

SOUTH COUNTY SENIOR CENTER NEWSLETTER SEPTEMBER/OCTOBER 2026

A Fond Farewell and a Warm Welcome!

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Blake Gilmore

Select Board (Deerfield)

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

For the past 10 years, Trevor McDaniel has represented the Town of Deerfield on the South County Senior Center's (SCSC) Board of Oversight (BoO). Last month, the Deerfield Selectboard appointed Blake Gilmore, current Chair of the Deerfield Selectboard, as Deerfield's new representative.

It's hard to put into words just how much Trevor's support, dedication, and hard work have meant to the South County Senior Center over the years. A simple "thank you" just doesn't seem like enough! Trevor has been a wonderful supporter of the Center and has generously given his time and energy to help us grow and succeed. While he may no longer be serving on our Board of Oversight, we're grateful that he'll still be around as a resource for the Center and our members.

While we're sad to see Trevor step away from his official role, we're excited to welcome Blake to the SCSC Board of Oversight! We look forward to working with him and continuing the successful journey of the South County Senior Center. If you see Blake around, be sure to say hello and give him a warm SCSC welcome!

Our next SCSC Board of Oversight meeting will be held on Thursday, September 24, at 6:00 p.m. at our 22 Amherst Road location in Sunderland. You're also welcome to join us via Zoom. To attend virtually, please use this link: <https://us06web.zoom.us/j/4518502467?pwd=e1nstUzTvZxOwKEK0WsbGfXvR66vDG.1&omn=88181993513>

Flu Clinics Coming This Fall!

It's never too early to plan for flu season! Two upcoming flu clinics are available in South County. Join Valley Health Regional Collaborative nurses on **Thursday, September 24, from 10:00 a.m.–2:00 p.m. at the South Deerfield Fire Department (84 Greenfield Rd.)** for a flu clinic for seniors, with a limited number of regular doses also available for those under 65. A second clinic, provided by Walgreens Pharmacy, will take place on **Wednesday, October 7, from 10:00 a.m.–12:00 p.m. at the South County Senior Center (22 Amherst Rd., Sunderland)**. To register for either clinic, please contact **Anne Mastrototaro, MSN, RN, Public Health Nurse with Valley Health Regional Collaborative, at 413-531-0661.**

Please be sure to read our entire newsletter. There are multiple program changes to be aware of.

Sunderland: Open Hours: Monday, Tuesday, and Wednesday 10 AM - 4 PM, By Appointment or Programs on Thursday: 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 events take place at various locations throughout South County Monday - Friday. See newsletter for event details.



EMERGENCY KIT LOTTERY

BE PREPARED. STAY SAFE.

Emergency kit bags for residents of
Deerfield, Sunderland & Whately

*with the support of the
Sunderland, Deerfield, Whately Police Departments*

We previously announced our grant application for the **AARP Flagship Grant** has been awarded! Our application was one of 5,100 nationwide applications submitted and one of the 750 grants awarded for 2026.

This \$15,000 grant will go towards emergency kit bags to be distributed to residents of Deerfield, Sunderland, and Whately.

We look forward to providing these emergency kit bags to our 3 communities.



*Prepared today
for a safer tomorrow.*

TO ENTER THE LOTTERY YOU MUST MEET THE FOLLOWING QUALIFICATIONS*:



You must be a resident of Deerfield, Sunderland or Whately.

50+

Be age 50 or older.



Submit your application by
Noon on Friday, November 6th
(extended deadline).



One winner per household.



For applications, please stop by our main location, 22 Amherst Rd., Sunderland during open hours. Can't make it to Center? Call Chris Goudreau at 413.768.1066 to have a lottery application mailed to you for completion.

★ **Lottery is limited to one application per eligible individual.*

Thank you!



Outreach Corner: Things you Need to Know

By Chris Goudreau

Now that we're heading into autumn and winter is on its way, it might be time to start thinking about your fuel options to keep your home warm. Luckily, there's support programs that help Massachusetts residents pay for fuel, assist with home heating system repairs or replacements.

