



SOUTH COUNTY SENIOR CENTER NEWSLETTER MARCH/APRIL 2026



Understanding the Tax Impact of Moving to 112 Amherst Road

By Jennifer M. Ferrara, MBA, Director

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

The South County Senior Center (SCSC) Staff & SCSC Board of Oversight continues to explore the opportunity to relocate to **112 Amherst Road**. At the heart of this conversation is a simple question: how do we continue supporting older adults in Deerfield, Sunderland, and Whately in a way that is both compassionate and financially responsible?

Every day, we see firsthand how much the Center matters. It's where friendships are formed, isolation is reduced, health and wellness are supported, and independence is preserved. As participation grows — now more than 700 active members — our current space limits our ability to meet demand.

This potential move would allow us to offer concurrent programs, something we can not do in our current space; expand health and social activities at the same staffing levels; and operate more efficiently in one centralized location — while keeping taxpayer impact modest.

Using a spreadsheet (see Page 2) developed by Deerfield Finance Committee Chair Julie Chalfant, based on FY2026 assessed values and tax rates, we estimate the annual increase for the average single-family home would be:

- **Deerfield (avg. \$467,172) → \$55/year**
- **Sunderland (avg. \$478,080) → \$48/year**
- **Whately (avg. \$447,609) → \$50/year**

This represents **less than a 1% increase** in the average annual tax bill (approximately 0.8–0.9%). For most households, that equals about **\$4–\$5 per month** — a modest investment in a vital community resource - about the cost of one coffee or a small weekly treat.

Our current FY2026 operating budget is **\$212,000**. Even if we remain in our current locations, rising costs would increase that budget by nearly **\$45,000** next year, with the average tax increase of \$10/year.

Relocating to 112 Amherst Road would bring the projected FY2027 operating budget to approximately **\$449,12**, an increase of **\$237,112**.

(continued on Page 2)

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

As of: FY 2026	Deerfield	Sunderland	Whately	All 3 Towns
total assessed value	1,072,783,700	648,868,700	376,116,400	2,097,768,800
avg single fam house	467,172	478,080	447,609	
R&O tax rate	13.45	12.44	13.07	
CIP tax rate	13.45	12.44	13.07	
Percent of price per town	54%	28%	18%	100%
Tax Increase	0.12	0.10	0.11	0.11
Avg Single Family Increase	\$55	\$48	\$50	n/a
Tax Bill % Increase	0.9%	0.8%	0.8%	
Avg Single Family Increase at Equal Assessment	\$52	\$53	\$50	Move to 112 Amherst Road (full budget)
Tax Bill % Increase	0.8%	0.9%	0.8%	
if we move to larger space, increase services via efficient use of staffing/space				
Assessed Value of Home	Estimated Annual Tax Bill Impact Increase (D)	Estimated Annual Tax Bill Impact Increase (S)	Estimated Annual Tax Bill Impact Increase (W)	Estimated Annual Tax Bill Impact Increase
250,000	\$29	\$25	\$28	\$28
350,000	\$41	\$35	\$39	\$39
450,000	\$53	\$45	\$50	\$50
550,000	\$64	\$55	\$61	\$61
650,000	\$76	\$65	\$72	\$72
750,000	\$88	\$75	\$83	\$83
850,000	\$99	\$85	\$94	\$94
950,000	\$111	\$95	\$105	\$105
1,050,000	\$123	\$105	\$117	\$116
1,150,000	\$134	\$115	\$128	\$127
1,250,000	\$146	\$125	\$139	\$138

This reflects:

- **Comprehensive rent** (~\$14,000 per month) covering taxes, water/sewer, maintenance, landscaping, snow removal, and build-out
- **Utilities, including electric heat** (~\$3,700–\$4,000 per month)
- **Standard cost increases**, including a 2% COLA and rising health insurance
- **Expanded** programming capacity and adequate space for our growing membership

While this is a meaningful operational increase, it allows us to serve more residents more effectively — **without the \$15–\$20 million** cost of constructing a new building. Leasing avoids long-term municipal ownership liability while still giving us the space we need. And if the towns decide they want to purchase the space at the end of the lease, we will have the first right of refusal to purchase it.

This proposal is not simply about square footage. It is about community. It is about making sure older adults have access to connection, wellness programs, and support systems that help them remain independent and engaged. We invite you to take a **tour of 112 Amherst Rd.**, if you haven't already (see Page 11 for details).

