Register for November!**
- **Senator Paul Mark 9/9, 10:30 am**, 194 Chestnut Plain Rd. Whately. Join us to meet with Senator Paul Mark. He will provide our community with updates in the legislature and be available to answer questions. Please see page 6 for details.
- **Painting with Julia, 9/10, 9/17, 9/24, 10/8, 10/15, 10/22, & 10/29, 1:30 pm to 3:30 pm**, 22 Amherst Rd., Sunderland. See pages 6 & 10 for details. Hybrid option is available!

September/October Programs (continued)

- **The Big E Field Trip, 9/13, 10 am to 3 pm.** We'll leave the 22 Amherst Rd., Sunderland location at 9:15 am to arrive (depending on traffic) at the Big E by 10 am. The tickets for the opening day are \$16. Donations for transportation are welcome (we are renting a van)!
- **Drawing with Campbell, 9/16, 9/23, 9/30, 10/7, 10/21 & 10/28, 1:30 pm to 3:30 pm,** 22 Amherst Rd, Sunderland. See pages 6 & 10 for details.
- **Birds of Prey with Tom Ricardi, 9/20, 10:30 AM,** 194 Chestnut Plain Rd., Whately. This is an all ages event! Come and learn about various birds of prey and how to be a better neighbor. We will see the amazing birds of prey Tom has helped. Please feel free to bring guests. We will have a donation collection to benefit Tom and his much needed wildlife rehabilitation for these beautiful birds. We look forward to seeing you!
- **Birding with Lesley Farlow, 9/25, 11 am,** 22 Amherst Rd., Sunderland. Learn about local birds and venture outside to use our binoculars. See page 8 for details.
- **Drumming with Tara, 9/26, 1 pm,** 22 Amherst Rd., Sunderland. See page 8 for details.
- **Claymates Field Trip, 9/24, 10:30 am,** We'll leave the 22 Amherst Rd., Sunderland location at 10:30 am to arrive at Claymates in Belchertown for 11 am. If you prefer to drive to meet us there you can. Van is first come, first serve for up to 7 passengers. Please see page 8 for details on how to register.
- **Joy of Song, Sara Snyder, 9/26, 11 am,** 22 Amherst Rd., Sunderland. Enjoy all the benefits music creates! See page 8 for more details.
- **iPad Basics (for the non-tech savvy user), 10 am,** 22 Amherst Rd., Sunderland & Online. If you're struggling and need help using your iPad, please sign up. This will help you understand your iPad. More details on page 6.
- **Living Losses, 10/1, 1 pm,** 22 Amherst Rd., Sunderland. Losses come in all varieties. A divorce, a job loss, the loss of friendships, or the loss of a loved one. Join us to for a hybrid support group. See page 9 for details.
- **edmSTUIDO Open House, 10/2, 9 am - 12 pm,** 22 Amherst Rd, Sunderland. Come and give your input on what a new senior center should include! This is an opportunity to have your voice heard. No preregistration required.
- **History of Baseball in MA, 10/4, 10:30 am,** 194 Chestnut Plain Rd., Whately. See page 9 for details.
- **Haunted History of New England, 10/11, 10:30 am,** 194 Chestnut Plain Rd., Whately. See page 11 for details.
- **Todd Goodwin - Growing up Stories, 10/15, 11:30 am,** 22 Amherst Rd., Sunderland. See page 11 for more information.
- **Show and Tell - Adult Style!, 10/23, 11 am,** 22 Amherst Rd, Sunderland. Page 11 has all the details!
- **Funniest Moments in Film with Marty Gitlin , 10/24,** 194 Chestnut Plain Rd., Whately. See page 12 for all the details.
- **Trivia Day, 10/25, 10:30 am,** 22 Amherst Rd., Sunderland, See page 12 for information.
- **Davis Bates - Halloween Harvest, 10/30, 10:30 am,** 194 Chestnut Plain Rd., Whately. See page 12 for more information.
- **Halloween Party & Movie - 10/31, 10:30 am,** 91 S Main St., Sunderland. Join us for fun, food & a screening of the classic movie Psycho! See page 12 for 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. To celebrate their 50th Anniversary, Fixed Routes and paratransit service is free from June 1, thru August 31, 2024.

