

# SOUTH COUNTY SENIOR CENTER

## NEWSLETTER JANUARY/FEBRUARY 2026

### 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.

*Happy New Year!* Each year seems to pass more quickly than the last, and 2025 is no exception. Since I began my position as your Director, we have faced both challenges and opportunities. One ongoing challenge has been the search for a single, dedicated space to serve as *your* Center. We are now presented with an exciting opportunity to pursue leasing a new-to-us location at **112 Amherst Road in Sunderland**. This space could become an all-in-one home that meets our current needs while allowing us to grow alongside an aging community. The cost would be far less than a new build or major renovation of an old building. We invite you to attend our upcoming Community Forums to learn more. See more on page 2.

With a milestone birthday just a few months away, I've found myself reflecting—and dreaming. I'm in the early stages of crafting a new life list. *New you ask, because the old one? I finished it. (Well, all but one item. And I'm not quite sure you can ever be happy, all of the time.)*

Nearly a decade ago, when I completed my MBA, I realized I completed everything I once imagined: graduated college, bought a home and a car, traveled, and built a circle of incredible friends. So now I'm asking myself: *What's next? (Other than advocating for a new/new to us Senior Center).* When you've lived the life you mostly planned - even if you took a route longer and more difficult than you ever imagined - how do you begin to imagine one you haven't planned?

The truth is, **it's never too late to create—or rewrite—a life list**. That's the magic of it: **it can be anything you want**. A mix of daring adventures, quiet joys, and unexpected challenges. So I'm opening it up to you. What do you think belongs on a life list now? Is there a place you've traveled that everyone should see at least once? A language that's actually fun to learn in midlife? Can someone still figure out how to ride—or just ride *on*—a motorcycle after 50 without it being considered a midlife crisis? And honestly... is it *technically* possible to adopt all the animals? So send me suggestions for my life list. **Send them by email, snail mail, or on a post-it at the Center on the wall poster**. I look forward to reading them..and maybe, just maybe, you can help me write my next adventure.

*Jennifer*

*p.s. To ensure we can provide you the best service, our office will be closed the week of January 19th for administrative tasks. Thank you for understanding.*

**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

# **OUR CONTINUED JOURNEY TO A NEW SENIOR CENTER**

By Jennifer M Ferrara, MBA, Director

We are exploring the opportunity to create a new Senior Center at **112 Amherst Road in Sunderland**—a space with the potential to better serve older adults across **Whately, Deerfield, and Sunderland**. This location offers the promise of a more accessible, welcoming, and flexible hub for programs, services, and connections that support healthy aging and community life.

This is where you come in. **Your voice and support are essential as we explore this opportunity.** Together, we can shape a Senior Center that works for Whately, Deerfield, and Sunderland—not just for today, but for generations to come. In the months ahead, we are committed to sharing clear, transparent information—including the **pros and cons of this option**, what the space could realistically offer, and how it compares to our current facilities. All **costs shared at this stage are estimates** and will remain so until a finalized lease and full operational details are in place.

To ensure everyone has an opportunity to learn more and be heard, **community forums will be held at multiple locations:**

- **January 15, 2026 at 6:00 pm** – Frontier High School Auditorium
- **February 3, 2026 at 1:00 pm** – Deerfield Town Hall
- **February 10, 2026 at 1:30 pm** – Sunderland Public Library
- **February 18, 2026 at 1:00 pm** – Whately Town Hall

At these forums, you'll learn **how the space could be used**, how it would meet our **current needs**, and how it could **adapt to future growth**. We will share what a new center could provide, including:

- Improved accessibility and ADA-compliant design
- Dedicated space for fitness, wellness, and fall-prevention programs
- Rooms for social, educational, and lifelong learning activities
- Expanded capacity for congregate meals, nutrition programs, and community gatherings
- Space for care coordination, benefits counseling, and private consultations
- Opportunities for intergenerational programming and partnerships
- A single, centralized location designed to foster connection, reduce isolation, and support aging in place

The need is real and growing. **By 2035, more than 37% of South County residents will be age 60 or older**, and since 2022 our membership has grown by **more than 540 new members—including 122 new members in 2025 alone**. Imagine what having one thoughtfully designed, central location could mean for our community's ability to respond—now and in the future.

With your advocacy, we can move one step closer to giving older adults in our community the space they truly deserve. **I strongly urge you to attend your monthly Selectboard and Finance Committee meetings and to participate in Board of Oversight meetings**, where these discussions and decisions take place. Our next **Board of Oversight Meeting will be held on January 8, 2026 at 6:00 pm**.

