

SOUTH COUNTY SENIOR CENTER NEWSLETTER NOVEMBER/DECEMBER 2025

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



As I sit down to complete this edition of our newsletter, I want to take a moment to acknowledge we are living through some truly challenging times. Yet even in the midst of uncertainty, I continue to be inspired by the strength, kindness, and resilience of our community.

While there are many things beyond our control, what gives me hope is knowing that our Center remains a constant source of connection and support. We continue to offer programs which bring people together, provide meaningful engagement, and ensure no one has to face these challenges alone. Together, we are finding ways to adapt, to care for one another, and to move forward with compassion and optimism. If you're having a hard time, please reach out to us. We're here to help.

Be sure to read through this entire newsletter for details on all of our upcoming events and special programs! We're excited to celebrate the season together with our **annual Friendsgiving**—offered **at no cost** thanks to the generosity of **Leo's Table** and the **Franklin County Sheriff's Office**.

We're also continuing our tradition of **delivering free Holiday Meals** with heartfelt thanks to the **Sunderland Men's Club** for their partnership and support.

You'll find all the details and ways to get involved inside this **final edition of 2025**—let's close out the year in the spirit of gratitude and community!

Jennifer

Sunderland: Open Hours: Monday, Tuesday, and Wednesday 10 AM - 4 PM, Friday 10 AM - 2 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: Things you Need to Know

By Chris Goudreau

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

The application period for Home Energy Assistance Program (HEAP) - fuel assistance benefit - is now open. HEAP helps lower income households pay for a portion of their heating bills or 30 percent of their rent if heat is included between Nov. 1 and April 30.

At the South County Senior Center, we can assist with HEAP applications. Here's what you'll need for your fuel assistance application.

- A state or federally issued photo ID
- Social security cards, proof of US citizenship, or proof of qualified alien status
- Verification of all sources of income for 30 days prior to the appointment: Wages (including seasonal, per diem or on-call employment), unemployment, interest or dividends, pension or annuity, odd job income, veterans' benefits, capital gains (lottery, gambling or miscellaneous income)
- Mortgage and copy of a lease (if you rent)
- Property tax bills and homeowners' insurance (if you own a home)
- Documents showing financial awards such as grants, loans, or scholarships
- Dates of birth for everyone in the home
- Heating vendor, account number and name of the account holder
- Current electric bill showing the name of the account holder, service address, and account number

Another important aspect of applying for HEAP is that there are income guidelines. Here's the guidelines for the 2025-2026 heating season: (these are gross annual income guidelines for households). Applications are submitted for Franklin County residents ages 18 and older to local non-profit Community Action Pioneer Valley.

- 1 person - \$51,777
- 2 people - \$67,709
- 3 people - \$83,641
- 4 people - \$99,573

There's also another state program called The Heating System Assistance Retrofit Task Weatherization Assistance Program (HEARTWAP) that provides heating system repair and replacements services to eligible homeowners with lower income. Unlike the fuel assistance program, HEARTWAP operates year-round and offers emergency assistance when a heating system fails and needs repairs.

And for homeowners, the Weatherization Assistance Program provides low-income households with home energy efficiency services such as air sealing to reduce infiltration, as well as insulation for attics, sidewalls, floor, and pipes/ducts. An application for the Fuel Assistance Program also serves as an application for the Weatherization program.

*****Important Update: As of November 1st***** - Local HEAP agencies are now accepting applications for the 2025-2026 winter season, and the South County Senior Center can help you apply or renew. Due to limited federal funding, HEAP is currently only covering **heating emergencies** beginning November 1st. The **Winter Moratorium** (10/27/25-4/1/26) also protects eligible residents from utility shut-offs during the cold months. Contact me, Chris Goudreau, at 413.768.1066 or scoc@town.deerfield.ma.us for assistance and stay warm this winter!

TARA MURPHY DRUMMING CIRCLE

Tara leads creative drum classes for seniors 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!

Tuesday, November 4 at 10:30am (RSVP by October 31).

South County Senior Center
22 Amherst Road, Sunderland

QUESTIONS OR REGISTER?
CONTACT TOM PATRIA AT 665-9508
OR
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!

