SOUTH COUNTY SENIOR CENTER NEWSLETTER NOVEMBER/DECEMBER 2026

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

As I sit down to write this edition, I am noticing how fast this year has gone by. It almost feels like the universe is asking me to pause and look at what I've accomplished and how much more I still want to do to. The Life List I created has so much more I want to experience. I've traveled to beautiful places this year - St. Croix VI and my favorite place on the Cape. I've purged items I no longer have use for or an attachment to. Have you accomplished all you've set out to do?

In this edition you will find a few changes to various programs. Starting this month, our monthly **Food Distribution will begin to take place at our 22 Amherst Rd., Sunderland** location with a new time window of 1-3 pm (*and for November only, it's the first Wednesday of the Month (11/4) - the second Wednesday is Veterans Day).* This will allow for our staff and volunteers to be able to serve our members in a more efficient way. Our Center will be open from 1-3 pm for socialization and pick up of your prebagged groceries. We kindly ask for you to preregister, if possible. Walk-ins are welcome. Income requirements apply. Contact Chris Goudreau for questions & to register at 413.768.1066 or scoc@town.deerfield.ma.us.

Starting in November, the SCSC 22 Amherst Rd., Sunderland location will be hosting the Upper Pioneer Valley Veterans' Service District representatives on the 3rd Wedneday of each month from 12:30 - 2 pm. Walk-ins welcome.

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

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

You'll find all the details and ways to get involved inside this **final edition of 2026**—let's close out the year in the spirit of gratitude and community!

Jennifer

Sunderland: Open Hours: Monday, Tuesday, and Wednesday 10 AM - 4 PM; Thursday 2-3:30 PM; Friday 10 AM - 2 PM; unless otherwise noted on the calendar. Changes are due to programs - 22 Amherst Rd., Sunderland

Mailing Address: 22 Amherst Rd., P.O. Box 225, Sunderland, MA 01375

Our events take place at various locations throughout South County Monday - Friday. See newsletter for event details.

Open to all!



TAI CHI

WITH MARI ROVANG

Thursdays at 1pm

Whately Town Hall
194 Chestnut Plain Road

FREE CLASSES COURTESY OF A GRANT!

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

THE UPPER PIONEER VALLEY VETERANS' SERVICE DISTRICT

MONTHLY VETERANS' PROGRAM

THE UPPER PIONEER VALLEY VETERANS' SERVICE DISTRICT ADVOCATES FOR VETERANS AND THEIR SPOUSES, DEPENDENTS, WIDOWS, OR WIDOWERS FOR VETERANS' BENEFITS ON THE LOCAL, STATE AND FEDERAL LEVELS.

3RD WEDNESDAY OF EACH MONTH | **NOVEMBER 18 & DECEMBER 16** | **12:30PM-2PM**

SOUTH COUNTY SENIOR CENTER
22 AMHERST ROAD, SUNDERLAND

The South County Senior Center Presents

Bingo

Mondays in November



November 2, 9, 16, 23 starting at **10am**

South County Senior Center, 22 Amherst Road, Sunderland

Questions? Call/Text/Email Tom at 413-665-9508 or scpa@town.deerfield.ma.us

THE SOUTH COUNTY SENIOR CENTER PRESENTS

BINGO

MONDAYS IN DECEMBER

DECEMBER 7, 14, 28
STARTING AT 10AM

SOUTH COUNTY SENIOR CENTER
22 AMHERST ROAD, SUNDERLAND

QUESTIONS? CALL/TEXT/EMAIL TOM AT

413-665-9508



Outreach Corner: Things you Need to Know

By Chris Goudreau

The South County Senior Center continues to offer van transportation scheduling to center activities or for essential needs weekly, such as grocery shopping or medical appointments. I can pick you up at your home, bring you to your appointment or event, and return home. Just make sure to call or email me with at least two days' notice. For medical appointments, the more notice I have, the easier it is to book. Also, if you need to cancel transportation, please let me know the day prior if possible.

