

SOUTH COUNTY SENIOR CENTER NEWSLETTER MARCH/APRIL 2025

Monthly Musings & Updates

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

I've always believed that a sense of community is truly everything. Whether it's a beloved book club, a cherished Sunday brunch tradition, or simply knowing there's a place where you truly belong—feeling connected makes life richer and more meaningful. And that's exactly what the South County Senior Center (SCSC) is all about. It's not just a gathering space; it's a home filled with friendship, laughter, and unwavering support.

Since September, we've been delighted to offer hybrid fine arts classes in painting and drawing, and now, it's time to celebrate our community's incredible creativity! On **Tuesday, April 1st**, we invite you to a special showcase at **194 Chestnut Plain Rd., Whately** from **1:30-3:30 PM**. This event is **free and open to all**—because art is meant to be shared and appreciated together.

Of course, none of what we do would be possible without our extraordinary volunteers. Their kindness and dedication bring so much joy to SCSC, from meal services and transportation to warm smiles and memorable events. To express our deepest gratitude, we're hosting a **Volunteer Appreciation Luncheon** at The Whately Inn, **11:30 am, Thursday, April 24th**. Join us for a delightful meal in a beautiful setting! Tickets are just **\$15** and available at the Center—because giving back should always be celebrated in style.

And speaking of celebrations—our **St. Patrick's Day Luncheon** is just around the corner! 🍀✨ Join us for a classic corned beef and cabbage meal (**only \$5!**) at the South Deerfield Polish American Citizens Club on **Thursday, March 13th, at 11:30 AM**. It's the perfect opportunity to enjoy delicious food, embrace the festive spirit, and share in the joy of good company. After all, isn't that what life is all about?

So whether you join us in person or virtually, please know—you always have a place here at SCSC. Because community isn't just about a building; it's about the people who fill it with love, laughter, and a true sense of home. 💕

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

Home care for older adults is one of the most common requests for referrals that I receive on a weekly basis as outreach coordinator here at the South County Senior Center. Home care services allow older adults to age at home, while maintaining safety, comfortably, and independence in familiar surroundings that can be more cost effective than an assisted living facility.

Whether someone needs some basic home care or more extensive services, there are many organizations that can assist elders in our community to tailor to their individual needs.

- ***LifePath:*** Greenfield-based nonprofit organization LifePath offers home care services as well as many other support services for older adults as a leading provider of elder care services in Franklin County. LifePath offers homemaking, personal care, home health aide services, nutrition, and personal emergency response system support. These services are available to people of all income levels with co-pay and sliding scale options. Additional services include transportation, nursing, adaptive devices, home modifications, and chore services. LifePath also includes a consumer-directed care option to offer elders the opportunity to choose and hire their own caregivers. ***101 Munson Street, Greenfield, MA, 01301. Phone: (413) 773-5555; Website: www.lifepathma.org.***
- ***Valley Neighbors:*** Whately-based nonprofit organization Valley Neighbors is entirely volunteer driven. The organization offers support for South County (Deerfield, Sunderland & Whately) residents over 60 years old to help them continue to live independent and engaged lives at their current home. Valley Neighbors offers local rides within Franklin, Hampshire, and Hampden Counties. Individuals utilizing transportation services must be able to get in and out of the vehicle with only minor assistance. Other services include light home and yard needs, social support (telephone check-ins, walking buddy, community gatherings), and technical support (help with computers, phone, email or other electronic devices). ***PO BOX 281, Whately, MA, 01093; Phone: (413) 453-9057; Email: info@valleyneighbors.org. Website: www.valleyneighbors.org.***
- ***Guardian Angel Senior Services:*** A new addition to western Massachusetts will be an office for Guardian Angel Senior Services opening in the Amherst/Hadley area. Guardian Angel Senior Services offers a range of options for older adults living independently at home, including companionship, homemaking, home health aide, and skilled nursing services. Guardian Angel also offers specialized services for elders with dementia and Alzheimer's disease, diabetic care, cancer care, and post-operative care. ***Phone: (781) 753- 4159; Email: info@guardianangelseniorservices.com. Website: www.guardianangelseniorservices.com.***
- ***Sandy's Senior Care:*** A local Sunderland-based personal care homemaker service is offered by Sandra Connor-Misiun. Sandy's Senior Care includes elder care services such as dressing, bathing, grooming, meal preparation, companionship, socialization, light housekeeping and errands as well as transportation assistance. ***Phone: (413) 695-8398; Email: sconnormisiun@gmail.com.***

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.



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: Donations from the Sunderland Women's Club; and the South Deerfield Polish American Citizens Club for the use of the space for our St. Patrick's Day Celebration. We are

grateful for their continued support!

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.



Celebrate Earth Day! Stop by our 22 Amherst Rd., Sunderland location on **Tuesday, April 22nd from 10 am -4 pm**, to pick up a free packet of wildflower seeds (limited to 100 packets). These wildflowers are non-gmo and will help provide support to our birds, butterflies, and other creatures.

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 **March 21st and April 18th**, and join us for thrilling rounds of Cribbage. Whether you're a seasoned player or new to the game, there's excitement and camaraderie waiting for you. Bring your cards and competitive spirit as we gather for a day filled with strategy, skill, and friendly competition. Will you be our next winner?!

