



# SOUTH COUNTY SENIOR CENTER NEWSLETTER MAY/JUNE 2025



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

It's time to break out your boat shoes, captain's hats, and breezy nautical stripes for the **South County Senior Center's Annual Picnic**, happening **Wednesday, June 18th, 11 AM** at **Herlihy Park in Whately**.

This year, we're going full-on *yacht party*! Come dressed in your best **yacht-themed attire** (no bathing suits, please) and get ready to relax to the smooth sounds of **streaming Yacht Rock music**—think soft rock classics from the '70s and '80s that are perfect for lounging in the sun.

Enjoy a **delicious lunch** featuring summertime favorites, plus plenty of refreshing beverages to keep you cool. We'll have shaded seating, lawn games, and of course, plenty of time to **connect with friends, share stories, and soak up the fun**.

This event is one of our most beloved traditions—so don't miss the boat! Whether you're a longtime member or new to our community, all are welcome for this laid-back, laughter-filled celebration.

**Tickets are \$10** and can be purchased at our **22 Amherst Rd., Sunderland location, Monday through Wednesday**, or by **appointment on Thursday and Friday**. A limited number of tickets will also be available at the door—so plan ahead to secure your spot!

**RSVP by June 10** to help us prepare—and don't miss the boat on one of our favorite days of the year. We can't wait to sail into summer with you!

We invited local candidates thru each Town Clerk, regardless of their position, to stop by our 22 Amherst Rd., Sunderland location on Friday, May 2nd for a Meet & Greet with you. We're unsure how many candidates will be attending, but we'd love to see you to hear what you'd like from those elected. Join us starting at 10 am!

I want to take a moment to sincerely thank everyone who helped keep things running smoothly during my recent medical leave. A special thank you to Tom, Chris, and all the volunteers who stepped up and went above and beyond to support the team. Your dedication, flexibility, and teamwork made it possible for me to focus on recovery without worry. I'm truly grateful to be part of such a dependable and compassionate group of staff and volunteers—thank you all!

*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

# **Our Journey for a New Senior Center in South County**

By Jennifer M Ferrara, MBA, Director

We are thrilled to share that our community forums held in February and March were a resounding success! These gatherings provided a valuable opportunity for residents to come together and share their thoughts on the future of our shared space. We were honored to welcome a total of **120 participants**, including **65 residents from Deerfield, 23 from Sunderland, and 32 from Whately**.

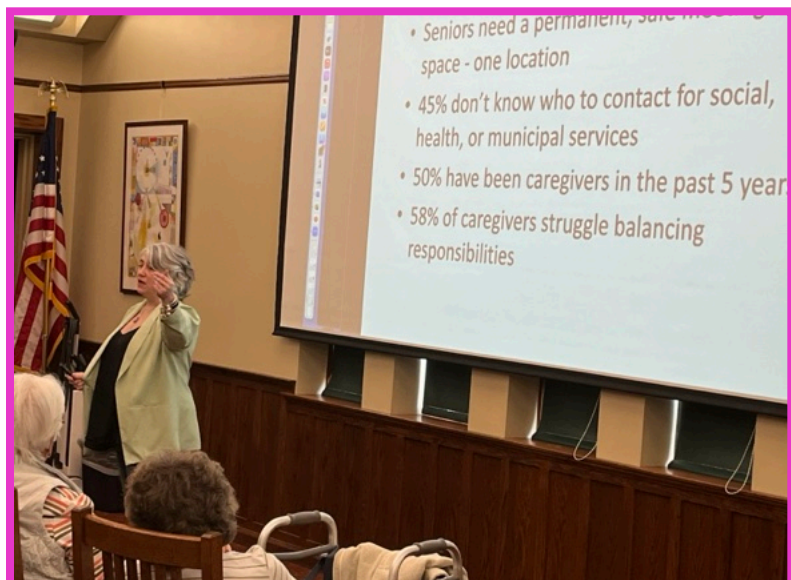
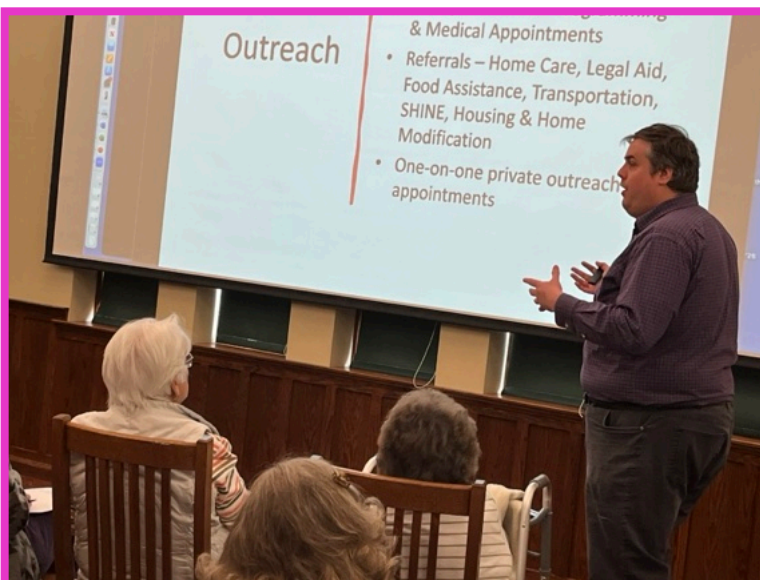
During the forums, attendees were invited to review and vote on preliminary design concepts created by edmSTUDIO for a potential new Center. The **Deerfield Design received 43 votes**, while the **Whately Design received 69 votes**. Additionally, **6 participants** voted for **neither location**, and **2** voted for **either location**. These results reflect a strong and diverse range of perspectives, and we are grateful for the thoughtful input from all who participated.