If you're unable to attend meetings in person, please consider writing letters to your Selectboard members, Finance Committee members, and other public officials to share your support. You can learn more about this opportunity throughout this edition.

## **Outreach Corner: Things you Need to Know**

By Chris Goudreau

Are you looking at your grocery bill and concerned about rising prices? Well, you might qualify for the Supplemental Nutrition Assistance Program (SNAP). Whether you're new to enroll in SNAP, need to recertify, or are just curious about learning about the program, that's where I can help.

It only takes about 30 minutes to sign-up for SNAP if you're an income eligible adult. It can be a great source of extra funds each month to help your wallet when it comes to paying for groceries.

Here's what you need to know:

- Your net income should be less than or equal to the federal poverty line. For a single household, your income should be no more than \$1,580 per month. For a two-person household, the income limit is \$2,137 per month.
- Your assets need to amount to \$4,250 or less.

Here at the South County Senior Center, we can schedule appointments to assist you in enrolling for SNAP. Beginning in January, I'm keeping regular office hours on Tuesdays for drop-in appointments.

Also, if you have monthly SNAP benefits, did you know you have extra funds each month to purchase fresh locally grown fruits and vegetables? If you receive SNAP and you are a Massachusetts resident, you can automatically utilize the Healthy Incentive Program (HIP), which can grant you an additional \$40 to \$80 for produce, depending on your household size.

SNAP & HIP authorized retailers include farmers markets, farm stands, mobile markets, and community supported agriculture (CSA) farm share programs. Local SNAP & HIP authorized retailers include:

- Red Fire Farm, 485 Federal St., Montague, MA. **HIP CSA Program**
- Long River Produce, 218 Greenfield Rd., Deerfield, MA. **HIP Farm Stand**
- Clarkdale Fruit Farms, 303 Upper Rd., Deerfield, MA. **HIP Farm Stand**
- Simple Gifts Farm, 1089 N. Pleasant St., Amherst, MA. **HIP Farm Stand/ CSA**
- Natural Roots, 888 Shelburne Falls Rd., Conway, MA. **HIP Farm Stand**
- Hart Farm, 585 S. Shirkshire Rd., Conway, MA. **HIP Farm Stand**
- Crimson & Clover Farm, 215 Spring St., Northampton, MA. **HIP Farm Stand**
- Just Roots, 34 Glenbrook Drive, Greenfield, MA. **HIP Farm Stand**
- Great Falls Farmers Market, 200 Ave A (Peskeomskut Park), Turners Falls, MA, 01376. Wednesdays 2 p.m. to 6 p.m. **HIP Farmers Market**
- Greenfield Farmers Market, Court Square, Greenfield, MA, 01301. Saturdays from 8 a.m. to 12:30 p.m. **HIP Farmers Market**
- Northampton Farmers Market, Gothic Street, Northampton, MA. Saturdays from 8 a.m. to 1 p.m. **HIP Farmers Market**

And if you're planning on applying for SNAP/HIP, but need more immediate assistance, there's also food pantries in our communities that can help.

Amherst Survival Center - Food Pantry

P.O. Box 9629

138 Sunderland Rd.

North Amherst, MA 01059

Phone: 413-549-3968

Email: [amherstsurvival@amherstsurvival.org](mailto:amherstsurvival@amherstsurvival.org)

Pantry Hours: M 12-3 p.m.; T 12-7 p.m.; W CLOSED; TH 12-7 p.m.; F 12-3 p.m.; S 3rd Saturday/month

**(Continued on next page)**

## Outreach Corner: Things you Need to Know Continued

Franklin Area Survival Center - Food Pantry  
96 Fourth Street, Turners Falls, MA, 01376  
Phone: 413-863-9549  
Pantry Hours: M-F 10-1:30 p.m.

Blessed Trinity Parish - Food Pantry  
Pastoral Center of Blessed Trinity Parish  
14 Beacon St., Greenfield, MA, 01301  
Phone: 413-773-3311  
Email: [pantry@blessedtrinitygreenfield.org](mailto:pantry@blessedtrinitygreenfield.org)  
Pantry Hours: Saturday - 9 a.m. - 12 p.m.; Tuesday, 12 p.m. - 3 p.m.; Thursday, 3 p.m. - 6 p.m.

Emergency Food: Day or night/ 7 days a week  
Please contact Deacon John Leary  
Phone: 413-219-2734  
Email: [deaconjohnleary@gmail.com](mailto:deaconjohnleary@gmail.com)

Center for Self-Reliance - Food Pantry  
156 Main St., Greenfield, MA, 01301  
Phone: 413-773-5029  
Email: [cramos@communityaction.us](mailto:cramos@communityaction.us)  
Pantry Hours: Monday, Tuesday, Thursday: 11:30 a.m. - 4 p.m.  
Closed from 1:00 p.m. - 1:30 p.m. On Monday, Tuesday, Thursday

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).

