

SOUTH COUNTY SENIOR CENTER NEWSLETTER JANUARY/FEBRUARY 2025

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

And Just Like That... We're in 2025

Every New Year, it's the same old story. We're handed a blank page and told to rewrite ourselves—resolutions, they call them. But who are they really for? Is it about becoming better for us, or bending to the expectations of others? Society loves to weave a narrative: New Year, New You. But what if the real resolution was to stop editing the fabric of who we are? This year, I'm skipping the rewrites and choosing one simple word to guide me: joy. Because in a world full of expectations, I'd rather just choose happiness over perfection. I hope you'll join me in looking for joy each day.

2024 was a fantastic year at the South County Senior Center! As of December 26, 2024, we hosted 1,297 unique events across 247 program days, totaling 15,328 events—a growth of 221 unique events compared to 2023's 1,076.

Membership continues to grow, with 143 new members joining this year. We provided events for 466 unique members, 431 guests aged 60 and over, and 68 guests under 60. Additionally, we offered 423 van rides to 37 members and 766 services to 110 members. Altogether, 480 members and 499 guests—a total of 979 individuals—connected with the Center for at least one event, service, or ride. This increased from 2023, when we served 421 members and 514 guests, totaling 919 people.



Thank you for your ongoing participation and support. Here's to an even better 2025!

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

With winter now in full swing, it's important to make sure no one is wondering where they'll find their next meal. For anyone struggling with food insecurity, there are many resources and programs available, amidst the ever-rising cost of groceries.

The South County Senior Center hosts two monthly events that focus on providing older adults with food assistance.

The first is the Brown Bag – organized by the Food Bank of Western Massachusetts. This program takes place during the first Thursday of the month at Deerfield Town Hall, providing a free bag of healthy groceries to eligible seniors. Pick-up time is typically between 12:30 p.m. and 1:30 p.m.

If you're interested in applying, you can speak to me about scheduling an appointment. It takes about 5 minutes to fill out a paper application for the Brown Bag program.

We also have a group of volunteers that meets typically at 11:00 am, who assist us every month with Brown Bag. If you'd like to join us as a volunteer or sign-up for Brown Bag, reach out to Outreach Coordinator Chris Goudreau at (413) 768-1066 or via email at scoc@town.deerfield.ma.us.

Next is our monthly Food Truck Day at the South County Senior Center, which takes place the second Wednesday of each month at the First Congregational Church in Sunderland (91 S. Main St).

Sign-up begins at around 10 am. Food distribution typically begins at noon. Food offerings often include fresh vegetables and fruits, frozen meats, dairy products, and shelf stable food from the Franklin Area Survival Center in Turners Falls.

There's also LifePath Grab and Go Meals Monday through Friday, which are available to pick-up from 11 to 11:40 at 29 Sugarloaf St., S. Deerfield. Place your order two days in advance by calling LifePath partner and Dining Center Manager Cathy Carew-Bednarski at (413) 665-5063.

The South County Senior Center's Sunderland location at 22 Amherst Rd hosts a food pantry. If you need a bag of groceries, visit our site on Monday or Wednesday from 2 to 4 pm, or call to schedule an appointment for a more convenient time.

Other local food resources include:

- **LifePath - Meals on Wheels:** Meals are delivered hot, five days a week, in the late morning to people aged 60 or over. A second daily meal and frozen weekend meals are available. *LifePath, 101 Munson St., Suite 201, Greenfield, MA, 01301. Phone: (413) 773-5555.*
- **Franklin Area Survival Center Food Pantry:** The Franklin Area Survival Center in Turners Falls also operates its food pantry weekly from 10 a.m. to 1:30 p.m. Monday through Friday. To sign-up for services, visit the food pantry and complete a client application and bring a form of ID. *Franklin Area Survival Center, 96 Fourth St., Turners Falls, MA, 01376. (413) 863-9549.*

Important Outreach Corner Updates Continued

- **Amherst Survival Center Food Pantry:** The food pantry at the Amherst Survival Center offers free groceries (14+ days' worth) for all household members, including produce, frozen meat, milk, eggs, and shelf stable food. There is no income cap, and you can register to take home food the same day. Available to residents of Amherst, Belchertown, Deerfield, Granby, Hadley, Leverett, Pelham, Shutesbury, South Deerfield, South Hadley, Sunderland, Ware, and Whately. In-person shopping, Monday & Friday (12 to 3 p.m.) Tuesday & Thursday (12 to 7 p.m.) and the 3rd Saturday of each month from 9 a.m. to 12 p.m. *Amherst Survival Center, 138 Sunderland Rd., Amherst, MA, 01002. (413) 549-3968.*
- The **South County Senior Center** also offers enrollment for Supplemental Nutrition Assistance Program (SNAP). To sign up, you will need to schedule an appointment with me. Please bring all documentation regarding all your income, yearly medical costs, forms of ID, and social security information.

Side Note:

The South County Senior Center continues to host our Mass in Motion work group focused on advocating for Senior Tax Work Off programs in the towns of Deerfield, Whately, and Sunderland. Our next meetings will take place on **Thursday, Jan. 23rd at 11 am** and **Wednesday, February 26th at 1 pm** at the South County Senior Center (22 Amherst Rd., Sunderland, MA).