As we move forward, we are committed to continuing this community-driven process. Additional forums will be hosted throughout the year as we work to build grassroots support for a new Center that reflects the needs and values of all three towns.

We are pleased to announce that we have renewed our lease at our current location at 22 Amherst Rd., Sunderland for another year, ensuring continuity as we plan for the future. If you were unable to attend the forums and would like to review the materials, handouts are available at our main office—please feel free to stop by.

As a **tri-town entity** serving **Deerfield, Sunderland, and Whately**, it is essential that all three communities come together to determine the future of our shared space. If you are interested in getting involved and helping us build support for a new Center, we welcome your participation—please contact our Staff to learn more.

Be sure to join us at our next **SCSC Board of Oversight Meeting on Thursday, May 8th, 6 pm**, 22 Amherst Rd., Sunderland - or on Zoom - to provide your comments on what you'd like to see moving forward. Together, we can shape a vibrant and inclusive future for all. Prefer to send a letter or email? Send it to us at PO Box 225, Sunderland, MA and we will ensure the SCSC BoO will get it. We will also send copies to each Town Administrator.



## Staying Connected at South County

Dear Friends,

At the South County Senior Center, *you* are the heart of our mission and the soul of our community. Every day, your presence—whether in a fitness class, around the lunch table, in a workshop, or during a quiet chat at Center —adds vibrancy, wisdom, and warmth to our space. We're not just a building or a schedule of activities; we're a hub of connection, care, and community—because of you.

Our goal is simple but meaningful: to help every older adult in South County live fully, age with dignity, and stay connected to others. We're here to support your well-being—physically, emotionally, and socially—by offering programs that keep you moving, learning, and thriving. From **Tai Chi and Chair Yoga**, to **art classes, tech tutorials, and monthly luncheons**, our programming is built with your interests and needs in mind. And we're always evolving—your feedback and suggestions help shape what we offer next.

But we know that staying connected can come with challenges. If you or someone you know is facing **transportation difficulties, financial barriers, mobility issues**, or simply feeling isolated, please reach out. We work closely with regional partners to offer **ride coordination, meal services, home visits**, and **financial assistance for program fees** when needed. Our staff—Chris, Tom, and the entire team—are here not just to run events, but to help you navigate whatever life brings.

We also want to remind you: if you haven't visited in a while, *come back*. And if you're brand new—*welcome!* We have friendly members ready to help you feel at home, and we're happy to sit down with you to help navigate the calendar and find the programs that match your interests.

Are you looking for a way to give back? We're always looking for volunteers to help with activities, events & keeping our space organized. Whether it's an hour a week or just occasionally, your time makes a big difference in someone else's day—and often, in your own.

Lastly, don't forget: the South County Senior Center is a **tri-town community**, proudly serving residents of **Deerfield, Sunderland, and Whately**. Your involvement helps strengthen not just the Center, but the fabric of our entire region. We believe that *aging well* is something we do together—with mutual respect, support, and joy.

From all of us at the Center, thank you for showing up, sharing your stories, and making this community stronger. We're honored to be a part of your journey.

Your SCSC Staff,

Jen, Chris, & Tom






## 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. We are booked through December. Please note we have waitlist spaces available, call for a space!**



**MOVIE & CONVERSATION WITH  
THEODORE HIGBY**

TUESDAY, MAY 6 AT 10:30AM / RSVP BY MAY 2

SOUTH COUNTY SENIOR CENTER  
22 AMHERST ROAD, SUNDERLAND

THEODORE IS A STUDENT AT NORTH STAR:  
SELF-DIRECTED LEARNING FOR TEENS IN  
SUNDERLAND.