Our Cribbage winners: for January - John Paresky;
for February - Wally Sadowsky.

Congratulations to you both!





Did you know we team up with the **Franklin Area Survival Center (FASC)** to bring a monthly pop-up food pantry to our community every **second Wednesday**? Each month, they deliver a truck full of food to ensure no one in need goes hungry.

♥ Here's the problem: Their truck is out of commission, and every delivery now costs them **\$100** in rental fees!

💡 How You Can Help:

At each pop-up pantry, we accept donations for the SCSC, but we're also collecting extra funds to help FASC cover their truck rental costs. So far, we've raised **over \$400**, but they still need our support!

✅ **Want to donate directly?**

✉ Mail a check to: Franklin Area Survival Center, 96 Fourth Street, Turners Falls, MA 01376.

💳 Prefer credit card? Call **413-863-9549** to donate over the phone.

Remember, FASC is a **501(c)(3) nonprofit**, so your donation is tax-deductible!

Let's come together and help them keep food on the table for those who need it most. 🤝💙



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 booked for 2025! Please call and get on our waitlist. We average one to two cancellations per month.**

we want to hear from you!

HOW CAN TRANSPORTATION OPTIONS BE IMPROVED IN FRANKLIN COUNTY?

1) Participate in a focus group to help us understand community needs!

South County Senior Center on March 10th from 2-3pm.
(Attendees will receive a \$25 gift card for participating)

2) Take a survey!

Fill out a hard copy or scan here:



Project led by the Franklin Regional Council of Governments (FRCOG) and funded by the National Aging and Disability Transportation Center (NADTC). The NADTC is administered by Easterseals and USAging, with funding from the Federal Transit Administration and guidance provided by the Administration for Community Living.

For more information or questions, please contact Megan Rhodes, Livability Program Manager, FRCOG at mrhodes@frcog.org.

ONE ON ONE COMPUTER HELP

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

Tuesday, March 4 & 18 from 10am to 12pm

Want to participate from home? Let us know!

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

Painting with Julia

Take part in FREE drawing classes with Julia on Tuesdays throughout March!

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!



SOUTH COUNTY SENIOR
CENTER PRESENTS

FRANCES PERKINS: A WOMAN'S WORK

FRANCES PERKINS, THE FIRST WOMAN SECRETARY OF LABOR, CRAFTED SOME OF THE MOST SIGNIFICANT LEGISLATION OF THE NEW DEAL ERA. THIS PRESENTATION SHOWS THAT SOCIAL SECURITY, CHILD LABOR LAWS, MINIMUM WAGE, 40-HOUR WORK WEEK, AND SOCIAL JUSTICE POLICIES WERE CRAFTED BY FRANCES PERKINS.



Wednesday, March 5, 2024



10:30AM - 11:30AM

Celebrate Women's History Month! Join us for a living history performance by Jarice Hanson.

Whately Town Hall
194 Chestnut Plain Road

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

Drawing with Campbell

Take part in FREE drawing classes with Campbell Lackey on Thursdays this March!

Thursday, March 6, 20, 27 from 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 to join these classes from home!

Paid for by an EOE Grant!



South County Senior Center Presents: Life Coaching with Cathy Hope

**Life Coaching as we Age: A Gathering to Learn
About the Who, What, When, Where and Why?**

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

Friday, March 7 at 11AM

RSVP March 5

South County Senior Center
22 Amherst Road, Sunderland

Zoom Session Only: Link Provided Upon Registration

Paid for by an EOE Grant

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

Join the South County Senior Center for Corned Beef & Cabbage

St. Patrick's Day Party

Thursday, March 13 / RSVP by March 7

Party Kicks Off at 11am

Polish American Citizens Club

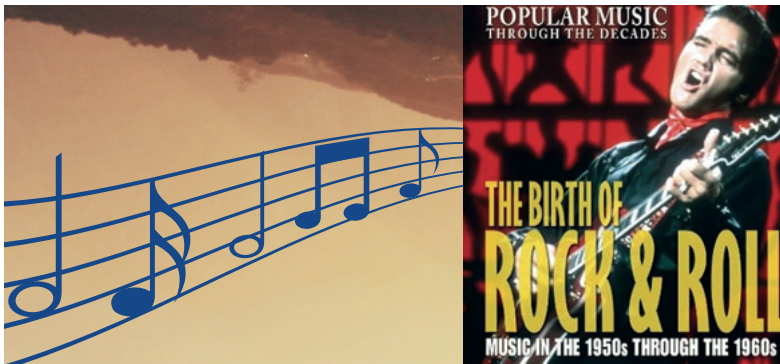
46 South Main Street, South Deerfield

**Purchase \$5 tickets in advance at our
22 Amherst Rd, Sunderland location**

Contact Tom Patria at

413-665-9508 or

scpa@town.deerfield.ma.us



THE BIRTH OF ROCK AND ROLL: SONGS THAT DEFINED AN ERA WITH MARTY GITLIN

AUTHOR AND POP CULTURE HISTORIAN MARTY GITLIN
TAKES YOU BACK TO ONE OF THE GREATEST MUSICAL
ERAS IN AMERICAN HISTORY.

HE WILL DISCUSS THE IMPACT ROCK AND ROLL PIONEERS
MADE ON SOCIETY AND POP CULTURE. MARTY WILL ALSO
CHALLENGE PATRONS WITH TRIVIA QUESTIONS AND
INTERACT WITH A Q&A AFTER THE EVENT.

