



# SOUTH COUNTY SENIOR CENTER NEWSLETTER JULY/AUGUST 2025



## SCSC Staff

Jennifer M. Ferrara, MBA  
Director  
413.665.2141  
[scsc@town.deerfield.ma.us](mailto:scsc@town.deerfield.ma.us)

Tom Patria,  
Program Coordinator  
413.665.9508  
[scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us)

Chris Goudreau,  
Outreach Coordinator  
413.768.1066  
[scoc@town.deerfield.ma.us](mailto:scoc@town.deerfield.ma.us)

## LifePath Partner at SCSC

Cathy Carew-Bednarski,  
Dining Center Manager  
413.665.5063

## Board of Oversight

Joyce Palmer-Fortune, Chair  
Select Board (Whately)  
[j.palmerfortune@whately.org](mailto:j.palmerfortune@whately.org)

Trevor McDaniel  
Select Board (Deerfield)  
[tmcdaniel@town.deerfield.ma.us](mailto:tmcdaniel@town.deerfield.ma.us)

Daniel Murphy  
Select Board (Sunderland)  
[murphyd@townofsunderland.us](mailto:murphyd@townofsunderland.us)

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



We're off to a fantastic start to the summer season here at the South County Senior Center! We officially kicked things off in style with our **Annual Summer Picnic**, which featured a fun and festive Yacht Rock theme. More than 130 of you joined us to enjoy a perfect afternoon filled with delicious food, 70s yacht rock, and plenty of time to socialize with friends. Have I shared how grateful I am the rain paused for a few hours?

This year's picnic was particularly meaningful to me, as it marked my fourth summer picnic with all of you. Each year, I'm reminded of how special this community is—and this year was no exception. Seeing so many familiar faces, and welcoming a few new ones, was truly heartwarming. Thank you for joining us to enjoy the festivities!

Speaking of yachts, we're hosting a **CT River Cruise on July 17th!** We're taking a boat out from Northfield and cruising 1 1/2 hours to the Turners Falls dam. Unlike a yacht, this boat can only hold 30 of us, so be sure to contact Tom ASAP. Find all the details on page 7.

I am happy to share we received a **\$10,000 Service Incentive Grant to fund our outreach initiatives!** This grant, through MCOA and AGE, will provide us the opportunity to raise visibility of our Center and the services/resources we offer. In doing so, we can reach members of our community who may be unaware of what we do.

*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

## Outreach Corner: Staying Cool When It's Hot Hot Hot

By Chris Goudreau



Summer means outdoor picnics, ice cream socials, and the start of our walking group here at the South County Senior Center, but with all these fun activities, it's also important to be aware of the summer heat. For older adults (anyone age 65 or older), there's a higher risk of heat stroke or other heat-related illnesses.

Here are some tips to avoid heat-related illness and to keep safe this summer:

- Limit sun exposure and stay indoors
- Slow down and take it easy
- Stop and rest if you're feeling overexerted
- Drink more water than normal to avoid dehydration
- Drink water **before** you feel thirsty
- Check with your doctor if you take water pills or need to limit water intake for medical reasons
- Turn on air conditioning if available
- Do not rely on fans if that's your main way of staying cool (visit air-conditioned public spaces such as the senior center, your local library, malls, community centers, or movie theaters)
- Call 2-1-1 to find out about your local cooling centers
- Reduce the amount of time you use your oven or stove to cook
- Take cool showers and baths or wet your clothing to cool down
- Make sure to look at local news and weather reports to plan for heat advisory or heat waves
- Check to see if air conditioners are in working order or if it needs repair
- Be sure to seek medical care if you have heat-related illnesses such as muscle cramps, headaches, nausea or vomiting
- Create a list of friends, neighbors, or family with air conditioning that you can visit in the event of a power outage
- Make a transportation plan to get to air-conditioned spaces
- Create a list of any medications that require refrigeration or medical equipment that requires electricity
- Make a list of first responder phone numbers for your home (fire, ambulance, police)
- Make a list of medical providers and their phone numbers you would call if you're experiencing any heat illnesses

### Assistance Resources for Home Cooling:

Households in Massachusetts might also qualify for assistance with air conditioning costs. There's financial rebates for air conditioners that you can apply for via Mass Save when purchasing an ENERGY STAR model air conditioner. You can visit [MassSave.com](https://www.mass.gov/info-details/mass-save-program) to learn more about whether you qualify.