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: Available Monday, Wednesday, Friday to program & open hours (no transportation offered on Second Wednesdays). Transportation to medical appointments & shopping offered upon availability. **Call 413.768.1066 at least 2 days ahead to make your reservation. Program transportation takes priority.**

HEALTH INFORMATION

NURSE (Cindy) is available at the SCSC Wednesdays: 9-12pm and Fridays: 9am-12pm (Check our events calendar to know where we will be). Call 413.665.1400 ext.8.

SHINE Serving Health Information Needs of Everyone counselor from LifePath is available for appointments in Greenfield Please call 413.773.5555. Ask for your town's SHINE Representative.

Free Collection of Drugs: Safely dispose unwanted medications at the Police Stations in S 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. They can also work with you to find resources to help you or your parents live longer at home with assistance. Call 413.773.5555.

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.Northwesternda.org

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 \$3.50 per meal is suggested.

MON	TUE	WED	THU	FRI
2	3	4	5	6
	<p>Sunderland Open Hours 10 AM - 4 PM</p> <p>Cooking with Jen 1 PM</p>	<p>No Enhanced Fitness Today</p> <p><u>Springfield Museum Field Trip</u></p> <p>No Open Hours Today</p> <p><u>Balance in Motion</u> 11 AM</p>	<p>Foot Clinic</p> <p><u>Brown Bag</u></p> <p>Tai Chi 1 PM</p>	<p>Enhanced Fitness 9 AM</p> <p><u>Cribbage Tourney</u> 10 AM</p> <p>Knitting Circle 2-3:30 PM</p>
9	10	11	12	13
<p>Enhanced Fitness 9 AM</p> <p><u>Senator Paul Mark 10:30 AM</u></p> <p>Bingo 10 AM</p> <p>Seated Dance 12:15 PM</p> <p><u>Chair Yoga 1 PM</u></p>	<p>Sunderland Open Hours 12 PM - 1 PM</p> <p>Painting with Julia 1:30 PM</p>	<p>Enhanced Fitness 9 AM</p> <p><u>Food Truck Pop Up</u> 11 AM</p> <p>No Open Hours Today</p> <p><u>Balance in Motion</u> 11 AM</p>	<p>Rainbow Elders Luncheon</p> <p><u>Tai Chi 1 PM</u></p>	<p>No Enhanced Fitness Today</p> <p><u>The Big E Field Trip</u></p>
16	17	18	19	20
<p>Enhanced Fitness 9 AM</p> <p>Bingo 10 AM</p> <p>Seated Dance 12:15 PM</p> <p><u>Chair Yoga 1 PM</u></p> <p>Drawing with Campbell 1:30 PM</p>	<p>iPad for Dummies 10 AM</p> <p>Painting with Julia 1:30 PM</p> <p>Sunderland Open Hours 12 PM - 1 PM</p>	<p>Enhanced Fitness 9 AM</p> <p><u>Wednesday at the Movies 10:30 AM</u></p> <p>Sunderland Open Hours 1 PM - 4 PM</p> <p><u>Balance in Motion</u> 11 AM</p>	<p>Cooking with Jen 10:30 AM</p> <p><u>Tai Chi 1 PM</u></p> <p>Carving out Your Story 2 PM</p>	<p>Enhanced Fitness 9 AM</p> <p><u>Birds of Prey</u> 10:30 AM</p>
23	24	25	26	27
<p>Enhanced Fitness 9 AM</p> <p>Bingo 10 AM</p> <p>Seated Dance 12:15 PM</p> <p><u>Chair Yoga 1 PM</u></p> <p>Drawing with Campbell 1:30 PM</p>	<p><u>Claymates Field Trip 10:30 AM</u></p> <p>Painting with Julia 1:30 PM</p> <p>Sunderland Open Hours 10 AM - 1 PM</p>	<p>Enhanced Fitness 9 AM</p> <p><u>Birding with Lesley Farlow 11 AM</u></p> <p>Sunderland Open Hours 1 PM - 4 PM</p> <p><u>Balance in Motion</u> 11 AM</p>	<p>Joy of Song with Sara Snyder 11 AM</p> <p><u>Tai Chi 1 PM</u></p> <p>Drumming with Tara 1 PM</p>	<p>Enhanced Fitness 9 AM</p> <p><u>Balanced Chaos</u> 10:30 AM</p> <p>Knitting Circle 2-3:30 PM</p>
30				
<p>Enhanced Fitness 9 AM</p> <p>Bingo 10 AM</p> <p>Seated Dance 12:15 PM</p> <p><u>Chair Yoga 1 PM</u></p> <p>Drawing with Campbell 1:30 PM</p>				