FRIDAY, MARCH 14 AT 10:30AM

*RSVP BY MARCH 12

LOCATION: SOUTH COUNTY SENIOR CENTER, 22 AMHERST
ROAD, SUNDERLAND

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

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.

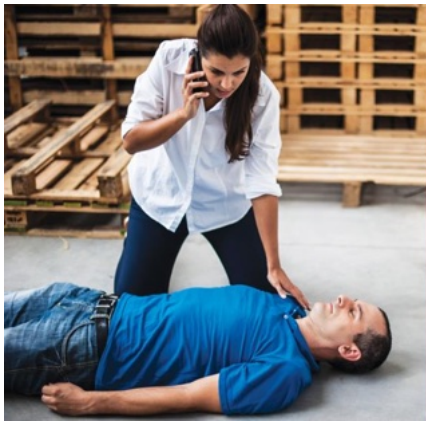
Drums provided & no experience necessary!

Friday, March 14 at 1pm

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**



**BE READY TO
SAVE A LIFE**
with
Hands-Only CPR

It's easy to learn. You can increase the chance of someone surviving a cardiac emergency by taking a **FREE** American Red Cross 30-minute class.

More than 350,000 cardiac arrests occur outside a hospital each year. Learn how to deliver lifesaving CPR care without rescue breaths and be prepared. When you immediately provide Hands-Only CPR, you can increase the chance of survival.

**Wednesday, March 19, 2025, at 11am
South County Senior Center, 22 Amherst Road, Sunderland**

To sign-up for this free 30-minute class, please contact:
Tom Patria, Program Coordinator
413.665.9508 / scpa@town.deerfield.ma.us
Attendance limited to 20

You can get started today, by watching a free video tutorial at redcross.org/handsonly



LIKE DOGS?

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

Thursday, March 20 at 10AM

RSVP by March 18

South County Senior Center, 22 Amherst Road,
Sunderland

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



COMMUNITY MEETING

You Are Cordially Invited!

**WEDNESDAY, MARCH 19
AT 2PM**

**SUNDERLAND PUBLIC LIBRARY
20 SCHOOL STREET**

**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

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



Contact Tom Patria for questions

📞 413-665-9508 🌐 scpa@town.deerfield.ma.us

THE KLINEs



**FRIDAY,
MARCH 21:
11AM**

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

RSVP DATE: MARCH 19

WANT TO WATCH FROM HOME? ASK TOM
FOR DETAILS.

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



ONLINE SECURITY & IDENTIFYING SCAMS

Join Calm Computing as they will help you with online safety and identifying scams.

Tuesday, March 25 @ 10am
South County Senior Center
22 Amherst Road, Sunderland & Via Zoom

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

**Zoom Link Provided
 At Registration**

DAN KIROUAC MUSIC

Part of the regional music scene for 40+ years, Dan Kirouac has been an entertainer, drummer, keyboardist, guitarist, vocalist, and an ASCAP-affiliated songwriter and publisher who has performed 100s of shows in New England, New York, Mexico, and with studio recording credits from New Hampshire to Arizona.

Some of the nation's best-loved songs of the late-1950s, 1960s, and early 1970s will be revisited and re-interpreted by the simplicity of one piano and one vocal. This will be a jukebox of memories from the stars of pop, light-rock, and easy-listening.



WEDNESDAY, MARCH 26 @ 10:30AM

Location: Whately Town Hall, 194 Chestnut Plain Road, 2nd Floor

RSVP by March 24

Want to participate from home? Message Tom for Details

Funded by the EOE hybrid grant

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



Wednesday, March 26 at 1pm

RSVP by March 24

South County Senior Center, 22 Amherst Road, Sunderland

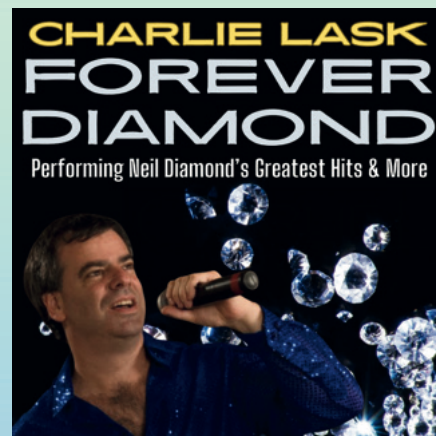
Take part in this Japanese technique for stress reduction and relaxation that also promotes healing. Presented by Touch of Sakura.

Funded by an EOE Grant!

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



South County Senior Center Presents



CHARLIE LASK HAS BEEN PERFORMING HIS NEIL DIAMOND TRIBUTE FOR TWO DECADES. IF YOU'RE LOOKING FOR AN INTERACTIVE SHOW WITH ALL YOUR FAVORITE NEIL DIAMOND SONGS LIKE "LOVE ON THE ROCKS," "PLAY ME," "BROTHER LOVE'S TRAVELING SALVATION SHOW," "CRACKLIN' ROSIE," AND "I AM...I SAID," AS WELL AS A FEW SURPRISES!

