

SOUTH COUNTY SENIOR CENTER NEWSLETTER NOVEMBER/DECEMBER 2024

SCSC Staff

Jennifer M Remillard,
Director

413.665.2141

scsc@town.deerfield.ma.us

Tom Patria,
Program Coordinator

413.665.9508

scpa@town.deerfield.ma.us

Chris Goudreau,
Outreach Coordinator

413.768.1066

scoc@town.deerfield.ma.us

LifePath Partner at SCSC

Cathy Carew-Bednarski,
Dining Center Manager

413.665.5063

Board of Oversight

Joyce Palmer-Fortune, Chair
Select Board (Whately)

j.palmerfortune@whately.org

Trevor McDaniel
Select Board (Deerfield)

tmcdaniel@town.deerfield.ma.us

Daniel Murphy
Select Board (Sunderland)

murphyd@townofsunderland.us

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

Monthly Musings from the Director

● This is the last newsletter of 2024! We hope you've enjoyed our programming for the year. We've been lucky to share the benefits of multiple grants to offer unique opportunities, including: free movement classes, our Digital Literacy Lotteries for iPads and internet access stipends, technology training, and hybrid classes.

● With grants in mind, we're happy to share if you missed putting in for the previous Digital Literacy Lotteries, you're in luck! We will be hosting another lottery for additional 9th Generation iPads. We have grant funds remaining as we did not receive as many applications for the internet stipend reimbursement. **Lottery Applications will be available at Center starting 11/4. Applications will be due Friday, 12/27 by Noon.** *The lottery will be held on 12/31. All winners will be notified by 1/3/25.* Contact staff for more details at Center or by calling 413.665.2141. Due to the parameters of the grant, this lottery is only open to residents of Deerfield, Sunderland, and Whately.

● As I have previously mentioned, we are working with edmSTUDIO for a feasibility study which will determine what is the best way to provide a new center. We want to hear from you to share what you want in a center. If you haven't done so yet, here is the [link](#). Hardcopies are available at 22 Amherst Rd., Sunderland. Thank you to those who have already completed the online and hardcopy editions of their survey.

● When I started this position in January 2022, it was because I wanted to make a difference to those in our community who have the greatest need: our older adults. I have heard and continue to hear how many of you feel ignored and that you don't matter. My goal in taking this position is to make things happen and to be your advocate for change. During the most recent Board of Oversight meeting, it was expressed town officials will not accept just my word as to what you want. They want to hear from YOU. Read on for more.

Jennifer

Sunderland: Open Hours: Monday, Tuesday, and Wednesday 10 AM - 4 PM unless otherwise noted on the calendar. Changes are due to programs - 22 Amherst Rd., Sunderland

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

Important Outreach Corner Updates

By Chris Goudreau

Mass in Motion Workgroup

For the past several years, the South County Senior Center (SCSC) has been working with the Franklin Regional Council of Governments for a statewide movement called Mass in Motion. The focus of Mass in Motion is to promote opportunities for active living and healthy eating in communities across the state.

Last year, our work group hosted a series of meetings at the senior center. The collaborative initiative was focused on public transportation and how local people can access food, medical care, social services or daily social events via fixed bus route stops or other transportation services.

One of the biggest barriers that we learned about was a gap in public transportation for Sunderland area residents to receive transportation to Franklin County and back and Franklin County residents reaching Hampshire County communities.

Through our members' efforts we've been able to advocate for an additional fixed route bus stop (near Sanderson Place in Sunderland) as well as grant partnerships for rides through our local transit authorities – the Franklin Regional Transit Authority (FRTA) and Pioneer Valley Transit Authority (PVTA).

There's also a new fixed route bus service offered by the PVTA with stops in Amherst, Leverett, Sunderland, and Greenfield that is part of a partnership between the Amherst Council on Aging and the SCSC. Soon, I will be driving the route every Tuesday to offer local area residents' access to public transportation for everything from shopping to medical services with return trips included on the route.

As part of the Mass in Motion program, the senior center was also able to purchase a freezer for our food pantry. This is important for our monthly pop-up food truck event to help store excess frozen food for our community members and events. If you haven't stopped by our food pantry and are in need of food in your home, I encourage you to reach out and I can assist you with a grocery bag of food to take home.

Now, our group is switching gears to focus on a new topic – Senior Tax Work Off programs. And that's where we need your help. We're looking for older adults who live in the towns of Whately, Sunderland, and Deerfield to work with us with a goal of bringing Senior Tax Work Off Programs to Town Meeting voters next year.

Our next meetings through to the end of the year will be hosted at the South County Senior Center (22 Amherst Rd., Sunderland, MA) on Thursday, Nov. 21 at 11 a.m. and Thursday, Dec. 19 at 11 a.m.

In our meetings, we'll be discussing an existing Senior Citizen Property Tax Work-Off Program offered by the town of Sunderland. The towns of Deerfield and Whately do not offer a property tax work-off program. Our plan is to meet with town officials to review the process of adding warrants for 2025 Town Meetings.

