

# SOUTH COUNTY SENIOR CENTER NEWSLETTER MAY/JUNE 2026

## *Monthly Musings from the Director*

### **SCSC Staff**

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### **Board of Oversight**

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

It's time for our Annual Picnic. This year, we're turning back the clock to the 1970s for **Disco in the Park!**

Join us on **Wednesday, June 17th** at **Herlihy Park**, River Road, Whately. Doors open at 11:00 AM, and lunch will be served at Noon.

Tickets are \$10 and can be purchased at 22 Amherst Road in Sunderland.

Feel free to dress in your best disco style—think bell bottoms, sequins, and *Saturday Night Fever* vibes. Costumes are optional, but the disco hits will be playing all afternoon, so come ready to enjoy the music!

Come hungry and ready to relax. We'll be serving a delicious picnic-style lunch with plenty of summertime favorites to enjoy, followed by sweet treats to top it off. Find a seat at a table with friends, meet someone new, and take in the fresh air and beautiful park setting. The afternoon is all about good food, easy conversation, laughter, and a chance to slow down and savor time together as a community. With classic disco tunes filling the air, you may find yourself tapping your feet, singing along, or even getting up to dance. Whether you're there for the food, the fellowship, or the far-out music, this picnic promises a joyful afternoon of connection, nostalgia, and fun.

Join us on **Tuesday, May 12th, Noon, 22 Amherst Rd., Sunderland** for a free book talk with **Lee Evers**, the remarkable Montague resident and **World War II veteran**, who was honored last year **as the town's oldest resident** with the historic Boston Post cane for his lifelong contributions and service. Lee will discuss his powerful memoir ***Bronx Boy Goes to War: I Almost Died Nine Times***, in which he vividly recounts being drafted from the Bronx at 19, serving in the Pacific Theater, and surviving nine harrowing moments during the war while also sharing humorous, poignant, and deeply personal stories from his life in and out of the Army. With its blend of history, humanity, and firsthand perspective, this book brings to life the experience of a generation that shaped our world—making this event an exceptional chance to hear from an author whose experiences span a century. All are welcome!

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



In this edition of our Outreach Corner, I want to focus on two topics that older adults in our community have been asking about – home care and medical transportation. Both are important topics related to aging at home for those who want to remain independent, while also

requiring services to keep them in good health.

### Home Care Services

- **Comprehensive Home Care**, 235 Greenfield Rd., #6, South Deerfield, MA, 01373. Telephone: (413) 665-9058. Email: [chcare@the-spa.com](mailto:chcare@the-spa.com). Comprehensive Home Care is a private pay agency that provides support through a full-time registered nurse. The organization has been serving the community since 1990.
- **Associated Home Care**, 9 West St., West Hatfield, MA, 01088. Telephone: (413) 348-5003. [Associatedhomecare.com](http://Associatedhomecare.com). Associated Home Care provides in-home care via certified home health aides.
- **LifePath**, 101 Munson St., Suite 201, Greenfield, MA, 01301. Telephone: (413) 773-5555. Email: [info@LifePathMA.org](mailto:info@LifePathMA.org). LifePath offers support and assistance for older adults by providing comprehensive case management services. Case Managers work in collaboration with the elder and family members to develop a personalized plan of care to meet an individual's needs to remain living independently at home. Services include homemaking, personal care, laundry, shopping, meal preparation, transportation, and chore services.
- **Guardian Angel Senior Services**, 6 University Drive, Amherst, MA, 01002. Telephone: (413) 233-4376. Guardian Angel Senior Services has a branch located in Amherst that offers 24-hour home care services with individualized and detailed care plans.
- **Victory Home Healthcare, Inc.** 850 High St., 3<sup>rd</sup> Floor, Holyoke, MA, 01040. Telephone: (413) 315-3593. [Victoryhcc.com](http://Victoryhcc.com). Victory Home Healthcare provides services within Hampden, Franklin, and Hampshire counties, including personal care, homemaking, and medical social work. The agency provides 24/7 services for as little as one hour and up to 24 hours per day.