THURSDAY, MARCH 27 AT 10:30AM / RSVP BY MARCH 25

WHATELY TOWN HALL, 194 CHESTNUT PLAIN ROAD, 2ND FLOOR

WANT TO WATCH FROM HOME? MESSAGE TOM FOR DETAILS

FUNDED BY THE EOE HYBRID GRANT

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

The South County Senior Center Presents:

"Life with Bill" A New Model for Aging

Friday, March 28 at 10:30am

*RSVP by
March 26*



Funded by an
EOEA Grant

"Life with Bill" is a one-hour performance of stories, songs and escapades by Nick Kachulis, a writer, storyteller, film maker and musician, about taking care of his dad. It speaks to the value and vibrancy of our older years, regardless of the circumstance. It is a heartfelt tale about taking care of a parent in their later years and reminds us of the value of belonging.

South County Senior Center, 22 Amherst Road, Sunderland

Want to participate from home? Message me for details!

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



WESTERN MASS NEWSROOM TOUR

WEDNESDAY, APRIL 2
AT 10AM

Buses Leave SCSC at 9:30am Sharp
Lunch Location: TBD
Space Limited to 20

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



BRUNCH BRIGADE ROAD TRIP TO: NORTH HADLEY SUGAR SHACK

Join us on Friday, April 4 from 11am to 1pm
Bus leaves SCSC @ 10:45am; returns @ 1 pm
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 information, questions, or to
sign up



Travel to Holyoke

\$2
BUS FEE

Tuesday, April 8

Bus Leaves SCSC at 11:15am; Return by 3:30pm

Bus Limited to 7

Can provide own transportation to/from trip

RUSTY'S PLACE

- Arrive by 11:45am for lunch/brunch
- Members pay for own meals
- Menu found on:
www.facebook.com/RustysPlaceHolyoke

WISTARIAHURST MUSEUM

- Tour starts at 1:30pm
- \$10 Museum Fee
- Payable by April 4

BOOK NOW

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

Happy Birthday Month: April



Come to the South County Senior Center to
celebrate all whose birthday is in the month of
April!

Cake, Food, & Fun

Friday, April 11 at 10:30AM / RSVP by April 1

22 Amherst Road, Sunderland



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, April 11 & April 25 from 2pm to 3:30pm

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

Zoom Information Provided at Registration

MEET WITH CONGRESSMAN JIM MCGOVERN

WEDNESDAY, APRIL 16 FROM 11AM TO 12PM
WHATELY TOWN HALL, 194 CHESTNUT PLAIN RD.

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

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



The South County Senior Center Presents: Edith Wharton, an American Author

Thursday, April 17 at 10:30am

RSVP by April 15

22 Amherst Road, Sunderland



Edith Newbold Wharton was
an American writer and
designer. She became the
first woman to win the
Pulitzer Prize for Fiction for
her novel "The Age of
Innocence." She designed
the house and grounds for
The Mount, a country house
in Lenox.



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

THIS BOOK EXPLORES THE LIVES OF A DOZEN INVISIBLE WOMEN IN GREENFIELD, MA WHO FILED MARRIED WOMAN'S BUSINESS CERTIFICATES AROUND THE TURN OF THE 20TH CENTURY. BY SHINING A LIGHT ON THEIR STORIES, THE BOOK BRINGS THE PAST TO LIFE AND CAN INSPIRE THE CURRENT GENERATION IN MANY WAYS.

Did Grandma Have a Filling Station?

Greenfield Women and Their Historic Businesses



Sara E. Campbell and Shari Strahan

BOOK TALK

Tuesday, April 22
10AM
South County
Senior Center
22 Amherst Rd,
Sunderland

THE SOUTH COUNTY SENIOR CENTER
PRESENTS:

Romance Scams



THE NORTHWESTERN DISTRICT ATTORNEY'S OFFICE WILL COVER HOW ROMANCE SCAMS WORK, GIVE HELPFUL RESOURCES, AND HOW TO PROTECT YOURSELF.

WEDNESDAY, APRIL 23 AT 10:30AM: RSVP BY APRIL 21
SOUTH COUNTY SENIOR CENTER, 22 AMHERST ROAD, SUNDERLAND

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



Volunteer Appreciation Luncheon

WHEN: THURSDAY, APRIL 24 STARTING @11:30AM

WHERE: WHATELY INN, 193 CHESTNUT PLAIN RD.,
WHATELY, MA

COST: \$15 PER PERSON

Purchase tickets at Center. Questions? Contact Tom Patria at 413.665.9508 or scpa@town.deerfield.ma.us by April 10th.



COOKING WITH JEN

JOIN THE YEAR'S CULINARY
ADVENTURE WITH OUR DIRECTOR
JEN, WHO WILL CREATE SHRIMP
TACOS WITH GRAPEFRUIT SALAD
AND SIX LAYER DIP

FUNDED BY LIFEPATH'S CSHF GRANT



FRIDAY, APRIL 25 FROM 11 AM-2 PM

SOUTH COUNTY SENIOR CENTER
22 AMHERST ROAD, SUNDERLAND

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

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 scpa@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.

Joy of Song

Join Sara Snyder in singing popular songs. Experience music's remarkable capacity to awaken the brain, boost biochemistry, and inspire joy.