In our meetings, we'll discuss 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. We have pre-written letters of support for the program available at the Senior Center as well if you're interested in advocating for a Senior Citizen Property Tax Work-Off Program in your town.

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.

Community Partners Supporting the SCSC Community

Did you know we partner with the **Franklin Area Survival Center (FASC)** for our monthly pop up food pantry on the second Wednesday of each month? Every 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 to us 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 several months, we've raised over \$300 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**.

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.

We would like to spotlight the following organizations: Leo's Table & the FCSO TRIAD for the delicious food for our Friendsgiving meal; the SDFLD Polish American Citizens Club for the use of their hall & kitchen; Yankee Candle for a brand new refrigerator; SC TRIAD for covering our holiday party meal; dessert from Ciesluk's Market for our Holiday Party; and the Sunderland Men's Club for their continued partnership for our holiday meal delivery!

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 are noticed and very much appreciated. 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 **January 17th and February 21st**, 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 November - Maggie Vidrine; for December - Charlie Decker.

Congratulations to you both!



Footcare by Nurses

Foot Clinic



We've partnered 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 appointment if we cannot fill your slot.* **Call 413.768.1066 or 413.665.9508 to make an appointment. As of this newsletter, we're booking into November of 2025! Please note we have waitlist spaces available.**

YOU ARE INVITED TO..... The Six Triple Eight

During WWII, the only US Women's Army Corps unit of color stationed overseas took on an impossible mission.
Based on a true story.

Friday, January 3 at 11am / RSVP by December 31
South County Senior Center
22 Amherst Road, Sunderland

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



Enjoy the movie with our hot cocoa bar!

Painting with Julia

Take part in FREE drawing classes with Julia on Tuesdays:

Tuesday, January 7, 14, 21, 28

Tuesday, February 4, 11, 18, 25

Tuesday, March 4, 11, 18, 25

South County Senior Center, 22 Amherst Road, Sunderland

*Paid for by an EOE Grant!

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

Ask how to attend these classes from home!



ONE ON ONE COMPUTER HELP

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

Tuesday, January 7 & 21 from 10am to 12pm
Hybrid Option!

South County Senior Center
22 Amherst Road, Sunderland

Funded by an EOE A Grant



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



MEDIUMSHIP SESSION

WITH TOUCH OF SAKURA

Join the South County Senior Center as Touch of Sakura will lead this medium session to tap into the spirit energy of departed ones!

Session Limited to only six (6) participants
Hybrid/Participate from Home Option: Zoom link given at sign-up

Friday, January 10 at 10:30AM / RSVP by January 8
22 Amherst Road, Sunderland

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

Funded by an EOE A Grant



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, January 14 @10am
RSVP by January 10
22 Amherst Street, Sunderland

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



SOUTH COUNTY EMS

Please join the South County Senior Center as we
host South County EMS (SoCEMS).

Wednesday, January 15 @ 10:30am
RSVP by January 13

South County Senior Center
22 Amherst Road, Sunderland

Come listen to how SoCEMS provides paramedic
level emergency medical services to the towns of
Deerfield, Sunderland, and Whately.

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

BRUNCH BRIGADE

Road Trip

THURSDAY, JANUARY 16

Location: The Apprentice Restaurant
at Franklin County Technical School, Turners Falls

Bus Leaves SCSC at 10:30am; Return by 1:30pm

Members pay for their own meals; Can provide own transportation

\$2 Buss Fee

SCSC VAN LIMITED TO 7!

**The Apprentice Restaurant**
at Franklin County Technical School

Contact Tom Patria at 413-665-9508 or scpa@town.deerfield.ma.us
for more information, questions, or to sign up



Drawing with Campbell

Take part in FREE drawing classes with Campbell Lackey
on Thursdays from 1:30pm to 3:30pm:

Thursday, January 16, 23, 30

Thursday, February 6, 20, 27

Thursday, March 6, 20, 27

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 to join these classes from home!

Paid for by an EOE Grant!



The South County Senior Center
Presents

MODERN MEMOIRS

**OBITUARY
WRITING**

**THURSDAY,
JANUARY 16**

10:30am-12pm

Learn different styles of
obituaries and how to make your
obituary reflect your personality.
Writing your own obituary gives
you the opportunity to preserve
your life story in your own words.

*Funded by an
EOEA Grant

**REGISTER
NOW!**

Contact Tom Patria at 413.665.9508 or
scpa@town.deerfield.ma.us

**ZOOM LINK
PROVIDED AT
REGISTRATION**

Intro to Knitting



Want to learn how to knit? Learn through step-by-
step instruction to cast on, knit, purl, and cast off.

Friday, January 17

2pm to 3:30pm

**South County Senior Center,
22 Amherst Road, Sunderland**

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

Hybrid Option! Zoom Link Provided at Registration

This program is funded by the EOE

**SOUTH COUNTY SENIOR CENTER PRESENTS
TARA MURPHY'S
DRUMMING CIRCLE**

TARA MURPHY LEADS CREATIVE DRUM CLASSES FOR SENIORS. IT'S A GREAT TIME TO RELEASE ENERGY, LIFT SPIRITS, CONNECT WITH OTHERS, HAVE FUN, AND GET HEALTHY EXERCISE!