### Medical Transportation

- **PVTA's Dial-A-Ride:** The Pioneer Valley Transit Authority offers shared, ride, demand responsive, accessible van services to older adults age 60 and over to PVTA member communities, including Sunderland (Deerfield and Whately are FRTA members). Senior Service operates from Monday through Saturday from 8 a.m. to 9 p.m. on a space available basis. There is no application process. To utilize the PVTA Senior Service, call the reservation office at (413) 739-7436 for a one-time registration upon booking your first trip. The cost is \$3 for an in-town trip, \$3.50 for a surrounding town trip, or \$4 for a trip within the PVTA service area.
- **FRTA Demand Response:** The Franklin Regional Transit Authority offers demand response rides for anyone 60 years of age or older; or any nursing home residents or veterans with a disability rating of 70 percent or greater. The service requires an application for demand response to be submitted to the FRTA office. You can call the FRTA Office at 774-2262 to have an application mailed to you. For Deerfield and Whately residents, the service is available Monday through Friday from 5:30 a.m. to 7:30 p.m. On Saturdays and Sundays, hours are 9:30 a.m. to 5:30 p.m. The cost for same town rides is \$1.75; \$2.25 for an adjacent town, and \$2.75 for trips within the FRTA service area.

## Outreach Corner: Things you Need to Know (Continued)

- **Valley Neighbors:** Whately-based nonprofit organization Valley Neighbors is an all-volunteer led and offers limited transportation for members to medical appointments within Franklin, Hampshire, and Hampden Counties. Individuals must be able to get in and out of the car with only minor assistance. For more information about Valley Neighbors call 413-453-9057 or email [info@valleyneighbors.org](mailto:info@valleyneighbors.org).
- **South County Senior Center:** Did you know that the South County Senior Center also offers rides to medical appointments? We have limited transportation (depending on staff and programming schedules) for appointments in Hampden, Hampshire, or Franklin counties. We have a wheelchair lift available for use in appointments that staff are trained to utilize. To schedule an appointment, please call Outreach Coordinator Chris Goudreau at 413-768-1066. We need at least 2 days prior notice to schedule a medical ride.

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).



### 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: **May 15th** and **June 26th**. 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!



**March Winner:**  
**Roger Sadoski**



#### Pitch Updates:

Pitch is now on our calendar for the second Friday of every month! Join us on **May 8th** and **June 12th at 11 AM**. All levels are welcome! 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.



**April Winner:**  
**Ann Cairl**



## Honoring Cathy Carew-Bednarski: With Gratitude for Years of Dedicated Service

Cathy Carew-Bednarski served as the point person for LifePath's "Grab 'n Go Meal" program for over 5 years. On April 17th, her position was eliminated by LifePath due to financial constraints, and the South County Senior Center would like to extend our sincere thanks to Cathy for her dedicated service to our members.

Cathy was a familiar and welcoming presence at the Center, always greeting people with a smile and sharing stories about her family's history running a convenience store in Greenfield. She built many friendships with Center members and was a warm and familiar face at programs such as Bingo, where she was quick to connect with attendees.

We also came to know Cathy's love of music, as she often played favorite songs while at the Center. She never left without offering words of kindness, a gesture that became part of her charm and connection with others.

We are deeply grateful for Cathy's commitment, kindness, and service to our members, and we wish her all the very best in the future.



### ★ Staff Spotlight: Meet Jennifer Ferrara ★

We're continuing to highlight a member of our staff. This month we're thrilled to introduce you to **Jennifer Ferrara**, our **Director**.

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

**A:** As the Director, the main role is to manage the staff and our Center. No day is ever the same. The majority of my time is spent working behind the scenes on administrative tasks: working on our budget, payroll, accounts payable & receivable, ensuring we're in line with our annual budget. I also apply for grants and complete reports associated with grants.

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

**A:** I enjoy learning about our members. It's wonderful to hear about their lives.

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

**A:** Over my 4 years here, I'd have to say our annual picnics are so much fun. I get to see the majority of our members at one time and enjoy the sense of community we've built.