Under Sunderland's program (established in 2010 and last amended in 2015), the tax work-off is open to all Sunderland property owners ages 60 and older and is limited to eight participants every year. Eligible participants can receive a tax abatement of up to \$500 per year. The program is

Important Outreach Corner Updates Continued

Mass In Motion Workgroup (continued)

administered by the Town Administrator/Selectboard's Office.

The entire document can be found on the Town of Sunderland's website at www.townofsunderland.us/sites/g/files/vyhlf3891/f/uploads/senior_tax_work-off_procedures.pdf.

For any Sunderland residents looking to learn more about the tax work-off program, please contact the Selectboard's Office at 413-665-1441; by email at selectmen@townofsunderland.us; or mail your request for information to Selectboard's Office, 12 School St., Sunderland, MA, 01375. For questions on the abatement process, please contact the Assessors' Office at 413-665-1445.

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

Fuel Assistance

With autumn now in full swing and winter on the way, it might be time to start thinking about your fuel options to keep you warm during cold winter nights. Luckily, there's support programs that help Massachusetts residents pay for fuel, assist with home heating system repairs or replacements.

The application period for the Massachusetts Low Income Home Energy Assistance program (fuel assistance benefit) is open now until April 30. The program – which has been available since 1977 – helps lower income households pay for a portion of their heating bills or 30 percent of their rent if heat is included between Nov. 1 and April 30.

Local area residents can be assisted in applying for the state fuel assistance program by service provider and nonprofit organization Community Action Pioneer Valley. To be eligible for the program, the applicant must be at least 18 years of age or older and have a household income that cannot exceed 60 percent of the estimated State Median Income (\$42,411 for a single household; \$64,333 for a two-person household).

SNAP & HIP Update

For anyone who receives monthly SNAP benefits, there's been a change to the amount of money you receive each month for the Healthy Incentive Program (HIP). Anyone enrolled in SNAP automatically receives HIP funds, which can be used to purchase fruits & vegetables. Starting in December, households will receive a new monthly cap of \$20 in HIP benefits. This reduction in HIP benefits is due to limited funding in fiscal year 2025.

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

The Case for a New Senior Center in South County

By Jennifer M Remillard, MBA, Director

As the demographic landscape of South County shifts, the urgent need for a centralized senior center/ adult community center has never been more apparent. With projections indicating that by 2035, more than two out of every five residents will be aged 60 or older, it is vital to create a facility that caters specifically to our seniors' needs. Rather than dispersing resources across multiple locations, establishing a single, dedicated center offers a range of benefits that can significantly enhance the quality of life for our older community members.

From the “Aging in South County: A Regional Needs Assessment” conducted by Center for Social and Demographic Research on Aging by Gerontology Institute - John W. McCormack Graduate School of Policy & Global Studies - University of Massachusetts Boston in 2021 to 2022 (report is available at the SCSC), we learned the top concerns for our older adults and we've begun to address them. 32% of respondents who regularly attend the Center and 7% of those who do not use the Center (of the 1393 respondents from all communities) responded to “I would be more likely to use the South County Senior Center If it were easier to access the Senior Center building.” (e.g., updated building, improved accessibility). Current arrangements for the South County Senior Center are not satisfactory to residents as observed in write-in responses on the survey. For example, one resident wrote, “The seniors need a permanent safe place to meet. Our people need to be shown that someone cares for them” (Coyle, 2022, pp. 4, 62).

Increased Membership and Engagement

Over the last 34 months, we have seen an impressive increase of 352 new members, highlighting the growing interest and need for services tailored to seniors. This surge in membership is not just a statistic; it reflects a community eager for engagement, support, and connection. A centralized center would capitalize on this momentum, offering programs and resources that meet the rising demand and further encourage participation. We have already put out surveys asking for community input thru edmSTUDIO and our own program survey.

Increased Participation in Movement Programs

A centralized center will enable the implementation of robust movement programs, encouraging older adults to engage in physical activity. Regular movement is essential for maintaining health, mobility, and independence. Having a dedicated space will allow for classes such as yoga, chair yoga, tai chi, seated dance, and fitness sessions tailored to older adults, fostering a sense of community and support that can motivate participation.

Reducing Isolation and Depression

Social isolation is a significant concern among seniors, often leading to depression and other health issues.

A single location where older adults can gather for social events, activities, and programs will combat this isolation. Creating a vibrant community hub where older adults can interact with peers, form friendships, and participate in group activities can lead to improved mental health and overall well-being.

Congregate Meals and Social Connection

One of the most impactful services a new senior center can provide is congregate meals. Sharing meals not only ensures that older adults receive nutritious food but also fosters social interaction and camaraderie. Dining together creates opportunities for conversation and connection, helping to combat loneliness and promote a sense of belonging. Regular communal meals can lead to stronger friendships, support networks, and a healthier, happier community.