## Outreach Corner: Staying Cool When It's Hot Hot Hot (Continued)

The Massachusetts Good Neighbor Energy Fund is also available to any state resident who cannot meet a month's energy expenses because of temporary financial difficulty. For more information call 1-800-334-3407 or visit [www.magoodneighbor.org](http://www.magoodneighbor.org).

### Senior Center Resources:

As a reminder, the South County Senior Center also serves as a cooling center during our hours of operation (**see the front page - and call! We will extend our hours when the temperature reaches 90 and above**). While you're cooling off from the summer heat, you can always use our computer labs to surf the web or make use of our Ancestry.com account for genealogical research into your family's ancestry. We also have a food pantry if you need food to supplement your weekly groceries – just speak to a staff member and they can help you. We also have a plethora of books (including large print) that you can check out and bring home. There are puzzles, board games, in addition to all the events that take place at the SCSC. Please see our calendar listed in the newsletter to learn more about our monthly events.

### Tax Workoff Program Update

We'll be reviewing a joint letter to the Sunderland Selectboard and Finance Committee regarding potential ways to improve their current tax workoff program. We're also planning to meet with the South County Senior Center Board of Oversight to discuss what the workgroup has been doing to establish and improve tax workoff programs for older adults and veterans in our communities. To join us, contact me or stop in during our upcoming meetings on July 23rd at 1 pm or on August 27th at 1 pm, 22 Amherst Rd.

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



## 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! We will be booking for 2026 starting in October.**

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

By Jennifer M Ferrara, MBA, Director

Over the past few years, we have been actively working toward establishing a **centralized location** to house all of our programs and services under one roof. As part of this effort, we participated in a **feasibility study with edmSTUDIO**, which identified two promising locations for a potential new build: **8 Conway Street, South Deerfield** and **4 Sandy Lane, Whately**. Both sites offered exciting possibilities for constructing a brand-new South County Senior Center that would finally allow us to bring our entire community together in **one accessible, modern space**. The benefits of such a project would be truly transformational—expanding our capacity, increasing membership, and enhancing the quality and variety of programs we offer.

However, due to current economic uncertainties and rising construction costs, the estimated **\$16 million** price tag has proven difficult for our communities to embrace at this time. While I—and many committed residents from our three towns—continue to write letters and advocate for a new, purpose-built Center, a **new opportunity has emerged** which I believe is worth exploring.

A **potential existing building** has been brought to our attention at **112 Amherst Road in Sunderland**. This property could be **either rented or purchased**, presenting a more financially feasible path forward. Renting would cost approximately **\$10,000 per month**, while purchasing is estimated at a potential **\$1.5 million** (pending appraisal—the building is currently assessed at \$1.2 million, and municipalities cannot pay more than the appraised value). The building would require renovations to fully meet our needs, including the addition of a **commercial kitchen**, an **ADA-compliant restroom on the ground floor**, and other modest updates. However, much of the space is **move-in ready** - minus cosmetic changes - and it offers the square footage necessary to accommodate both our **movement classes** and **congregate meal programs** without needing to expand the structure.

Some may ask why this option is being considered over the previously discussed property at **23 Plumtree Road in Sunderland**. The key difference is **location**. Community feedback about Plumtree Road consistently raised concerns about it being too far out of the way. In contrast, 112 Amherst Road is **less than half a mile from our current Center**, sits **directly on a major bus route**, and remains centrally located for our tri-town population.

As we continue this **community-driven process**, our goal is to keep everyone informed and involved. We will be hosting additional **community forums** to provide updates on what the Center currently offers, explore the design possibilities and benefits of a new or renovated space, and discuss the implications of a long-term lease or purchase. Together, we can build **grassroots support** for a solution that reflects the needs and values of **Whately, Deerfield, and Sunderland**—and brings us closer to the Center our older adults truly deserve.

As a **tri-town entity**, 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 **Monday, July 7th, 6 pm**, 22 Amherst Rd., Sunderland - or on Zoom - to provide your comments on what you'd like to see moving forward. Can't make it? Send a letter or email to me. See page 1 for my contact information.





## Volunteers: Your Time, Our Thanks!

We are incredibly fortunate to have a vibrant community of volunteers whose generosity, dedication, and spirit are at the core of all we do. From lending a helping hand, donating supplies, supporting us financially, or simply showing up with kindness—every contribution matters. Your continued support enriches our programs and strengthens our mission, and we are sincerely thankful for all that you do.