NOVEMBER 5 & DECEMBER 3

BUSES LEAVE SCSC AT 9AM; 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



Funeral Consumers Alliance
of Western Massachusetts

"What To Know Before You Go"

This presentation aims to help individuals and families plan for funerals and end-of-life arrangements

The Funeral Consumers Alliance is a national non-profit organization focusing on consumer education and advocacy related to funeral planning

Friday, November 7 at 10:30am
RSVP by November 5

South County Senior Center
22 Amherst Road, Sunderland

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



**BRUNCH BRIGADE: THE BOATHOUSE,
SOUTH HADLEY**

Friday, November 14; Bus leaves SCSC @ 11am

\$2 transportation fee (van limited to 14); seating for 25 members

Members provide own transportation & pay for their own meals

Phone/Text Tom Patria at 413-665-9508 or scpa@town.deerfield.ma.us for information, questions, or registration



TRIP TO MGM SPRINGFIELD TUESDAY, NOVEMBER 18

RSVP by November 14

Van Leaves SCSC at 9am (limited to 14); Bus Fee: \$2

Members can provide own transportation & pay for own lunch

Phone/Text Tom Patria at 413.665.9508 or

scpa@town.deerfield.ma.us to register



HOLIDAY SHOPPING TRIP- HADLEY

Need a ride for holiday presents? The South County Senior Center will drive you to the shops on Russell Street (Rte. 9) in Hadley!

NOVEMBER | **19** | 10:30 AM - 3 PM

RSVP by November 17
Bus Leaves SCSC, 22 Amherst Road, Sunderland at 10:30AM **SHARP**

Space Limited to 14

TO REGISTER, CALL/TEXT TOM PATRIA
AT 413.665.9508 OR
SCPA@TOWN.DEERFIELD.MA.US

ROGER TINCKNELL: FROM ELVIS TO THE EVERLY BROS.



Live Performance at the Whately Town Hall
194 Chestnut Plain Road, 2nd Floor

THURSDAY NOVEMBER 20 10 AM
RSVP NOVEMBER 14

Brought to you by the South County Senior Center

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



\$2
VAN
FEE



TRIP TO CLAY MATES -CREATE HOLIDAY DECORATIONS-



RSVP
BY
NOV 21



TUESDAY, NOVEMBER 25 FROM 10AM TO 12PM

VAN LEAVES 22 AMHERST ROAD AT 9:15AM; RETURN BY 3:30PM

MEMBERS PAY FOR OWN PROJECT

LUNCH AT THE GRAPEVINE GRILL (MEMBERS PAY FOR OWN MEAL)

\$2 BUS FEE; SPACE LIMITED TO 14

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

PLEASE JOIN THE SOUTH
COUNTY SENIOR CENTER FOR

FRIENDSGIVING

Monday, December 1

**POLISH AMERICAN CITIZEN'S CLUB
46 S. MAIN STREET, DEERFIELD**

**STARTS AT 11AM
LUNCH AT 12PM**

THIS IS A FREE EVENT

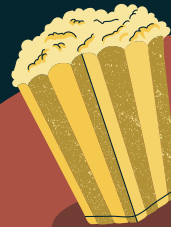
**TO REGISTER, PHONE/TEXT TOM
PATRIA AT 413-665-9508 OR
SCPA@TOWN.DEERFIELD.MA.US**



NOVEMBER BIRTHDAYS WITH A MOVIE

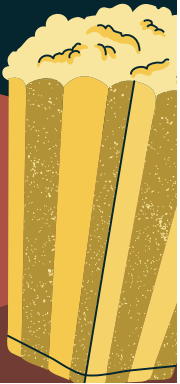
Wednesday, November 26 at 10am

**Come celebrate November birthdays along
with the new holiday comedy
"Jingle Bell Heist"**



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

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



December Birthdays!