Expanding Nutrition Classes and Assistance Programs

Nutrition plays a crucial role in maintaining health, especially as we age. A new senior center can offer comprehensive nutrition classes, teaching seniors how to prepare healthy meals, understand dietary needs, and manage chronic conditions through diet. Additionally, the center can provide access to SNAP assistance and help seniors complete fuel assistance applications, ensuring they have the resources they need to maintain a nutritious diet and comfortable living conditions.

Blood Pressure Clinic Access

Health screenings, such as blood pressure clinics, are vital for early detection and management of health issues. A centralized senior center can host regular health screenings, providing seniors with the opportunity to monitor their health in a supportive environment. This easy access to preventive care can lead to early intervention and better health outcomes for our community's seniors.

Addressing Food Insecurity

Food insecurity is a pressing issue for many seniors, often exacerbated by transportation challenges to the nearest grocery store. A new senior center can incorporate a food pantry, providing essential food supplies and nutritional support. By centralizing resources, seniors can access these services without the stress of travel, ensuring they receive the nourishment they need.

Support for Staying in Homes Longer

The new center can also serve as a vital resource hub, helping older adults navigate local services that enable them to remain in their homes longer. This includes connecting them with town nurses for health care needs, providing information on home modification resources, and facilitating access to transportation services for medical appointments and social activities.

Warming and Cooling Center

As climate change leads to more extreme weather conditions, having a designated warming and cooling

center becomes essential for vulnerable populations. A centralized senior center can provide a safe space during extreme temperatures, protecting seniors from heat-related illnesses in summer and providing warmth during winter months.

Additional Benefits

Beyond these specific services, a centralized center fosters a sense of belonging and community. It serves as a place for educational workshops, cultural events, and recreational activities, enriching the lives of seniors and allowing them to stay engaged with the world around them. A new facility can also attract volunteers and partnerships with local organizations, creating a network of support that benefits all residents.

In conclusion, the need for a new senior center in South County is clear. With a remarkable increase of 352 new members in the last 34 months, it's evident that our community is eager for a space that fosters engagement and support. By consolidating resources into a single location, we can provide a range of essential services that address health, nutrition, socialization, and safety. It's not just about building a facility; it's about creating a vibrant, supportive community that honors our seniors and enhances their quality of life. Investing in a dedicated senior center/adult community center will yield benefits that resonate throughout the entire community for years to come.

How You Can Help

At our last Board of Oversight meeting, it was shared my voice is not enough to make the case for us to move forward with a new senior center. They want to hear from **YOU!** Due to the projected costs (upwards of up to approximate \$16 Million Dollars for 15,000 sq. ft. Know these costs are an estimate.) presented at a recent meeting they are unsure if you and our communities will truly want to move forward with a new Center. I know these costs are high. Especially with ongoing projects in Deerfield and many members of our community being on a fixed income.

While 15,000 sq. ft. may seem large, it would encompass our high and medium needs (See page 8 with the details). But know if a new center is built on a smaller scale it is unlikely an addition would be added. From my research and conversations with many members of our Center, the request for a new Center has been a topic of conversation for almost 50 years - when their parents were attending.

To ensure your voice is heard by the Board of Oversight, the three Select Boards and Finance Committees, I ask you to call, write letters, and send emails to the contacts I have provided on pages 8 and 9. The Board of Oversight information is listed on page 1 of this newsletter.

Many people have asked me what to write. If you find yourself struggling with the words to say, feel free to use the sample letter on the last page of the newsletter. There is nothing on the other side, so you can always print it off and make it yours.

Feel free to reach out to me with any questions or comments. I can be reached at scsc@town.deerfield.ma.us or 413.665.2141.

SOUTH COUNTY SENIOR CENTER STUDY			
PROGRAMMING PRIORITY - 09.18.24			
	HIGH	MEDIUM	LOW
Vestibule		120	
Lobby - Main Lounge	600		
Reception		110	
Lounge			
Kitchen	800		
Food Pantry	150		
Large Multi-Purpose Room	2,400		
Table and Chair Storage	250		
Auditorium			1,950
Art/Music Room		960	
Games/Billiards Room		600	
Conference Room		384	
Equipped Fitness Room		1,000	
Exercise/Dance Studio with Storage		1,913	
Director's Office	130		
Outreach Coordinator's Office	120		
Program Coordinator's Office	120		
Future Office	110		
Case-Manager's Office			
Transportation Coordinator's Office			150
Volunteer Work Room			
Copy Room		50	
Staff Break Room			208
Staff Restroom	60		
Staff Restroom		60	
Personal Services Room			120
Nurses/Personal Services Room	188		
Janitor's Closet	64		
Laundry Room	32		
General Storage	160		
Companion Restrooms	120		
Group Restrooms – Men A	210		
Group Restrooms – Men B		195	
Group Restrooms – Women A	210		
Group Restrooms – Women B		210	
NET	5,724	5,602	2,428
GROSS FACTOR	1,603	1,569	680
TOTAL	7,327	7,171	3,108

Town Contact Information

Town of Deerfield, 8 Conway St., S Deerfield, MA 01373

Deerfield Staff:

Greg Snedecker, Assistant Town Administrator - Phone: 413.665.1400 ext. 104

Email: ata@town.deerfield.ma.us

Christopher Dunne, Interim Town Administrator - Phone: 413.665.1400 ext. 117

Email: planner@town.deerfield.ma.us

Patricia Martin, Select Board's Administrative Assistant - Phone: 413.665.1400 ext. 111

Email: adminasst@town.deerfield.ma.us

Town of Deerfield Select Board:

Timothy Hilchey, Chair - Email: thilchey@town.deerfield.ma.us

Trevor McDaniel, Vice-Chair - Email: tmcdaniel@town.deerfield.ma.us

Blake Gilmore, Clerk - Email: bgilmore@town.deerfield.ma.us

Deerfield Finance Committee to Send Letters to:

Julie Chalfant, Chair

James Cambias, Secretary

John Paresky, Member

Elizabeth Brown, Member

Margaret Nartowicz, Member

Town of Sunderland, 12 School St., Sunderland, MA 01375

Sunderland Staff:

Margaret Nartowicz, Interim Town Administrator - Phone: 413.665.1441 ext. 9

Email: townadmin@townofsunderland.us

Mel Williams, Select Board's Administrative Assistant - Phone: 413.665.1441 ext. 1

Email: selectboard@townofsunderland.us

Town of Sunderland Select Board:

Christyl Drake-Tremblay, Vice Chair - Email: draketremblayc@townofsunderland.us

Nathaniel Waring, Chair - Email: waringn@townofsunderland.us

Daniel Murphy, Clerk - Email: murphyd@townofsunderland.us

Town Contact Information (Continued)

Town of Sunderland Finance Committee Members to Send Letters to:

Sara Smiarowski, Chair

Linda Forget, Member

Joseph Elias, Member

Valerie Voorheis, Member

Town of Whately, 4 Sandy Lane, South Deerfield, MA 01373

Whately Staff:

S. Peter Kane, Town Administrator - Phone: 413.665.4400

Email: townadmin@whately.org

Jessica Murphy, Select Board's Administrative Assistant - Phone: 413.665.4400 ext. 1

Email: adminassist@whately.org

Town of Whately Select Board:

Fred Baron, Clerk - Email: f.baron@whately.org

Joyce Palmer Fortune, Vice-Chair - Email: j.palmerfortune@whately.org

Julianna Waggoner, Chair

Whately Finance Committee to Send Letters to:

Paul Antaya, Chair

Julia Berman, Member

Roger Kennedy, Member

Ruth Leahey, Member

Jerry Lemmon, Member

Paul Newlin, Member

JD Ross, Member

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.

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 **November 14th and December 13th**, 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.



Footcare by Nurses

Foot 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.*

SC TRIAD & SOUTH COUNTY SENIOR CENTER
PROUDLY PRESENTS:

COFFEE WITH A COP



FRIDAY, NOVEMBER 1 [A7] 10:30AM

LOCATION: FIRST CONGREGATIONAL CHURCH OF SUNDERLAND
91 S MAIN ST., SUNDERLAND

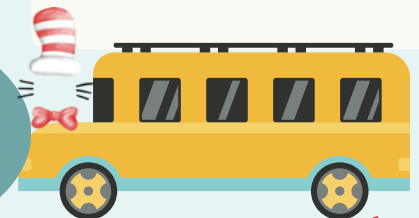
Questions or to register, contact Tom Patria at 413-665-9508
or scpa@town.deerfield.ma.us

Road Trips to the



November 6

Buses Leave @
10:30 AM from 22
Amherst Rd.,
Sunderland. Free
Admission! RSVP
with Tom



Lunch at
Student Prince
and the Fort

Contact: Tom Patria
413.665.9508
scpa@town.deerfield.ma.us

DRAWING WITH CAMPBELL

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

Paid for by an EOE Grant!

November 4, 18, 25: 1:30PM to 3:30PM

South County Senior Center
22 Amherst Road, Sunderland

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

Ask about Hybrid classes!



PAINTING WITH JULIA

TAKE PART IN FREE PAINTING CLASSES WITH JULIA SHIRAR ON TUESDAY AFTERNOONS THIS NOVEMBER!

NOVEMBER 5, 12, 19, 26
1:30PM TO 3:30PM

SOUTH COUNTY SENIOR CENTER
22 AMHERST ROAD,
SUNDERLAND

PROGRAM FUNDED BY THE EOE

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!**

SCAM ALERT BINGO



FREE BINGO WITH THE NORTHWESTERN DISTRICT ATTORNEY'S OFFICE!

FRIDAY, NOVEMBER 8 AT 10:30AM
*RSVP DATE NOVEMBER 6

SOUTH COUNTY SENIOR CENTER
22 AMHERST ROAD, SUNDERLAND

PRIZES WILL BE AWARDED!