For less than \$5 per month for the average homeowner, this move would:

- Expand programs that reduce isolation
- Provide room for growing participation

(continued on Page 3)

- Improve efficiency and long-term sustainability
- Strengthen a resource that benefits families across all three towns

We understand that every tax dollar matters. That is why this proposal has been approached with careful planning, transparency, and a commitment to balancing fiscal responsibility with compassion.

This is an investment not only in a building — but in the well-being of our neighbors, parents, grandparents, and future selves.

If you support this, let your community know. Attend any upcoming Finance Committee or Selectboard Meetings in the three towns. We invite you to **attend the three town joint Finance Committee/ Selectboard Meeting on March 30, 2026, Deerfield Town Hall at 6 pm and let the Selectboards and Finance Committee members know you support 112!** You can also join via [Zoom \(https://us06web.zoom.us/j/6200078930?pwd=Z2d6ZzNuMVhJMkJVT2VUYW9yaFhCQT09\)](https://us06web.zoom.us/j/6200078930?pwd=Z2d6ZzNuMVhJMkJVT2VUYW9yaFhCQT09).

We are committed to keeping residents informed every step of the way. Our SCSC team hopes you'll attend our last Community Forum on **March 19th, 6 pm, Frontier High School**. For more information, visit our website <https://southcountyseniorcenter.org/112-amherst-road/> to read the presentation slides and our “Frequently Asked Questions” handout. If you have additional questions, please contact me at 413.665.2141 or scsc@town.deerfield.ma.us or a member of our Board of Oversight.

🌟 Staff Spotlight: Meet Tom Patria 🌟

Starting this month, we'll highlight a member of our South County Senior Center staff so you can get to know the people behind the programs, services, and smiles. This month, we're thrilled to introduce you to **Tom Patria**, our **Program Coordinator**.

Q: What's your role at the Senior Center, and what does a typical day look like for you?

A: As the Program Coordinator, I organize our daily events, including field trips and brunch brigades. My job is dependent on all the data entry post-event, as these numbers are crucial for our reporting and funding.

Q: What do you enjoy most about working at SCSC?

A: I enjoy working with our members to bring them events and programming that they enjoy and tell their friends about!

Q: Do you have a favorite event or memory from your time here?

A: I have been fortunate to enjoy my almost two years being here. My favorite event or memory occurs when our members say they enjoyed themselves.

Q: What do you like to do outside of work?

A: I'm always active at home, including exercising, cleaning house, and doing yardwork. For fun, I love watching football and collecting comic books. I'm always buying collections too!

Q: What's one thing you'd like more people to know about the Senior Center?

A: I would like others to know that we aren't a typical Senior Center. We are pushing the envelope by creating various types of programs catered to our diverse member needs.



Outreach Corner: Things you Need to Know

By Chris Goudreau

For the past several years, the South County Senior Center (SCSC) has been working with the Franklin Regional Council of Governments for a statewide movement called Mass in Motion. The focus of Mass in Motion is to promote opportunities for active living and healthy eating in communities across the state.

During this time, we've hosted a series of meetings at the senior center that have focused on a variety of topics, including public transportation, food access, and senior/ veteran tax work-off programs.

Here's some of the changes that the Mass in Motion group has helped implement recently:

- The Pioneer Valley Transit Authority (PVTA) started a fixed transit route from Pelham to Greenfield (with several stops every weekday at the senior center) due to the Mass in Motion member efforts to highlight the gap in public transportation for Sunderland area residents to ride to Franklin County and back.
- Stops on this fixed route include Leverett Town Hall, Sugarloaf Estates, the Senior Center, Baystate Franklin Medical Center in Greenfield and the John Olver Transit Center, also in Greenfield.
- In 2024, the senior center also was able to purchase a freezer for our food pantry via funds from Mass in Motion. Our food pantry is open to everyone during our normal senior center hours. Just see a SCSC staff member for assistance and they can help you put together a bag of food.

For the past year, the Mass in Motion group has focused on a Senior and Veteran Tax Work Off program. The town of Whately has included an article on its upcoming spring Town Meeting warrant to adopt the tax work-off program. That would allow anyone 60 or older in the town to volunteer and have up to a \$1,200 tax abatement on the property tax for a single household. The town of Deerfield will also have a senior/ veteran tax work off on its warrant for Town Meeting for a potential tax abatement of \$1,500 per household.