**Come celebrate all December birthdays at the South County
Senior Center!**

Friday, December 5 at 11am

Location: 22 Amherst Road, Sunderland

**To register call/text Tom Patria at
413-665-9508 or scpa@town.deerfield.ma.us**



Brunch Brigade Journeys To Holyoke

**TUESDAY, DECEMBER 9
BUS LEAVES SCSC @ 10:30AM; RETURNS BY
2:30PM**

**\$2 TRANSPORTATION FEE (VAN LIMITED TO 14);
SEATING LIMITED TO 20**

**MEMBERS PROVIDE OWN TRANSPORTATION &
PAY FOR THEIR OWN MEALS**

**PHONE/TEXT TOM PATRIA AT 413-665-9508 OR
SCPA@TOWN.DEERFIELD.MA.US
FOR INFORMATION, QUESTIONS, OR
REGISTRATION**

Tara Murphy Drumming Circle

Tara leads drum classes for seniors to release energy, lift spirits, connect with others, have fun, and get healthy exercise!

**Tuesday, December 16
at 10:30am**

(RSVP by Dec. 12)

Location: 22 Amherst
Road, Sunderland

Register by calling
or texting Tom
Patria at
413.665.9508



JOY OF SONG

SING SONGS AND EXPERIENCE MUSIC'S CAPACITY TO AWAKEN THE BRAIN, BOOST BIOCHEMISTRY, AND INSPIRE JOY AT THE SOUTH COUNTY SENIOR CENTER

WEDNESDAY, DECEMBER 17 AT 11AM

PERFORMANCE BY SARA SNYDER

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 & WHATLEY CULTURAL COUNCILS.

Mass Cultural Council

LAST MINUTE HOLIDAY

SHOPPING

Hadley

NEED A RIDE FOR LAST MINUTE HOLIDAY PRESENTS?
THE SOUTH COUNTY SENIOR CENTER WILL DRIVE TO THE
SHOPS IN HADLEY!

THURSDAY, DECEMBER 18 AT 10AM
RSVP BY DECEMBER 15

BUS LEAVES SCSC, 22 AMHERST ROAD, SUNDERLAND

SPACE LIMITED TO 14

TO REGISTER, CALL/TEXT TOM PATRIA
AT 413.665.9508 OR
SCPA@TOWN.DEERFIELD.MA.US



**Celebrate the Holidays with the
South County Senior Center!**



Holiday Party

Friday, December 19 @11am

RSVP by December 12

\$3 per person

Space Limited to 100

Polish American Citizens Club
46 S. Main Street, South Deerfield

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

Card Games Central!

Cribbage Updates:

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: **November 21** and **December 12**. 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:

•**September Winner:** Ann Cairl and **October Winner:** Charlie Decker

Pitch is Coming to South County!

We've had requests to offer pitch. We're hosting a game on **December 26th at 10:30 AM**. If you're interested in playing, please email Tom at scpa@town.deerfield.ma.us or call 413.665.9508. More dates are coming in 2026!



MOVIE TIME



GOODBYE JUNE: STARRING KATE WINSLET

DEC
24
WEDNESDAY
10:30 AM

A TURN IN THEIR MOTHER'S
HEALTH THRUSTS 4 ADULT
SIBLINGS AND THEIR FATHER
INTO CHAOS AS THEY NAVIGATE
MESSY FAMILY DYNAMICS IN THE
FACE OF POTENTIAL LOSS

Register at 413-665-9508 or
scpa@town.deerfield.ma.us

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

Holiday Meal

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

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

To register for a meal, contact Jen at 413.665.2141 or email scsc@town.deerfield.ma.us by 12/23/25.

One meal per person please.

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

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

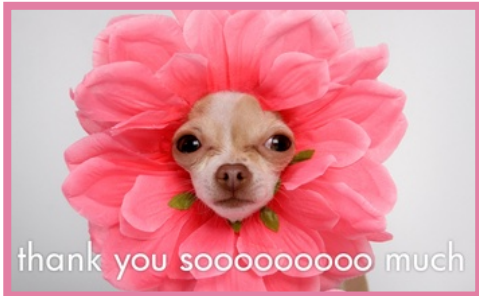
- **Grab and Go meals** continue daily from **11-11:45 am, 22 Amherst Rd., Sunderland**. The recommended donation is now \$3.50/per meal. Place your order 2 days in advance by calling Cathy at 413.665.5063. Unable to pick up your order? Please call 413.665.5063.

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 offering a foot clinic with Footcare by Nurses. We currently booked thru the end of the year. We are, however, taking names for the waitlist. Call 413.768.1066 for waitlist.