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

**A:** Spending time with my dog, Luna. She brings me so much joy!

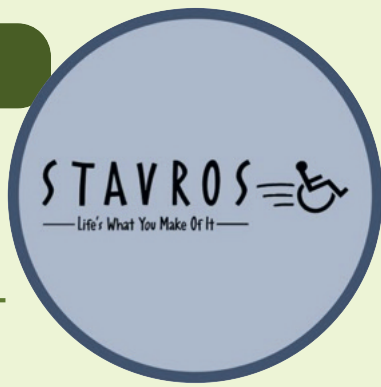
**Q: What's one thing you'd like more people to know about the Senior Center?**

**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.



SOUTH COUNTY SENIOR  
CENTER PRESENTS

# STAVROS CENTER FOR INDEPENDENT LIVING



Friday, May 1 @ 11am

## Take Charge Program

Life can be hard. Sometimes stress, anxiety, or the weight of everyday challenges can feel impossible to manage alone. Learn how this program may help you find your balance again.

22 Amherst Road,  
Sunderland

RSVP by April 29



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

## 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



Get ready to shout "BINGO!" and win some prizes at our fun-filled events. Wally will guide you through multiple rounds of Bingo, and there will be plenty of opportunities to win!

**MONDAY, MAY 4, 11  
AND 18**

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

**10AM START  
TIME**

Call/Text/Email Tom at 413-665-9508 or  
scpa@town.deerfield.ma.us with any questions

# SPRINGFIELD MUSEUM TRIPS 2026



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

**MAY 6, JUNE 3, JULY 1**

**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**

# KNITTING CIRCLE NEW DAY!



Every THURSDAY in May & June  
from 2pm - 3:30pm

May 7, 14, 21, 28

June 4, 11, 18, 25

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

South County Senior Center  
22 Amherst Road, Sunderland

CALL/TEXT/EMAIL TOM AT 413-665-9508 OR  
SCPA@TOWN.DEERFIELD.MA.US TO SAVE YOUR SPOT!

## SOUTH COUNTY SENIOR CENTER PRESENTS

## HOME ORGANIZING WITH NANCY PAGLIA



- Is the clutter in your home creating stress for you and your family?
- Do you dread opening closets or drawers because of all the stuff you've thrown in them?
- Are you longing to downsize but just don't know where to begin?



Tuesday, May 5 at 11am

RSVP Date: May 3

Nancy Paglia will talk about alleviating your stress and creating better systems of organization so you can feel more peace and tranquility in your home.

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

South County Senior  
Center invites you to  
play

# Pitch

Open to all  
skill levels!

Open to all  
skill levels!

*2nd Friday of each month*

**MAY 8      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](mailto:scpa@town.deerfield.ma.us) to register or questions

# Walking Group



**TUESDAY, MAY 19 & JUNE 2**

Destination: East Leverett Meadow Loop

Bus leaves SCSC at 9am (limited to 14)

\$2 Van Fee

Members can drive to location

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





## MAY BIRTHDAYS

Come to the South County Senior Center to celebrate all May Birthdays with Cake, Food, & Fun

Wednesday, May 27 at 11AM / RSVP by May 25

22 Amherst Road, Sunderland

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

# Joy of Song

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

SOUTH COUNTY SENIOR CENTER  
22 AMHERST ROAD, SUNDERLAND



Thursday, May 28 & June 25  
11:00 AM – 12:00 PM

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 & WHATELY CULTURAL COUNCILS.

## Movie at the SCSC

# Song Sung Blue



Friday, May 29 at 11am (RSVP by May 27)

Starring Kate Hudson & Hugh Jackman

South County Senior Center  
22 Amherst Rd, Sunderland



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



Gather for mornings of thrilling games, prizes, and memories!

### ★ GAMES-FOOD-PRIZES ★

Every Monday At 10AM | **June** | 1, 8, 15, 22, 29

South County Senior Center, 22 Amherst Road, Sunderland

Call/Text/Email Tom at 413-665-9508 or [scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us) with any questions

# JUNE Birthdays

**IT'S YOUR BIRTHDAY?**



**WHO CARES**

Come to the South County Senior Center to celebrate all June Birthdays with Cake, Food, & Fun

Friday, June 5 at 11AM  
 RSVP by June 3  
 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)



Join the SCSC's

## Walking Group

A perfect way to boost your mood, move your body, and connect with our community!