Additionally, there's several other local organizations that provide transportation with advance notice.

- **Franklin Regional Transit Authority (FRTA)**: The FRTA offers a curb-to-curb Demand Response program for anyone 60 years or older living in Franklin County. The FRTA provides transportation services to residents of Deerfield & Whately from Monday through Friday between the hours of 5:30 a.m. and 7:30 p.m. On weekends, the demand response ride program operates from 9:30 a.m. to 5:30 p.m. To schedule a ride with the FRTA, you can call 774.226.2262 to request a mailed application.
- **Pioneer Valley Transit Authority (PVTA):** For Sunderland residents, the PVTA offers its Dial-A-Ride program. It's a door-to-door demand responsive van service for older adults and individuals with disabilities. Hours are Monday through Saturday from 8 a.m. through 9 p.m. There's a 20-minute pick-up window before the trip, and rides can be scheduled up to seven days in advance but must be made by 4:30 p.m. the day prior. A one-time registration is required prior to booking a first trip by calling 413.739.7436.
- **Valley Neighbors** – a member driven non-profit offering volunteer services and programs for residents aged 60 and over in Whately, Deerfield, and Sunderland. Valley Neighbors is also actively seeking volunteers to provide rides for appointments. Phone: 413.453.9057.

Just as transportation is important to the continued well-being for older adults to age at home, food access is equally important. At the South County Senior Center, we have our Brown Bag program, which takes place during the first Thursday of each month at the senior center with food provided from the Food Bank of Western Mass. We also have our monthly pop-up food truck at the First Congregational Church in Sunderland, typically on the second Wednesday of each month. Food is provided via the Franklin Area Survival Center. Both programs are income based.

There's also a variety of meals programs and food banks to help support you and your family:

- **Franklin County Community Meals Program:** The Turners Falls Meals site operates Monday from 4 to 6 p.m. at Our Lady of Peace Church, 7th Street, Turners Falls, MA. Meals are distributed from 4:30 to 5:30 p.m.

  The Greenfield Meal site operates on Tuesdays and Wednesdays from 4:45 p.m. to 5:45 p.m. at the Second Congregational Church in downtown Greenfield at 16 Court Square.
- **Stone Soup Café:** pay-what-you-can hot luncheon, 399 Main St., Greenfield, MA. Every Saturday from 12 to 1:30 p.m.
- **Amherst Survival Center – Food Pantry:** 138 Sunderland Rd., North Amherst, MA, 01059. Phone: 413.549.3968. Pantry hours: Monday from 12 to 3 PM; Tuesday 12 to 7 PM; Wednesday: Closed; Thursday from 12 to 7 p.m. Friday from 12 to 3 p.m.
- **Franklin Area Survival Center – Food Pantry:** 96 Fourth Street, Turners Falls, MA, 01376. Phone: 413.863.9549. Pantry hours: Monday through Friday: 10 a.m. to 1:30 p.m.

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.



Larry Ashman



Fred Beckta

Cribbage Updates:

Get ready for some high-stakes fun at our upcoming **Cribbage Tournament** at the Sunderland location, **22 Amherst Rd.** We're setting the stage for a full-immersion experience, starting promptly at **10 AM**—and we'll keep the cards flying until the final hand is played!

Mark your calendars for two exciting tournament dates: **November 20th** and **December 4th**. 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 winners: **September is Larry Ashman** & **October is Fred Beckta**. Congratulations to our recent champions! *Will you be our next champion?*

Pitch Updates:

Pitch is now on our calendar for the second Friday of every month! Join us on **November 13th** and **December 11th 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.

PLAY PITCH AT THE SOUTH COUNTY SENIOR CENTER



FRIDAY, NOVEMBER 13 & DECEMBER 11
STARTING AT 11AM

ALL ARE WELCOME
NO REGISTRATION REQUIRED

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

Monthly Cribbage Tournament

at the South County Senior Center



Open to seasoned pros or newbies!