### It's Snowing Out. Is the Center Open?

During inclement weather, the South County Senior Center will post our closings or delays on television via [Western Mass News](#) (channels 3, 6 & 40) and [WWLP 22 News](#) and on our [Facebook](#) page. We typically will not cancel program until the morning of, unless of course the forecast calls for a lot of snow or ice. This winter that seems unlikely, but it is only January. If you've lived in New England for a while, you know we can have snow up until May. Although I am not counting on it this season. If you have questions, please ask Staff at Center or call Chris Goudreau at 413.768.1066.

### New Year, New Me? How About a Word!

Each year, instead of working on a resolution, I choose a word to bring meaning during the new year. Last year my word was joy. Each day I looked for something, no matter how small, to bring myself joy. **My word for 2026** is smile. Why? Because when you're having a bad day, a smile can change your entire mood. It can also be infectious to others and change their mood too. Do you have a word for your new year? I'd love it if you'd share it with me. Happy New Year! Jen

## 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: **January 16th** and **February 20th**. 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 champion:**

- **November & December Winner:** Nanci Schwartz

### Pitch Updates:

Pitch is now on our calendar! Join us on **January 27th** and **February 19th at 10:30 AM**. All levels are welcome. Starting in March, it will take place on a consistent day each month(i.e. 4th Friday). If you're interested in playing, please email Tom at [scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us) or call 413.665.9508.

## COMMUNITY FORUMS

4  
Sessions!

**THURSDAY, JANUARY 15 @ 6PM**

FRONTIER REGIONAL SCHOOL  
113 NORTH MAIN STREET, SOUTH DEERFIELD

**TUESDAY, FEBRUARY 3 @ 1PM**

DEERFIELD TOWN HALL  
8 CONWAY STREET, SOUTH DEERFIELD

**TUESDAY, FEBRUARY 10 @ 1:30PM**

SUNDERLAND PUBLIC LIBRARY  
20 SCHOOL STREET, SUNDERLAND

**WEDNESDAY, FEBRUARY 18 @ 1PM**

WHATELY TOWN HALL  
194 CHESNUT PLAIN ROAD, WHATELY

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

- Learn how the South County Senior Center supports our community
- Learn about the potential new space at 112 Amherst Rd., Sunderland and how it meets and will continue to meet our needs for years to come

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

Contact Tom Patria for reservations or questions



413-665-9508



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

## South County Senior Center ENHANCED FITNESS CLASSES



**Mondays, Wednesdays  
& Fridays: 9am-9:45am**

Whately Town Hall  
194 Chestnut Plain Road

**\$2 per class; open to first 25  
participants**

### **Why Join?**

- Fun group energy
- Cardio + dance = total body workout
- Stress relief through movement
- All levels welcome
- First come, first serve basis

Call/text Tom Patria at 413-665-9508 or email him at [scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us) for questions



# \* Knittin'G \* CIRCLE



FRIDAY, JANUARY 2 & 16 FROM 2PM-3:30PM  
22 AMHERST ROAD, SUNDERLAND

THESE SESSIONS ARE FOR THOSE WITH ALL ABILITIES!  
COME IN AND LEARN FROM YOUR PEERS, START A  
PROJECT, AND SOCIALIZE.

EMAIL TOM AT [SCPA@TOWN.DEERFIELD.MA.US](mailto:SCPA@TOWN.DEERFIELD.MA.US)  
OR CALL  
413-665-9508 TO SAVE YOUR SPOT!



## KNOWLEDGE IS POWER: ELDER SAFETY EMPOWERMENT PRESENTATION

IN THIS PRESENTATION YOU WILL LEARN:

- SIGNS OF ABUSE TO HELP SOMEONE BEING VICTIMIZED
- TIPS AND STRATEGIES TO HELP PROTECT YOURSELVES AND OTHERS
- OFFENDER CHARACTERISTICS
- WHAT TO DO WHEN YOU SUSPECT ABUSE
- THE ADULT PROTECTIVE SERVICE PROCESS

TUESDAY, JANUARY 6 AT 1030AM  
RSVP DATE JANUARY 2

SOUTH COUNTY SENIOR CENTER  
22 AMHERST ROAD, SUNDERLAND

FOR MORE INFORMATION OR TO REGISTER, CONTACT TOM  
PATRIA AT 413-665-9508 [SCPA@TOWNDEERFIELDMAUS](mailto:SCPA@TOWNDEERFIELDMAUS)