**TUESDAY JUNE 16**

BUS LEAVES SCSC AT 9AM (LIMITED TO 14)  
 \$2 VAN FEE  
 MEMBERS CAN DRIVE TO LOCATION

*Destination: Mount Holyoke College's Campus Trails*

**WALK, BREATHE, RECHARGE**

To register, call/text/email Tom Patria at 413.665.9508 or [scpa@town.deerfield.ma.us](mailto: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!**

**MAY 15 & JUNE 26 AT 10AM**

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

**DOORS OPEN AT 11 AM**

**JUNE 17**

**SOUTH COUNTY SENIOR CENTER PRESENTS**

# DISCO IN THE PARK

**BRINGING BACK THE 70'S**

**PURCHASE TICKETS AT 22 AMHERST RD., SUNDERLAND OR BY CALLING TOM AT 413.665.9508**

**TICKETS ARE \$10  
 COME DRESSED IN YOUR FAVORITE DISCO ATTIRE!**

**HERLIHY PARK,  
 RIVER RD.,  
 WHATELY**

# NEWCare

New England Wound Care

## TREATING WOUND CARE

Learn about proper wound care with  
NE Wound Care.

A free lunch will be provided; limited to 20.

Thursday, June 18 at 12pm  
(RSVP by June 16)

South County Senior Center, 22 Amherst Rd  
Call/text/email Tom Patria at  
413-665-9508 or [scpa@town.deerfield.ma.us](mailto:scpa@town.deerfield.ma.us)



## HEARING 101



Baystate  
Franklin  
Medical Center

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

Join the South County Senior Center as Baystate Franklin's Audiology Department gives an overview on hearing.

### Topics Include:

- ✓ Changes in Hearing
- ✓ Indicators of Hearing Loss
- ✓ Possible Treatment Options

**Wednesday, June 24**  
11 AM

South County Senior Center  
22 Amherst Road, Sunderland



### Brunch Brigade Visits the Yarde Tavern, South Hadley Tuesday, June 23

Bus leaves SCSC @ 11am; Returns by 3pm

\$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](mailto:scpa@town.deerfield.ma.us) to register

### SOUTH COUNTY SENIOR CENTER PRESENTS

## DAVIS BATES

**TUESDAY,  
JUNE 30  
AT 10AM**

Whately Town Hall  
194 Chestnut Plain Rd

Award winning singer and  
storyteller Davis Bates  
performs Sea Songs &  
Stories, which includes  
shanties and farming songs,  
ocean ballads, traditional  
tales, oral history narratives  
and personal stories



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

 **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:** \$7 per person/per class.

**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:** 5/25, 6/10, 6/17, 6/19

**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:** \$5 per person/per class.

**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:** 5/25

**Cost:** \$3 per person/per class.

 **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!   

**Important News About Movement Classes**

We're almost to the end of our current fiscal year (6/30/26). With that comes the end of two grants - Mass in Motion and Fred G. Wells Trust grants.

What does this mean for you? If you participate in **Chair Yoga or Balance in Motion thru Cadence Yoga**, on May 1st classes will increase to **\$7 per person/per class**. We've reapplied for the Fred G. Wells grant and are awaiting the determination. Once we get an answer, we will share it with you.

If you participate in **Seated Dance, or Drumming with Tara**, on May 1st classes will increase to **\$3/per person/per class**. If you participate in **Tai Chi**, classes will increase to **\$5/per person/per class**. The Mass in Motion grant will become available starting July 1. Once we have confirmation of the grant, we will reduce the cost of the classes.

We appreciate your understanding.



## Standing Weekly Programs

### **Mondays**

- 9 am - **Enhanced Fitness**, 194 Chestnut Plain Rd., Whately
- 10 am - **Bingo**, 22 Amherst Rd., Sunderland
- 12:15 pm - **By the Seat of Your Dance**, 22 Amherst Rd., Sunderland
- 1 pm - **Chair Yoga**, 289 Amherst Rd., Sunderland, Cadence Yoga



### **Wednesdays**

- 9 am - **Enhanced Fitness**, 194 Chestnut Plain Rd., Whately
- 10 am - **Farm Stand**, 22 Amherst Rd., Sunderland (**Second Wednesday of the Month is at First Congregational Church, 91 S Main St., Sunderland**)
- 11 am - **Balance in Motion**, 289 Amherst Rd., Sunderland, Cadence Yoga

### **Thursdays**

- 1 pm - **Tai Chi**, 194 Chestnut Plain Rd., Whately. For more info call Mari at 978.544.7693.