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



## Celebrating Our Incredible Volunteers

At our Center, we're truly fortunate to have a diverse, generous, and dedicated community of volunteers who are the heart of everything we do. Whether you're contributing financially, donating supplies, sharing your time, or offering support in countless other ways—your efforts make a meaningful difference, and we are deeply grateful.

This April, we had the joy of honoring our amazing volunteers at our **Annual Volunteer Appreciation Luncheon** at **The Whately Inn**. It was a wonderful afternoon filled with laughter, great food, and heartfelt gratitude. Everyone who attended helped make the celebration extra special!

While we wish we could thank each supporter individually, the list would go on forever. So to **all** of our volunteers, donors, and champions—please know that your contributions never go unnoticed. Your generosity helps make our Center a vibrant, welcoming, and supportive space for the entire community.

**From the bottom of our hearts, thank you.**



## Cribbage Tournament Showdown!

Get ready for some high-stakes fun at our upcoming **Cribbage Tournament** at the Sunderland location, **22 Amherst Rd.** We're setting the stage for a full-immersion experience, starting promptly at **10 AM**—and we'll keep the cards flying until the final hand is played!

**Mark your calendars** for two exciting tournament dates: **May 16** and **June 20**. Whether you're a seasoned pro or just learning the ropes, there's a place at the table for everyone. Expect a day filled with strategy, laughter, and friendly competition as we gather to celebrate this classic game and the community it brings together.

**Don't forget your cards and your competitive spirit!**



**Congratulations to our recent champions:**

- March Winner:** Ann Cairl
- April Co-Winners:** Wally Sadowsky & Nanci Schwartz (a tie!)

Join us and see if you've got what it takes to be our next Cribbage champion!

**I♥Cribbage**



## 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, MAY 9 AT 1PM

SOUTH COUNTY SENIOR CENTER  
22 AMHERST ROAD, SUNDERLAND

FOR QUESTIONS OR TO REGISTER,  
CONTACT TOM PATRIA AT 413-665-9508  
OR [SCPA@TOWN.DEERFIELD.MA.US](mailto:scpa@town.deerfield.ma.us)



## Knitting Circle

This knitting session is for those with all abilities!  
Come in and learn from your peers, start a  
project, and socialize

South County Senior Center  
22 Amherst Road, Sunderland

**Friday, May 9 & May 23  
from 2pm to 3:30pm**

Contact Tom Patria at 413-665-9508 or  
[scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us)

Mass General Brigham  
Cooley Dickinson Hospital

### Cooley Dickinson VNA's Falls Prevention Program "Strength in Numbers"

- Series of 6, 1-hour free education sessions led by physical and occupational therapists
- Space capped at 25 participants
- Must commit to attending all six of the one-hour sessions
- Practical items such as strengthening devices, medication organizers, and visual aids will be distributed to series participants
- Sessions and items are free of charge

### FALL PREVENTION



### Fall Prevention Series Topics

1. Determining your own risk of falling
2. Strength tests and exercises done from home
3. Balance activities and the benefits of walking
4. Managing your medications and keeping an up-to-date list
5. Visual concerns and age-related changes
6. Home safety assessment and Recommendations

### DATES & TIMES

Monday

May 12 and 19  
June 2, 9, 16  
and 30

1:30pm to  
2:30pm

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

## BRUNCH BRIGADE

Partners Restaurant & Catering  
Feeding Hills, MA

Join Us on Tuesday, May 13  
Bus leaves SCSC @ 9:45am; returns @ 1pm

Van Space limited to 7 only; space at restaurant for 20 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](mailto:scpa@town.deerfield.ma.us) for information, questions, or registration





# MUSEUM TRIP TO HADLEY

FORTY ACRES/PORTER- PHELPS-  
HUNTINGTON HOUSE



TUESDAY, MAY 20

BUS LEAVES SCSC @12:45PM; RETURNS @ 3:30PM

VAN SPACE LIMITED TO 7 ONLY!

MEMBERS CAN PROVIDE OWN TRANSPORTATION  
TO AND FROM THE MUSEUM

BUS FEE: \$2 / MUSEUM FEE: \$5

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



## MOVIE DAY

A novelist's long-standing marriage suddenly turns upside down when she overhears her husband give his honest reaction to her latest book.

Wednesday, May 21 at 11am / RSVP by May 19

South County Senior Center, 22 Amherst Road, Sunderland

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

## JOY OF SONG

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

Thursday, May 22 at 11am  
RSVP by May 20

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 me for  
details!

Funded by the EOEa



## THE WONDERFUL WIZARD OF OZ MUCH MORE THAN A CHILDREN'S STORY

Everyone is familiar with The Wizard of Oz, but there is much more to the original book. In this talk we will discuss the story more fully and explore theories that it was a political allegory of a time not too different from our own.