## SPRINGFIELD MUSEUM TRIPS 2026



JOIN US AS THE SOUTH COUNTY SENIOR CENTER TRAVELS  
TO THE SPRINGFIELD MUSEUMS ON THE FIRST WEDNESDAY  
OF EACH MONTH:

JANUARY 7, FEBRUARY 4, MARCH 4, APRIL 1, MAY 6

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](mailto:SCPA@TOWN.DEERFIELD.MA.US)



## QUESTIONS ABOUT ARTIFICIAL INTELLIGENCE?

Artificial Intelligence (AI) is all the rage.  
Want to learn more about AI? Led by  
Greenfield Savings Bank (GSB), they will  
help you sort through some of the  
myths and hype about AI.



GSB will help you in understanding AI's  
features and benefits while also giving  
suggestions on being cautious and  
leery of potential traps.

Friday, January 9 at 10:30am  
(RSVP by Jan. 7)

South County Senior Center  
22 Amherst Road, Sunderland

Call/text Tom Patria at 413-665-9508 or  
[scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us) to register

# 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, January 13 at 10:30am**  
(RSVP by Jan. 12)

**Location: 22 Amherst Road,  
Sunderland**

**Register by calling  
or texting Tom Patria at  
413.665.9508**

## CRIBBAGE TOURNAMENTS MONTHLY AT THE SOUTH COUNTY SENIOR CENTER

Pre-  
Registration  
Not  
Required



Pre-  
Registration  
Not  
Required

**OPEN TO SEASONED PROS OR NEWBIES!**

**EVERY 3<sup>RD</sup> FRIDAY OF EACH MONTH AT 10AM**

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



**THE RIP: STARRING BEN AFFLECK AND MATT DAMON**  
**TUESDAY, JANUARY 27 AT 10 AM (RSVP BY JANUARY 23)**

A GROUP OF COPS DISCOVERS A STASH OF MILLIONS IN CASH, SPARKING DISTRUST AS  
OUTSIDERS LEARN OF THE HUGE SEIZURE AND QUESTION WHOM TO RELY ON.

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

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

## PITCH TOURNAMENT



**A TRICK-TAKING CARD GAME WHERE  
PLAYERS AIM TO SCORE POINTS BY  
WINNING TRICKS AND CAPTURING SPECIFIC  
CARDS, WITH THE GOAL OF REACHING A  
TARGET SCORE**

**TUESDAY, JANUARY 27 AT 1PM &  
THURSDAY, FEBRUARY 19 AT 11AM**

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

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





# JANUARY BIRTHDAYS

Come celebrate all January birthdays at the South County Senior Center!

Wednesday, January 28 at 10:30am

Location: 22 Amherst Road, Sunderland

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



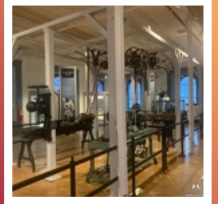
## SPRINGFIELD ARMORY TRIP

THURSDAY, JANUARY 29

RSVP by January 26

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

Lunch TBD



Springfield Armory National Historic Site commemorates the critical role of the nation's first armory by preserving and interpreting the world's largest historic US military small arms collection, along with historic archives, buildings and landscape.

**Contact:** Phone/Text Tom Patria at 413.665.9508 or [scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us) to register



## Brunch Brigade FRENCH KING RESTAURANT

Friday, January 30

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](mailto:scpa@town.deerfield.ma.us) for information, questions, or registration



## COMMUNITY EDUCATION PROGRAM



Tuesday, February 3 at 10:30am

With Michael White, Marketing & Community Relations Manager

- Understand risk factors
- Learn symptoms
- Gain valuable information regarding many advanced treatment options available

South County Senior Center  
22 Amherst Road, Sunderland

Call/text Tom Patria at 413-665-9508 or [scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us) to register





# **SUPER BOWL PARTY & FEBRUARY BIRTHDAYS**

**FRIDAY, FEBRUARY 6  
@10:30 AM**

**FIRST CONGREGATIONAL CHURCH  
91 S. MAIN ST., SUNDERLAND**

***Cake! Food! Fun! Nurse Cindy!***

Call/text Tom Patria at 413-665-9508 or email him at  
[scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us) to register

# **\*Knittin'G\* CIRCLE**



**FRIDAY, FEBRUARY 6 & 20 FROM 2PM-3:30PM  
22 AMHERST ROAD, SUNDERLAND**

THESE SESSIONS ARE FOR THOSE WITH ALL ABILITIES!  
COME IN AND LEARN FROM YOUR PEERS, START A  
PROJECT, AND SOCIALIZE.