Second Wednesdays

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



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. We are successful because of our volunteers.

Thank you to all of our volunteers who are donating their time to make our large events a success. This time of year there are many events going on, and your choice to help us is noticed! If you'd like to help deliver holiday meals, please contact Jen at 413.665.2141 or scsc@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.

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., Whately

When: Mon, Wed, Fri at 9 AM

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: 11/28, 12/1

Cost: \$2 per person/per class.

Tai Chi – with Mari Rovang

When: Thursdays at 1 PM

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

A calming, restorative practice for all – join us!

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

No Class: 11/27, 12/25

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

THE SOUTH COUNTY SENIOR CENTER
PRESENTS BOOK TALK WITH

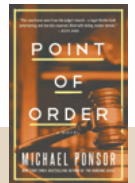
JUDGE MICHAEL PONSOR

**RESCHEDULED TO
Tuesday, December 30
at 10am**



22 Amherst Road, Sunderland

JOIN SENIOR US DISTRICT JUDGE OF THE US
DISTRICT COURT FOR THE DISTRICT OF
MASSACHUSETTS AND AUTHOR AS HE
SPEAKS ABOUT HIS 3 BOOKS



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

**SOUTH COUNTY SENIOR CENTER
PRESENTS**

2026 NEW YEAR PARTY

JOIN US FOR AN UNFORGETTABLE
NEW YEAR'S EVE PARTY

WEDNESDAY, DECEMBER 31

STARTS AT 10:30 AM | FIRST CONGREGATIONAL
CHURCH, 91 S. MAIN STREET, SUNDERLAND

PHONE/TEXT TOM PATRIA AT 413-665-9508 OR
SCPA@TOWN.DEERFIELD.MA.US FOR INFORMATION, QUESTIONS,
OR REGISTRATION

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 June 30, 2026! 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. ***Demand Repsonse van service is free thru June 30, 2026!***

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. 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 Deerfield Town Hall on Mondays. She will be at the SCSC on Wednesday and Friday. Call 413.665.1400 ext. 8.

Nurse Anne 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 Monday, 12 - 2 pm. No insurance or appointment necessary. 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. For **SC TRIAD & Sharyn Paciorek** call 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 family members 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 Sunderland Open Hours 10 AM -4 PM	Drumming with Tara 10:30 AM Sunderland Open Hours 10 AM- 4 PM	Enhanced Fitness 9AM Springfield Musuems Fieldtrip - Bus Leaves 9 AM Balance in Motion 11AM	Foot Clinic Brown Bag Tai Chi 1 PM	Enhanced Fitness 9 AM Funeral Consumers Alliance of WMass - "What to Know Before you Go" - 10:30 AM Knitting Circle 2 PM-3:30 PM
10	Closed 11	12	13	14
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM		Enhanced Fitness 9 AM Food Distribution 10 AM Balance in Motion 11 AM	Rainbow Elders Tai Chi 1 PM	Enhanced Fitness 9 AM Brunch Brigade - Bus Leaves at 11 AM
17	18	19	20	21
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Field Trip to MGM Springfield - Bus Leaves at 9 AM No Open Hours Today	Enhanced Fitness 9 AM Hadley Holiday Shopping Trip - 10:30 AM Balance in Motion 11 AM Mass in Motion 2 PM	Roger Ticknell Performance 10 AM Tai Chi 1 PM	Enhanced Fitness 9 AM Cribbage Tourney 10 AM Knitting Circle 2 PM-3:30 PM
24	25	26	Closed 27	Closed 28
Enhanced Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Claymates Field Trip - Bus Leaves 9:15 AM No Open Hours Today	Balance in Motion 11 AM Wednesday at the Movies & November Birthday Celebration 10 AM		No Programming
				