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

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

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

Another important aspect of applying for HEAP is that there are income guidelines. Here's the guidelines for the 2026-2027 heating season: (these are gross annual income guidelines for households). Applications are submitted for Franklin County residents ages 18 and older to local non-profit Community Action Pioneer Valley.

- 1 person - \$53,585
- 2 people - \$70,073
- 3 people - \$86,561

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

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

As our outreach coordinator, I've seen how much these programs have made a difference in the lives of older adults in the towns of Deerfield, Whately, and Sunderland every year. Even if the minimum amount of fuel assistance is awarded, it's still worth it to apply. It means less financial pressure on older adults as they continue to maintain their independence living at home.

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.

VALLEY HEALTH REGIONAL
COLLABORATIVE

REPELS & KILLS
TICKS THAT MAY
HAVE LYME
DISEASE



FREE TICK PREVENTION/PERMETHRIN SHOE SPRAYING EVENT

Join the SCSC as Sunderland Town Nurse
Anne Mastrototaro with the Valley Health
Regional Collaborative will spray
Permethrin on shoes to repel ticks.



Tuesday, Sept. 1 from 11am to
12:30pm

Rain Date: Tuesday, Sept. 8
from 11am to 12:30pm

South County Senior Center,
22 Amherst Road,
Sunderland

***Shoes cannot be worn for 24
hours after spraying***

Questions? Call Anne
Mastrototaro RN 413-531-
0661



Destination: **Granger Family
Conservation Area, Westhampton**

Tuesday, September 1

**Bus leaves SCSC at 9am
Return by 3pm (limited to 14)**

\$2 Van Fee

Members can drive to location

Lunch Location TBD

**To register, call/text/email Tom Patria at
413.665.9508 or
scpa@town.deerfield.ma.us**



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: **September 25th (a week later due to our
Big E field trip)** and **October 16th**. 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. Our winner for both July &
August is Nanci Schwartz. Congratulations to our recent champion!

Will you be our next champion?

Pitch Updates:

Pitch is now on our calendar for the second Friday of every month! Join us on
September 11th and **October 9th** 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.



SPRINGFIELD MUSEUM TRIPS 2026



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

SEPTEMBER 2 & OCTOBER 7

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)**



Knitting Circle

Thursdays in September from 2pm - 3:30pm
September 3, 10, 17, 24

All abilities are welcome at these sessions!

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!



September Birthdays

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

**Friday, September 4 at 11AM (RSVP by Sept. 1)
22 Amherst Road, Sunderland**

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



Movie Time at the South County Senior
Center

"Uncharted" Starring Tom Holland,
Mark Wahlberg & Antonio Banderas

Tuesday, September 8 at 11am
(RSVP by Sept. 4)

South County Senior Center
22 Amherst Rd, Sunderland

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





PLAY PITCH AT THE SOUTH COUNTY SENIOR CENTER

Friday, September 11 at 11am

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

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

OPEN TO ALL SKILL LEVELS!

TARA MURPHY'S DRUMMING CIRCLE



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

Tuesday, September 15 &
October 13 at 10:30am

Call/text/email Tom Patria at 413.665.9508 or
scpa@town.deerfield.ma.us to register

EXPLORE THE BRIDGE OF FLOWERS Shelburne Falls



Wednesday, September 16

Van leaves the SCSC at 10am (limited to 14)

\$2 Van Fee

Members can drive to the location

Come with the SCSC as we visit the Bridge of Flowers,
explore Downtown Shelburne Falls by visiting local
businesses, and have lunch at Hotfire Bar and Grill.

To register, call/text/email Tom Patria at
413.665.9508 or scpa@town.deerfield.ma.us



JOIN THE SOUTH COUNTY SENIOR CENTER
FOR OPENING DAY OF THE BIG E!