LEARN THE BASICS OF STICK DRUMMING AND TRADITIONAL RHYTHMS FROM MALI AND GUINEA, WEST AFRICA.

PARTICIPANTS WILL LEARN SIMPLE RHYTHMS ON DUNUN DRUMS AND PLAY TOGETHER AS AN ENSEMBLE.

DRUMS PROVIDED & NO EXPERIENCE NECESSARY!



**FRIDAY, JANUARY 24 @ 1 PM
SOUTH COUNTY SENIOR CENTER
22 AMHERST ROAD, SUNDERLAND**

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

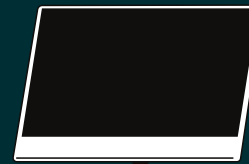
RSVP BY JANUARY 22

USING THE INTERNET

Calm Computing will show you how to use the internet for:

- Finding information on any topic (e.g., news, health tips, recipes).
- Communicating with family and friends through emails, video calls, or social media.
- Shopping for groceries, clothes, or medicines online.
- Watching videos, listen to music, or read books.

**Tuesday, January 28 at 10am
RSVP by January 24
South County Senior Center
22 Amherst Road, Sunderland**



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

SARA SNYDER'S *Joy of Song*



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

Thursday, January 30 @ 11am *RSVP by January 28*
South County Senior Center, 22 Amherst Road, Sunderland

Want to participate from home? Message Tom for Details!
Funded by the EOE.

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



Friday, January 31 at 1pm

RSVP by January 29

South County Senior Center, 22 Amherst Road, Sunderland

Take part in this Japanese technique for stress reduction and relaxation that also promotes healing. Presented by Touch of Sakura.

Funded by an EOE Grant!

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



ONE ON ONE COMPUTER HELP

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

Tuesday, February 4 & 11 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**

ANDEAN MUSIC

The South County Senior Center Presents Etienne Perley, a performer of traditional Andean music. Etienne has performed as an instrumentalist (Pan Pipes) and vocalist across the Pioneer Valley and beyond.



Wednesday, February 5 at 10:30am / RSVP by February 3
Whately Town Hall, 194 Chestnut Plain Road

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

JOIN THE SOUTH COUNTY SENIOR
CENTER FOR AN UNFORGETTABLE

SUPER BOWL Party

FRIDAY, FEBRUARY 7

First Congregational Church
of Sunderland

91 South Main Street
Starting at 10:30AM

RSVP by February 5

Fun and Friendly

Food

Trivia

Meet Friends

Nurse Cindy

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

INTRO TO KNITTING

Want to learn how to knit?
Learn through step-by-step instruction to
cast on, knit, purl, and cast off.

**FRIDAY, FEBRUARY 7 & FEBRUARY 21
2PM TO 3:30PM**

SPACE LIMITED TO 10

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

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

Hybrid Option! Zoom Link Provided at Registration

This program is funded by the EOE



David Ruggles Center FOR HISTORY & EDUCATION

Sojourner Truth Memorial Bus Tour & David Ruggles Center Visit, Florence, MA

In celebration of Black History Month, learn about the local history of abolition and Sojourner Truth's beginnings as an important national figure. Also learn about Abolitionists Frederic Douglass and David Ruggles.

Thursday, February 13
*RSVP by February 6
Bus Leaves SCSC at 9:30am
Tour starts at 10am
Space Limited to 7

Lunch: TBD



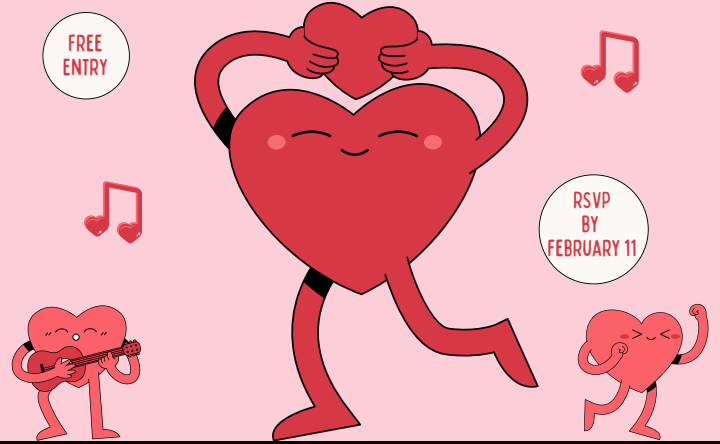
CONTACT TOM PATRIA AT 413-665-9508 OR
SCPA@TOWN.DEERFIELD.MA.US FOR
RESERVATIONS OR QUESTIONS

SOUTH COUNTY SENIOR CENTER PRESENTS

VALENTINE'S DAY PARTY

FREE
ENTRY

RSVP
BY
FEBRUARY 11



FIRST
CONGREGATIONAL
CHURCH OF
SUNDERLAND

91 S. MAIN ST, SUNDERLAND

**STARTS
AT
10:30AM**

14
FEBRUARY

CONTACT TOM PATRIA AT 413.665.9508: SCPA@TOWN.DEERFIELD.MA.US

Brunch Brigade Road Trip



MEMO'S RESTAURANT, WEST SPRINGFIELD

TUESDAY, FEBRUARY 18

BUS LEAVES SCSC @10:30AM; RETURNS @2PM

VAN SPACE LIMITED TO 7 ONLY!