MON	TUE	WED	THU	FRI
1	2	3	4	5
No Enhanced Fitness Friendsgiving 11 AM	Sunderland Open Hours 10 AM - 4 PM	Enhanced Fitness 9 AM Springfield Museums Fieldtrip - Bus Leaves 9 AM <u>Balance in Motion 11 AM</u>	Foot Clinic <u>Brown Bag</u> Tai Chi 1 PM	Enhanced Fitness 9 AM December Birthday Celebration 11 AM Knitting Circle 2 PM-3:30 PM
8	9	10	11	12
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>Brunch Brigade - Bus Leaves at 10:30 AM</u> Sunderland Open Hours 10 AM - 4 PM	Enhanced Fitness 9 AM <u>Food Distribution 10 AM</u> <u>Balance in Motion 11 AM</u>	Rainbow Elders <u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM <u>Cribbage Tourney 10 AM</u>
15	16	17	18	19
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>Hannukah Begins 12/14-12/22</u>	<u>Drumming with Tara 10:30 AM</u> Sunderland Open Hours 10 AM - 4 PM	Enhanced Fitness 9 AM <u>Joy of Song - 11 AM</u> <u>Balance in Motion 11 AM</u>	Hadley Holiday Shopping - Bus Leaves at 9 AM <u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM SCSC Annual Holiday Party 10 AM
22	23	24	Closed 25	26
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>	Sunderland Open Hours 10 AM - 4 PM <u>Mass in Motion 2 PM</u>	Enhanced Fitness 9 AM <u>Wednesday at the Movies 10:30 AM</u> <u>Balance in Motion 11 AM</u>	Christmas Day We are closed but will be delivering holiday meals!	Enhanced Fitness 9 AM <u>Sunderland Open Hours 10 AM - 2 PM</u> Pitch Game 10:30 AM
29	30	31		
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>	Judge Michael Ponsor Book Talk 10 AM Sunderland Open Hours 10 AM - 4 PM	Enhanced Fitness 9 AM <u>New Year's Eve Celebration 10 AM</u> <u>Balance in Motion Workgroup 11 AM</u>		



Rainbow Elders November 13th & December 11th, 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, November 13th & December 11th**.

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- November 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.