Friday, May 23 @10:30AM

RSVP Date: May 21

Whately Town Hall, 194 Chestnut Plain Road  
Presented by the Five College Learning In Retirement

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

SOUTH COUNTY SENIOR CENTER  
FIELD TRIP TO.....

## CLAY MATES

**\$2 BUS  
FEE;  
SPACE  
LIMITED  
TO 7**



**RSVP  
BY  
MAY  
23**

**TUESDAY, MAY 27  
10:30AM TO 2PM**

**BUS LEAVES 22 AMHERST ROAD AT  
10AM; RETURN BY 2:30PM  
MEMBERS PAY FOR OWN PROJECT**

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

## Flower Arrangements with Jenni

LEARN TO DESIGN BEAUTIFUL FLOWER  
ARRANGEMENTS WITH JENNI ALLARD!

MASTER BASIC FLOWER ARRANGING  
STEPS TO CREATE STUNNING FLORAL  
DISPLAYS FOR YOUR HOME AND  
GIFTING!

**SPACE LIMITED TO 10**

SOUTH COUNTY SENIOR CENTER  
22 AMHERST ROAD, SUNDERLAND

WEDNESDAY, MAY 28 AT 11AM

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



## TRIP TO BOTANICAL GARDEN OF SMITH COLLEGE

The Botanic Garden of Smith College spans 127 acres and includes the 12K square foot Lyman Conservatory, Church Gallery, arboretum and many outdoor gardens.

Bus leaves SCSC @10:30am; returns @ 3pm

Van Space limited to 7 only! Members can provide own transportation to and from the Garden

Lunch at Bread Euphoria; members pay for their meals

**\$2 Bus Fee**

 **Thursday, May 29 / RSVP by May 27**

 **11am - 3pm**

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

## COOKING WITH JEN

JOIN A CULINARY  
ADVENTURE WITH DIRECTOR  
JEN, WHO WILL CREATE

**COUSCOUS CHICKPEA  
SALAD**

**FUNDED BY LIFEPAATH'S CSHF  
GRANT**



**FRIDAY, MAY 30 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





## David Ruggles Center FOR HISTORY & EDUCATION

Rescheduled from February

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

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.

Tuesday, June 3 \*\*RSVP by May 30\*\*

Bus Leaves SCSC at 9:30am

Tour starts at 10:30am

Space Limited to 7

Lunch: TBD

\$2 BUS FEE



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

## Meet with Senators Jo Comerford & Paul Mark and Representative Natalie Blais



Senator Comerford



Senator Paul Mark



Rep. Natalie Blais

Friday, June 6 at 11AM / \*RSVP Date: June 4

Whately Town Hall, 194 Chestnut Plain Road

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

## FIELD TRIP

\$2  
BUS  
FEE



\$2  
BUS  
FEE

TUESDAY, JUNE 10

BUS LEAVES SCSC @10AM; RETURNS @1:30PM

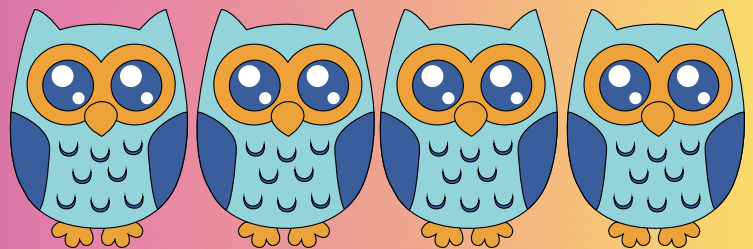
VAN SPACE LIMITED TO 7 ONLY! LUNCH LOCATION TBD

MEMBERS CAN PROVIDE OWN TRANSPORTATION TO AND FROM  
THE MUSEUM

ADMISSION IS FREE OF CHARGE

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

## OWLS WITH MARY COWHEY



JOIN US AS MARY COWHEY FROM THE HAMPSHIRE BIRD  
CLUB EDUCATION COMMITTEE, WILL BE AT THE SOUTH  
COUNTY SENIOR CENTER, 22 AMHERST ROAD,  
SUNDERLAND

FRIDAY, JUNE 13 AT 11AM / RSVP BY JUNE 11

MARY WILL TALK ABOUT THE TYPES OF OWLS FOUND IN  
OUR AREA.

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

# KNITTING FOR ALL



This knitting session is for those with all abilities!  
Come in and learn from your peers, start a project,  
and socialize.