MEMBERS PAY FOR THEIR OWN MEALS; CAN
PROVIDE OWN TRANSPORTATION

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

GET YOUR GROOVE ON WITH

SEAN CALLAGHAN



A guitar player and singer, Sean Callaghan is influenced by the "Great Lounge Music" from the latter 20th Century.

WEDNESDAY • FEBRUARY 19 • 10:30AM
WHATELY TOWN HALL
194 CHESTNUT PLAIN ROAD

**PRESENTED BY THE SOUTH COUNTY
SENIOR CENTER**

RSVP by February 12

CONTACT TOM PATRIA AT 413-665-9508 TO REGISTER OR
QUESTIONS



THE SOUTH COUNTY SENIOR CENTER PRESENTS SHERYL FAYE, WHO BRINGS TO LIFE IMPORTANT HISTORICAL WOMEN. IN HER ONE-WOMAN SHOWS, SHE IMMERSSES THE AUDIENCE IN A MULTI-MEDIA LEARNING EXPERIENCE THAT CAPTIVATES VIEWERS AND SPARKS THEIR INTEREST TO EXPLORE MORE.

Special Performance:

QUEEN ELIZABETH II

THURSDAY, FEBRUARY 20 @10:30AM

RSVP DATE: FEBRUARY 18

WHATELY TOWN HALL, 194 CHESTNUT PLAIN ROAD

WANT TO WATCH FROM HOME? CONTACT US FOR DETAILS. FUNDED BY EOE A GRANT.

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

NEED HELP WITH YOUR SMART PHONE?

Need Help Navigating Your Smart Telephone?

Join Calm Computing at the South County Senior Center in Sunderland & Bring Your Phone & Questions!

Tuesday, February 25
at 10am

*RSVP by February 21



South County Senior
Center

22 Amherst Road,
Sunderland & **Via Zoom**

ZOOM LINK PROVIDED AT
REGISTRATION

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

FUNDED BY AN EOE A GRANT

The South County Senior Center Presents Galileo Galilei the Starry Messenger



Galileo Galilei the Starry Messenger is suited for audiences of all ages, bringing the father of modern science back to discuss his most recent discoveries made with his wonderful telescope. Using the gifts of a storyteller and actively involving the audience, Galileo takes his audience through the discoveries that changed the very nature of science.

Wednesday, February 26 at 10:30AM

*RSVP by February 24

Whately Town Hall, 194 Chestnut Plain Road.

Want to watch from home? Contact us for details

For registration or questions, contact Tom Patria
at 413-665-9508 or scpa@town.deerfield.ma.us

SOUTH COUNTY SENIOR CENTER PRESENTS

SARA SNYDER'S JOY OF SONG



FUNDED BY
THE EOE A

JOIN SARA IN SINGING POPULAR SONGS. EXPERIENCE MUSIC'S REMARKABLE CAPACITY TO AWAKEN THE BRAIN, BOOST BIOCHEMISTRY, AND INSPIRE JOY.

THURSDAY, FEBRUARY 27 @ 11AM

RSVP BY FEBRUARY 25

SOUTH COUNTY SENIOR CENTER, 22 AMHERST ROAD, SUNDERLAND

WANT TO PARTICIPATE FROM HOME? MESSAGE TOM FOR DETAILS!
TO REGISTER, CONTACT TOM PATRIA AT 413-665-9508 OR
SCPA@TOWN.DEERFIELD.MA.US

Join the Conversation: The Future of the South County Senior Center

By Jennifer M. Ferrara, MBA, Director

As I sat at my kitchen table with a blank page to type on, I couldn't help but wonder—when did growing older become a solo sport? Aging isn't just about adding years; it's about finding the resources, support, and community to help us thrive. And for the residents of Deerfield, Sunderland, and Whately, that sense of community has a home: the South County Senior Center (SCSC).

But what happens when that home needs a makeover—or in this case, a new location entirely?

Join us on **Wednesday, February 19th, 6 pm, Frontier Regional School & Friday, February 28th, 10 am, Whately Town Hall**, the SCSC is hosting a community forum to answer that question. It's your chance to learn why the SCSC is advocating for a new central location—one that can better support its mission of serving our seniors and individuals with varying abilities. Because, let's face it, sometimes the best resources are the ones you didn't even know were available.

Did you know the SCSC offers so much more than just a meeting space? It's a lifeline, a calendar full of possibility, and a pantry stocked with care. Think movement classes for all abilities, arts and crafts, games, social events, and meals that bring people together, like a Sunday family dinner. And that's just the beginning.

Every second Wednesday of the month, there's a free pop-up food pantry, with the main pantry open five days a week. Need a ride? Free transportation to events and activities is just a call away. And for those struggling to make ends meet, SCSC provides assistance with fuel and SNAP applications.