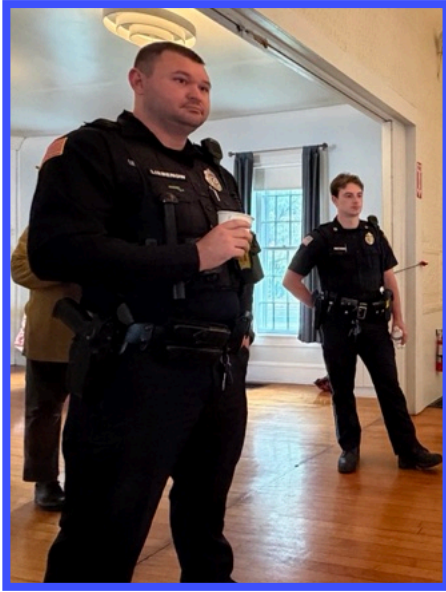
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
3	Carb	Sod	4	Carb	Sod	5	Carb	Sod	6	Carb	Sod	7	Carb	Sod
Chicken & White Bean Chili	9	mg	Unstuffed Pepper Bowl w/ Beef	9	mg	Shrimp w/ Tomato Caper Sauce*	9	mg	Chicken Alfredo* Whole Grain Pasta Broccoli Dinner Roll Chocolate Chip Cookie	9	mg	Italian Pork Sausage w/ Peppers & Onions* Mashed Potatoes Green Peas Wheat Roll Peach Cup	9	mg
29 233			4 276			5 637			10 609			6 575		
1 96			24 25			24 15			21 4			15 23		
6 20			11 51			6 56			6 38			15 20		
21 370			27 180			24 65			20 100			15 150		
Buttermilk Biscuit Orange	18	0	Vanilla Pudding	18	130	Wheat Bread Pear	27 2		19 78			13 5		
Total Sodium (mg): 880 Carbs (g): 87; Calories: 774			Total Sodium (mg): 797 Carbs (g): 96; Calories: 1002			Total Sodium (mg): 866 Carbs (g): 96; Calories: 630			Total Sodium (mg): 967 Carbs (g): 88; Calories: 786			Total Sodium (mg): 907 Carbs (g): 75; Calories: 705		
10	Carb	Sod	11	Carb	Sod	12	Carb	Sod	13	Carb	Sod	14	Carb	Sod
Beef Chili	9	mg	Veterans' Day Holiday			Tuscan Chicken	9	mg	Meatloaf w/ Gravy*	9	mg	Honey Garlic Salmon	9	mg
14 321						Mashed Potatoes	14 403		White Rice	8 546		16 155		
1 96						Vegetable Medley	15 23		Broccoli	24 25		21 4		
Mixed Root Vegetables	11	65				Dinner Roll	11 54		Hawaiian Roll	6 38		6 20		
Combread Bowl	33	160				Pear Cup	20 100		Shortbread Cookie	16 80		24 65		
Orange	18	0					19 0			20 150		20 135		
Total Sodium (mg): 777 Carbs (g): 88; Calories: 809			Total Sodium (mg): 714 Carbs (g): 91; Calories: 775			Total Sodium (mg): 974 Carbs (g): 86; Calories: 832			Total Sodium (mg): 514 Carbs (g): 108; Calories: 814					
17	Carb	Sod	18	Carb	Sod	19	Carb	Sod	20	Carb	Sod	21	Carb	Sod
Harvest Chicken w/ Apple Chutney	9	mg	Seafood Cajun Pasta w/ Shrimp & Scallops	9	mg	Pot Roast w/ Gravy*	9	mg	Harvest Holiday Meal Roast Turkey w/Gravy*	9	mg	Cheese Ravioli	9	mg
23 124			37 461			Mashed Sweet Potatoes	7 587		7 579			31 201		
33 90			6 26			Vegetable Medley	25 19		15 23			2 284		
California Blend Veg	5	34	27 180			Wheat Roll	11 54		11 244			15 20		
Dinner Roll	20	100	18 0			Apple	15 150		8 20			24 65		
Peach Cup	13	5					21 2		20 100			18 130		
Total Sodium (mg): 487 Carbs (g): 98; Calories: 749			Total Sodium (mg): 945 Carbs (g): 90; Calories: 745			Total Sodium (mg): 948 Carbs (g): 91; Calories: 660			Total Sodium (mg): 1152 Carbs (g): 95; Calories: 732			Total Sodium (mg): 834 Carbs (g): 102; Calories: 878		
24	Carb	Sod	25	Carb	Sod	26	Carb	Sod	27	Carb	Sod	28	Carb	Sod
Rosemary & Garlic Chicken	9	mg	Potato Pollock w/ Tartar Sauce	9	mg	Beef Stew	9	mg	Thanksgiving Day Holiday			Cheese Lasagna	9	mg
17 451			13 330			w/ Buttermilk Biscuit	14 139		No Meals Served			29 390		
Mashed Potatoes	15	23	2 113			Broccoli	21 370					5 410		
Carrots	6	56	21 150			Chocolate Pudding	6 38					11 51		
Combread Loaf	27	180	3 29				20 135					15 150		
Pear	27	2	16 80									14 2		
			12 88			Total Sodium (mg): 818 Carbs (g): 73; Calories: 767			Total Sodium (mg): 1138 Carbs (g): 86; Calories: 693			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 & 36 Calories Sodium, Calories, & Carbs included in daily totals		
Total Sodium (mg): 870 Carbs (g): 102; Calories: 789			Total Sodium (mg): 924 Carbs (g): 80; Calories: 736			Total Sodium (mg): 818 Carbs (g): 73; Calories: 767								
														



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.



HELP THE SOUTH COUNTY SENIOR CENTER FEED LOCAL FAMILIES



TOGETHER, WE CAN PUT FOOD ON THE TABLE

HOW YOU CAN HELP:

- Drop off non-perishable food items at the South County Senior Center
- Cash and Check Donations gladly accepted



WE NEED YOUR SUPPORT

Every day, families in our community go to bed hungry. Your donation (s) helps us provide fresh meals and groceries to those who need it most.

NEEDED UNEXPIRED FOOD ITEMS INCLUDE:



- Canned vegetables, beans & soup
- Rice, pasta & cereal
- Shelf-stable milk
- Peanut butter & canned protein

DROP OFF TIMES:

Mondays thru Wednesdays 10am to 4pm

Fridays 10am to 2pm

DROP OFF LOCATION:

22 Amherst Road,
Sunderland

Call 413.665.9508 for more information