Friday, November 20 & December 4 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

Advisory Board Member Openings

The South County Senior Center Board of Oversight updated their Intermunicipal Agreement to include Advisory Board Members on the Board of Oversight (BoO). This position is as a nonvoting member of the BoO, but provides the opportunity for input. The Whately designee is Maryann Sadoski. The towns of Sunderland and Deerfield are currently seeking an active member of the South County Senior Center for this role. If you are interested, please email Jennifer at scsc@town.deerfield.ma.us stating such, and attach a letter of interest to be forwarded to each town's selectboard member (Daniel Murphy for Sunderland; Blake Gilmore for Deerfield). This is a great opportunity!

Grant Award Updates

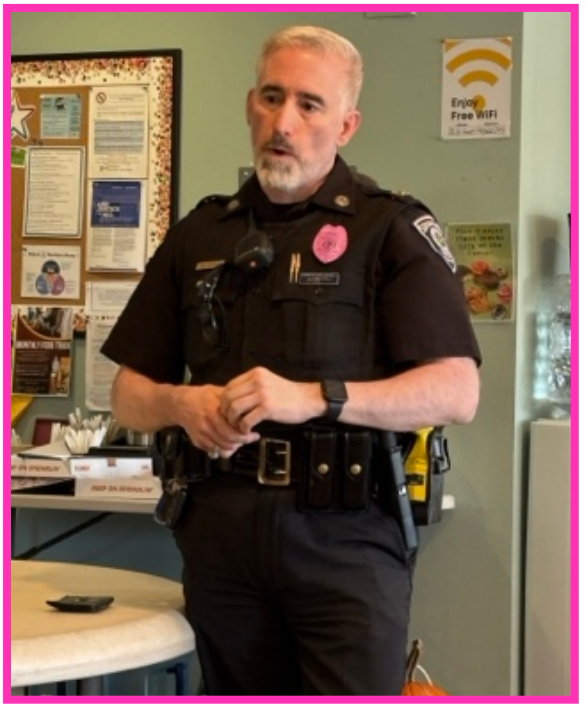
The South County Senior Center was awarded a LifePath Title III grant in the amount of $1621. This grant is to fund costs for attending our Enhance Fitness Class. While this grant does not fully cover the costs of the class, it will help us to reduce the fee to $1 per person. The duration of the reduced costs will depend on the number of participants. We will let you know when we expect the cost to return to $2.

South County Senior Center Board of Oversight Meeting

Please join the next South County Senior Center Board of Oversight Meeting on **Thursday, November 5th at 5 pm**, in person at 22 Amherst Rd., Sunderland or online via Zoom. To join via Zoom, please use the following link: https://us06web.zoom.us/j/4518502467?pwd=e1nstUzTvZxOwKEKoWsbGfXvR66vDG.1&omn=85274674648. Please stop by our location, visit your town's website, or visit your town hall for the full agenda. No preregistration is required.







Greenfield Savings Bank

FIDUCIARY ACCOUNTS

PROTECT YOUR FINANCIAL FUTURE: FIDUCIARY ACCOUNTS

Managing finances can become more complicated when you're dealing with retirement income, investments, bills, trusts, or estate planning. A fiduciary may be able to help manage financial matters with duties that can include acting in the client's interests, depending on the type of fiduciary relationship and applicable law.

Services include:
- Managing assets or financial accounts
- Paying bills and organizing financial records
- Coordinating with attorneys, accountants, and other professionals
- Helping administer trusts or estates
- Providing ongoing financial oversight and reporting
- Assisting with long-term financial organization

South County Senior Center, 22 Amherst Road, Sunderland



TUESDAY, NOVEMBER 3 @10:30AM

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



BE PREPARED FOR A
POWER OUTAGE

American Red Cross

POWER OUTAGE SAFETY

Learn how to prepare your home for a power outage and what to do when one occurs.