A heartfelt thank you to **Eaglebrook School** for their generous donation of delicious antipasto and fresh fruit salad. We are also deeply grateful to the many individuals and community partners who stepped up to lend their time, talents, and energy: **Deerfield Police Department, Whately Police Department, Shaw Ling Hsu, Maryann Sadoski, Marie Reno, Nancy Winter, Betty Niedzwiecki, Terry Misiun, Tim Kuzdzal, Fred Beckta, Ginny Carmody, Marie St. Peters, Bruce St. Peters, Judy Kundl, Pastor Peg, Bert Szala, Irene Jordan, and Tom Kane**—thank you for being there wherever and whenever help was needed on the day of our annual picnic, and for pre-picnic preparations. And to Wally Sadowsky - your donation of tomatoes are enjoyed by everyone - thank you!

A very special thank you to **Sheriff Lori Streeter**, her dedicated team, and the **Franklin County Sheriff's Office TRIAD Unit** for going above and beyond. Not only did they provide and prepare a delicious cookout spread of hamburgers, hot dogs, and cookies, but they also brought warmth, hospitality, and a genuine spirit of service that made everyone feel welcome and cared for.

We would also like to extend our sincere thanks to other important community members in attendance: **Joyce Palmer-Fortune** (Chair, Whately) and **Trevor McDaniel** (Deerfield), members of the **South County Senior Center Board of Oversight; Deerfield Selectboard Member Tim Hilchey, Sunderland Police Chief Erik Demetropoulos, Rachel Webber, Anita Wilson and their team from the NWDA's office** for attending the event. Their presence was truly appreciated and reflected their commitment to our older adults and the vibrant community we serve.

## 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: **July 18** and **August 15**. 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:**

- **May Winner: Nanci Schwartz**
- **June Winner: Maggie Vidrine**

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





Think you've got what it takes to dominate the ultimate eating challenge? Then step up to the plate and join the South County Senior Center's....

# PIE EATING CONTEST

## WEDNESDAY, JULY 2 AT 11AM

Open for 6 Contestants

22 Amherst Road, Sunderland

To Enter or Watch:

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

# BRUNCH BRIGADE



**Tuesday, July 8**

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

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

# KNITTING FOR ALL



These sessions are for those with all abilities! Come in and learn from your peers, start a project, and socialize.

**FRIDAY, JULY 11 & 25 AND FRIDAY AUGUST 1 & 15 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)





## GRADUATION PHOTO DAY

Do you have a high school photo you're proud of (or one that makes you laugh)?

Share it with us and join a heartwarming walk down memory lane

Friday, July 11 at 11am

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



# HIP HOP SEATED DANCE



Join Rondae Drafts and enjoy an hour-long session, right from the comfort of your chair!

**TUESDAY, JULY 15 @1PM**

**\*RSVP JULY 11\***

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

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

# Assisted Living 101

Join Linda Manor on  
Wednesday, July 16 at 10:30AM (RSVP by July 14)

South County Senior Center  
22 Amherst Road, Sunderland

Learn all aspects of assisted living, including appropriateness, Traditional Assisted Living vs. Secured Memory Care, services offered, costs, payment responsibilities, respite care, and low-income programs offered in the area.

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



## CONNECTICUT RIVER CRUISE

JOIN US FOR A 1½-HOUR SCENIC CRUISE FROM  
NORTHFIELD TO THE TURNERS FALLS DAM!

BRING YOUR LUNCH TO ENJOY AS WE BOAT DOWN  
THE RIVER!

**THURSDAY JULY 17 @ 11AM**

DEPART FROM RIVERVIEW PICNIC AREA,  
144 PINE MEADOW ROAD, NORTHFIELD

**HANDICAPPED ACCESSIBLE**

**MAX CRUISE CAPACITY: 30 PASSENGERS**

**SPOTS FILL FAST!**

**\$10 - INCLUDES VAN RIDE & CRUISE TICKET  
(18 SEATS AVAILABLE ON VAN)**

**-OR- \$7 - CRUISE TICKET ONLY**

SPECIAL THANKS  
TO AN ANONYMOUS  
DONOR FOR PAYING  
THE TRIP COST  
BALANCE & DAILY  
RATE!

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

The South County Senior Center Presents

## ICE CREAM SOCIAL

Indulge in a delightful experience of flavors, fun, and  
frozen treats at our Ice Cream Social event!