FRIDAY, SEPTEMBER 18

VANS DEPART AT 9AM; RETURN BY 4PM

**TICKETS \$20, WHICH INCLUDES
ADMISSION AND TRANSPORTATION**

VETERANS WITH THEIR DD214S OR RETIREE ID
ADMISSION FREE & **TRANSPORTATION IS \$2.**

SEATING LIMITED TO 13

PURCHASE YOUR TICKETS AT THE
SCSC OR BY CALLING/TEXTING
TOM AT 413.665.9508 OR
SCPA@TOWN.DEERFIELD.MA.US



FIELD TRIP

Van Leaves from the SCSC at 8:45am SHARP

Space Limited to 14; \$2 Van Fee

Tickets: \$20 each

Lunch Location: Bolton Street Tavern, Marlboro
To register, contact Tom Patria at 413-665-9508 or
scpa@town.deerfield.ma.us

WEDNESDAY, SEPTEMBER 23
9 AM - 1 PM



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

**Thursday, Sept. 24 &
Oct. 29 from 11am -
12pm**

*This program is
funded in part by
Deerfield & Whately
Cultural Councils*

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

Monthly Cribbage Tournament

at the South County
Senior Center



Open to seasoned pros or newbies!

**Fridays: September 25 at 10am
& October 16 at 10am**

South County Senior Center
22 Amherst Road, Sunderland
Call/text/email Tom Patria at 413-665-9508 or
scpa@town.deerfield.ma.us to register

BRUNCH BRIGADE VISITS

PARTHENON, SOUTH HADLEY

TUESDAY, SEPTEMBER 29
BUS LEAVES SCSC @ 10:30AM
RETURNS BY 3PM

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

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

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



Roger Tincknell: From Elvis to the Everly Bros.

Wednesday,
September
30
at 10:30am

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

Brought to you by the
South County Senior
Center

This program is
funded in part by the
Deerfield & Whately
Cultural Councils



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



Knitting Circle

Thursdays in October from 2pm - 3:30pm:
October 1, 8, 15, 29 - No class 10/22

All abilities are welcome at these sessions!

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!

HELP THE SOUTH COUNTY
SENIOR CENTER DECORATE
FOR

HALLOWEEN

FRIDAY,
OCTOBER 2 AT
10:30AM

22 AMHERST ROAD,
SUNDERLAND

IF INTERESTED IN
HELPING, CONTACT TOM
PATRIA AT 413-665-9508
OR
SCPA@TOWN.DEERFIELD.MA.US

Coffee with a Cop



Tuesday, 10/6
at 11 AM

South County Senior Center
22 Amherst Rd., Sunderland

Join the SCSC's
WALKING GROUP

Tuesday, October 20

**LAWRENCE SWAMP
CONSERVATION AREA**

**Bus leaves SCSC
at 9am
(limited to 14)**

- \$2 Van Fee
- Members can drive to location

**To register,
call/text/email Tom
Patria at
413.665.9508 or
scpa@town.deerfield.ma.us**



HOME FIRE CAMPAIGN PRESENTATION

WEDNESDAY, OCTOBER 28 AT 10:30AM

Protect Your Home. Protect Your Family. Be Prepared.

Join the SCSC for an informative fire-safety presentation from the American Red Cross!

Learn practical steps you can take to help prevent home fires and keep your loved ones safe.

What They'll Cover:

- How to prevent common home fires
- Smoke alarm safety and placement
- Creating and practicing a home escape plan
- What to do when a fire occurs
- Emergency preparedness and family safety

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



Brunch Brigade



**Classic
Burgers,
West
Springfield**

Tuesday, October 27

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

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

**Members can provide own transportation &
pay for own meals**

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



**SOUTH COUNTY
SENIOR
CENTER'S**

HALLOWEEN PARTY

Food & Drinks

**FRI, OCT. 30
10:30AM-12PM**

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

Costumes Recommended

*Celebrate October
Birthdays too!*



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. This class is covered by the Fred G. Wells Trust grant & the FRCOG Mass in Motion grant.