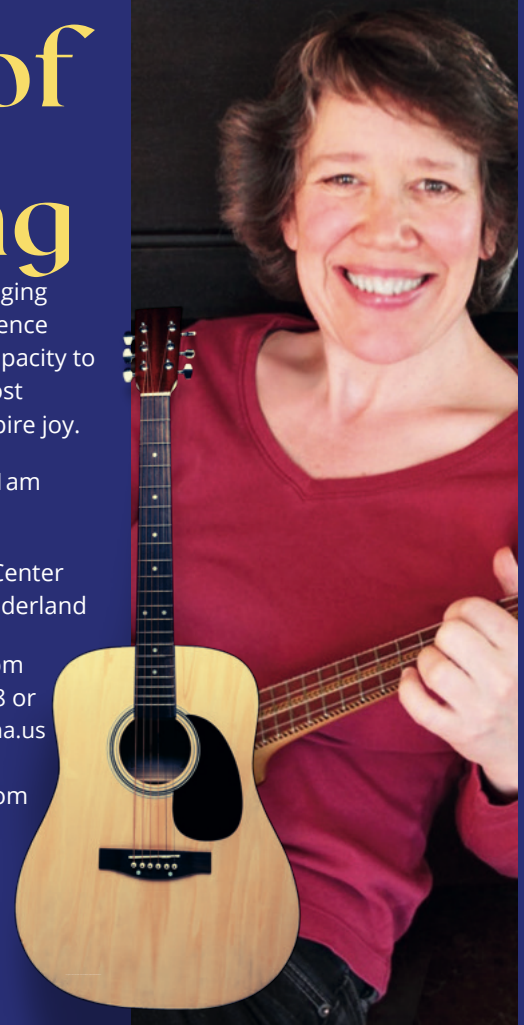
Tuesday, April 29 @ 11am
RSVP by April 25

South County Senior Center
22 Amherst Road, Sunderland

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

Want to participate from home? Message Tom for details!

Funded by the EOEa



SO, YOU ARE A VICTIM!

Join us for a joint presentation with Rachel Webber from the Northwestern District Attorney's Office and Linda Ackerman from Greenfield Savings Bank as they will focus on what a person does when they ARE a victim of a scam, fraud or identify theft!

Wednesday, April 30 at 10:30 am / RSVP by April 28
South County Senior Center, 22 Amherst Road, Sunderland

Contact Tom Patria for registration 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

The other day, I was sipping my tea, flipping through a home design magazine, when it hit me—why do we spend so much time planning dream homes, but not dream **communities**? Because isn't that what really matters? Having people to laugh with, lean on, and grow alongside? Aging isn't just about getting older; it's about having the right **support, resources, and friendships** to make every year richer. And for the residents of **Deerfield, Sunderland, and Whately**, that sense of togetherness has a home: the South County Senior Center (SCSC).

But here's the thing—sometimes, even the most wonderful spaces need a refresh. And in this case? **A whole new location.**

That's why we're inviting you to join us on **March 19th at 2 PM** in the **Sunderland Public Library's community room** for our third **community forum**. This is your chance to hear why the SCSC is advocating for a new, centrally located space—one that will allow it to continue being a hub of support for seniors and individuals with varying abilities. Because sometimes, the best resources are the ones you didn't even know existed!

More Than Just a Meeting Place—It's a Lifeline

Now, I know what you're thinking—"Isn't a senior center just a place for bingo?" And *no*! It's **so much more** than that. The South County Senior Center is a place where people come together, where friendships are made over **movement classes, art workshops, games, social events**, and, of course, **delicious meals that feel like Sunday family dinner**.

And beyond that? **It's a place of support.**

 **A free pop-up food pantry** every second Wednesday of the month, plus a main pantry open five days a week.

 **Need a ride?** Free transportation to events and activities is just a phone call away.

 **Struggling with bills?** The SCSC offers help with fuel costs and SNAP applications.

 **Meals on Wheels, medical equipment referrals, and so much more**—all provided with kindness, dignity, and warmth.

Because We ALL Need a Little Help Sometimes

Here's the truth—**everyone** needs support at different times in their lives. Whether you're **25 and heartbroken, 45 and overwhelmed, or 65 and looking for the right resources**, life has a way of reminding us that we're not meant to do it alone.

So, let's build something **beautiful** together. **Join us for the community forum** and help us ensure that the **South County Senior Center remains the heart of Deerfield, Sunderland, and Whately**. Because the best communities? They don't just **happen**—they're created, with love, care, and a

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 4/2 & 4/21.

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:

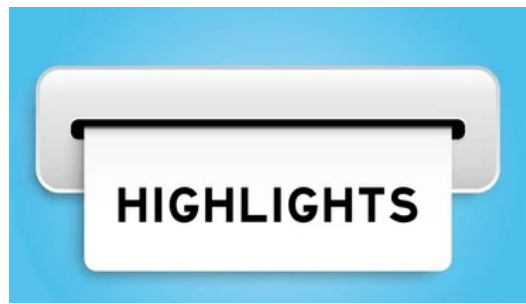
- **Mondays at 12:15 PM** at 22 Amherst Rd., Sunderland.

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

Although our EOEА hybrid programming grant is coming to an end on March 31st, we will continue to offer hybrid options. 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 11 for changes to prices.



Standing Weekly Programs

Mondays

- 9 am - **Enhanced Fitness**, 194 Chestnut St., Whately
- 10 am - **Bingo**, 22 Amherst Rd., Sunderland
- 12:15 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. A \$4 fee/person/per class will be implemented starting in April. For financial assistance, please contact Chris Goudreau at 413.768.1066 or scoc@town.deerfield.ma.us.