Meanwhile, the town of Sunderland has an existing tax work-off program where town officials are working to increase the current tax abatement maximum of \$500.

Besides the benefit of the tax abatement, this program has been proven in other communities across the state to give our older adults an opportunity to utilize the skills that they've developed throughout their lives in a meaningful way that helps their community. The program also reduces isolation by giving volunteers a chance to socialize, forge new bonds of friendships, and be part of a greater community.

If you're interested in joining our Mass in Motion group, new members are always welcome. Our next meetings are scheduled for **March 24th and April 28th at the South County Senior Center (22 Amherst Rd., Sunderland, MA) at 2 PM.**

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.

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: **March 20th** and **April 17th.** 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. Congratulations to our recent champions:

January Winner: Wally Sadowsky & **February Winner:** Fred Beckta

Pitch Updates:

Pitch is now on our calendar for the second Friday of every month! Join us on **March 13th** and **April 10th** at **11 AM.** All levels are welcome! If you're interested in playing, please email Tom at scpa@town.deerfield.ma.us or call 413.665.9508.



South County Senior Center

ENHANCE 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 for questions

Open
to all!



TAI CHI

WITH MARI ROVANG

Thursdays at 1pm

Whately Town Hall
194 Chestnut Plain Road

**FREE
CLASSES**

Must be a
member of
the South
County
Senior
Center

Start Today!

SIGN UP BY CALLING/TEXTING
TOM PATRIA AT 413-665-9508 OR
EMAIL HIM AT
SCPA@TOWN.DEERFIELD.MA.US

EMPOWERING ADULTS TO EAT & LIVE WELL



In this two-part presentation and activities and discussions, participants build food and nutrition literacy, strengthen nutrition security, and adopt healthier dietary and lifestyle habits.

Why You'll Love It



- Set goals for a healthier life
- Identify healthy diet fundamentals
- Develop awareness of how food is processed and marketed
- Acquire lifestyle practices that support good health
- Learn timesaving, budget-friendly skills for shopping, planning, and meal preparation
- Learn strategies for navigating today's food environment

Two Sessions

Friday, March 3 at 10am

Wednesday, March 25 at 10am



South County Senior Center

22 Amherst Road, Sunderland

Register by calling/texting Tom Patria at 413.665.9508 or by email at scpa@town.deerfield.ma.us

SPRINGFIELD MUSEUM TRIPS 2026



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

MARCH 4, APRIL 1, MAY 6, JUNE 3, JULY 1, AUGUST 5

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)

TV STATION TOUR

\$2 Van
Fee



\$2 Van
Fee

FRIDAY, MARCH 6

Bus Leaves SCSC at 9:30am
Breakfast Location: Lucky Strike, Chicopee
Station Tour at 12pm
Space Limited to 10



**Tour only open to those
who didn't visit the station
on September 24**



Register by calling/texting Tom Patria at 413.665.9508 or by email at scpa@town.deerfield.ma.us

Knitting Circle



FRIDAY, MARCH 6

2pm - 3:30pm



FRIDAY, MARCH 20

2pm - 3:30pm

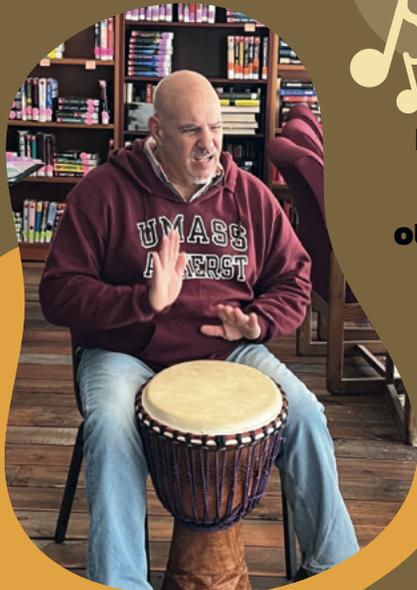
South County Senior Center
22 Amherst Road, Sunderland

All abilities are welcome at these sessions!
Come in and learn from your peers, start a project, and socialize.

Email Tom at scpa@town.deerfield.ma.us or call/text him at 413-665-9508 to save your spot!

Tara Murphy's Drumming Circle

For all
abilities!