MON	TUE	WED	THU	FRI
	1	2	3	4
	<p>Calm Computing One on One - by Appt</p> <p>Living Losses 1 PM</p>	<p>Enhanced Fitness 9 AM</p> <p><u>edmSTUIDO Open House 9 AM-12 PM</u></p> <p>No Open Hours Today</p> <p><u>Balance in Motion 11 AM</u></p>	<p>Foot Clinic</p> <p><u>Brown Bag</u></p> <p>Tai Chi 1 PM</p>	<p>Enhanced Fitness 9 AM</p> <p><u>Baseball History in MA 10:30 AM</u></p>
7	8	9	10	11
<p>Enhanced Fitness 9 AM</p> <p><u>Bingo 10 AM</u></p> <p>Seated Dance 12:15 PM</p> <p><u>Chair Yoga 1 PM</u></p> <p>Drawing with Campbell 1:30 PM</p>	<p>Brunch Group See Tom to Register</p> <p><u>Painting with Julia 1:30 PM</u></p> <p>Sunderland Open Hours 10 AM - 12 PM</p>	<p>Enhanced Fitness 9 AM</p> <p><u>Food Truck Pop Up 11 AM</u></p> <p>No Open Hours Today</p> <p><u>Balance in Motion 11 AM</u></p>	<p>Rainbow Elders Luncheon</p> <p><u>Tai Chi 1 PM</u></p>	<p>Enhanced Fitness 9 AM</p> <p><u>Haunted History of New England 10:30 AM</u></p> <p><u>Knitting Circle 2-3:30 PM</u></p>
14	15	16	17	18
	<p>Todd Goodwin Campfire Stories 11:30 AM</p> <p><u>Painting with Julia 1:30 PM</u></p> <p>Sunderland Open Hours 10 AM - 12 PM</p>	<p>Enhanced Fitness 9 AM</p> <p><u>Greenfield Savings Bank 10:30 AM - Look for Upcoming Flyer</u></p> <p>Sunderland Open Hours 1 PM - 4 PM</p> <p><u>Balance in Motion 11 AM</u></p>	<p>Calm Computing One on One - by Appt</p> <p><u>Tai Chi 1 PM</u></p>	<p>Enhanced Fitness 9 AM</p> <p><u>Cribbage Tourney 10 AM</u></p>
21	22	23	24	25
<p>Enhanced Fitness 9 AM</p> <p><u>Bingo 10 AM</u></p> <p>Seated Dance 12:15 PM</p> <p><u>Chair Yoga 1 PM</u></p> <p>Drawing with Campbell 1:30 PM</p>	<p><u>Sound Therapy 10AM</u></p> <p><u>Painting with Julia 1:30 PM</u></p> <p>Sunderland Open Hours 10 AM - 12 PM</p>	<p>Enhanced Fitness 9 AM</p> <p><u>Show and Tell 11 AM</u></p> <p>Sunderland Open Hours 1 PM - 4 PM</p> <p><u>Balance in Motion 11 AM</u></p>	<p><u>Marty Gitlin 10 AM</u></p> <p><u>Tai Chi 1 PM</u></p>	<p>Enhanced Fitness 9 AM</p> <p><u>Trivia with Tom 10:30 AM</u></p> <p><u>Knitting Circle 2-3:30 PM</u></p>
28	29	30	31	
<p>Enhanced Fitness 9 AM</p> <p><u>Bingo 10 AM</u></p> <p>Seated Dance 12:15 PM</p> <p><u>Chair Yoga 1 PM</u></p> <p>Drawing with Campbell 1:30 PM</p>	<p>Calm Computing One on One - by Appt</p> <p>Sunderland Open Hours 10 AM - 12 PM</p> <p><u>Painting with Julia 1:30 PM</u></p>	<p>Enhanced Fitness 9 AM</p> <p><u>Davis Bates 10:30 AM</u></p> <p><u>Balance in Motion 11 AM</u></p> <p>Sunderland Open Hours 2-4 PM</p>	<p><u>Halloween Party & Movie 10:30 AM</u></p> <p><u>Tai Chi 1 PM</u></p>	