CALL/TEXT TOM AT  
413-665-9508 OR [SCPA@TOWN.DEERFIELD.MA.US](mailto:SCPA@TOWN.DEERFIELD.MA.US) TO  
SAVE YOUR SPOT!

# **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, February 10 at 10:30am (RSVP by Feb. 6)

Location: 22 Amherst Road, Sunderland

Register by calling  
or texting Tom Patria at 413.665.9508 or emailing  
[scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us)



PLEASE JOIN THE SOUTH COUNTY  
SENIOR CENTER FOR A

# **Valentine Party**



**Friday, February  
13 at 10:30am**

**FOOD  
LAUGHTER  
SOCIALIZATION**

**First Congregational Church, 91 S. Main St., Sunderland**

**RSVP by  
Feb. 11**

Phone/text Tom Patria at  
413.665.9508;  
[scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us)



# CELEBRATE THE CHINESE NEW YEAR

LUNCH AT GINGER GARDEN,  
351 NORTHAMPTON RD., AMHERST

TUESDAY, FEBRUARY 17

BUS LEAVES SCSC @ 11AM; RETURNS BY 3PM

\$2 TRANSPORTATION FEE (VAN LIMITED TO 14);  
RESTAURANT SEATING LIMITED TO 25

MEMBERS CAN DRIVE TO THE RESTAURANT  
MEMBERS ALSO PAY FOR THEIR OWN MEALS

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

SOUTH COUNTY SENIOR CENTER PRESENTS

# SEAN CALLAGHAN

SEAN PERFORMS SOME OF THE MOST BELOVED POP SONGS AND  
CLASSIC COUNTRY FROM THE 1920S TO THE 1970S. SING AND  
DANCE ALONG & CLAP YOUR HANDS!

WHATELY TOWN HALL 18 FEB 2026

194 CHESTNUT PLAIN RD 10:30AM-11:30AM



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



## FIDDLE ORCHESTRA OF WESTERN MASSACHUSETTS

Playing at the Whately Town Hall,  
194 Chestnut Plain Road, 2<sup>nd</sup> Floor

Tuesday, February 24 at 10:30am (RSVP by Feb. 20)

Brought to you by the **South County Senior  
Center**, proudly serving members from Deerfield,  
Sunderland, and Whately

Phone/text Tom Patria at 413-665-9508 or by email  
scpa@town.deerfield.ma.us to register



**Linda Manor**  
Assisted Living

A Member of Berkshire Healthcare  
Managed by an Affiliate of Berkshire Health Systems

## Assisted Living 101

Join Linda Manor on  
Wednesday, February 25 at 10:30AM  
(RSVP by Feb. 23)

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.

South County Senior Center  
22 Amherst Road, Sunderland

Call/text Tom Patria at 413-665-9508 or by email at  
scpa@town.deerfield.ma.us to save your space!





## 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

**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:** 1/19, 2/16

**Cost:** \$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!

**No Class:** 1/1

**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!

**No Classes:** 1/19, 2/16

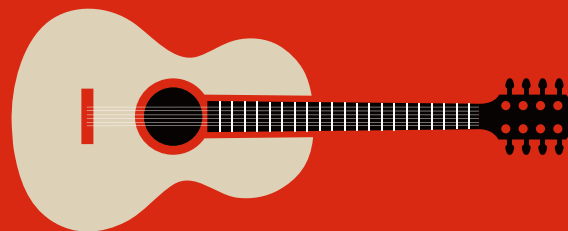
**Funded by:** Mass in Motion grant with FRCOG



### 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!

## 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 WITH SARA SNYDER!

THURSDAY, FEBRUARY 26 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)

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



## Living with Hip and Knee Arthritis

BEN SNYDER,  
MD



MAX CAPACITY: 19

Hear about strategies to better live with arthritis and keep arthritis from getting worse. A free lunch will be provided.

He will review the background on arthritis, simple activities to do around your home, treatment recommendations, and answer any questions you may have.

**Friday, February 27 at 11:30am (RSVP by February 25)**

South County Senior Center, 22 Amherst Road

Benjamin Snyder, M.D., M.P.H., M.S., specializes in diagnosing and treating orthopedic conditions. His areas of research interest include joint replacement, adult reconstruction, and hip and knee surgery.

To RSVP, please call or text Tom Patria at 413-665-9508 or email at [scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us)



## 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.

### **Fraturdays**

- 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.