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. See page 3 for information.

Second Wednesdays

- **Franklin Area Survival Center Pop Up Food Pantry, 3/12 & 4/9, Doors open at 10 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!

March/April 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.
- **Painting with Julia, 3/4, 3/11, 3/18, 3/25, 1:30 pm to 3:30 pm**, 22 Amherst Rd., Sunderland. See page 5 for details. Hybrid option is available!
- **Calm Computing 1-on-1 Instruction, 3/4 & 3/18, 10 am**, 22 Amherst Rd., Sunderland. Advance sign-up is required. Call Tom Patria at 413.665.9508 to sign up. See pages 5 for details.
- **Frances Perkins: A Women's Work, 3/5, 10:30 am**, 194 Chestnut Plain Rd., Whately. Celebrate Women's History Month with a live performance. See page 5 for details.
- **Drawing with Campbell***Now on Thursdays***, 3/6, 3/20, 3/27, 1:30 pm to 3:30 pm**, 22 Amherst Rd., Sunderland. See page 5 for details.

- **Intro to Knitting, 3/7 (Field Trip to WEBS) & 3/21, 2 pm**, 22 Amherst Rd., Sunderland.
- **Life Coaching with Cathy Hope, 3/7, 10:30 am**, 22 Amherst Rd., Sunderland. See page 6.
- **FRCOG Focus Group on Transportation, 3/10, 2 pm**, 22 Amherst Rd., Sunderland. See page 4 for details.
- **St. Patrick's Day Party, 3/13, 10:30 am**, Main St., PACC, S. Deerfield. Tickets are \$5 and available for purchase at the Center. See page 6 for details.
- **Marty Gitlin, Music from the 50's & 60's, 3/14, 10:30 am**, 194 Chestnut Plain Rd., Whately. See page 6 for more information.
- **Drumming with Tara, 3/14, 1 pm**, 22 Amherst Rd., Sunderland. Creative drum class for seniors.
- **Knitting Group, 3/14 & 3/28, 2 pm**, 22 Amherst Rd., Sunderland.
- **SCSC Community Forum, 3/19, 2 pm**, Sunderland Public Library Community Room, 20 School St., Sunderland. See page 7 for details.
- **The Klines, 3/21, 11 am**, 194 Chestnut Plain Rd., Whately. See page 7 for details.
- **Cribbage Tournament, 3/21 & 4/18, 10 am**, 22 Amherst Rd., Sunderland. Open to all levels of experience!
- **Calm Computing: Online Security & Identifying Scams, 3/25, 10 am**, 22 Amherst Rd., Sunderland.
- **Dan Kirowak Music, 3/26, 10:30 am**, 194 Chestnut Plain Rd., Whately. See page 8 for details.
- **Touch of Sakura: Reiki, 3/26, 1 pm**, 22 Amherst Rd., Sunderland. The Japanese technique for stress reduction presented by Touch of Sakura.
- **Forever Diamond - Charlie Lask as NeilDiamondN, 3/27, 10:30 am**, 194 Chestnut Plain Rd., Whately. See page 8 for the details.
- **Mass in Motion Meeting: 3/27 at 12 pm & 4/23 at 1 pm**, 22 Amherst Rd., Sunderland. A workgroup meeting to focus on senior tax work-off programs for South County. Open to all.
- **Life with Bill, 3/28, 10:30 am**, 194 Chestnut Plain Rd., Whately. See page 9 for more info.
- **Western Mass News Field Trip, 4/2, leaves SCSC at 9:30 am**. See page 9 for all the details.
- **Brunch Group, 4/4, 10:45 am**. Road trip to The North Hadley Sugar Shack, Rte 47, N Hadley. See page 7 for the delicious details!
- **Wistariahurst Museum Field Trip, 4/8**. See page 9 for all the details.
- **April Birthday Celebration, 4/11, 11 am**, 22 Amherst Rd., Sunderland.
- **Meet with Congressman McGovern, 4/16, 11 am**, 194 Chestnut Plain Rd., Whately. All residents are invited to stop by for refreshments, to share your opinions, thoughts, and concerns with the Congressman.
- **Edith Wharton, An American Author, 4/17, 10:30 am**, 194 Chestnut Plain Rd., Whately. See page 10 for details.
- **Book Talk, 4/22, 10 am**, 22 Amherst Rd., Sunderland. See page 11 for details.
- **Romance Scams with the NWDA Office, 4/23, 10:30 am**, 22 Amherst Rd., Sunderland. See page 11 for details.
- **Volunteer Appreciation Luncheon, 4/24, 11:30 am**, The Whately Inn. For information and to purchase tickets, see details on page 11.
- **Cooking with Jen, 4/25, 11 am**, 22 Amherst Rd., Sunderland. See page 11 for information.
- **Joy of Song, Sara Snyder: 4/29, 11 am**, 22 Amherst Rd., Sunderland. Enjoy all the benefits music creates! See page 12 for more information.
- **So You're a Victim? 4/30, 10:30 am**, 22 Amherst Rd., Sunderland. What to do when you've been a victim of a scam/fraud. See page 12.