- POPULAR SCAMS TARGETING OLDER ADULTS
- PHONE, MAIL, AND INTERNET SCAMS
- AVOIDING IDENTITY THEFT
- TIPS TO KEEP YOUR MONEY SAFE
- EXAMPLES OF SCAMS RECEIVED BY MEMBERS OF THE COMMUNITY

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



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, November 8 and 22: 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



LIKE DOGS?

The Franklin County Regional Dog Shelter will present on volunteering at the shelter and adopting animals.

Wednesday, November 20 at 10:30AM

RSVP by November 18

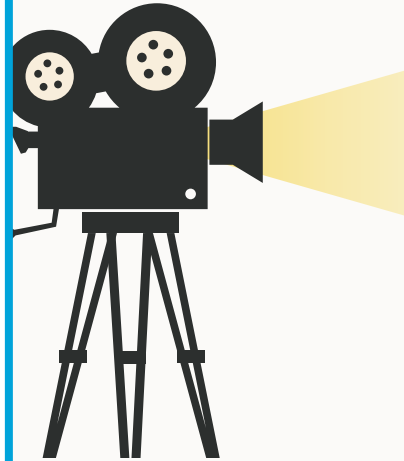
Whately Town Hall, 194 Chestnut Plain Road

HYBRID OPTION: Ask Tom for details!

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



PIZZA & A DOCUMENTARY AT THE SCSC



IN CELEBRATION OF TRANSGENDER AWARENESS WEEK & IN HONOR OF TRANSGENDER DAY OF REMEMBRANCE, WE'RE SHOWING THE DOCUMENTARY WILL & HARPER.

"WHEN WILL FERRELL'S GOOD FRIEND HARPER COMES OUT AS A TRANS WOMAN, THEY TAKE A ROAD TRIP TO BOND AND REINTRODUCE HARPER TO THE COUNTRY AS HER TRUE SELF."

NOVEMBER 20 AT 1PM

SOUTH COUNTY SENIOR CENTER, 22 AMHERST ROAD, SUNDERLAND

FREE PIZZA & ADMISSION

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

RSVP BY NOVEMBER 18

THE KLINES

AS FOLKLORIST-MUSICIANS THE KLINES PERFORM COUNTRY HARMONY DUETS, FAMILY SONGS AND FRONT PORCH MUSIC. THEIR VOICES CARRY THE SONGS WITH TRUTH AND AUTHENTICITY, AND THEIR GUITAR ACCOMPANIMENTS AND HAUNTING HARMONIES GET YOU WHERE YOU LIVE. THE KLINES' PERFORMANCES CELEBRATE THE OLD-TIME SINGERS AS WELL AS THE SONGS.

FRIDAY, NOVEMBER 22 11AM-12PM



WHATELY TOWN HALL, 194 CHESTNUT PLAIN ROAD

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

RSVP BY NOVEMBER 20.
HYBRID PROGRAMMING AVAILABLE.
FUNDED BY THE EOEI HYBRID GRANT.

TARA MURPHY DRUMMING CIRCLE

Friday, November 22 @12pm

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

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

DRUMS PROVIDED AND NO EXPERIENCE NECESSARY.

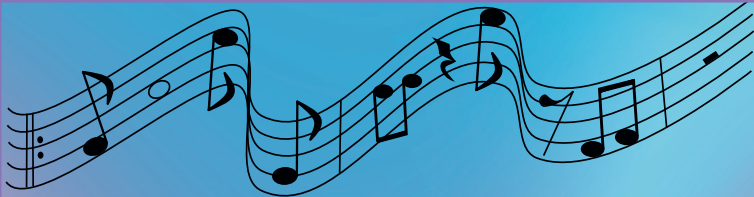
RSVP BY NOVEMBER 20

HYBRID OPTION!

FUNDED BY AN EOEI GRANT!



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



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.

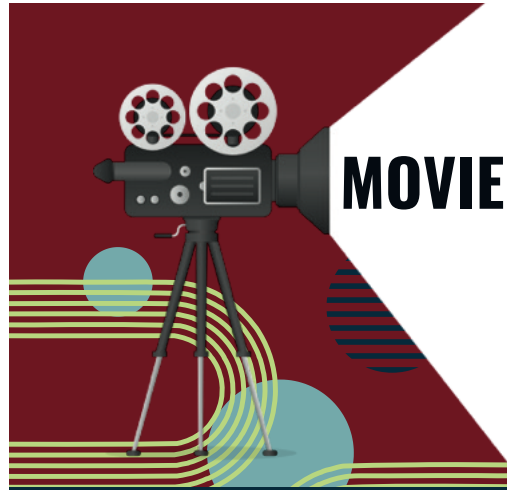
Tuesday, November 26 @ 11am RSVP by November 22



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



MOVIE



Join the South County Senior Center for "The Intern"

22 Amherst Road, Sunderland

Wednesday, November 27

10am to 12:30pm

RSVP by November 25

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

South County Senior Center
Presents

Friendsgiving 2024!