### **\*\*\*Date Changes this Month!\*\*\***

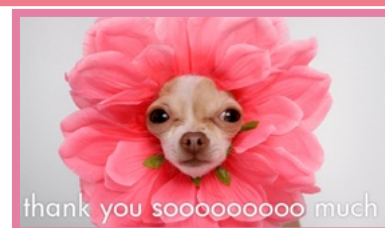
- Moved to January 12th - **Brown Bag**, Deerfield Town Hall, 8 Conway St., S. Deerfield. Are you interested in becoming a new recipient or learning more about the program? Call Chris Goudreau 413.768.1066 for more details.
- Moved to January 15th - **Foot Clinic**, We offering a foot clinic with Footcare by Nurses. Call 413.768.1066 to register.

### **Second Wednesdays**

- **Franklin Area Survival Center Pop Up Food Distribution, 1/14 & 2/11, 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!

As we reflect on 2025, we want to extend our deepest thanks to the incredible volunteers who made this year such a success. From dedicated members who stepped up to support our multitude of events, to community members who generously reached out to help with our annual holiday meal delivery—made possible through our partnership with the Sunderland Men's Club—your time and compassion made a meaningful difference. We are also grateful to the Franklin County Sheriff's Office TRIAD for supporting our annual picnic, Friendsgiving, and their weekly donations of with generous donations of both time and food. Throughout the year, we were fortunate to work alongside so many wonderful organizations, including the SC TRIAD for their many donation drop-offs, the South Deerfield Women's Club, the Sunderland Women's Club, and many others. We are truly thrilled by all that was accomplished together in 2025 and look forward with gratitude and optimism to an equally successful 2026.



## 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](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 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 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. 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](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
			Closed 1	2
				Enhanced Fitness 9 AM <u>Sunderland Open Hours 10 AM-2 PM</u> <u>Knitting Circle 2 PM-3:30 PM</u>
5	6	7	8	9
Enhanced Fitness 9 AM <u>Bingo 10 AM</u> <u>Seated Dance 12:15 PM</u> <u>Chair Yoga 1 PM</u> <u>Sunderland Open Hours 10 AM -4 PM</u>	<u>Northwestern DA's Office Knowledge is Power 10:30 AM</u> <u>Sunderland Open Hours 10 AM-4 PM</u>	Enhanced Fitness 9 AM <u>Museum Field Trip Van leaves at 9 AM</u> <u>Balance in Motion 11 AM</u> <u>Sunderland Open Hours 10 AM-4 PM</u>	<u>Rainbow Elders</u> <u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM <u>Greenfield Savings Bank on AI 10:30 AM</u> <u>Sunderland Open Hours 10 AM-2 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>Brown Bag - Changed Date this Month!</u>	<u>Drumming with Tara 10:30 AM</u> <u>Sunderland Open Hours 10 AM-4 PM</u>	Enhanced Fitness 9 AM <u>Food Distribution 10 AM</u> <u>Balance in Motion 11 AM</u> <u>No Open Hours Today</u>	<u>Foot Clinic (By Appt.)</u> <u>Tai Chi 1 PM</u> <u>Community Forum 6 PM (Frontier High School Auditorium)</u>	Enhanced Fitness 9 AM <u>Cribbage Tourney 10 AM</u> <u>Sunderland Open Hours 10 AM-2 PM</u> <u>Knitting Circle 2 PM-3:30 PM</u>