RSVP  
July 21

**Wednesday, July 23 @ 11:30am**

RSVP  
July 21

**SOUTH COUNTY SENIOR CENTER**

22 Amherst Road, Sunderland



Sign up by contacting Tom Patria  
at 413.665.9508 or  
[scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us)





SARA SNYDER'S

# Joy of Song

SING POPULAR SONGS AND  
EXPERIENCE MUSIC'S REMARKABLE  
CAPACITY TO AWAKEN THE BRAIN,  
BOOST BIOCHEMISTRY, AND INSPIRE  
JOY.

THURSDAY, JULY 24 AT 11AM  
RSVP BY JULY 22

SOUTH COUNTY SENIOR CENTER,  
22 AMHERST ROAD, SUNDERLAND

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

THIS PROGRAM IS FUNDED IN PART BY  
DEERFIELD, SUNDERLAND & WHATELY  
CULTURAL COUNCILS.



## SOUTH COUNTY SENIOR CENTER PRESENTS: STRAW

A SINGLE MOTHER FACES JOB LOSS, EVICTION, AND HER DAUGHTER'S ILLNESS, ALL WHILE TRYING TO CARE FOR HER IN AN UNCARING WORLD. AS SHE STRUGGLES TO COPE, SHE FINDS HERSELF AT THE CENTER OF SUSPICION. THE FILM EXPLORES THE HARDSHIPS OF SINGLE PARENTHOOD AND THE TOLL OF FINANCIAL INSECURITY.



JULY 30 AT 11AM  
22 AMHERST ROAD, SUNDERLAND

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

Join the South County Senior Center for a

## PICNIC

AT LOOK PARK,  
FLORENCE, MA

THURSDAY, JULY 31 AT 10:30AM (RSVP BY JULY 28)

Tickets \$15 (available at Senior Center)

\$5 Park Entrance Fee (payable at the Gate)

\*Handicap Placards & Military IDs Get in Free

Limited to 7 on the van or drive yourself and meet us there!

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



## The Klines

FRIDAY, AUGUST 1 AT 11 AM

WHATELY TOWN HALL  
194 CHESTNUT PLAIN RD



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





# SCSC WALKING GROUP



**Tuesday, August 5 & 19**

Destination: Sunderland Riverside Park

FREE Bus leaves SCSC at 8:55am (limited to 7) for 9am start

Members can drive to location

To register or questions, contact Tom Patria at 413.665.9508 or [scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us)

# Springfield Museum Trips



**JOIN US AS THE SOUTH COUNTY SENIOR CENTER TRAVELS TO THE SPRINGFIELD MUSEUMS ON SELECT WEDNESDAYS IN 2025!**

**JUNE 4, AUGUST 6, OCTOBER 1, NOVEMBER 1 & DECEMBER 3**

**BUSES LEAVE SCSC AT 9:30AM; RETURN BY 3:30PM**

**LUNCH LOCATION(S) TBD; \$2 BUS FEE**

**TO REGISTER OR HAVE QUESTIONS, CONTACT TOM PATRIA AT 413.665.9508 OR [SCPA@TOWN.DEERFIELD.MA.US](mailto:SCPA@TOWN.DEERFIELD.MA.US)**

# BRUNCH BRIGADE



**The Grapevine Grille, Belchertown, MA**

**Friday, August 8**

**Bus leaves SCSC @11am; returns @2:30pm**

**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](mailto:scpa@town.deerfield.ma.us) for more information, questions, or to sign up**



## **The Three Ps of Investment Fraud: Profile, Persuasion, Prevention**

Join the US Securities and Exchange Commission for a talk on investment fraud and financial scams and how you can protect yourself.

Topics covered include the profile of a typical investment-fraud victim, the persuasion tactics con artists use to trick seniors, and what you can do to help prevent this from happening to you or your friends.

Guests are welcome to share their questions, stories, and concerns about these topics, about saving and investing, or about the SEC.