Enhance 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: 9/2, 9/7, 9/9, 9/14, 9/16, 9/18, 9/23, 10/5, 10/7, 10/12, 10/14, & 10/21

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: 9/10 & 9/17

Cost: Free thru the FRCOG Mass in Motion grant.

Seated Dance – with Kathy Steinem

When: Mondays at 12:30 PM - Notice Time Change!

Where: 22 Amherst Rd, Sunderland

Chair-based movement + laughter = fun for everyone!

No Class: 9/7 & 10/12

Cost: Free thru the FRCOG Mass in Motion grant.



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! 🧘🏻‍♀️ 🧘🏻 🧘🏻‍♂️



MONTHLY FOOD TRUCK

Franklin Area Survival Center Pop-Up
Food Distribution @ the First
Congregational Church of Sunderland
91 South Main Street

The South County Senior Center hosts
monthly food distribution on the 2nd
Wednesday of each month starting at
11 am (income guidelines apply).

September 9 & October 14

To check eligibility, please call
413-768-1066.



South County Senior Center's

BROWN BAG PROGRAM

The Brown Bag Program provides free, nutritious groceries to seniors to support health and food security.

This initiative helps seniors facing financial challenges and food insecurity and provides a monthly bag of groceries.

The program aims to supplement food budgets, promote healthy eating, and help seniors maintain independence and well-being.

Sept. 3, Oct. 1, Nov. 5 & Dec. 3

1ST THURSDAY
OF EVERY
MONTH
STARTING AT
11:30AM



Location: 22 Amherst Road, Sunderland

Call Chris Goudreau at 413-768-1066 for questions or registration

Standing Weekly Programs

Mondays

- 9 am - **Enhanced Fitness**, 194 Chestnut Plain Rd., Whately
- 10 am - **Bingo**, 22 Amherst Rd., Sunderland
- 12:30 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.
- *****Moved to Sunderland Location*** Brown Bag, 22 Amherst Rd., Sunderland location**. Are you interested in becoming a new recipient or learning more about the program? Call Chris Goudreau 413.768.1066 for more details.

Second Wednesdays

- **Franklin Area Survival Center Pop Up Food Distribution, & , 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. No registration required. Income limit applicable (contact Chris Goudreau for any questions at 413.768.1066. Please carpool if you can!



Volunteers: Your Time, Our Thanks!

Our volunteers and community partners are at the heart of everything we do. Whether you greet members at the door, lead a program, help with events, serve meals, or lend a hand behind the scenes, your time, generosity, and support make a lasting difference.

We are also deeply grateful for our community partners, including the **Sunderland Police Department, Whately Police Department, and Deerfield Police Department**, for their ongoing partnership, service, and commitment to the well-being of our community.

Because of all of you, our Senior Center is welcoming, vibrant, and full of connection. We are truly grateful for the dedication, kindness, and care you show our community every day.

Thank you for all that you do!

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, 2027! 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 Response van service is free thru June 30, 2027!***

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

South County Senior Center Van: Available most days of the week for travel 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



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.

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.

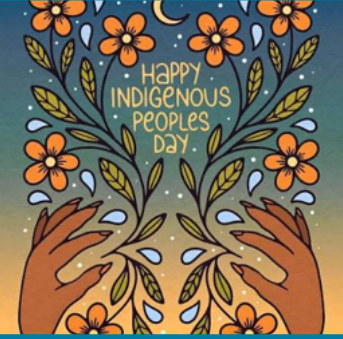
TRIAD of Franklin County has many assistive programs for seniors including: 911 emergency cell phones, medical equipment loans, house ID numbers, smoke and carbon monoxide detectors, food and pet food needs, File of Life information cards, well-being checks and more. Call 413.774.4726. For **SC TRIAD & 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. Dining Centers welcome those who are 60 years and above with their spouses of any age. A donation of \$3.50 per meal is suggested.