**Release energy,
lift spirits,
connect with
others, have fun,
and get healthy
exercise!**

Tuesdays, March 10
& April 14 at 10:30am

South County
Senior Center
22 Amherst Road,
Sunderland

Register by calling
or texting Tom Patria at
413.665.9508 or emailing
scpa@town.deerfield.ma.us

St. Patrick's Day Party

Join the South County Senior Center for Corned
Beef & Cabbage

Thursday, March 12 / RSVP by March 9
Party Kicks Off at 10:30am

Polish American Citizens Club
46 South Main Street, South Deerfield

MUST purchase \$10 tickets in advance at our
22 Amherst Rd, Sunderland location

Call/text Tom Patria at 413-665-9508 or
scpa@town.deerfield.ma.us

Limited to
105 Guests



South County Senior
Center invites you to
play

Pitch

Open to all
skill levels!

Open to all
skill levels!

2nd Friday of each month

MARCH 13

MAY 8

APRIL 10

JUNE 12

11AM

South County Senior Center
22 Amherst Road

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

MARCH 17



**BRUNCH BRIGADE:
THE RENDEZVOUS, TURNERS FALLS**

Tuesday, March 17
Bus leaves SCSC @ 11am; Returns by 2pm

\$2 transportation fee (Van limited to 14):
Restaurant Seating Limited to 25

Members provide own transportation & pay
for their own meals

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



SCSC MOVIE TIME



Wednesday, March 18 at 11am (RSVP by March 16)

Starring Dave Bautista & Jason Momoa

South County Senior Center, 22 Amherst Rd, Sunderland

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

CRIBBAGE TOURNAMENTS MONTHLY AT THE SOUTH COUNTY SENIOR CENTER

Pre-
Registration
Not
Required



Pre-
Registration
Not
Required

OPEN TO SEASONED PROS OR NEWBIES!

EVERY 3RD FRIDAY OF EACH MONTH AT 10AM

SOUTH COUNTY SENIOR CENTER
22 AMHERST RD, SUNDERLAND

March Birthdays

South County Senior Center
Thursday, March 26 at 11am
22 Amherst Road, Sunderland

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



JOIN THE SCSC FOR...



DAN KIROUAC

MUSIC, COMMUNITY, AND GOOD VIBES!

FRIDAY, MARCH 27 @ 11AM
RSVP BY MARCH 25

WHATELY TOWN HALL
194 CHESTNUT PLAIN ROAD

RSVP TO TOM PATRIA AT 413-665-9508 OR
SCPA@TOWN.DEEFIELD.MA.US

THIS EVENT HAS BEEN MADE POSSIBLE WITH A GRANT
FROM THE DEERFIELD & WHATELY CULTURAL COUNCILS





BEHAVIORAL EMERGENCIES WITH SOUTH COUNTY EMS

Friday, April 3 at 11am

South County Senior Center,
22 Amherst Road, Sunderland

South County EMS Personnel will discuss:

- What defines a behavioral emergency
- Common examples EMS encounters
- Ensuring safety
- Key considerations

Call/Text/Email Tom Patria at
413.665.9508; scpa@town.deerfield.ma.us



Knitting Circle

All abilities are welcome at these sessions!

Come in and learn from your peers, start a project, and socialize.

Two Fridays in April!
April 3 & 17 from 2pm - 3:30pm

South County Senior Center
22 Amherst Road, Sunderland

Email Tom at scpa@town.deerfield.ma.us or call/text him at 413-665-9508 to save your spot!

SOUTH COUNTY SENIOR CENTER PRESENTS CONGRESSMAN JIM MCGOVERN



Monday, April 6 from 11am to 12pm

Whately Town Hall, 194 Chestnut Plain Rd., 2nd Floor
-Lift Available-

All residents are welcome to stop by for coffee and snacks and share their thoughts, opinions, and/or concerns.

Phone/text Tom Patria at 413-665-9508 or email at scpa@town.deerfield.ma.us for registration.



RSVP by
April 3rd!

RSVP by
April 3rd!

Volunteer Appreciation Luncheon

WHEN: THURSDAY, APRIL 16TH. DOORS OPEN AT 11AM. LUNCH SERVED AT NOON.