Wednesday, November 4 at 10:30am

Be sure you're Red Cross Ready. Learn how to:

- Assemble an emergency preparedness kit.
- Create a household evacuation plan that includes your pets.
- Stay informed about your community's risk and response plans.
- Ensure each family member knows how to get back in touch if you are separated during an emergency.
- Create a support network.
- Know and plan for your personal and medical electrical needs.
- Plan to heat or cool your home.
- Plan for surge protection.
- Plan how to decide whether to stay or go.

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

KNITTING CIRCLE



Thursdays from 2pm-3:30pm on November 5, 12 & 19 and December 3, 10 & 17

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!

easterseals Massachusetts

Assistive Technology at Home Program

Easterseals Massachusetts will talk about this free assistive technology equipment and training for individuals with disabilities.

This program offers assistive technology services that will enable individuals to live more independently and safely in their homes.

Learn about the program's eligibility requirements.

South County Senior Center, 22 Amherst Rd, Sunderland



Friday, November 6 at 10:30am

Get In Touch

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



BE A PART OF TARA MURPHY'S DRUMMING CIRCLE

TUESDAY, NOV 10 & DEC 8 FROM 10:30AM-11:30AM

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

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

ONE-ON-ONE REIKI SESSIONS

with Debbie Flynn, Owner of Universal Spirit Sanctuary, Reiki Master Teacher

Free Sessions!





Tuesday, November 17

South County Senior Center, 22 Amherst Rd, Sunderland

12 slots available: MUST CALL TO SCHEDULE APPOINTMENT TIME!

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

FOOTCARE BY SIMONNE

Cost $20

A LOCAL EXPERT

Simonne Angela Westort, Licensed Foot Care RN is a Licensed Practical Nurse based in Greenfield. She is licensed to practice in Massachusetts.

Thursday, November 19 & December 17 from 9am to 1:30pm

BY APPOINTMENT ONLY! Call to schedule today!

GENERAL SERVICES

- Assessments
- Referrals
- Corn & Callus Removal
- Toenail Cutting & Massage

FOR REGISTRATION/QUESTIONS:

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



HEARING EXAMS

Baystate Franklin Medical Center

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

Join the South County Senior Center as Baystate Franklin's Audiology Department will give hearing exams.

12 slots, 1st come, 1st serve basis!

Tuesday, November 24
11 AM-12pm

South County Senior Center
22 Amherst Road, Sunderland

SOUTH COUNTY SENIOR CENTER PRESENTS



MASTERPLAN

STARRING STANLEY TUCCI

& NOVEMBER BIRTHDAYS!

WEDNESDAY, NOVEMBER 25 AT 10:30AM



SOUTH COUNTY SENIOR CENTER

22 AMHERST RD, SUNDERLAND

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

Please join the South County Senior Center for

FRIENDSGIVING

Monday, November 30

Polish American Citizen's Club
46 S. Main Street, S Deerfield

*food provided by the FCSO TRIAD

Starts at 11am; Lunch at 12pm

This is a Free Event

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

American Red Cross



Winter Storm Safety

Learn how to stay safe during a blizzard and how to prevent or thaw frozen pipes, protect yourself, your loved ones, and your home.

Tuesday, December 1 at 10:30am

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

Help the South County Senior Center decorate for the

Holiday Season

TUES, DEC 1 AT 12PM

South County Senior Center
22 Amherst Rd, Sunderland

If interested in helping, contact Tom Patria at 413-665-9508 or 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:

DECEMBER 2

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

South County Senior Center Presents

SEATED DANCE



FREE CLASSES FREE!

Every Monday at 12:30pm (New Start Time)

Must be a member of the South County Senior Center

South County Senior Center, 22 Amherst Rd, Sunderland

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

CHAIR YOGA

CLASSES ARE FREE!