MON	TUE	WED	THU	FRI
	1	2	3	4
	Walking Group Van Leaves 9 AM Cancelled due to Rain Tick Spraying Event 11 AM - 12:30 PM	No Enhance Fitness Musuem Field Trip Van leaves at 9 AM Balance in Motion 11 AM	Brown Bag Tai Chi 1 PM Knitting Circle 2 PM-3:30 PM	Enhance Fitness 9 AM September Birthdays Celebration 11 AM
Closed - Labor Day 7	8	9	10	11
	Movie 11 AM Sunderland Open Hours 1 PM - 4 PM	No Enhance Fitness Food Truck 10 AM Balance in Motion 11 AM No Sunderland Open Hours	Rainbow Elders No Tai Chi Today Knitting Circle 2 PM-3:30 PM	Enhance Fitness 9 AM Pitch 11 AM Sunderland Open Hours 10 AM-2 PM
14	15	16	17	18
No Enhance Fitness Bingo 10 AM Seated Dance 12:30 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Walking Group Van Leaves 9 AM Drumming with Tara 10:30 AM Sunderland Open Hours 10 AM -4 PM	No Enhance Fitness Bridge of Flowers Van Leaves 10 AM Balance in Motion 11 AM Sunderland Open Hours 2 PM-4 PM	No Tai Chi Today Knitting Circle 2 PM-3:30 PM	No Enhance Fitness The Big E Field Trip Van Leaves 9 AM - Registration Required Sunderland Open Hours 10 AM-2 PM
21	22	23	24	25
Enhance Fitness 9 AM Bingo 10 AM Seated Dance 12:30 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Closed for Open Hours - Admin Day	No Enhance Fitness American Heritage Museum Field Trip Van Leaves 8:45 AM - Registration Required Balance in Motion 11 AM Sunderland Open Hours 2 PM-4 PM	Joy of Song 11 AM Tai Chi 1 PM Knitting Circle 2 PM-3:30 PM SCSC BoO Meeting 6 PM	Enhance Fitness 9 AM Cribbage Tourney 10 AM Sunderland Open Hours 10 AM-2 PM
28	29	30		
Enhance Fitness 9 AM Bingo 10 AM Seated Dance 12:30 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Brunch Brigade Van leaves at 10:30 AM - Registration Required Sunderland Open Hours 10 AM -4 PM Mass in Motion 2 PM	Enhance Fitness 9 AM Roger Ticknell 10:30 AM Balance in Motion 11 AM		

MON	TUE	WED	THU	FRI
			1	2
			Brown Bag <u>Tai Chi 1 PM</u> Knitting Circle 2 PM-3:30 PM	Enhance Fitness 9 AM <u>Volunteers Halloween Decorating</u> Sunderland Open Hours 10 AM-2 PM
5	6	7	8	9
No Enhance Fitness <u>Bingo 10 AM</u> <u>Seated Dance 12:30 PM</u> <u>Chair Yoga 1 PM</u> <u>Sunderland Open Hours 10 AM -4 PM</u>	Coffee with a Cop 11 AM <u>Sunderland Open Hours 10 AM-4 PM</u>	No Enhance Fitness <u>Musuem's Van Leaves 9 AM</u> Balance in Motion 11 AM <u>Sunderland Open Hours 2 PM-4 PM</u>	Rainbow Elders <u>Tai Chi 1 PM</u> Knitting Circle 2 PM-3:30 PM	Enhance Fitness 9 AM <u>Pitch 11 AM</u> Sunderland Open Hours 10 AM-2 PM
Closed - Indigenous Peoples' Day 12	13	14	15	16
	Drumming with Tara <u>10:30 AM</u> Sunderland Open Hours 10 AM-4 PM	No Enhance Fitness <u>Food Truck 10 AM</u> Balance in Motion 11 AM	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
19	20	21	22	23
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:30 PM <u>Chair Yoga 1 PM</u> Sunderland Open Hours 10 AM -4 PM	Walking Group 9 AM Sunderland Open Hours 10 AM-4 PM	No Enhance Fitness No Sunderland Open Hours Today - Staff at MCOA Conference Balance in Motion 11 AM	<u>Tai Chi 1 PM</u> No Knitting Circle Today! No Sunderland Open Hours Today - Staff at MCOA Conference	Enhance Fitness 9 AM No Sunderland Open Hours Today - Staff at MCOA Conference
26	27	28	29	30
Enhance Fitness 9 AM <u>Bingo 10 AM</u> Seated Dance 12:30 PM <u>Chair Yoga 1 PM</u> Sunderland Open Hours 10 AM -4 PM	Brunch Brigade Van leaves at 10:30 AM - Registration Required <u>Sunderland Open Hours 10 AM -4 PM</u> Mass in Motion 2 PM	Enhance Fitness 9 AM <u>American Red Cross 10:30 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>Halloween Party 10:30 AM</u>