### **Fridays**

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

## Standing Monthly Programs

### **Daily**

- **Grab and Go meals** continue daily from **11-11:45 am, 22 Amherst Rd., Sunderland**. The recommendation donation is now \$3.50/per meal. Place your order 2 days in advance by calling 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, 5/13 & 6/10, 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!



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!

## HEALTH INFORMATION

## 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!**

**Americans 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.Northwesternnda.org](http://www.Northwesternnda.org)



Working in cooperation with the Office of the Attorney  
General

**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.

**Nurse Lily** is available: at the Whately Town Hall on Monday Mornings 9 am-10 am; Whately Town Offices 2nd & 4th Tuesdays 10am-11:30 am.

**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, and Whately. No questions asked.

**Amherst Survival Center Free Health Clinic,** 138 Sunderland Rd (just off 116) is open to everyone on Mon. 12pm-2pm. 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 of Franklin County:** 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 'n Go Meals:** The SCSC will be supporting our location for grab 'n go meals. For lunch reservations, call before **9:00 am** two days prior. For more information about the menu you can call 413.773.5555 or email [info@lifepathma.org](mailto:info@lifepathma.org). Dining Centers welcomes those who are 60 years and above with their spouses of any age. A donation of \$3.50 per meal is suggested.

MON	TUE	WED	THU	FRI
				1
				Enhance Fitness 9 AM <b>Stavros 11 AM</b> Sunderland Open Hours 10 AM-2 PM
4	5	6	7	8
Enhance Fitness 9 AM <b>Bingo 10 AM</b> Seated Dance 12:15 PM <b>Chair Yoga 1 PM</b> Sunderland Open Hours 10 AM -4 PM	<b>Nancy Paglia 11 AM</b> <u>Sunderland Open Hours 10 AM - 4 PM</u>	Enhance Fitness 9 AM <b>Musuems Van Leaves at 9 AM</b>  Balance in Motion 11 AM <u>Sunderland Open Hours 2 PM-4 PM</u>	<b>Foot Clinic</b> <b>Brown Bag</b>  Tai Chi 1 PM <b>Knitting Circle 2 PM-3:30 PM</b>	Enhance Fitness 9 AM  <b>Pitch 11 AM</b>  Sunderland Open Hours 10 AM-2 PM
11	12	13	14	15
Enhance Fitness 9 AM <b>Bingo 10 AM</b> Seated Dance 12:15 PM <b>Chair Yoga 1 PM</b> Sunderland Open Hours 10 AM -4 PM <b>Deerfield Annual Town Meeting 6 PM</b>	<u>Drumming with Tara 10:30 AM</u>  <u>Booktalk with Lee Evers 12 PM</u> <u>Sunderland Open Hours 10 AM -4 PM</u>	Enhance Fitness 9 AM <b>Food Truck 10 AM</b>  Balance in Motion 11 AM <u>Sunderland Open Hours 2 PM-4 PM</u>	<b>Rainbow Elders</b> <u>Tai Chi 1 PM</u>  <b>Knitting Circle 2 PM-3:30 PM</b>	Enhance Fitness 9 AM  <u>Cribbage Tourney 10 AM</u>  Sunderland Open Hours 10 AM-2 PM
18	19	20	21	22
Enhance Fitness 9 AM <b>Bingo 10 AM</b> Seated Dance 12:15 PM <b>Chair Yoga 1 PM</b> Sunderland Open Hours 10 AM -4 PM	<b>Walking Group 9 AM</b>  <u>Sunderland Open Hours 10 AM -4 PM</u>	Enhance Fitness 9 AM  <u>Yiddish Book Center Van Leaves at 12:30 PM</u>  Balance in Motion 11 AM <u>Sunderland Open Hours 2 PM-4 PM</u>	<b>Senior Medicare Patrol Program 11 AM</b>  <u>Tai Chi 1 PM</u>  <b>Knitting Circle 2 PM-3:30 PM</b>	Enhance Fitness 9 AM  <b>Polish Center Van Leaves at 10 AM</b>  Sunderland Open Hours 10 AM-2 PM
<b>CLOSED 25</b>	26	27	28	29
		Enhance Fitness 9 AM  Birthdays Celebration 11 AM  <u>Sunderland Open Hours 2 PM-4 PM</u>	<b>Joy of Song 11 AM</b>  <u>Tai Chi 1 PM</u>  <b>Knitting Circle 2 PM-3:30 PM</b>	Enhance Fitness 9 AM  <u>Movie - Song Sung Blue 11 AM</u>  Sunderland Open Hours 1 PM-2 PM