It's not just about what's offered, though—it's about how it's offered: with dignity, compassion, and connection. From Meals on Wheels to medical equipment referrals, this is a place where help comes without hesitation.

So here's the thing: we all need a little help sometimes, whether we're 25 and lost in love or 65 and looking for the right resources. This isn't just about seniors; it's about creating a community that cares, shares, and grows together.

Join the conversation at our two events. Let's ensure the SCSC continues to be the cornerstone of support for our neighbors in Deerfield, Sunderland, and Whately. After all, the best communities don't just happen—they're built. One program, one resource, and one new location at a time.

COMMUNITY MEETING

2 Sessions!

WEDNESDAY, FEBRUARY 19 @ 6PM
FRONTIER REGIONAL SCHOOL
113 NORTH MAIN STREET
SOUTH DEERFIELD

FRIDAY, FEBRUARY 28 @ 10:30AM
WHATELY TOWN HALL
194 CHESTNUT PLAIN ROAD
WHATELY



At our community meeting, you'll have the opportunity to:

- Learn how the South County Senior Center supports our community
- How our feasibility study updates will show our needs moving forward
- Provide feedback as to what you want to see in a new Center

This is your chance to make a difference in your community and help shape the Center's future!

Contact Tom Patria for reservations or questions



413-665-9508



scpa@town.deerfield.ma.us

Let's Keep Moving (And Keep Everyone in Motion!)

Did you know our movement classes are the *stars* of the South County Senior Center? They're so popular that some even have waiting lists—looking at you, **Enhanced Fitness**! To make sure everyone gets a fair chance to join the fun, we kindly ask that you let Tom know if you'll be out of class for more than a week. You can reach him at **413.665.9508** or by email at sepa@town.deerfield.ma.us. If we don't hear from you, your spot will be given to someone on the waitlist, but don't worry—if you notify us, we'll save your spot for when you're ready to return!

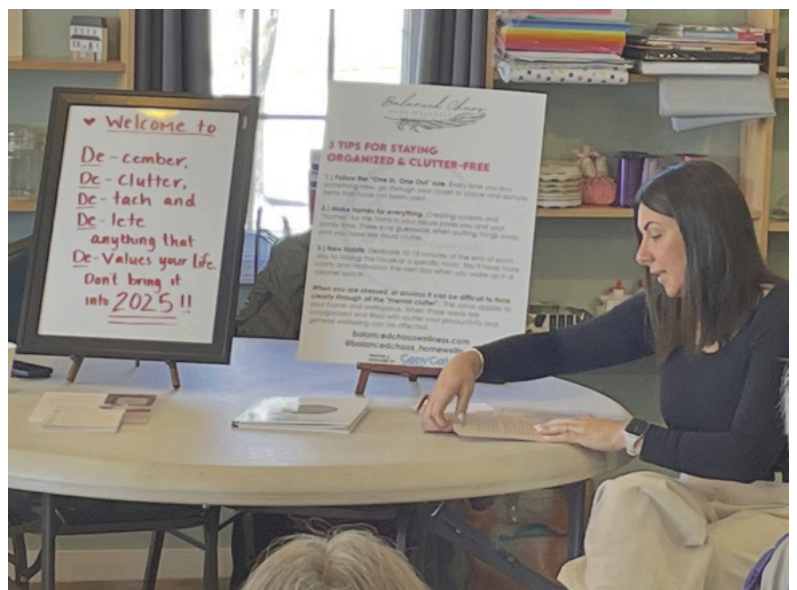
Now, a quick note about class fees: Starting in April, we'll have fully utilized our grant funds for most of our movement classes. However, thanks to the **Mass in Motion** grant, we'll continue to offer **Tai Chi**, **Seated Dance**, and **Drumming with Tara** at *no cost* through the end of this fiscal year (June 30, 2025).

For our other fabulous classes—**Enhanced Fitness**, **Chair Yoga**, and **Balance in Motion**—a small fee will now apply. Here's the breakdown:

- **Enhanced Fitness:** \$4 per person, per class
- **Chair Yoga:** \$5 per person, per class
- **Balance in Motion:** \$5 per person, per class

Fees are calculated based on average attendance, and every dollar goes toward keeping these fantastic programs going strong. If finances are a concern, we might be able to help! Reach out to **Chris Goudreau** at **413.768.1066** to discuss financial options which may be available based on income guidelines.

We're committed to keeping everyone moving, grooving, and feeling their best—thank you for helping us make it all happen!



[Find Your Flow: A Movement Class for Everyone](#)

Looking to stretch, strengthen, or just have a little fun? We've got you covered with our diverse lineup of movement classes. Here's what's happening:

Chair Yoga & Balance in Motion

In collaboration with **Cadence Yoga Center**, we're offering:

- **Chair Yoga:** Mondays at 1 PM
- **Balance in Motion:** Wednesdays at 11 AM

Both classes are held at **289 Amherst Road (RTE 116) Sunderland**. Want to join the hybrid option? Register with Tom at least **two business days in advance** (no same-day registrations, please!).