MONDAY, DECEMBER 2

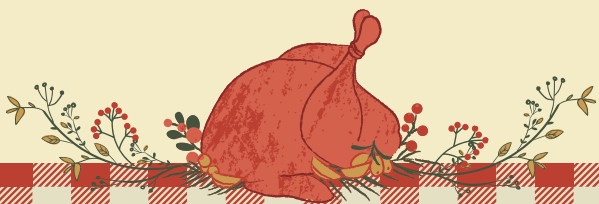
Polish American Citizen's Club
46 S. Main Street, Deerfield

Starts at 11am; Lunch at 12pm

Food by Leo's Table &
FCSO Triad

RSVP by November 28

This is a FREE event.



Painting with Julia



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

December 3, 10, 17, 24, 31: 1:30PM TO 3:30PM

South County Senior Center
22 Amherst Road, Sunderland

Program funded by the EOE

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!**



Funeral Consumers Alliance
of Western Massachusetts

Event: Options for Final Burial

THE FUNERAL CONSUMERS ALLIANCE OF WESTERN MASSACHUSETTS WILL VISIT THE SOUTH COUNTY SENIOR CENTER TO PROVIDE GUIDANCE ON MAKING INFORMED CHOICES ABOUT FUNERAL OR MEMORIAL ARRANGEMENTS.

TOPICS INCLUDE:

- HOW TO PLAN AHEAD FOR DIGNIFIED, YET AFFORDABLE FINAL ARRANGEMENTS
- HOW TO DEAL WITH THE FUNERAL INDUSTRY
- WHAT THE CONSUMER SHOULD KNOW ABOUT THE FEDERAL TRADE COMMISSION'S FUNERAL RULE AND OTHER FUNERAL-RELATED LAWS
- RESULTS OF THEIR RECENT FUNERAL HOME PRICE SURVEY
- ENVIRONMENTAL IMPACT OF DIFFERENT OPTIONS

SOUTH COUNTY SENIOR CENTER
22 AMHERST ROAD, SUNDERLAND, MA

DECEMBER

WEDNESDAY

4

10:30AM

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

SOUTH COUNTY SENIOR CENTER PRESENTS BALANCED CHAOS



GOT ANXIETY ABOUT YOUR LIVING SPACE? IS YOUR HOME NO LONGER FUNCTIONAL? LEARN TO DOWNSIZE & DECLUTTER FROM BALANCED CHAOS!

FRIDAY, DECEMBER 6 @10:30AM
RSVP DATE DECEMBER 4

SOUTH COUNTY SENIOR CENTER
22 AMHERST RD, SUNDERLAND

CONTACT TOM PATRIA AT 413.665.9508 OR
SCPA@TOWN.DEERFIELD.MA.US FOR REGISTRATION OR QUESTIONS

HYBRID OPTION: CONTACT TOM FOR DETAILS

PAID FOR BY AN EOE A GRANT!

Drawing with Campbell

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

December 9, 16, 23: 1:30PM to 3:30PM

South County Senior Center
22 Amherst Road, Sunderland

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

Ask about Hybrid classes!

Paid for by an EOE A Grant!



SARA SNYDER'S JOY OF SONG

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

Tuesday, December 10 @11AM

RSVP by December 6

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



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, December 13: 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 EOEA

You're Invited To a

Christmas Movie

Wednesday, December 18 at 10:30am

RSVP by
December 16

RSVP by
December 16

South County Senior Center
22 Amherst Road, Sunderland

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

JOIN THE SOUTH COUNTY SENIOR CENTER FOR A HOLIDAY PARTY

FRIDAY, DECEMBER 20

\$3
PERSON

RSVP BY DEC 17



AT 11:00 AM

SANTA CLAUS
APPEARANCE

JIMMY
MAZZ

GREAT
FOOD

POLISH AMERICAN CITIZENS CLUB
46 S. MAIN STREET, SOUTH DEERFIELD

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

Holiday Meal

Are you a resident of Deerfield, Sunderland, or Whately who is 55 or older? Would you enjoy a home cooked meal delivered to you for the holidays? Sign up today to receive:

A free turkey dinner, sides & a dessert delivered to your home on December 25th.

To register for a meal, contact Tom at
413.665.9508 or email
scpa@town.deerfield.ma.us
by 12/19/24.

One meal per person please.

Brought to you by
the South County Senior Center &
the Sunderland Men's Club

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 11/4, 11/6, 11/11, or 11/29.*

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! *Please note there is no class on 11/28.*

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 three months, we raised \$169 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. Please note if you've had a session for one to one help, someone who has not had a prior session takes priority.

- 11/5 - Sign up for one on one time (1/2 hr slots) starting at 12 PM with last appointment at 2:30 PM. Slots are first come, first serve. **This session is full!**
- 11/12 - 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.
- 11/19 - 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.
- 12/3 - 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.
- 12/17 - 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.

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.



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 (**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, 11/13 & 12/11, 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!