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 currently free!* 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 (PVTA) and Hulmes Transportation. Call 413.739.7436 preferably 2 days in advance or more. Services for seniors are Mon-Fri. 8:30am-4:30pm. More days and times available with approval. Call Springfield for information at 413.732.6248 ext. 214. Fee \$2.50-\$3.50.

American's with Disability Act (ADA) The FRTA's ADA Paratransit Services are for disabled individuals who live within 3/4 mile of our fixed route and cannot navigate or access our fixed route service due to their disability. Transportation is provided from your point of origin to your destination point and is available only during regular operating hours. ADA service is available on a "next day basis" 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
3	4	5	6	7
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM <u>Sunderland Open Hours</u> 10 AM -4 PM	Calm Computing One on One - by Appt Painting with Julia 1:30 PM <u>Sunderland Open Hours</u> 10 AM - 4 PM	Enhanced Fitness 9 AM Frances Perkins: A Women's Work 10:30 AM <u>Sunderland Open Hours</u> 1 PM - 4 PM	Foot Clinic Brown Bag Tai Chi 1 PM <u>Drawing with Campbell</u> 1:30 PM	Enhanced Fitness 9 AM <u>Life Coaching</u> 11 AM <u>Intro to Knitting</u> <u>Field Trip at WEBS</u> 2 PM
10	11	12	13	14
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM <u>Sunderland Open Hours</u> 10 AM -4 PM	Painting with Julia 1:30 PM <u>Sunderland Open Hours</u> 10 AM - 4 PM	Enhanced Fitness 9 AM Food Truck Pop Up 11 AM Balance in Motion 11 AM No Open Hours	<u>St. Patrick's Day Party 11 AM PACC</u> Rainbow Elders <u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM Marty Gitlin 10:30 AM Drumming with Tara 1 PM Knitting Circle 2 pm
17	18	19	20	21
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM <u>Sunderland Open Hours</u> 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 <u>Learn CPR 11 AM</u> Balance in Motion 11 AM Community Forum 2 PM	<u>FCSO Dog Shelter</u> 10:30 AM Tai Chi 1 PM <u>Drawing with Campbell</u> 1:30 PM	Enhanced Fitness 9 AM <u>Cribbage Tourney</u> 10 AM The Klines 11 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 <u>Sunderland Open Hours</u> 10 AM -4 PM	Calm Computing Online Security & Identifying Scams 10 AM Painting with Julia 1:30 PM Sunderland Open Hours 10 AM - 4 PM	Enhanced Fitness 9 AM <u>Dan Kirouac Music</u> 10:30 AM Balance in Motion 11 AM <u>Reiki 1 PM</u>	<u>Charlie Lask</u> <u>Forever Diamond</u> 10:30 AM Mass in Motion Workgroup 12 PM <u>Tai Chi 1 PM</u> Drawing with Campbell 1:30 PM	Enhanced Fitness 9 AM <u>Life with Bill</u> 10:30 AM Knitting Circle 2-3:30 PM
31				
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM <u>Sunderland Open Hours</u> 10 AM -4 PM				

MON	TUE	WED	THU	FRI
	1	2	3	4
	Sunderland Open Hours 10 AM -12 PM Art Afternoon Out 1:30 PM	No Enhanced Fitness Today! WMass News Field Trlp Balance in Motion 11 AM Sunderland Open Hours 2-4 PM	Foot Clinic Brown Bag Tai Chi 1 PM	Enhanced Fitness 9 AM Brunch Brigade Intro to Knitting 2-3:30 PM
7	8	9	10	11
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM	Field Trip to Wistariahurst Museum No Open Hours Today	Enhanced Fitness 9 AM Food Truck Pop Up 11 AM No Open Hours Today Balance in Motion 11 AM	Rainbow Elders Luncheon Tai Chi 1 PM	Enhanced Fitness 9 AM Birthday Celebration 11 AM Knitting Circle 2-3:30 PM
14	15	16	17	18
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Sunderland Open Hours 10 AM - 4 PM	Enhanced Fitness 9 AM Meet with Congressman McGovern 11 AM Balance in Motion 11 AM Sunderland Open Hours 10 AM - 4 PM	Edith Wharton, An American Author 10:30 AM Tai Chi 1 PM	Enhanced Fitness 9 AM Cribbage Tourney 10 AM Intro to Knitting 2-3:30 PM
21	22	23	24	25
	Book Talk 10 AM Sunderland Open Hours 12 PM - 4 PM Earth Day Stop by for free Wildflower Seeds	Enhanced Fitness 9 AM NWDA Romance Scams 10:30 AM Sunderland Open Hours 10 AM - 4 PM Mass in Motion Workgroup 1 PM	Volunteer Appreciation Luncheon 11:30 AM Tai Chi 1 PM	Enhanced Fitness 9 AM Cooking with Jen 11 AM Knitting Circle 2-3:30 PM
28	29	30		
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Joy of Song 11 AM Sunderland Open Hours 12 PM - 4 PM	Enhanced Fitness 9 AM GSB/NWDA 10:30 AM Sunderland Open Hours 10 AM - 4 PM		



Rainbow Elders March 13th & April 10th, 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, March 13th & April 10th.**

Folks are welcome to arrive by noon, and we will share food together around 12:30 p.m. Feel free to inquire if you need directions.

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

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

A suggested voluntary donation for those 60 years and over will be \$3.50. For those younger than 60, we request \$8. No one will be turned away for lack of funds.