Enhanced Fitness

Our popular **Enhanced Fitness** classes, instructed through the **Franklin YMCA**, meet:

- **Monday, Wednesday, and Friday at 9 AM** at Whately Town Hall (194 Chestnut Plain St., Whately).

This class is currently full for in-person participation, but you can still join the **hybrid option!** To snag a spot on the in-person waitlist, contact Tom Patria at **413.665.9508** or email scpa@town.deerfield.ma.us.

Heads up: No classes on 1/1, 1/20, & 2/17.

Tai Chi

Led by the talented Mari Rovang, our Tai Chi class meets:

- **Thursdays at 1 PM** at Whately Town Hall (194 Chestnut Plain St., Whately).

This calming, restorative practice is open to all—come join us!

Seated Dance

What's better than dancing? Dancing with a side of laughter! Our **Seated Dance** class with **Kathy Steinem** happens:

- **Mondays at 12:15 PM** at 22 Amherst Rd., Sunderland.

This unique dance style allows participants to warm up, stretch, and groove—all from the comfort of a chair. Plus, every class kicks off with a pun, joke, or riddle, because laughter is just as important as movement! Whether you're working on mobility or just want to try something fun and different, this class is for everyone.

Hybrid Option Registration

For any of the hybrid classes mentioned above, don't forget to register with Tom at **413.665.9508** at least **two business days in advance**. Same-day registrations aren't available, so plan ahead to join the fun!

Move with us—whatever your style, there's a class for you! See page 13 for changes to prices.

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, 1/8 & 2/12, 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!

January/February 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.
- **Drawing with Campbell***Now on Thursdays***, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, & 2/27, 1:30 pm to 3:30 pm, 22 Amherst Rd, Sunderland.** See page 6 for details.
- **Painting with Julia, 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, & 2/25, 1:30 pm to 3:30 pm, 22 Amherst Rd., Sunderland.** See page 5 for details. Hybrid option is available!
- **Movie & Hot Cocoa Bar, 1/3, 11 am, 22 Amherst Rd., Sunderland.** A screening of WWII film “The Six Triple Eight” (2024) about the US Women’s Army Corps Unit of Color stationed overseas who take on an impossible mission. Based on a true story.
- **Calm Computing 1-on-1 Instruction, 1/7 & 1/21, 2/4, 2/11, 10 am, 22 Amherst Rd., Sunderland.** Advance sign-up is required. Call Tom Patria at 413.665.9508 to sign up. See pages 5 & 6 for details.
- **Calm Computing: iPad Basics, 1/14, 10 am, 22 Amherst Rd., Sunderland.** The course will focus on iPad Basics. See page 6 for details.

- **South County EMS, 1/15, 10:30 am**, 22 Amherst Rd., Sunderland. Emergency services discussion with local paramedics.



- **Brunch Group, 1/16, 10:30 am**. Road trip to The Apprentice Restaurant at Franklin County Technical School in Turners Falls.
- **Modern Memoirs – Obituary Writing, 1/16, 10:30 am**, 22 Amherst Rd., Sunderland. Learn how to write an obituary.
- **Cribbage Tournament, 1/17, 2/21, 10 am**, 22 Amherst Rd., Sunderland.
- **Intro to Knitting, 1/17, 2/7, 2/21, 2 pm**, 22 Amherst Rd., Sunderland.
- **LifePath: Adult Family Care, 1/22, 10:30 am**, 22 Amherst Rd., Sunderland. A presentation by LifePath on adult family care.
- **Mass in Motion Meeting: 1/23, 11 am, & 2/26, 1 pm**, 22 Amherst Rd., Sunderland. A group meeting about senior tax work-off programs.
- **Drumming with Tara, 1/24, 1 pm**, 22 Amherst Rd., Sunderland. Creative drum class for seniors.

- **Calm Computing: Using the Internet, 1/28, 10 am**, 22 Amherst Rd., Sunderland.
- **Joy of Song, Sara Snyder: 1/30 & 2/27, 11 am**, 22 Amherst Rd., Sunderland. Enjoy all the benefits music creates!
- **Touch of Sakura: Reiki, 1/31, 1 pm**, 22 Amherst Rd., Sunderland. The Japanese technique for stress reduction presented by Touch of Sakura.
- **Andean Music, 2/5, 10:30 am**, Whately Town Hall, 194 Chestnut Plain Rd., Whately. Etienne Perley performs traditional Andean music with pan pipes and singing.
- **Super Bowl Party, 2/7, 10:30 am**, 22 Amherst Rd., Sunderland. A party for the big game at the Senior Center!
- **Sojourner Truth Memorial Bus Tour, 2/13, 9:30 am (bus leaves center)**. Celebrate Black History Month with a tour of local abolitionist history at the Sojourner Truth Memorial and David Ruggles Center in Florence, MA.
- **Valentine’s Day Party, 2/14, 10:30 am**, First Congregational Church of Sunderland, 91 S. Main St., Sunderland. Free.
- **Brunch Group, 2/18, 10:30 am**. Road trip to Memo’s Restaurant in West Springfield, MA. Returns at 2 pm.
- **Music: Sean Eric Callaghan, 2/19, 10:30 am**, Whately Town Hall, 194 Chestnut Plain Rd., Whately. Singer and guitarist Sean Eric Callaghan plays the “great lounge music” of the 20th century.
- **Women’s HERstory (Queen Elizabeth II), 2/20, 10:30 am**, Whately Town Hall, 194 Chestnut Plain Rd., Whately. Sheryl Faye presents a one-woman immersive theater show playing Queen Elizabeth II.
- **Calm Computing: Smart Phones, 2/25, 10 am**, 22 Amherst Rd., Sunderland. Learn the basics on how to use a smartphone.
- **Galileo Galilei: The Starry Messenger, 2/26, 10:30 am**, Whately Town Hall, 194 Chestnut Plain Rd., Whately. A dramatic presentation on the history of Italian astronomer Galileo Galilei by actor and science communicator Mike Francis.