**FRIDAY, JUNE 13 & 27 AT 2PM**

South County Senior Center  
22 Amherst Road, Sunderland

To register, contact Tom Patria at 413-665-9508  
or [scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us)



**BlueCross.  
BlueShield.**

## Planning for Medicare

Join the South County Senior Center as Blue Cross Blue Shield of Massachusetts discusses Medicare Planning. This session designed to help individuals understand their options and responsibilities when enrolling in Medicare. Topics include:

MEDICARE BASICS

COSTS AND COVERAGE

ENROLLMENT PERIODS

CHOOSE THE RIGHT PLAN

COORDINATING WITH OTHER BENEFITS

COMMON PITFALLS TO AVOID

**Tuesday, June 24 at 10AM  
RSVP by June 20**

**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](mailto:scpa@town.deerfield.ma.us)

## South County Senior Center Annual Picnic



**BUY TICKETS  
IN ADVANCE  
AT THE  
SENIOR  
CENTER**

**WEDNESDAY, JUNE 18 @11AM**

Herlihey Park, Whately

Come dressed in "Yacht" themed attire

**\$10 TICKETS | DELICIOUS FOOD | YACHT ROCK MUSIC**

RSVP to Tom Patria at 413.665.9508 or [scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us)



## HAPPY Birthday

*Come to the South County Senior Center to celebrate all June Birthdays!*

*Cake, Food, & Fun*

*Wednesday, June 25 at 10:30AM / RSVP by June 23*

*22 Amherst Road, Sunderland*

*To register, contact Tom Patria at 413-665-9508 or [scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us)*





# JOY OF SONG

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

Thursday, June 26 at 11am  
RSVP by June 24

South County Senior Center,  
22 Amherst Road, Sunderland

To register, contact Tom  
Patria at 413-665-9508 or  
[scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us)



# ONLINE BANKING 101

Join GSB for this educational session designed to teach older adults the basics of safely and confidently managing their bank accounts via the internet. The goal is to empower them to handle their finances independently while minimizing risks like fraud or technical difficulties.



FRIDAY, JUNE 27  
AT 10:30AM  
(RSVP BY JUNE 25)

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](mailto:scpa@town.deerfield.ma.us)

## Our Movement Classes Are a Hit!

Did you know our movement classes are some of the most popular programs at the South County Senior Center? They're such a success that several now have waiting lists—Enhanced Fitness, we're looking at you! To help ensure everyone has a fair chance to participate, 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 email [scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us). If we don't hear from you, your spot may be offered to someone on the waitlist. But don't worry—if you give us a heads-up, we'll happily hold your spot for when you're ready to return!

Our grant funding for most movement classes has now been fully utilized. However, thanks to the **Mass in Motion** grant, we're excited to continue offering **Tai Chi**, **Seated Dance**, and **Drumming with Tara** at no cost through the end of this fiscal year (June 30, 2025).

We also have wonderful news: thanks to a **generous anonymous donor**, we're able to offer **Enhanced Fitness** classes **free of charge** starting **Friday, May 2nd thru the end of August!** Class size is limited to 25 participants. **First come, first serve to participate.** No exceptions as space is an issue. Priority given to those who attend all three classes per week.

For our other excellent offerings—**Chair Yoga** and **Balance in Motion**—a modest fee of **\$5 per class** will apply. These fees are based on average attendance and help us sustain these valuable programs.

If cost is a concern, financial assistance may be available based on income guidelines. Please reach out to **Chris Goudreau at 413-768-1066** to learn more about available options. If our annual town budget passes at all three Town Meetings, we will have \$3,000 to put towards the costs of movement classes for FY26.

Thank you for your continued enthusiasm and support—we're committed to keeping our community moving, healthy, and connected!

## **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 Rd., Whately).

We have openings for in-person participation and online via our **hybrid option**! Contact Tom Patria at **413.665.9508** or email [scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us). **Class size is limited to 25 participants. First come, first serve to participate. No exceptions, as space is an issue. Priority given to those who attend all three classes per week.**

*Heads up: No classes on 5/7, 6/4, 6/9, 6/11, 6/18.*

### **Tai Chi**

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

- **Thursdays at 1 PM** at Whately Town Hall (194 Chestnut Plain Rd., 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 9 for changes to prices.



## Standing Weekly Programs

### **Mondays**

- 9 am - **Enhanced Fitness**, 194 Chestnut Plain Rd., 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 Plain Rd., 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 Rd., Whately. For more info call Mari at 978.544.7693.

### **Fridays**

- 9 am - **Enhanced Fitness**, 194 Chestnut Plain Rd., Whately

## Standing Monthly Programs

### **Daily**

- **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.

### **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 4.

### **Second Wednesdays**

- **Franklin Area Survival Center Pop Up Food Distribution, 5/14 & 6/11, 10:30 am, 91 S Main St., Sunderland**. Enter through parking lot by Wild Roots, exit onto RTE 47. The truck arrives between 11:30 am to 12:00 pm. Please carpool if you can!