November/December Programs

- **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.
- **Social Time, 11/1 & 12/27 10 am**, 22 Amherst Rd., Sunderland. Get together with other members of the SCSC to enjoy conversation and food.
- **Drawing with Campbell, 11/4, 11/18, 11/25, 12/9, & 12/16, 1:30 pm to 3:30 pm**, 22 Amherst Rd, Sunderland. See pages 12 & 15 for details.
- **Springfield Museums Field Trip, 11/6, 10:30 am**. Leave the 22 Amherst Rd, Sunderland location at 10 am. Meet at the Quadrangle at 11 am. Buy your own lunch at The Student Prince/The Fort afterwards.
- **Painting with Julia, 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 12/24 & 12/31, 1:30 pm to 3:30 pm**, 22 Amherst Rd., Sunderland. See pages 12 & 14 for details. Hybrid option is available!

November/December Programs (continued)

- **Calm Computing One on One Help, by Appointment Only**, 22 Amherst Rd., Sunderland & Online. If you have questions regarding technology, sign up! More details on page 18.
- **Northwestern DA Office Scam Bingo, 11/8, 10:30 am**, 22 Amherst Rd., Sunderland. Join us to play Bingo and learn about the latest scams. Please see page 12 for details.
- **Franklin County Regional Dog Shelter, 11/20, 10:30 am**, 194 Chestnut Plain Rd., Whately. Please see page 13 for details.
- **Pizza & A Documentary, 11/20, 1 pm**, 22 Amherst Rd., Sunderland. In celebration of Transgender Awareness Week & In Honor of Transgender Day of Remembrance we're showing the documentary "Will & Harper" - 'When Will Ferrell's good friend Harper comes out as a trans woman, they take a road trip to bond and reintroduce Harper to the country as her true self.' We hope you'll join us. See page 13 for more information.
- **Drumming with Tara, 11/22, 1 pm**, 22 Amherst Rd., Sunderland. See page 8 for details.
- **Joy of Song, Sara Snyder, 11/26 & 12/10, 11 am**, 22 Amherst Rd., Sunderland. Enjoy all the benefits music creates! See pages 14 & 15 for more details.
- **Movies at the Senior Center, 11/27 & 12/18**, 22 Amherst Rd., Sunderland. See pages 14 & 16 for details.
- **Friendsgiving with the South County Senior Center, 12/2, 11 am**, SD Polish American Citizens Club, 46 S Main St., S Deerfield. Join us for a fun day with a delicious lunch cooked by FCSO TRIAD and Leo's Table. This event is free. Please see page 14 for details.
- **Options for Final Burial** by the Funeral Consumers Alliance of Western Mass, **12/4, 10:30 am**, 22 Amherst Rd., Sunderland. See page 15 for more information.
- **Balanced Chaos, 12/6, 10:30 am**, 22 Amherst Rd., Sunderland. Do you have a space that has gotten out of hand and is a source of anxiety for you? A place in your home that is no longer functional and you dread seeing it? Join us for this event. See page 14 for details.
- **Holiday Party, 12/20, 11 am**, 22 Amherst Rd., Sunderland. SD Polish American Citizens Club, 46 S Main St., S Deerfield. Join us for a holiday fun with crafts, delicious food, Jimmy Mazz, and a visit from Santa! This event is \$3. Please see page 16 for details.
- **A free Holiday Meal delivered to you! 12/25**, Cooked by the Sunderland Men's Club. See page 16 for all the information.

INDOOR WALKING AT FRONTIER FOR SENIORS



WHAT: Seniors who reside in the Union 38 District are able to use Frontier Regional School during the winter months to continue their walking programs. You are asked to enter through the main entrance. You may only use the first floor hallway. No running or inappropriate behavior please.



WHEN: November 14, 2024-March 28, 2025
Monday-Friday
3:00-5:00PM

School unavailable during vacation week (2/17-21),
Monday holidays and snow days.

WHERE: Frontier Regional School

Sponsored by the Deerfield Recreation Department
For more information call: 665-1400 xt 107
e-mail: recdept@town.deerfield.ma.us

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 and ADA service is free thru June 30, 2025.* Brochures available at Senior Center.

Sunderland: Provided by Pioneer Valley Transit Authority (PVRTA) 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" and is currently free thru June 30, 2025. 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.**

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



Working in cooperation with the Office of the Attorney General

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.

Sunderland Town Nurse (Ann) is available at the Sunderland Town Hall on Mondays from 9 am-12pm or by appointment. Call 413.531.0661.

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.