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

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



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

LIFEPAATH Congregate Lunch Meals- March 2025

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

Athol 978-249-9001, Bernardston 413-648-5319, Charlemont 413-834-7413, Greenfield 413-772-1517 Ext 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		
3	Carb	Sod	4	Carb	Sod	5	Carb	Sod	6	Carb	Sod	7	Carb	Sod
Meatball Sub w/ 3 Chicken Meatballs Tom Sce 2oz & Provolone Sub Roll Italian Roasted Potatoes Italian Blend Vegetables Tropical Fruit			Broccoli & Mushroom Frittata O'Brien Potatoes Stewed Tomatoes Wheat Bread Mandarin Oranges			Potato Crunch Pollock Brown Rice Pilaf Roman Blend Veg Wheat Dinner Roll Vanilla Pudding			Beef Pot Roast w/ Gravy Mashed Potatoes Peas & Carrots Rye Bread Cupcake			Chicken A'La King* Buttered Noodles Tuscan Blend Veg Multigrain Bread Fresh Fruit		
Total Sodium (mg): 961 Carbs (g): 90; Calories: 800			Total Sodium (mg): 931 Carbs (g): 86; Calories: 610			Total Sodium (mg): 983 Carbs (g): 129; Calories: 997			Total Sodium (mg): 757 Carbs (g): 118; Calories: 882			Total Sodium (mg): 966 Carbs (g): 96; Calories: 707		
10	Carb	Sod	11	Carb	Sod	12	Carb	Sod	13	Carb	Sod	14	Carb	Sod
Macaroni & Cheese* 10oz Broccoli Wheat Dinner Roll Applesauce			Chicken & Rice Bake 1cup Green Beans Multigrain Bread Tapioca Pudding			St. Patrick's Day Special Corned Beef Stew* Boiled Parsley Potatoes Wheat Bread Boston Cream Cup			Chicken Fajitas Rice & Beans Brussels Sprouts Tortilla Pears			Mixed Bean & Vegetable Stew* 10oz Cauliflower Wheat Bread Fig Bar		
Total Sodium (mg): 1138 Carbs (g): 126; Calories: 731			Total Sodium (mg): 873 Carbs (g): 83; Calories: 672			Total Sodium (mg): 1391 Carbs (g): 111; Calories: 798			Total Sodium (mg): 697 Carbs (g): 102; Calories: 847			Total Sodium (mg): 1093 Carbs (g): 118; Calories: 673		
17	Carb	Sod	18	Carb	Sod	19	Carb	Sod	20	Carb	Sod	21	Carb	Sod
Honey Mustard Chicken 5oz Whipped Sweet Potatoes Jardiniere Blend Veg Multigrain Bread Chocolate Pudding			Pollock 4oz w/ Scampi Sauce 2oz Creamy Parm Polenta Riviera Blend Veg Rye Bread Fresh Fruit			Beef Stroganoff 8oz Buttered Noodles Brussels Sprouts Wheat Bread Brownie			Turkey Pot Pie 8oz Harvard Beets Wheat Dinner Roll Mandarin Oranges			Lasagna w/ Tomato* Italian Green Beans Garlic Knot Roll Peaches		
Total Sodium (mg): 1032 Carbs (g): 109; Calories: 788			Total Sodium (mg): 771 Carbs (g): 96; Calories: 647			Total Sodium (mg): 621 Carbs (g): 92; Calories: 739			Total Sodium (mg): 993 Carbs (g): 84; Calories: 616			Total Sodium (mg): 857 Carbs (g): 83; Calories: 607		
24	Carb	Sod	25	Carb	Sod	26	Carb	Sod	27	Carb	Sod	28	Carb	Sod
Unstuffed Beef & Pepper Casserole 8oz Peas & Onions Wheat Bread Fresh Fruit			Lemon Chicken w/ Peas 5oz Quinoa Pilaf Spring Sum Blend Veg Dinner Roll Chocolate Chip Cookie			Vegetarian Lentil Stew 8oz Root Vegetables Oat Bread Vanilla Pudding (Cheese on side)			Stuffed Shells (2) w/ Tomato Sauce* 3oz California Blend Veg Wheat Dinner Roll Applesauce			Rosemary Balsamic Pork 3oz Italian Roasted R Potatoes Ratatouille Multigrain Bread Tropical Fruit		
Total Sodium (mg): 546 Carbs (g): 83; Calories: 752			Total Sodium (mg): 769 Carbs (g): 84; Calories: 720			Total Sodium (mg): 964 Carbs (g): 127; Calories: 924			Total Sodium (mg): 1010 Carbs (g): 81; Calories: 550			Total Sodium (mg): 883 Carbs (g): 68; Calories: 755		
31	Carb	Sod				Suggested Voluntary Confidential Donation is \$3.50 per Meal						ALL MEALS INCLUDE: 8 OZ 1% MILK containing: 130 mg Sodium, 110 Calories, & 13 g Carbohydrates AND 1 pat of Margarine Containing 30 mg Sodium & 30 Calories Sodium, Calories, & Carbs included in daily totals		
Chicken Marsala Italian Roasted R Potatoes Spinach Wheat Bread Tropical Fruit														
Total Sodium (mg): 804 Carbs (g): 83; Calories: 692														

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.