## **Make an Ad for the South County Senior Center with FCAT**

Learn video production skills from the FCAT team while making a valuable video for the community! In this four week workshop members will learn easy and useful video production skills and work together to make a video about the senior center. No experience necessary, FCAT will work with any skill level! Classes run 5/14, 5/18, 5/28, & 6/4 at 1PM. To register email Bella Levavi [bella.levavi@fcats.tv](mailto:bella.levavi@fcats.tv) or call 413.665.2141 to register with Jen. *This class is free, funded by a SIG grant thru MCOA.*

The workshop will take place on the second floor of the Sunderland town hall building located at 12 School Street.

## 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 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](http://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](http://www.Northwesternda.org)

Working in cooperation with the Office of the  
Attorney General



## HEALTH INFORMATION

**NURSE Cindy** is currently on leave. Contact Nurse Ann for any questions or needs.

**Nurse (Ann)** is available at the Sunderland Town Hall on Tuesdays from 9 am-12pm & or by appointment. She will be at the SCSC on Mondays. 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.

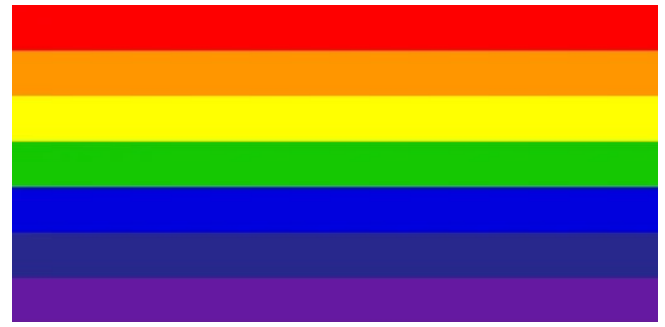
## Grab and Go Meals

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](mailto: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
			Foot Clinic <u>Brown Bag</u> Tai Chi 1 PM	Enhanced Fitness 9 AM <a href="#">May Birthday Celebration 10:30 AM</a> Candidates Meet & Greet 11 AM
5	6	7	8	9
Enhanced Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:15 PM <u>Chair Yoga 1 PM</u>  <u>Sunderland Open Hours 10 AM -4 PM</u>	<u>Movie &amp; Discussion Top Hat 10:30 AM</u>  <u>Sunderland Open Hours 1 PM - 4 PM</u>	No Enhanced Fitness  Staff at MCOA Conference - No Open Hours	Rainbow Elders  <u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM <u>Drumming with Tara 1 PM</u>  <u>Knitting Circle 2 PM-3:30 PM</u>
12	13	14	15	16
Enhanced Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:15 PM <u>Chair Yoga 1 PM</u> <u>Sunderland Open Hours 10 AM -4 PM</u>  <u>Strength in Numbers 1:30 PM</u>	<u>Brunch Brigade Van Leaves 9:45 AM</u>  No Open Hours	Enhanced Fitness 9 AM  <u>Food Distribution 10 AM</u>  <u>Balance in Motion 11 AM</u>	<u>Staff Administrative Day - Office Closed</u>  Tai Chi 1 PM	Enhanced Fitness 9 AM <u>Cribbage Tourney 10 AM</u>
19	20	21	22	23
Enhanced Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:15 PM <u>Chair Yoga 1 PM</u>  <u>Strength in Numbers 1:30 PM</u>  <u>Sunderland Open Hours 10 AM -4 PM</u>	<u>Porter- Phelps- Huntington Museum 1 PM</u>  <u>Sunderland Open Hours 10 AM - 12 PM</u>	Enhanced Fitness 9 AM  <u>Movie: You Hurt My Feelings 11 AM</u>  <u>Balance in Motion 11 AM</u>	<u>Tai Chi 1 PM</u>  <u>Joy of Song with Sara Snyder 11 AM</u>  <u>Mass in Motion Workgroup 1 PM</u>	Enhanced Fitness 9 AM  <u>Wizard of Oz 10:30 AM</u>  <u>Knitting Circle 2-3:30 PM</u>
26	27	28	29	30
CLOSED 	<u>Claymates Fieldtrip 10 AM</u>  No Open Hours	Enhanced Fitness 9 AM  <u>Flowers with Jenni Allard 11 AM</u>	Smith College Botanical Garden 10 AM  <u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM  <u>Cooking with Jen 10 AM</u>