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

COST: \$20 PER PERSON

LIMITED TO 80 GUESTS

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



Long-Term Care Ombudsman Program



Tuesday, April 21 at 11am
South County Senior Center
22 Amherst Rd, Sunderland

Learn about LifePath's Ombudsman Program

- Help educate long-term care residents about their rights
- Aid to reduce residents' isolation and loneliness
- Advocate and act as a mediator to resolve problems that arise between assisted living facilities and their residents

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



THURSDAY
APRIL 23 AT
11AM

JOY OF SONG

PERFORMANCE BY
**SARA
SNYDER**

Sing songs and experience
music's capacity to awaken the
brain, boost biochemistry, and
inspire joy!

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



**TUESDAY, APRIL 28 AT 10AM
22 AMHERST ROAD, SUNDERLAND**

A drama based on Denis Johnson's novella, following Robert Grainier (Joel Edgerton) in the early 20th-century Pacific Northwest as he builds railroads, experiences profound loss, and grapples with a changing world, exploring themes of memory, nature, love, and the fleeting beauty in a life marked by tragedy.

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

April Birthdays



CELEBRATE ALL APRIL BIRTHDAYS AT THE
SOUTH COUNTY SENIOR CENTER!

WEDNESDAY, APRIL 29 AT 11 AM

LOCATION: 22 AMHERST ROAD, SUNDERLAND

TO REGISTER CALL/TEXT 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.

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: 4/20

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!

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: 4/20

Funded by: Mass in Motion grant with FRCOG

 **Hybrid Class Registration Reminder**

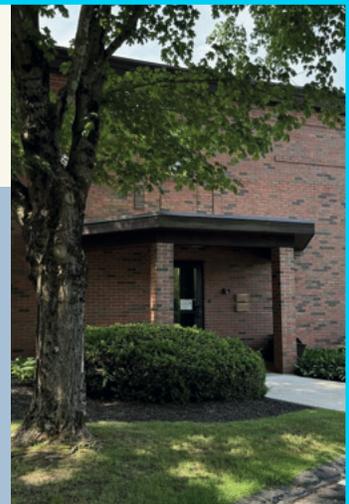
For any hybrid option, call Tom at 413-665-9508 at least 2 business days ahead. No same-day registrations, please!

Let's keep moving together!   

Join Us for a Walk Thru

Walk Thru Invitation

The South County Senior Center invites you to join us for an informative walk thru of 112 Amherst Rd., Sunderland, the potential new home for the South County Senior Center. Explore the space and envision a thriving community hub for seniors.



3 Tour Opportunities

Tour Dates:

Tuesday, March 10th, 1 PM

Thursday, March 19th, 1 PM

Monday, March 23rd, 5:30 PM

We urge community members to attend and help shape the future of the South County Senior Center.

Registration is encouraged but not required. Contact Jennifer at 413.665.2141 or scsc@town.deerfield.ma.us.



22 Amherst Rd., PO Box 225, Sunderland, MA 01375
413.665.2141, 413.665.9508, or 413.768.1066
www.southcountyseniorcenter.org



LIFEPATH GRAB & GO MEALS

MEALS PREPARED BY CITY FRESH.



BOOK NOW
413.665.5063

DAILY FROM 11AM-11:45AM
SOUTH COUNTY SENIOR CENTER,
22 AMHERST ROAD, SUNDERLAND

RECOMMENDED DONATION IS \$3.50/PER MEAL

PLACE YOUR ORDER 2 DAYS IN ADVANCE BY CALLING CATHY AT 413.665.5063. UNABLE TO PICK UP YOUR ORDER? LET HER KNOW!

Standing Weekly Programs

Mondays (No Classes 4/20)

- 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.
- **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 July. We are, however, taking names for the waitlist. Call 413.768.1066 for waitlist.

Second Wednesdays

- **Franklin Area Survival Center Pop Up Food Distribution, 3/11 & 4/8, 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!

Our volunteers are the heart of everything we do. Whether you greet members at the door, lead a program, help with events, serve meals, or quietly lend a hand behind the scenes, your time and generosity make a lasting difference. Because of you, our Senior Center is welcoming, vibrant, and full of connection. We are deeply grateful for your dedication and the care you show our community every day. Thank you for all you do!

We hope you'll join us to celebrate our volunteers at our **Volunteer Appreciation Luncheon on 4/16** at the Whately Inn. See page 9 for details.