Closed 19	20	21	22	23
	<u>Office is Closed for Administrative Work</u>	Enhanced Fitness 9 AM <u>Balance in Motion 11 AM</u> <u>Office is Closed for Administrative Work</u>	<u>Office is Closed for Administrative Work</u> <u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM <u>Office is Closed for Administrative Work</u>
26	27	28	29	30
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: The RIP 11 AM</u> <u>Pitch Tourney 1 PM</u> <u>Sunderland Open Hours 10 AM- 4 PM</u>	Enhanced Fitness 9 AM <u>January Birthdays Celebration 10:30 AM</u> <u>Balance in Motion 11 AM</u> <u>Mass in Motion 2 PM</u> <u>Sunderland Open Hours 10 AM-4 PM</u>	<u>Springfield Armory Field Trip - Van Leaves at 9 AM</u> <u>Tai Chi 1 PM</u>	Enhanced Fitness 9 AM <u>Brunch Brigade 10:30 AM</u> <u>Sunderland Open Hours 10 AM-2 PM</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>Sunderland Open Hours 10 AM -4 PM</b>	<b>Vascular Care w/Lunch 10:30 AM</b>  <b>Community Forum 1 PM (Deerfield Town Hall)</b>  <b>Sunderland Open Hours 10 AM - 12 PM</b>	Enhanced Fitness 9 AM  <b>Museum Field Trip Van leaves at 9 AM</b>  <b>Balance in Motion 11 AM</b>	<b>Foot Clinic (By Appt.)</b>  <b>Brown Bag</b>  Tai Chi 1 PM	Enhanced Fitness 9 AM  <b>Super Bowl &amp; February Birthdays Party 10:30 AM</b>  <b>Knitting Circle 2 PM-3:30 PM</b>
9	10	11	12	13
Enhanced Fitness 9 AM <b>Bingo 10 AM</b> Seated Dance 12:15 PM <b>Chair Yoga 1 PM</b> <b>Sunderland Open Hours 10 AM -4 PM</b>	<b>Drumming with Tara 10:30 AM</b>  <b>Community Forum 1:30 PM (Sunderland Public Library)</b>  <b>Sunderland Open Hours 10 AM - 12 PM</b>	Enhanced Fitness 9 AM  <b>Food Distribution 10 AM</b>  <b>Balance in Motion 11 AM</b>	<b>Rainbow Elders</b>   <b>Tai Chi 1 PM</b>	Enhanced Fitness 9 AM  <b>Valentine's Day Party 10:30 AM</b>
<b>Closed</b> 16	17	18	19	20
	<b>Chinese New Year Celebration! - Sign up Required</b>	Enhanced Fitness 9 AM  <b>Sean Callaghan - Musical Performance - 10:30 AM</b>  <b>Balance in Motion 11 AM</b>  <b>Community Forum 1 PM (Whately Town Hall)</b>	<b>Pitch Tourney 10:30 AM</b>  <b>Tai Chi 1 PM</b>	Enhanced Fitness 9 AM  <b>Cribbage Tourney 10 AM</b>  <b>Knitting Circle 2 PM-3:30 PM</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 10 AM -4 PM</b>	<b>Fiddle Orchestra of Western Massachusetts 10:30 AM</b>  <b>Mass in Motion 2 PM</b>  <b>Sunderland Open Hours 10 AM -4 PM</b>	Enhanced Fitness 9 AM  <b>Assisted Living 101 10:30 AM</b>  <b>Balance in Motion 11 AM</b>	<b>Joy of Song 11 AM</b>  <b>Tai Chi 1 PM</b>	Enhanced Fitness 9 AM  <b>Living with Hip and Knee Arthritis 11:30 AM (Must Preregister - 19 MAX)</b>