MON	TUE	WED	THU	FRI
2	3	4	5	6
Enhanced Fitness 9 AM <b>Bingo 10 AM</b> Seated Dance 12:15 PM <b>Chair Yoga 1 PM</b> <b>Strength in Numbers 1:30 PM</b> <b>Sunderland Open Hours</b> <b>10 AM -4 PM</b>	<b>Sojourner Truth Bus Tour</b> <b>Van Leaves at</b> <b>10 AM</b>  <b>Sunderland Open Hours</b> <b>10 AM -4 PM</b>	No Enhanced Fitness <b>Museum Field Trip</b>  <b>Balance in Motion</b> <b>11 AM</b>  <b>No Open Hours</b>	<b>Foot Clinic</b> <b>Brown Bag</b>  Tai Chi 1 PM	Enhanced Fitness 9 AM  <b>State Legislators</b> <b>Event 11 AM</b>
9	10	11	12	13
No Enhanced Fitness <b>Bingo 10 AM</b> Seated Dance 12:15 PM <b>Chair Yoga 1 PM</b> <b>Strength in Numbers 1:30 PM</b> <b>Sunderland Open Hours</b> <b>10 AM -4 PM</b>	<b>Beneski Museum</b> <b>(Van Leaves at 10 AM)</b>  <b>Sunderland Open Hours</b> <b>10 AM - 4 PM</b>	No Enhanced Fitness <b>Food Distribution</b> <b>10 AM</b>  <b>Balance in Motion</b> <b>11 AM</b>  <b>No Open Hours -</b> <b>Closed for Workgroup</b> <b>12 pm on</b>	Rainbow Elders Luncheon  <b>Tai Chi 1 PM</b>	Enhanced Fitness 9 AM  <b>Birding Program</b> <b>11 AM</b>  <b>Knitting Circle</b> <b>2-3:30 PM</b>
16	17	18	19	20
Enhanced Fitness 9 AM <b>Bingo 10 AM</b> Seated Dance 12:15 PM <b>Chair Yoga 1 PM</b> <b>Strength in Numbers 1:30 PM</b> <b>Sunderland Open Hours</b> <b>10 AM -4 PM</b>	<b>Sunderland Open Hours</b> <b>10 AM - 4 PM</b>	No Enhanced Fitness  <b>Annual Picnic Herlihy</b> <b>Park 11 AM</b>	<b>Closed</b>  	Enhanced Fitness 9 AM  <b>Cribbage Tourney</b> <b>10 AM</b>
23	24	25	26	27
Enhanced Fitness 9 AM <b>Bingo 10 AM</b> Seated Dance 12:15 PM <b>Chair Yoga 1 PM</b> <b>Sunderland Open Hours</b> <b>10 AM -4 PM</b>	<b>Blue Cross/Blue Shield</b> <b>10 AM</b>	Enhanced Fitness 9 AM <b>June Birthday</b> <b>Celebrations 10:30 AM</b>  <b>Balance in Motion</b> <b>11 AM</b>  <b>Mass in Motion</b> <b>Workgroup 1PM</b>	<b>Joy of Song with Sara</b> <b>Snyder 11 AM</b>  <b>Tai Chi 1 PM</b>	Enhanced Fitness 9 AM  <b>Learn Online</b> <b>Banking with GSB</b> <b>10:30 AM</b>  <b>Knitting Circle</b> <b>2-3:30 PM</b>
30				
Enhanced Fitness 9 AM <b>Bingo 10 AM</b> Seated Dance 12:15 PM <b>Chair Yoga 1 PM</b> <b>Strength in Numbers 1:30 PM</b> <b>Sunderland Open Hours</b> <b>10 AM -4 PM</b>				