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 & will be at the SCSC on Tuesdays 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 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	2	3
				Enhanced Fitness 9 AM Movie & Hot Cocoa Bar 11 AM Knitting Field Trip
6	7	8	9	10
Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 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	Food Truck Pop Up 11 AM No Open Hours Balance in Motion 11 AM	Rainbow Elders Tai Chi 1 PM	Enhanced Fitness 9 AM Social Time 10 AM Knitting Circle 2 pm
13	14	15	16	17
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Calm Computing 10 AM Painting with Julia 1:30 PM Sunderland Open Hours 10 AM - 4 PM	Enhanced Fitness 9 AM SC EMS 10:30 AM Balance in Motion 11 AM	Brunch Brigade Write your Obituary 10:30 AM Tai Chi 1 PM Drawing with Campbell 1:30 PM	Enhanced Fitness 9 AM Cribbage Tourney 10 AM Intro to Knitting 2-3:30 PM
20	21	22	23	24
Martin Luther King Jr. Day *** Injustice anywhere is a threat to justice everywhere. <small>MARTIN LUTHER KING JR.</small> 	Calm Computing One on One - by Appt Painting with Julia 1:30 PM Sunderland Open Hours 10 AM - 4 PM	Enhanced Fitness 9 AM LifePath 10:30 AM Balance in Motion 11 AM	Mass in Motion Workgroup 11 AM Tai Chi 1 PM Drawing with Campbell 1:30 PM	Enhanced Fitness 9 AM Social Time 10 AM Drumming with Tara 1 PM Knitting Circle 2-3:30 PM
27	28	29	30	31
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Calm Computing 10 AM Painting with Julia 1:30 PM Sunderland Open Hours 10 AM - 4 PM	Enhanced Fitness 9 AM Sunderland Open Hours 10 AM - 12 PM Closed for Workgroup 12 pm on	Joy of Song with Sara Snyder 11 AM Tai Chi 1 PM Drawing with Campbell 1:30 PM	Enhanced Fitness 9 AM Social Hours 10 AM - 12 PM Reiki 1 PM

MON	TUE	WED	THU	FRI
3	4	5	6	7
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM - 4 PM	Calm Computing One on One - by Appt Painting with Julia 1:30 PM	Enhanced Fitness 9 AM Andean Musical Performance 10:30 AM Balance in Motion 11 AM Sunderland Open Hours 1-4 PM	Foot Clinic Brown Bag Tai Chi 1 PM Drawing with Campbell 1:30 PM	Enhanced Fitness 9 AM Super Bowl Party 10:30 AM Intro to Knitting 2-3:30 PM
10	11	12	13	14
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 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 Food Truck Pop Up 11 AM No Open Hours Today Balance in Motion 11 AM	Sojourner Truth Bus Tour 10 AM Rainbow Elders Luncheon Tai Chi 1 PM	Enhanced Fitness 9 AM Valentine's Day Party 10:30 AM Knitting Circle 2-3:30 PM
17	18	19	20	21
OUR OFFICES WILL BE OPEN Monday, February 17, 2025 in observance of Presidents' Day 	Brunch Group See Tom to Register Painting with Julia 1:30 PM Sunderland Open Hours 10 AM - 4 PM	Enhanced Fitness 9 AM Sean Eric Gallagher Musical Performance 10:30 AM Balance in Motion 11 AM Sunderland Open Hours 10 AM - 4 PM Community Forum 6 PM	Women's HERstory: Sheryl Faye as Queen Elizabeth II 10:30 AM Tai Chi 1 PM Drawing with Campbell 1:30 PM	Enhanced Fitness 9 AM Cribbage Tourney 10 AM Intro to Knitting 2-3:30 PM
24	25	26	27	28
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM	Calm Computing 10 AM Sunderland Open Hours 10 AM - 4 PM Painting with Julia 1:30 PM	Enhanced Fitness 9 AM Galileo Galilei The Starry Messenger 10:30 AM Mass in Motion Workgroup 1PM	Joy of Song with Sara Snyder 11 AM Tai Chi 1 PM Drawing with Campbell 1:30 PM	Enhanced Fitness 9 AM Community Forum 10:30 AM Knitting Circle 2-3:30 PM





Rainbow Elders January 9th & February 13th, 2025 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, January 9th & February 13th.**

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 - January 2025

PLEASE CALL YOUR MEAL SITE BEFORE 9:30 AM ONE SERVING DAY AHEAD TO ORDER OR CANCEL A MEAL.