Rainbow Elders September 12th & October 10th, 2024 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, September 12th & October 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 before the lunches**, at: [Rainbow Elders Luncheon Club Tickets, Multiple Dates | Eventbrite](#)

A suggested voluntary donation for those 60 years and over will be \$3.50. 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

LIFEPATH Congregate Lunch Meals- September 2024

PLEASE CALL YOUR MEAL SITE BEFORE 9:30 AM 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
<p>2 Labor Day Holiday</p> <p style="text-align: center;">No Meals Served</p>	<p>3</p> <p>Rotini w/ Meatballs (3) & Tomato Sauce 3oz Tuscany Blend Veg Wheat Bread Pears</p>	<p>4</p> <p>Black Bean & Barley Chili 6oz Brussels Sprouts Wheat Bread Applesauce</p>	<p>5</p> <p>Broccoli & Cheese Stuffed Chicken Macaroni & Cheese 4oz Zucchini Dinner Roll Cupcake</p>	<p>6</p> <p>Baked Cod w/ Marsala Sauce 3oz Garlic Mashed Potatoes Broccoli & Cauliflower LS Multigrain Bread Fresh Fruit</p>
<p>9</p> <p>Chicken Souvlaki Seasoned Orzo Spinach Wheat Bread Applesauce</p>	<p>10</p> <p>Pollock w/ Lemon Dill Sauce 3oz Herbed White Rice Broccoli & Cauliflower LS Multigrain Bread Tapioca Pudding</p>	<p>11</p> <p>Beef Burgundy 8oz Mashed Potatoes w/ Sour Cream & Chives Green Beans Dinner Roll Mixed Fruit</p>	<p>12</p> <p>Chicken & Rice Bake 1cup Carrots Wheat Bread Fresh Fruit (Orange)</p>	<p>13</p> <p>Broccoli Egg Bake 6oz Italian Roasted R Potatoes Stewed Tomatoes LS Multigrain Bread Brownie</p>
<p>16</p> <p>American Chop Suey 10oz Tuscany Blend Veg Dinner Roll Peaches</p>	<p>17</p> <p>Spinach & Red Pepper Frittata 8oz Home Fries Brussels Sprouts Wheat Bread Chocolate Pudding</p>	<p>18</p> <p>Chicken w/ Saute Vegetables 7oz Jasmine Coconut Rice Spinach Wheat Bread Fresh Fruit</p>	<p>19</p> <p>Pot Roast w/ Gravy Mashed Potatoes Peas & Carrots Multigrain Bread Choc Chip Cookie</p>	<p>20</p> <p>Potato Crunch Pollock Lemon Wedge Quinoa Pilaf Scandinavian Blend Veg Wheat Bread Mandarin Oranges</p>
<p>23</p> <p>Chicken Scallopini 7oz Buttered Noodles Green Beans Wheat Bread Chocolate Pudding</p>	<p>24</p> <p>Unstuffed Pepper Casserole 8oz Spinach Wheat Bread Pears</p>	<p>25</p> <p>Macaroni & Cheese 10oz Broccoli & Cauliflower LS Multigrain Bread Oatmeal Raisin Cookie</p>	<p>26</p> <p>Quinoa & White Bean Casserole 11oz Brussels Sprouts LS Multigrain Bread Applesauce</p>	<p>27</p> <p>Rst Turkey w/ Gravy 5oz Mashed Potatoes Carrots Dinner Roll Fresh Fruit</p>
<p>30</p> <p>Mixed Bean & Vegetable Stew 10oz Cauliflower Multigrain Bread Pears</p>	<p>9 mg</p>	<p>9 mg</p>	<p>9 mg</p>	<p>9 mg</p>
	<p>Suggested Voluntary Confidential Donation is \$3.50 per Meal</p> <p><i>Please Note that Only 1% Milk is Currently Available From the Supplier</i></p>			
<p>Total Sodium (mg): 735 Carbs (g): 91; Calories: 607</p>	<p>Total Sodium (mg): 618 Carbs (g): 69; Calories: 692</p>	<p>Total Sodium (mg): 1156 Carbs (g): 133; Calories: 803</p>	<p>Total Sodium (mg): 945 Carbs (g): 111; Calories: 746</p>	<p>Total Sodium (mg): 1064 Carbs (g): 107; Calories: 636</p>

Sodium and Carbohydrate 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.