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 Response 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 (PVRTA) 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 Response 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 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

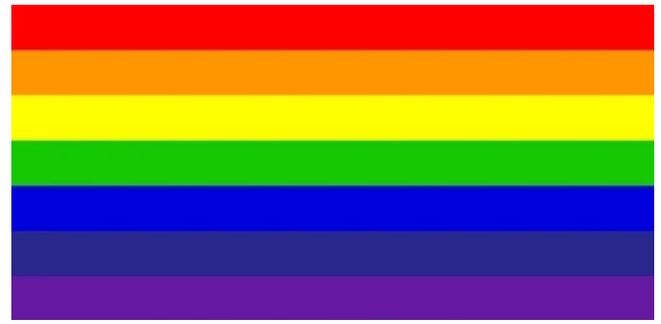
For lunch reservations call before 10:00 am two days prior. For more information about menu you can call 413.773.5555 or email info@lifepathma.org. Dining Centers welcomes those who are 60 years and above with their spouses of any age. A donation of \$3.50 per meal is suggested.

MON	TUE	WED	THU	FRI
2	3	4	5	6
Enhance Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Food Bank of WMass 10 AM Sunderland Open Hours 10 AM - 3 PM	Enhance Fitness 9 AM Musuem Field Trip Van leaves at 9 AM Balance in Motion 11 AM No Open Hours Today	Foot Clinic Brown Bag Tai Chi 1 PM	Enhance Fitness 9 AM WWLP Field Trip Van Leaves at 9:30 AM Knitting Circle 2 PM-3:30 PM
9	10	11	12	13
Enhance 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 - 12 PM 112 Amherst Rd., Sunderland BLDG Tour 1 pm	Enhance Fitness 9 AM Food Distribution 10 AM Balance in Motion 11 AM	Rainbow Elders St. Patrick's Day Luncheon 10:30 AM Tai Chi 1 PM	Enhance Fitness 9 AM Pitch 11 AM
16	17	18	19	20
Enhance Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Brunch Brigade Van Leaves at 11 AM Sunderland Open Hours 10 AM -4 PM	Enhance Fitness 9 AM Movie 11 AM Balance in Motion 11 AM	112 Amherst Rd., Sunderland BLDG Tour 1PM Tai Chi 1 PM Community Forum 6 PM Frontier Regional School	Enhance Fitness 9 AM Cribbage Tourney 10 AM Knitting Circle 2 PM-3:30 PM
23	24	25	26	27
Enhance Fitness 9 AM Bingo 10 AM Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM 112 Amherst Rd., Sunderland BLDG Tour 5:30 PM	Women's HERStory: Martha Gellhorn 10:30 AM Mass in Motion 2 PM No Open Hours Today	Enhance Fitness 9 AM Food Bank of WMass 10 AM Balance in Motion 11 AM	March Birthday Celebration Tai Chi 1 PM	Enhance Fitness 9 AM Dan Kirouac 11 AM
30	31			
Enhance 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			

MON	TUE	WED	THU	FRI
		1	2	3
		Enhance Fitness 9 AM <u>Museum Field Trip Van leaves at 9 AM</u> Balance in Motion 11 AM	Foot Clinic <u>Brown Bag</u> Tai Chi 1 PM	Enhance Fitness 9 AM SC EMS 11 AM Sunderland Open Hours 10 AM-2 PM <u>Knitting Circle 2 PM-3:30 PM</u>
6	7	8	9	10
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Congressman McGovern 11 AM - Whately Town Hall <u>Seated Dance 12:15 PM</u> Chair Yoga 1 PM <u>Sunderland Open Hours 10 AM -4 PM</u>	Blue Cross Blue Shield 10 AM <u>Sunderland Open Hours 10 AM-4 PM</u>	Enhance Fitness 9 AM <u>Food Truck 10 AM</u> Balance in Motion 11 AM <u>Sunderland Open Hours 2 PM-4 PM</u>	Rainbow Elders <u>Tai Chi 1 PM</u>	Enhance Fitness 9 AM <u>Pitch 11 AM</u> Sunderland Open Hours 10 AM-2 PM
13	14	15	16	17
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:15 PM <u>Chair Yoga 1 PM</u> Sunderland Open Hours 10 AM -4 PM	<u>Drumming with Tara 10:30 AM</u> <u>No Open Hours Today</u>	Enhance Fitness 9 AM <u>Jazz Queens 10:30 AM</u> Balance in Motion 11 AM	Volunteer Appreciation Luncheon 11 AM <u>Tai Chi 1 PM</u>	Enhance Fitness 9 AM <u>Cribbage Tourney 10 AM</u> Sunderland Open Hours 10 AM-2 PM <u>Knitting Circle 2 PM-3:30 PM</u>
Closed 20	21	22	23	24
	LifePath Ombudsman Program 11 AM <u>Sunderland Open Hours 10 AM-4 PM</u>	Enhance Fitness 9 AM <u>Western Mass News Field Trip Van Leaves at 9 AM</u> Balance in Motion 11 AM	<u>Joy of Song 11 AM</u> <u>Tai Chi 1 PM</u>	Enhance Fitness 9 AM <u>Greenfield Savings Bank - Learn to Spot the Wolf 10:30 AM</u>
27	28	29	30	
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:15 PM <u>Chair Yoga 1 PM</u> Sunderland Open Hours 10 AM -4 PM	<u>Movie: Train Dreams 10 AM</u> Sunderland Open Hours 12 PM- 2 PM <u>Mass in Motion 2 PM</u>	Enhance Fitness 9 AM <u>April Birthday Celebration 11 AM</u> Sunderland Open Hours 10 AM-4 PM	<u>Brunch Brigade Van Leaves at 11:15 AM</u> <u>Tai Chi 1 PM</u>	