Athol 978-249-9001, Barnardston 413-648-5319, Charlemont 413-834-7413, Greenfield 413-772-1517 Ext 0, 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	
Suggested Voluntary Confidential Donation is \$3.50 per Meal 		ALL MEALS INCLUDE: 8 OZ 1% MILK containing: 130 mg Sodium, 140 Calories, & 13 g Carbohydrates AND 1 pat of Margarine Containing 30 mg Sodium & 30 Calories Sodium, Calories, & Carbs included in daily totals		1 HAPPY NEW YEAR!! NEW YEAR'S DAY HOLIDAY  NO MEALS SERVED		2 Chicken Meatballs (3) w/ Teriyaki Sauce 2oz Lo Mien Noodles Stir Fry Vegetables Wheat Bread Rice Pudding Total Sodium (mg): 1007 Carbs (g): 104; Calories: 860		3 Beef Burgundy 8oz Mashed Potatoes Root Vegetables Wheat Dinner Roll Dried Cranberries Total Sodium (mg): 616 Carbs (g): 118; Calories: 796	
Please Note that Only 1% Milk is Currently Available From the Supplier									
6 Chicken Marsala 7oz Italian Roasted R Potatoes Spinach Wheat Bread Tropical Fruit Total Sodium (mg): 804 Carbs (g): 83; Calories: 692		7 Potato Crunch Pollock 4oz Quinoa Pilaf Broccoli & Cauliflower Multigrain Bread Oatmeal Raising Cookie Total Sodium (mg): 787 Carbs (g): 89; Calories: 814		8 Chicken Meatballs (3) w/ Tomato Basil Wine Sauce Penne Pasta 4oz Italian Blend Veg Wheat Dinner Roll Fresh Fruit (Orange) Total Sodium (mg): 656 Carbs (g): 94; Calories: 688		9 Broccoli Egg Bake 6oz Home Fries Stewed Tomatoes Rye Bread Applesauce Total Sodium (mg): 1075 Carbs (g): 86; Calories: 678		10 Beef Pot Roast w/Gravy Mashed Potatoes Carrots Dinner Roll Chocolate Pudding Total Sodium (mg): 759 Carbs (g): 117; Calories: 883	
13 Mixed Bean & Veg Stew Chicken Meatballs (2) Brussels Sprouts Wheat Dinner Roll Brownie Total Sodium (mg): 1051 Carbs (g): 98; Calories: 760		14 Chicken Scallopiini 7oz Buttered Noodles Green Beans Wheat Bread Fresh Fruit Total Sodium (mg): 794 Carbs (g): 97; Calories: 753		15 Macaroni & Cheese* 10oz Riviera Blend Veg Multigrain Bread Peaches Total Sodium (mg): 1098 Carbs (g): 127; Calories: 731		16 American Chop Suey 10oz Broccoli Oat Bread Vanilla Pudding Total Sodium (mg): 906 Carbs (g): 159; Calories: 1147		17 Chicken & Rice Bake 1cup Spinach Garlic Knot Roll Mixed Fruit Total Sodium (mg): 912 Carbs (g): 75; Calories: 621	
MARTIN LUTHER KING DAY HOLIDAY NO MEALS SERVED 		21 Beet Chili 10oz Brown Rice Zucchini & Cauliflower Dinner Roll Pears Total Sodium (mg): 708 Carbs (g): 85; Calories: 593		22 Chicken Diane 5oz Seasoned Orzo California Blend Veg Oat Bread Cupcake Total Sodium (mg): 804 Carbs (g): 109; Calories: 829		23 Winter Special Roast Turkey w/Gravy* 5oz Mashed Potatoes Root Vegetables Wheat Dinner Roll Apple Cranberry Crisp Total Sodium (mg): 1156 Carbs (g): 120; Calories: 827		24 Pollock 4oz w/ Newburg Sauce 2oz Herbed Brown Rice Roman Blend Veg Wheat Bread Applesauce Total Sodium (mg): 782 Carbs (g): 90; Calories: 596	
27 Cheese Omelet Sausage Patty O'Brien Potatoes Stewed Tomatoes Wheat Bread Fresh Fruit Total Sodium (mg): 964 Carbs (g): 78; Calories: 627		28 Lasagna Roll w/ Tomato Sauce* Chicken Meatball (1) Tuscan Blend Veg Garlic Dinner Roll Peaches Total Sodium (mg): 970 Carbs (g): 82; Calories: 654		29 Pork w/ Apples 4oz Roasted Sweet Potatoes Green Beans Dinner Roll Pears Total Sodium (mg): 787 Carbs (g): 89; Calories: 814		30 Chicken w/ Saute Veg 7oz Jasmine Coconut Rice Multigrain Bread Chocolate Pudding Total Sodium (mg): 844 Carbs (g): 91; Calories: 807		31 Meatloaf 4oz w/ Gravy 2oz Cheddar Mashed Potatoes Peas & Carrots Wheat Dinner Roll Chocolate Chip Cookie Total Sodium (mg): 739 Carbs (g): 103; Calories: 895	

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.