**Tuesday, August 12 at 11am**

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)

# South County Senior Center INFORMATIONAL FAIR & CRUISE NIGHT

**MUSIC BY  
CHICK 'N  
WIRE**



**SUNDERLAND ELEMENTARY  
SCHOOL,  
1 SWAMPFIELD DRIVE**

**17+ COMMUNITY PARTNERS &  
FOOD TRUCK**

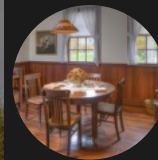
**4-6:30 PM  
AUG 20**

**RAIN DATE  
AUG 21**

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

**This will be our 4th Annual Informational Fair  
& Cruise Night! Stop by to learn about  
resources for you, your family, & friends.**

## HILDENE HOUSE, THE LINCOLN FAMILY HOME MANCHESTER, VT



**FRIDAY, AUGUST 22**

Buses leave the SCSC at 9am;  
tour starts at 1pm

Museum Cost: \$25  
Lunch location: TBD (Members  
pay for own meals)

To register or questions, contact  
Tom Patria at 413.665.9508 or  
[scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us)



Robert Lincoln, the only child of Abraham  
and Mary Todd Lincoln to survive to  
adulthood, and his wife, Mary, built this  
Georgian Revival mansion in 1905.

## FIELD TRIP



**The Mount, Edith Wharton's Home, Lenox, MA**

Tuesday, August 26 (RSVP by August 22)

Buses Leave SCSC at 9am SHARP  
*Space Limited to 14*

Cost: \$45 (includes house tour & lunch)

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

## 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!

WEDNESDAY, AUGUST 27 AT 10:30AM

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)



# JOY OF SONG

SING POPULAR SONGS AND  
EXPERIENCE MUSIC'S  
REMARKABLE CAPACITY TO  
AWAKEN THE BRAIN, BOOST  
BIOCHEMISTRY, AND INSPIRE JOY  
WITH SARA SNYDER.



THURSDAY, AUGUST 28 AT 11AM  
RSVP BY AUGUST 25

SOUTH COUNTY SENIOR CENTER,  
22 AMHERST ROAD, SUNDERLAND

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

THIS PROGRAM IS FUNDED IN  
PART BY DEERFIELD,  
SUNDERLAND & WHATELY  
CULTURAL COUNCILS.



## SOUTH COUNTY SENIOR CENTER PRESENTS



### GOODRICH

Starring Michael Keaton and Mila Kunis

FRIDAY, AUGUST 29  
AT 11AM  
(RSVP BY AUGUST 27)

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



## SCSC WALKING GROUP

TUESDAY,  
JULY 1 & 22: 9AM

DESTINATION:  
SUNDERLAND  
RIVERSIDE PARK

Bus leaves SCSC  
at 8:55am  
(limited to 7)

Members can  
drive to location

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





## **MOVE, STRETCH & SMILE – JOIN OUR MOVEMENT CLASSES!**

Looking to stretch, strengthen, or just have a little fun? Check out our free, fun, and flexible lineup of classes for all levels! For questions, please contact Tom at 413.665.9508 or [scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us).

### **Chair Yoga & Balance in Motion**

**Where:** 289 Amherst Rd (RTE 116), Sunderland

**Chair Yoga:** Mondays at 1 PM

**Balance in Motion:** Wednesdays at 11 AM

**Cost:** FREE – thanks to a \$5,000 grant from the Fred G. Wells Trust!

### **Enhanced Fitness – with Franklin YMCA**

**Where:** Whately Town Hall, 194 Chestnut Plain Rd

**When:** Mon, Wed, Fri at 9 AM

**Cost:** FREE through August (thanks to an anonymous donor!)

**Class Size:** Limited to 25 – first come, first served.

**Important:** Priority given to those who attend all 3 days/week. Notify us of absences to ensure your spot!

**No Class:** 7/4, 8/6, 8/20, 8/22

**Cost:** FREE – thanks to an anonymous donor thru 8/29! *Starting 9/1, classes will be \$2 per person/per class.*

### **Tai Chi – with Mari Rovang**

**When:** Thursdays at 1 PM

**Where:** Whately Town Hall

A calming, restorative practice for all – join us!

**Cost:** Free - thanks to our Mass in Motion grant with FRCOG.

### **Seated Dance – with Kathy Steinem**

**When:** Mondays at 12:15 PM




**Where:** 22 Amherst Rd, Sunderland

Chair-based movement + laughter = fun for everyone!

**Funded by:** Mass in Motion grant with FRCOG

### **Hybrid Class Registration Reminder**

For any hybrid option, call **Tom at 413-665-9508 at least 2 business days ahead.** No same-day registrations, please!

Let's keep moving together!   