## **Rainbow Elders May 8th & June 12th, 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, May 8th & June 12th.**

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

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

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

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

For more information contact 413.773.5555, X1242 or 978.544.2259 X1242. You may also contact [scsc@town.deerfield.ma.us](mailto: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- May 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 978-249-8957, 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, 110 Calories, & 13 g Carbohydrates AND 1 pat of Margarine Containing 30 mg Sodium & 30 Calories Sodium, Calories, & Carbs Included in daily totals.						1 Swedish Meatballs 6oz Buttered Noodles Brussels Sprouts Wheat Bread Fig Bar			2 White Bean & Spinach Stew* 1 cup Green Beans Wheat Dinner Roll Fresh Fruit		
Please Note that Only 1% Milk is Currently Available From the Supplier									Total Sodium (mg): 714 Carbs (g): 105; Calories: 794			Total Sodium (mg): 1092 Carbs (g): 105; Calories: 641		
5			6			7			8			9		
Carb Sod			Carb Sod			Carb Sod			Carb Sod			Carb Sod		
Hot dog* 3 540 Baked Beans 29 140 Cabbage & Carrots 8 49 Hot Dog Roll 21 210 Peaches 14 8 Relish 4 81			Chicken Souvlaki 3 456 Seasoned Orzo 32 32 Spring/Summer Blend Veg 11 68 Multigrain Bread 14 150 Brownie 20 132			Stuffed Shells (2) 24 228 w/Tomato Sauce 3oz 5 334 Roman Blend Veg 6 33 Garlic Knot Roll 15 134 Fresh Fruit 20 1			Mother's Day Special Tuscan Turkey Orzo Casserole* 33 681 Beets 9 185 Oatmeal Bread 24 140 Chocolate Trifle Pudding 34 277			Macaroni & Cheese 1 cup 46 694 Zucchini & Tomatoes 6 64 Wheat Bread 17 90 Mandarin Oranges 18 7		
Total Sodium (mg): 1183 Carbs (g): 90; Calories: 774			Total Sodium (mg): 993 Carbs (g): 93; Calories: 809			Total Sodium (mg): 905 Carbs (g): 84; Calories: 584			Total Sodium (mg): 1438 Carbs (g): 112; Calories: 893			Total Sodium (mg): 1011 Carbs (g): 101; Calories: 841		
12			13			14			15			16		
Carb Sod			Carb Sod			Carb Sod			Carb Sod			Carb Sod		
Lentil Stew 1 cup 43 58 Cauliflower 5 17 Multigrain Bread 14 150 Chocolate Chip Cookie 12 60 (cheese on side)			Chicken Stir Fry 9oz 12 460 Fried Rice 13 262 Wheat Bread 17 90 Fresh Fruit 20 1			Spinach & Red Pepper 9 300 Frittata 1 cup 9 17 Red Bliss Potatoes 18 24 Brussels Sprouts 9 17 Oat Bread 25 115 Yogurt 19 75			Pollock w/ 0 180 Dijon Wine Sauce 2oz 9 190 Couscous 25 5 Peas & Pearl Onions 15 76 Wheat Bread 17 90 Pears 15 5			Roast Turkey w/Gravy 5 616 Sage Stuffing 27 283 Butternut Squash 21 32 Dinner Roll 15 132 Apple Slices w/Cinnamon 11 9		
Total Sodium (mg): 440 Carbs (g): 87; Calories: 550			Total Sodium (mg): 968 Carbs (g): 75; Calories: 561			Total Sodium (mg): 685 Carbs (g): 93; Calories: 667			Total Sodium (mg): 700 Carbs (g): 93; Calories: 634			Total Sodium (mg): 1197 Carbs (g): 92; Calories: 604		
19			20			21			22			23		
Carb Sod			Carb Sod			Carb Sod			Carb Sod			Carb Sod		
Baked Ziti* 10oz 43 744 Green Beans 9 3 Garlic Knot Roll 15 134 Mixed Fruit 15 3			BBQ Pulled Pork 5oz 10 442 Baked Beans 29 140 Broccoli 6 12 Hamburger Bun 22 216 Peaches 14 8			Greek Chicken 5oz 9 479 Seasoned Orzo 32 32 Riviera Blend Veg 8 8 Multigrain Bread 14 150 Oatmeal Raisin Cookie 12 75			Black Bean & 57 665 Barley Chili* 3/4 cup 14 24 Fiesta Blend Veg 17 180 Wheat Dinner Roll 20 1 Fresh Fruit (cheese on side)			Meatloaf w/ 4 116 Mushroom Gravy 2oz 2 90 Garlic Mashed Potatoes 44 48 Root Vegetables 10 34 Wheat Bread 17 90 Chocolate Pudding 30 195		
Total Sodium (mg): 1039 Carbs (g): 95; Calories: 724			Total Sodium (mg): 970 Carbs (g): 94; Calories: 767			Total Sodium (mg): 899 Carbs (g): 89; Calories: 699			Total Sodium (mg): 1025 Carbs (g): 121; Calories: 725			Total Sodium (mg): 727 Carbs (g): 118; Calories: 1020		
26			27			28			29			30		
Carb Sod			Carb Sod			Carb Sod			Carb Sod			Carb Sod		
Memorial Day Holiday  No Meals Served			Broccoli & Mushroom 7 363 Frittata 1 cup 14 39 O'Brien Potatoes 13 251 Stewed Tomatoes 17 90 Wheat Bread 18 7 Mandarin Oranges			Potato Crunch Pollock 20 337 Brown Rice Pilaf 40 104 Roman Blend Veg 5 33 Wheat Dinner Roll 17 180 Vanilla Pudding 34 174			Beef Pot Roast w/Gravy 4 131 Mashed Potatoes 46 68 Peas & Carrots 12 82 Rye Bread 13 150 Cupcake 29 170			Chicken a la King* 3/4cup 15 319 Buttered Noodles 29 35 Tuscan Blend Veg 6 47 Multigrain Bread 14 150 Fresh Fruit 20 1		
Total Sodium (mg): 905 Carbs (g): 82; Calories: 614			Total Sodium (mg): 983 Carbs (g): 129; Calories: 997			Total Sodium (mg): 1018 Carbs (g): 133; Calories: 963			Total Sodium (mg): 1011 Carbs (g): 101; Calories: 841			Total Sodium (mg): 706 Carbs (g): 98; Calories: 787		

**Sodium and Carbohydrate Levels are listed next to each individual menu item.**

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.