MON	TUE	WED	THU	FRI
1	2	3	4	5
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Walking Group 9 AM Whately Annual Town Meeting 6 PM	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 <u>Knitting Circle            2 PM-3:30 PM</u>	Enhance Fitness 9 AM <u>Birthdays Celebration            11 AM</u> Sunderland Open Hours 10 AM-2 PM
8	9	10	11	12
Enhance Fitness 9 AM <u>Bingo 10 AM</u> 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	Enhance Fitness 9 AM <u>Food Truck 10 AM</u> Balance in Motion 11 AM Sunderland Open Hours 2 PM-4 PM	Rainbow Elders Tai Chi 1 PM <u>Knitting Circle            2 PM-3:30 PM</u>	Enhance Fitness 9 AM <u>Pitch 11 AM</u> Sunderland Open Hours 10 AM-2 PM
15	16	17	18	19
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Walking Group 9 AM	Annual Picnic 11 AM Herlihy Park Balance in Motion 11 AM	New England Wound Care 12 PM Tai Chi 1 PM <u>Knitting Circle            2 PM-3:30 PM</u>	
22	23	24	25	26
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Brunch Brigade Van Leaves at 11:30 AM <u>MASS IN MOTION            2 PM</u> Sunderland Open Hours 10 AM-4 PM	Enhance Fitness 9 AM <u>Baystate Franlin            Audiology 11 AM</u> Balance in Motion 11 AM	<u>Joy of Song 11 AM</u> Tai Chi 1 PM <u>Knitting Circle            2 PM-3:30 PM</u>	Enhance Fitness 9 AM <u>Cribbage Tourney            10 AM</u> Sunderland Open Hours 10 AM-2 PM
29	30			
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:15 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	<u>Davis Bates 10 AM            Whately Town Hall</u> Sunderland Open Hours 1 PM- 4 PM			



**LifePath**  
options for independence



## **Rainbow Elders May 14th & June 11th, 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, May 14th & June 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](mailto:scsc@town.deerfield.ma.us) or 413-665-2141. To sign up to receive weekly Rainbow Elders updates, visit <https://lifepathma.org/rainbowelders>.



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

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

## LIFEPATH Congregate Lunch Meals - May 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 978-249-8967, Shelburne 413-625-6266, South County 413-665-5063.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																																		
<p><b>Suggested Voluntary Confidential Donation is \$3.50 per Meal</b></p>	<p><b>ALL MEALS INCLUDE:</b> 8 OZ 1% MILK containing: 130 mg Sodium, 110 Calories, &amp; 13 g Carbohydrates <b>AND 1 pat of Margarine</b> Containing 30 mg Sodium &amp; 36 Calories <b>Sodium, Calories, &amp; Carbs</b> Included in daily totals</p>			<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;"><b>1</b></td> <td style="text-align: center;"><b>Carb</b></td> <td style="text-align: center;"><b>Sod</b></td> </tr> <tr> <td></td> <td style="text-align: center;">9</td> <td style="text-align: center;">mg</td> </tr> <tr> <td></td> <td style="text-align: center;">30</td> <td style="text-align: center;">554</td> </tr> <tr> <td></td> <td style="text-align: center;">15</td> <td style="text-align: center;">20</td> </tr> <tr> <td></td> <td style="text-align: center;">20</td> <td style="text-align: center;">100</td> </tr> <tr> <td></td> <td style="text-align: center;">18</td> <td style="text-align: center;">0</td> </tr> <tr> <td colspan="3" style="text-align: center;">Total Sodium (mg): 809 Carbs (g): 95; Calories: 925</td> </tr> </table>	<b>1</b>	<b>Carb</b>	<b>Sod</b>		9	mg		30	554		15	20		20	100		18	0	Total Sodium (mg): 809 Carbs (g): 95; Calories: 925																																																																															
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**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.