**Members on a field trip to the Smith Botanical Garden.**



**Paintings by Monet and Degas featured in the D'Amour Museum of Fine Arts in Springfield on a recent field trip.**





## 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 3.

### **Second Wednesdays**

- **Franklin Area Survival Center Pop Up Food Distribution, 7/9 & 8/13, 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!



## 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. ***Demand Repsonse van service is free thru October 31st!. LifePath clients ride for free anywhere. Fixed routes and ADA service is now free!*** 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	3	CLOSED 4
	Walking Group with Tom 9 AM  Sunderland Open Hours 10 AM- 4 PM	Enhanced Fitness 9 AM  Pie Eating Contest 11 AM	Foot Clinic  Brown Bag moved to Monday - 7/7!  Tai Chi 1 PM	
7	8	9	10	11
Enhanced Fitness 9 AM Bingo 10 AM Brown Bag **Date Change** Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Brunch Brigade 10:30 AM  Sunderland Open Hours 10 AM- 4 PM  Closed for Lunch 12-1PM	Enhanced Fitness 9 AM  Food Distribution 10 AM  Balance in Motion 11 AM	Rainbow Elders  Tai Chi 1 PM	Enhanced Fitness 9 AM  Graduation Photo Day 10:30 AM  Knitting Circle 2 PM-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	Hip Hop Dance with Rondae 1 PM  Sunderland Open Hours 10 AM- 4 PM	Enhanced Fitness 9 AM  Assisted Living 101 10:30 AM	CT River Cruise 11 AM  Tai Chi 1 PM	Enhanced Fitness 9 AM  Cribbage Tourney 10 AM
21	22	23	24	25
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 - 12 PM; 2-4 PM  Closed for Class from 1-2 PM	Enhanced Fitness 9 AM  Ice Cream Social 11 AM  Balance in Motion 11 AM  Mass in Motion 1 PM	Joy of Song 11 AM  Tai Chi 1 PM  Closed for Class from 1-2 PM	Enhanced Fitness 9 AM  Knitting Circle 2-3:30 PM
28	29	30	31	
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Sunderland Open Hours 10 AM- 4 PM	Enhanced Fitness 9 AM  Wednesday at the Movies: Straw 11 AM	Picnic at Look Park 10:30 AM  Tai Chi 1 PM	

MON	TUE	WED	THU	FRI
				1
				Enhanced Fitness 9 AM  <u>The Klines Trio</u> 11 AM  Knitting Circle 2 PM-3:30 PM
4	5	6	7	8
Enhanced Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:15 PM <u>Chair Yoga 1 PM</u> <u>Sunderland Open Hours</u> 10 AM -4 PM	<u>Walking Group with Tom</u> 9 AM  Sunderland Open Hours 10 AM - 4 PM	<u>Museum Field Trip</u>  <u>Balance in Motion</u> 11 AM	Foot Clinic <u>Brown Bag</u> Tai Chi 1 PM	Enhanced Fitness 9 AM  <u>Brunch Brigade 11 AM</u>
11	12	13	14	15
Enhanced Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:15 PM <u>Chair Yoga 1 PM</u> <u>Sunderland Open Hours</u> 10 AM -4 PM	Sunderland Open Hours 10 AM - 4 PM  <u>SEC: The 3 P's of Senior</u> <u>Investment Fraud 11 AM</u>	Enhanced Fitness 9 AM  <u>Food Distribution</u> 10 AM  Balance in Motion 11 AM	Rainbow Elders Luncheon Tai Chi 1 PM	Enhanced Fitness 9 AM  <u>Cribbage Tourney</u> 10 AM  Knitting Circle 2 PM-3:30 PM
18	19	20	21	22
Enhanced Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:15 PM <u>Chair Yoga 1 PM</u> <u>Sunderland Open Hours</u> 10 AM -4 PM	<u>Walking Group with Tom</u> 9 AM  Sunderland Open Hours 10 AM - 4 PM	<u>No Enhanced Fitness Today</u>  Informational Fair & Cruise Night 4-6:30 PM	<u>Tai Chi 1 PM</u>  Informational Fair & Cruise Night 4-6:30 PM RAIN DATE ONLY	<u>No Enhanced Fitness Today</u>  Hildene House Fieldtrip
25	26	27	28	29
Enhanced Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:15 PM <u>Chair Yoga 1 PM</u> <u>Sunderland Open Hours</u> 10 AM -4 PM	The Mount Fieldtrip  No Open Hours Today!	Enhanced Fitness 9 AM  <u>Drumming with Tara</u> 10:30 AM  Mass in Motion 1 PM	Joy of Song 11 AM  <u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM  Friday at the Movies: Goodrich 11 AM