LifePath
options for independence



Rainbow Elders March 12th & April 9th, 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, March 12th & April 9th!**

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.

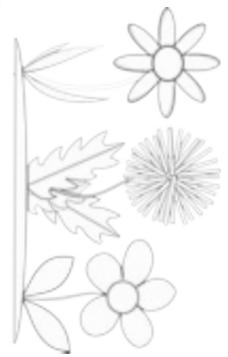
For more information contact 413.773.5555, X1242 or 978.544.2259 X1242. You may also contact scsc@town.deerfield.ma.us or 413-665-2141. To sign up to receive weekly Rainbow Elders updates, visit <https://lifepathma.org/rainbowelders>.

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

LIFEPATH Congregate Lunch Meals - March 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 978-407-9504, Royalston 978-249-8957, Shelburne 413-625-6266, South County 413-665-5063.

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
	Carb	Sod		Carb	Sod		Carb	Sod		Carb	Sod		Carb	Sod
Meatloaf w/Gravy*	9	mg	Tuscan Chicken w/Orzo	14	403	Roast Turkey & Gravy*	9	mg	Torta di Polenta w/ Pork Sausage & Beef	9	mg	Oven Fried Fish	9	mg
Garlic Mashed Potatoes	8	546	California Blend Veg	21	4	Mashed Potatoes	7	580	Kale & Peppers	25	487	Sweet Potato Wedges	24	197
Carrots	15	23	Wheat Roll	21	4	Green Peas	15	23	Combread Loaf	3	29	California Blend Veg	21	150
Wheat Bread	6	56	Apple	15	150	Wheat Roll	15	20	Vanilla Pudding	27	180	Hawaiian Roll	5	34
Orange	24	65		21	2	Pear Cup	19	150		18	130	Shortbread Cookie	16	80
	18	0					0					Tarter Sauce	20	150
													2	110
Total Sodium (mg): 825 Carbs (g): 83; Calories: 716			Total Sodium (mg): 727 Carbs (g): 88; Calories: 752			Total Sodium (mg): 908 Carbs (g): 82; Calories: 617			Total Sodium (mg): 961 Carbs (g): 95; Calories: 936			Total Sodium (mg): 856 Carbs (g): 100; Calories: 900		
9	Carb	Sod	10	Carb	Sod	11	Carb	Sod	12	Carb	Sod	13	Carb	Sod
Calun Seafood w/Whole Grain Pasta	6	500	Beef w/ Onions & Peppers	6	133	Honey Mustard Chicken	9	mg	Pot Roast w/ Gravy*	9	mg	3 Bean Chili	9	mg
Green Peas	21	4	White Rice	24	25	Butternut Squash	10	262	Mashed Potatoes	8	587	w/ Shredded Cheese	37	469
Wheat Bread	15	20	Broccoli	6	38	Vegetable Medley	27	12	Brussels Sprouts	15	23	Green Beans & R Peppers	1	96
Lemon Cookie	24	65	Dinner Roll	20	100	Dinner Roll	11	54	Hawaiian Roll	6	26	Combread Bowl	6	20
	12	100	Cinnamon Apples	20	3	Pear	20	100	Chocolate Pudding	16	80	Orange	33	160
				12	3		27	2		20	135		18	0
Total Sodium (mg): 824 Carbs (g): 102; Calories: 842			Total Sodium (mg): 434 Carbs (g): 80; Calories: 786			Total Sodium (mg): 565 Carbs (g): 106; Calories: 786			Total Sodium (mg): 986 Carbs (g): 77; Calories: 627			Total Sodium (mg): 880 Carbs (g): 106; Calories: 948		