**LifePath**  
options for independence



## **Rainbow Elders January 8th & February 12th, 2026 Luncheon in Sunderland!**

The Rainbow Elders of LifePath will gather for a meal and conversation at SCSC's accessible space at 22 Amherst Road (Rte. 116) in Sunderland on **Thursday, January 8th & February 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](https://rainboweldersluncheonclub.eventbrite.com)

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>.

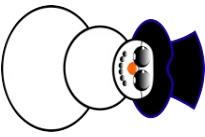


The Rainbow Elders serve LGBTQIA+ elders (50+) and friends in the Franklin-North Quabbin region and beyond with in-person and virtual programming.

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

# LIFEPATH Congregate Lunch Meals- January 2026

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>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; 36 Calories</b> <b>Sodium, Calories, &amp; Carbs</b> <b>included in daily totals</b>		<b>HAPPY NEW YEAR!!</b> <b>NEW YEAR'S DAY HOLIDAY</b> <b>No Meals Served</b> 		<b>2</b> Shepherd's Pie 9 mg Buttermilk Biscuit 23 295 Green Beans 21 370 Applesauce 8 20 Applesauce 14 2	
5	<b>Carb Sod</b> Beef Chili 9 mg 13 320 w/ Shredded Cheese 1 96 Root Vegetables 11 65 Combread Bowl 33 160 Vanilla Pudding 18 130	6	<b>Carb Sod</b> Tuscan Chicken 9 mg 14 403 Roasted Potatoes 13 85 Vegetable Medley 11 55 Dinner Roll 20 100 Cinnamon Apples 12 3	7	<b>Carb Sod</b> Italian Sausage 9 mg 6 575 w/ Peppers & Onions* 6 575 White Rice 24 25 Green Beans 15 20 Wheat Roll 15 150 Shortbread Cookie 20 150	8	<b>Carb Sod</b> Meatloaf & Gravy* 9 mg 8 545 Mashed Potatoes 15 22 Broccoli 6 38 Hawaiian Roll 16 80 Pear 27 2	9	<b>Carb Sod</b> Seafood Cajun Pasta* 9 mg 28 504 Green Beans & R Peppers 6 20 Wheat Bread 24 65 Peach Cup 13 5
Total Sodium (mg): 906 Carbs (g): 89; Calories: 848		Total Sodium (mg): 781 Carbs (g): 82; Calories: 725		Total Sodium (mg): 1065 Carbs (g): 92; Calories: 868		Total Sodium (mg): 822 Carbs (g): 84; Calories: 720		Total Sodium (mg): 729 Carbs (g): 83; Calories: 675	
12	<b>Carb Sod</b> Hot Dog* 9 mg 3 540 Baked Beans 28 140 Corn 19 20 Hot Dog Bun 32 85 Orange 18 0	13	<b>Carb Sod</b> Cheese Ravioli w/ 9 mg 31 200 Turkey Bolognese & Parm 2 222 Brussels Sprouts 6 26 Wheat Bread 24 65 Vanilla Pudding 18 130	14	<b>Carb Sod</b> Salmon w/ Dill Sauce 9 mg 11 160 Rice Pilaf 26 50 California Blend Veg 5 34 Wheat Roll 15 150 Pear Cup 19 0	15	<b>Carb Sod</b> Pot Roast w/ Gravy* 9 mg 7 585 Mashed Sweet Potatoes 25 20 Vegetable Medley 11 54 Combread Loaf 27 180 Applesauce 14 2	16	<b>Carb Sod</b> <b>Winter Special</b> Roasted Chicken Thigh 9 mg 0 90 Mac & Cheese 25 390 Collard Greens 3 40 Wheat Roll 15 150 Pound Cake 26 240
Total Sodium (mg): 1000 Carbs (g): 114; Calories: 925		Total Sodium (mg): 778 Carbs (g): 92; Calories: 770		Total Sodium (mg): 529 Carbs (g): 87; Calories: 847		Total Sodium (mg): 976 Carbs (g): 96; Calories: 721		Total Sodium (mg): 1055 Carbs (g): 81; Calories: 878	
<b>MARTIN LUTHER KING DAY</b> <b>HOLIDAY</b> <b>No Meals Served</b> 		<b>20</b> <b>Carb Sod</b> Pork Cacciatore 9 mg 8 360 White Rice 24 25 Green Beans 15 20 Combread Loaf 27 180 Applesauce 14 2		<b>21</b> <b>Carb Sod</b> Beef Stew 9 mg 14 140 Buttermilk Biscuit 21 370 Broccoli 6 38 Chocolate Pudding 20 135		<b>22</b> <b>Carb Sod</b> Rosemary & Garlic 9 mg 17 450 Chicken 15 23 Mashed Potatoes 6 56 Carrots 15 150 Wheat Roll 16 230 Vanilla Cupcake		<b>23</b> <b>Carb Sod</b> White Fish (Cod) 9 mg 7 388 Picatta 26 50 Root Vegetables 11 65 Combread Loaf 27 180 Pear 27 2	
Total Sodium (mg): 722 Carbs (g): 100; Calories: 678		Total Sodium (mg): 818 Carbs (g): 73; Calories: 767		Total Sodium (mg): 1044 Carbs (g): 82; Calories: 715		Total Sodium (mg): 820 Carbs (g): 110; Calories: 840			
26	<b>Carb Sod</b> Cheese Lasagna w/ 9 mg 29 390 Marinara & Mozzarella 5 315 Mixed Vegetables 11 51 Dinner Roll 20 100 Orange 18 0	27	<b>Carb Sod</b> Potato Pollock 9 mg 13 330 w/ Tartar Sauce 2 110 Sweet Potato Wedges 21 150 Kale & Peppers 3 30 Hawaiian Roll 16 80 Vanilla Pudding 18 130	28	<b>Carb Sod</b> Chicken Alfredo* 9 mg 10 610 Whole Grain Pasta 21 4 Broccoli 6 38 Wheat Roll 15 150 Cinnamon Apples 12 3	29	<b>Carb Sod</b> Roast Turkey w/ Gravy* 9 mg 7 580 Mashed Potatoes 15 23 Vegetable Medley 11 54 Wheat Bread 24 65 Oatmeal Cookie 12 90	30	<b>Carb Sod</b> Unstuffed Pepper Bowl 9 mg 4 276 w/ Beef 24 25 White Rice 5 34 California Blend Veg 15 150 Wheat Roll 15 150 Peach Cup 13 5
Total Sodium (mg): 991 Carbs (g): 94; Calories: 701		Total Sodium (mg): 965 Carbs (g): 85; Calories: 763		Total Sodium (mg): 940 Carbs (g): 76; Calories: 675		Total Sodium (mg): 947 Carbs (g): 82; Calories: 650		Total Sodium (mg): 625 Carbs (g): 73; Calories: 811	

**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.