## **Rainbow Elders July 10th & August 14th, 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, July 10th & August 14th.**

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

# LIFEPAATH Congregate Lunch Meals- July 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	
<b>Suggested Voluntary Confidential Donation is \$3.50 per Meal</b>		<b>1</b>	<b>Carb</b> <b>Sod</b>	<b>2</b>	<b>Carb</b> <b>Sod</b>	<b>3</b>	<b>Carb</b> <b>Sod</b>	<b>4</b>	<b>Carb</b> <b>Sod</b>
<b>Please Note that Only 1% Milk is Currently Available From the Supplier</b>		Chicken Scallopi Buttered Noodles Green Beans Wheat Bread Fresh Fruit	<b>9</b> <b>mg</b> 5 289 29 35 9 3 17 90 20 1	Macaroni & Cheese* 1cup Riviera Blend Veg Multigrain Bread Peaches	<b>9</b> <b>mg</b> 46 694 8 8 14 150 14 8	<b>July 4th Special</b> BBQ Chicken* Corn Coleslaw Dinner Roll Strawberry Shortcake	<b>9</b> <b>mg</b> 13 662 22 1 12 45 17 180 35 312	<b>Independence Day Holiday</b> <b>No Meals Served</b>	
		Total Sodium (mg): 573 Carbs (g): 93; Calories: 673		Total Sodium (mg): 1016 Carbs (g): 95; Calories: 822		Total Sodium (mg): 1355 Carbs (g): 112; Calories: 800			
<b>7</b>	<b>Carb</b> <b>Sod</b>	<b>8</b>	<b>Carb</b> <b>Sod</b>	<b>9</b>	<b>Carb</b> <b>Sod</b>	<b>10</b>	<b>Carb</b> <b>Sod</b>	<b>11</b>	<b>Carb</b> <b>Sod</b>
Sweet & Sour Meatballs Lo Mein Noodles Stir Fry Vegetables Multigrain Bread Tapioca Pudding	<b>9</b> <b>mg</b> 14 484 33 58 5 6 14 150 27 195	Beef Chili 1 cup Brown Rice Zucchini & Cauliflower Dinner Roll Pears	<b>9</b> <b>mg</b> 18 327 24 5 4 6 17 180 15 5	Chicken Diane Seasoned Orzo California Blend Veg Oat Bread Cupcake	<b>9</b> <b>mg</b> 4 302 32 32 6 30 25 115 29 170	Roast Turkey w/Gravy* Mashed Potatoes Root Vegetables Wheat Bread Fresh Fruit	<b>9</b> <b>mg</b> 5 616 46 68 10 34 17 90 20 1	Pollock w/ Newburg Sauce Herbed Brown Rice Roman Blend Veg Wheat Bread Applesauce	<b>9</b> <b>mg</b> 0 180 5 224 38 85 5 33 17 90 12 14
Total Sodium (mg): 1048 Carbs (g): 106; Calories: 837		Total Sodium (mg): 677 Carbs (g): 91; Calories: 623		Total Sodium (mg): 804 Carbs (g): 109; Calories: 829		Total Sodium (mg): 964 Carbs (g): 111; Calories: 680		Total Sodium (mg): 782 Carbs (g): 90; Calories: 596	
<b>14</b>	<b>Carb</b> <b>Sod</b>	<b>15</b>	<b>Carb</b> <b>Sod</b>	<b>16</b>	<b>Carb</b> <b>Sod</b>	<b>17</b>	<b>Carb</b> <b>Sod</b>	<b>18</b>	<b>Carb</b> <b>Sod</b>
Cheese Omelet Sausage O'Brien Potatoes Stewed Tomatoes Wheat Bread Fresh Fruit (Orange)	<b>9</b> <b>mg</b> 1 210 0 217 14 39 13 251 17 90 18 0	Lasagna w/ Tomato Sce* Tuscan Blend Veg Garlic Knot Roll Peaches	<b>9</b> <b>mg</b> 32 557 25 56 15 134 14 8	Pork w/ Apples Roasted Sweet Potatoes Green Beans Dinner Roll Chocolate Pudding	<b>9</b> <b>mg</b> 15 439 23 53 9 3 17 180 30 195	Chicken w/ Saute Vegetables Jasmine Coconut Rice Multigrain Bread Pineapple	<b>9</b> <b>mg</b> 9 336 26 9 14 150 19 9	Meatloaf w/Gravy Cheddar Mashed Potatoes Peas & Carrots Dinner Roll Chocolate Chip Cookie	<b>9</b> <b>mg</b> 2 372 44 94 12 82 17 180 12 60