Rainbow Elders September 10th & October 8th, 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, September 10th & October 8th!**

Folks are welcome to arrive by noon, and we will share food together around 12:30 p.m. Feel free to inquire if you need directions.

We will offer as safe a setting as possible. HEPA air purifiers will be in use, and windows can be opened if needed. We'll provide test kits, masks, and hand sanitizer, but we won't inquire about vaccination status. We ask that you monitor your health in advance by testing (if you can) and staying home if you do not feel well. Mask wearing while we are together will be encouraged, except when eating or drinking—and please feel free to practice as much social distancing as you need. Thanks!

We will offer beverages and a meal that will be provided by LifePath's Nutrition Program. We will be happy to provide alternate menu items, if they are requested in advance and we can manage to obtain them. You are also welcome to bring your own lunch. **Please register by the end of the day Sunday before the lunches** at: [Rainbow Elders Luncheon Club Tickets, Multiple Dates | Eventbrite](#)

A suggested voluntary donation for those 60 years and over will be \$3.50. For those younger than 60, we request \$8. No one will be turned away for lack of funds.

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

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

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

LIFEPAATH Congregate Lunch Meals- September 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 , Petersham 978-821-5549, Phillipston 978-407-9504, Royalston 978-249-8957, Shelburne 413-625-2502, South County 413-665-5063.