16	Carb	Sod	17	Carb	Sod	18	Carb	Sod	19	Carb	Sod	20	Carb	Sod
Herb Crusted Cod w/ Lemon	21	346	Cheese Ravioli w/ Turkey Bolognese & Parm	31	200	Holiday Special Meal Corned Beef & Cabbage* Boiled Potatoes	9	mg	Stewed Tomato Chicken	3	213	Egg & Cheese Broccoli Bake	10	315
Rice Pilaf	26	50	Brussels Sprouts	2	121	Carrots	13	133	White Rice	24	25	Whole Grain Biscuit	21	370
Broccoli	6	38	Wheat Bread	6	26	Wheat Roll	6	56	Vegetable Medley	11	54	Mixed Vegetables	21	51
Wheat Roll	15	150	Pear	24	65	Shamrock Cookie	15	150	Combread Loaf	27	180	Apple	11	51
Pound Cake	26	240		27	2		18	65	Orange	18	0		21	2
Total Sodium (mg): 959 Carbs (g): 106; Calories: 841			Total Sodium (mg): 549 Carbs (g): 102; Calories: 733			Total Sodium (mg): 1264 Carbs (g): 68; Calories: 614			Total Sodium (mg): 607 Carbs (g): 96; Calories: 839			Total Sodium (mg): 873 Carbs (g): 75; Calories: 948		
23	Carb	Sod	24	Carb	Sod	25	Carb	Sod	26	Carb	Sod	27	Carb	Sod
Honey Glazed Salmon	9	mg	Creamy Turkey & Spinach Casserole	9	mg	Beef Stew	9	mg	Broccoli Cheddar	9	mg	Cod w/ Picatta Sauce	9	mg
Roasted Sweet Potatoes	26	83	w/ Orzo	5	492	Buttermilk Biscuit	14	140	Stuffed Chicken	11	410	Mashed Potatoes	7	388
California Blend Veg	13	85	Peas & Red Peppers	21	4	Broccoli	21	370	Rice Pilaf	26	50	Carrots	15	23
Wheat Roll	5	34	Combread Loaf	15	72	Chocolate Pudding	6	38	Mixed Root Vegetables	50	65	Combread Loaf	6	56
Pear Cup	15	150	Oatmeal Cookie	27	180		20	135	Wheat Roll	11	65	Pear	27	180
	19	0		12	90		15	150	Apple	15	150		27	2
Total Sodium (mg): 487 Carbs (g): 89; Calories: 710			Total Sodium (mg): 973 Carbs (g): 92; Calories: 877			Total Sodium (mg): 818 Carbs (g): 73; Calories: 767			Total Sodium (mg): 812 Carbs (g): 96; Calories: 768			Total Sodium (mg): 784 Carbs (g): 94; Calories: 737		
30	Carb	Sod	31	Carb	Sod				Suggested Voluntary Confidential Donation is \$3.50 per Meal			ALL MEALS INCLUDE: 8 OZ 1% MILK containing: 130 mg Sodium, 110 Calories, & 13 g Carbohydrates AND 1 pat of Margarine Containing 30 mg Sodium & 36 Calories Sodium, Calories, & Carbs included in daily totals		
Cheese Lasagna w/ Marinara Sae & Mozzarella	29	390	Shepherd's Pie	9	mg									
Mixed Vegetables	4	315	Green Beans	23	294									
Dinner Roll	11	51	Buttermilk Biscuit	8	20									
Orange	20	100	Cinnamon Apples	21	370									
	18	0		12	3									
Total Sodium (mg): 991 Carbs (g): 94; Calories: 701			Total Sodium (mg): 822 Carbs (g): 75; Calories: 862											

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.