Total Sodium (mg): 962 Carbs (g): 76; Calories: 621		Total Sodium (mg): 1039 Carbs (g): 92; Calories: 659		Total Sodium (mg): 1024 Carbs (g): 106; Calories: 981		Total Sodium (mg): 659 Carbs (g): 80; Calories: 660		Total Sodium (mg): 943 Carbs (g): 106; Calories: 822	
<b>21</b>	<b>Carb</b> <b>Sod</b>	<b>22</b>	<b>Carb</b> <b>Sod</b>	<b>23</b>	<b>Carb</b> <b>Sod</b>	<b>24</b>	<b>Carb</b> <b>Sod</b>	<b>25</b>	<b>Carb</b> <b>Sod</b>
Chicken Cacciatore* Caviriappi Pasta Broccoli & Cauliflower Multigrain Bread Applesauce	<b>9</b> <b>mg</b> 10 644 28 4 6 14 14 150 12 14	Potato Crunch Fish Sweet Potatoes Peas & Mushrooms Rye Bread Fig Bar	<b>9</b> <b>mg</b> 20 337 27 28 14 136 13 150 30 149	Beef Burgundy Garlic Mashed Potatoes Root Vegetables Multigrain Bread Vanilla Pudding	<b>9</b> <b>mg</b> 3 25 44 48 10 34 14 150 34 174	Swedish Meatballs (3) Buttered Noodles Brussels Sprouts Wheat Bread Mixed Fruit	<b>9</b> <b>mg</b> 7 269 29 35 9 17 17 90 15 3	White Bean & Spinach Stew* 8oz Green Beans Dinner Roll Fresh Fruit	<b>9</b> <b>mg</b> 46 753 9 3 17 180 20 1
Total Sodium (mg): 981 Carbs (g): 82; Calories: 597		Total Sodium (mg): 954 Carbs (g): 118; Calories: 853		Total Sodium (mg): 665 Carbs (g): 117; Calories: 865		Total Sodium (mg): 569 Carbs (g): 90; Calories: 705		Total Sodium (mg): 1092 Carbs (g): 105; Calories: 641	
<b>28</b>	<b>Carb</b> <b>Sod</b>	<b>29</b>	<b>Carb</b> <b>Sod</b>	<b>30</b>	<b>Carb</b> <b>Sod</b>	<b>31</b>	<b>Carb</b> <b>Sod</b>	<b>ALL MEALS INCLUDE:</b> <b>8 OZ 1% MILK containing:</b> <b>130 mg Sodium, 110 Calories,</b> <b>&amp; 13 g Carbohydrates</b> <b>AND 1 pat of Margarine</b> <b>Containing</b> <b>30 mg Sodium &amp; 30 Calories</b> <b>Sodium, Calories, &amp; Carbs</b> <b>included in daily totals</b>	
Hot Dog* Baked Beans Root Vegetables Relish Hot Dog Roll Peaches	<b>9</b> <b>mg</b> 3 540 29 140 10 34 4 81 20 210 14 8	Chicken Souvlaki Seasoned Orzo Spring/Summer Veg Wheat Bread Brownie	<b>9</b> <b>mg</b> 3 456 32 32 11 68 17 90 20 132	Stuffed Shells (2) w/ Tomato Sauce Roman Blend Veg Garlic Knot Roll Fresh Fruit	<b>9</b> <b>mg</b> 24 228 6 354 5 33 15 134 20 1	Beef Shepherd's Pie Jardiniere Blend Veg Dinner Roll Tapioca Pudding	<b>9</b> <b>mg</b> 56 208 11 32 17 180 27 195		
Total Sodium (mg): 1168 Carbs (g): 92; Calories: 811		Total Sodium (mg): 933 Carbs (g): 96; Calories: 829		Total Sodium (mg): 905 Carbs (g): 84; Calories: 584		Total Sodium (mg): 769 Carbs (g): 123; Calories: 816			

**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.