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
				1
				Enhanced Fitness 9 AM Social Time 10 AM
4	5	6	7	8
No Enhanced Fitness Today Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Drawing with Campbell 1:30 PM Sunderland Open Hours 10 AM -4 PM	Election Day! Make sure to Vote. Calm Computing One on One - by Appt Sunderland Open Hours 10 AM - 4 PM Painting with Julia 1:30 PM	No Enhanced Fitness Today Springfield Museum Field Trip Balance in Motion 11 AM No Open Hours Today	Foot Clinic Brown Bag Tai Chi 1 PM	Enhanced Fitness 9 AM NWDA Scam Bingo 10:30 AM
11	12	13	14	15
	Calm Computing One on One - by Appt Painting with Julia 1:30 PM Sunderland Open Hours 10 AM - 4 PM	Enhanced Fitness 9 AM Food Truck Pop Up 11 AM No Open Hours Balance in Motion 11 AM	Rainbow Elders Tai Chi 1 PM	Enhanced Fitness 9 AM Cribbage Tourney 10 AM Knitting Circle 2-3:30 PM
18	19	20	21	22
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Drawing with Campbell 1:30 PM Sunderland Open Hours 10 AM -4 PM	Calm Computing One on One - by Appt Painting with Julia 1:30 PM Sunderland Open Hours 10 AM - 4 PM	Enhanced Fitness 9 AM Franklin Regional Dog Shelter 10:30 AM Pizza & Documentary 1 PM Balance in Motion 11 AM	Tai Chi 1 PM	Enhanced Fitness 9 AM The Kleins 11 AM Drumming with Tara 12 PM Knitting Circle 2-3:30 PM
25	26	27	28	29
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Drawing with Campbell 1:30 PM Sunderland Open Hours 10 AM -4 PM	Joy of Song with Sara Snyder 11 AM Painting with Julia 1:30 PM Sunderland Open Hours 10 AM - 4 PM	Enhanced Fitness 9 AM Social Time 10 AM Sunderland Open Hours 10 AM - 4 PM		Closed No Programming

MON	TUE	WED	THU	FRI
2	3	4	5	6
Enhanced Fitness 9 AM Friendsgiving 11 AM Polish Club	Calm Computing One on One - by Appt <u>Painting with Julia 1:30 PM</u>	Enhanced Fitness 9 AM Options for Final Burial 10:30 AM <u>Balance in Motion 11 AM</u> Sunderland Open Hours 1-4 PM	Foot Clinic Brown Bag Tai Chi 1 PM	Enhanced Fitness 9 AM <u>Balanced Chaos 10:30 AM</u>
9	10	11	12	13
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Drawing with Campbell 1:30 PM	Joy of Song with Sara Snyder 11 AM <u>Painting with Julia 1:30 PM</u> Sunderland Open Hours 10 AM - 4 PM	Enhanced Fitness 9 AM Food Truck Pop Up 11 AM No Open Hours Today <u>Balance in Motion 11 AM</u>	Rainbow Elders Luncheon <u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM <u>Cribbage Tourney 10 AM</u> Knitting Circle 2-3:30 PM
16	17	18	19	20
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Drawing with Campbell 1:30 PM	Brunch Group See Tom to Register Sunderland Open Hours 10 AM - 4 PM <u>Painting with Julia 1:30 PM</u>	Enhanced Fitness 9 AM <u>Movie 10:30 AM</u> Sunderland Open Hours 1 PM - 4 PM <u>Balance in Motion 11 AM</u>	<u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM Holiday Party with Jimmy Mazz 11 AM Polish Club
23	24	25	26	27
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Drawing with Campbell 1:30 PM	Sunderland Open Hours 10 AM - 4 PM <u>Painting with Julia 1:30 PM</u>	Christmas Day First Day of Hanukah We are closed but will be delivering holiday meals!	First Day of Kwanzaa <u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM Social Time 10 AM
30	31			
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Drawing with Campbell 1:30 PM	Sunderland Open Hours 10 AM - 4 PM <u>Painting with Julia 1:30 PM</u>			



Rainbow Elders November 14th & December 12th, 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, November 14th & December 12th.**

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





Dear Members of the Select Board and Finance Committee,

My name is _____, and I am a resident of _____, reaching out to express a pressing concern that many of us seniors share: the need for a new senior center. I attend the senior center activities on a regular basis. It helps many of us to feel less isolated.

As you know, the South County Senior Center is located at multiple locations throughout the three towns. They are struggling to meet the growing demands of our senior population. Many of us rely on this center not only for social interaction but also for access to essential services, activities, and support networks that enrich our lives. Unfortunately, the current spaces are often overcrowded and lacks the resources necessary to cater to our diverse needs. We need a space large enough to host all of our activities and resources in one location.

A new senior center, ideally located at either of the proposed locations of 4 Sandy Lane, Whately or 8 Conway St., S Deerfield, would not only provide us with a welcoming and comfortable environment but also allow for expanded programming that can address the interests and needs of all seniors, including the return of congregant meals, health and wellness programs, educational workshops, and recreational activities. A dedicated space designed specifically for seniors, and the possibility of intergenerational programming, would foster a sense of community and belonging, encouraging more of us to engage and participate.

Did you know South County is projected to be home to 48% of older adults age 60 and older by 2035? Investing in a new appropriately sized facility now would demonstrate our community's commitment to its older residents. It would show that we are valued, respected, and provided with the resources needed to live fulfilling lives and be able to reside longer at home. I kindly urge you to consider this proposal seriously. The wellbeing of our senior community is an essential aspect of the fabric of our town, and we deserve a space that reflects our contributions and supports our needs.

Thank you for your time and consideration. I, along with many others, look forward to your support in making this vision a reality.

Sincerely,