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
 Labor Day Holiday No Meals Served 				1		2		3		4									
				BBQ Chicken Thigh Roasted Sweet Potato California Blend Veg Dinner Roll Lemon white choc cookie		Holiday Special Meal Hot Dog* Baked Pinto Beans Gr Beans & R Peppers Hot Dog Bun Peach Ketchup		Roast Turkey w/ Gravy* Mashed Potatoes Broccoli Wheat Bread Vanilla Pudding		Three Bean Chicken Chili w/ Shredded Cheese Carrots Cornbread Bowl Orange									
				g	mg	g	mg	g	mg	g	mg								
				16	357	3	540	7	580	38	432								
Total Sodium (mg): 746 Carbs (g): 90; Calories: 744				Total Sodium (mg): 1006 Carbs (g): 98; Calories: 863				Total Sodium (mg): 971 Carbs (g): 82; Calories: 650				Total Sodium (mg): 880 Carbs (g): 107; Calories: 880							
7		8		9		10		11											
Beef w/ Onions & Peppers Mashed Potatoes Mixed Vegetables Wheat Roll Chocolate Pudding		Torta di Polenta w/ Cheese (Pork Sausage & Beef) Kale & Peppers Hawaiian Roll Applesause		Cheesy Chicken* w/ Seasoned Rice Green Peas Cornbread Pear		Cajun Seafood Pasta* Broccoli Wheat Bread Oatmeal Cookie													
g	mg	g	mg	g	mg	g	mg	g	mg										
6	132	26	493	6	555	28	504												
15	23	3	29	24	25	6	38												
11	51	16	80	15	20	24	65												
20	150	14	2	27	180	12	90												
Total Sodium (mg): 626 Carbs (g): 80; Calories: 775				Total Sodium (mg): 739 Carbs (g): 71; Calories: 814				Total Sodium (mg): 891 Carbs (g): 111; Calories: 1029				Total Sodium (mg): 832 Carbs (g): 82; Calories: 707							
14		15		16		17		18											
Rosemary & Garlic Chicken Orzo Root Vegetables Dinner Roll Vanilla Pudding		Cheese Lasagna w/ Turkey Bolognese & Parm Tuscan Blend Veg Garlic Bread Pound Cake		Salmon w/ Peach Mango Salsa Roasted Sweet Potatoes California Blend Veg Cornbread Peach Cup		Shepherd's Pie (Beef) Carrots Wheat Roll Applesauce		Tuscan Chicken Thigh Rice Pilaf Mixed Vegetables Wheat Roll Mandarin Fruit Cup											
g	mg	g	mg	g	mg	g	mg	g	mg										
17	426	29	390	10	100	23	295	6	203										
21	4	2	222	14	21	6	56	26	50										
11	65	8	26	14	21	15	150	11	51										
20	100	18	235	5	34	2	2	15	150										
18	130	26	240	27	180	14	2	15	150										
Total Sodium (mg): 860 Carbs (g): 99; Calories: 780				Total Sodium (mg): 471 Carbs (g): 94; Calories: 676				Total Sodium (mg): 638 Carbs (g): 70; Calories: 765				Total Sodium (mg): 594 Carbs (g): 85; Calories: 793							
21		22		23		24		25											
Beef Stew w/ Buttermilk Biscuit Green Peas Brownie Cookie		Hot Ham & Cheese* Croissant Sandwich Sweet Potato Fries Broccoli Applesauce Mustard		Chicken Cacciatore Tortellini Vegetable Medley Wheat Roll Orange		Stewed Tomato Shrimp* w/ Cheesy Grits Brussel Sprouts Cornbread Pear		American Chop Suey w/ Beef Mixed Vegetables Wheat Roll Chocolate Pudding											
g	mg	g	mg	g	mg	g	mg	g	mg										
15	150	6	744	4	384	4	517	25	237										
21	370	29	190	19	175	23	72	6	51										
15	20	21	150	11	54	6	26	15	150										
52	125	6	38	15	150	27	180	15	150										
Total Sodium (mg): 800 Carbs (g): 115; Calories: 1080				Total Sodium (mg): 1314 Carbs (g): 88; Calories: 732				Total Sodium (mg): 956 Carbs (g): 104; Calories: 780				Total Sodium (mg): 695 Carbs (g): 76; Calories: 721							
28		29		30		ALL MEALS INCLUDE: 8 OZ 1% MILK containing: 130 mg Sodium, 110 Calories, & 13 g Carbohydrates AND 1 pt of Margarine Containing 30 mg Sodium & 36 Calories Sodium, Calories, & Carbs Included in daily totals													
Chicken Saltimboca Mashed Potatoes Gr Beans & R Peppers Wheat Bread Peach Cup		Pot Roast w/ Gravy* Roasted Sweet Potato Brussel Sprouts Cornbread Vanilla Pudding		White Fish Picatta Rice Pilaf Carrots Dinner Roll Orange															
g	mg	g	mg	g	mg														
6	381	7	587	7	387														
15	23	14	21	26	50														
7	21	6	26	6	56														
24	65	27	180	20	100														
13	5	18	130	1	1														
Total Sodium (mg): 629 Carbs (g): 77; Calories: 751				Total Sodium (mg): 1079 Carbs (g): 86; Calories: 690				Total Sodium (mg): 728 Carbs (g): 88; Calories: 727											