MUST BE A MEMBER OF THE SOUTH COUNTY SENIOR CENTER

Classes held at Cadence Yoga, 289 Amherst Road, Sunderland

Every Monday at 1pm

Sign up by calling/texting Tom Patria at 413-665-9508 or emailing at scpa@town.deerfield.ma.us



BlueCross BlueShield

HEALTH PLAN OPTIONS FOR PEOPLE WITH MEDICARE

Learn about 2027 Blue Cross Medicare Advantage and Supplement plans, including product updates and coverage differences.

Plans Covered:
- Medicare Advantage (Medicare HMO Blue, Medicare PPO Blue)
- Medicare Supplement (Medex Core, Sapphire, Bronze)

Thursday, December 3 at 10am
(RSVP by Dec 1)

South County Senior Center
22 Amherst Road, Sunderland

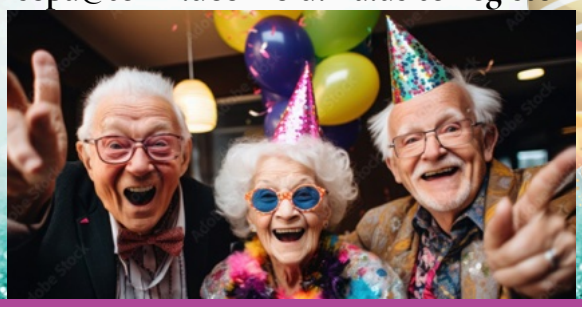
To register, phone/text Tom Patria at 413-665-9508 or email at scpa@town.deerfield.ma.us

December Birthdays

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

Tuesday, December 15 at 11AM
22 Amherst Road, Sunderland

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



Greenfield Savings Bank

Staying ONE Step Ahead: Navigating the Scam Threats

Scammers are becoming more convincing and older adults are often targeted through fraudulent phone calls, text messages, and emails. Learn how to recognize warning signs, protect your personal and banking information, and avoid falling victim to financial fraud.

This presentation will explore how scammers impersonate trusted organizations to gain access to your accounts and steal your money. You'll discover practical tips for verifying suspicious calls, protecting your identity, and knowing what steps to take if you suspect a scam.

Learn how to spot red flags, protect your finances, and stay one step ahead of scammers!

Wednesday, December 16 at 10:30AM

South County Senior Center, 22 Amherst Rd, Sunderland

Get in Touch with Us

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

JOIN THE SOUTH COUNTY SENIOR CENTER FOR OUR ANNUAL

HOLIDAY PARTY

FRIDAY, DECEMBER 18
(RSVP BY DEC. 15)
START AT 11 AM
$10 PER PERSON

POLISH AMERICAN CITIZENS CLUB
46 S. MAIN STREET, SOUTH DEERFIELD

CONTACT TOM PATRIA AT
413-665-9508 OR
SCPA@TOWN.DEERFIELD.MA.US

HOLIDAY MEAL

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

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

To register for a meal, contact Chris at 413.768.1066 or email scoc@town.deerfield.ma.us by 12/23/26.

One meal per person please.

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

MOVIE TIME AT THE SOUTH COUNTY SENIOR CENTER



"BAD DAY" STARRING CAMERON DIAZ

WEDNESDAY, DECEMBER 30 AT 10:30AM

SOUTH COUNTY SENIOR CENTER,
22 AMHERST RD, SUNDERLAND

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

SOUTH COUNTY SENIOR CENTER INVITES YOU TO OUR YEARLY

New Year's Eve Party

Thursday, December 31 at 11am
First Congregational Church, 91 S. Main Street, Sunderland

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



South County Senior Center

ENHANCE FITNESS CLASSES



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

Whately Town Hall
194 Chestnut Plain Road

$1 per class; open to first 25 participants (Starting 11/1 thanks to a LifePath Title III Grant in the amount of $1621)

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

Classes free courtesy of a grant!
Must be a member of the South County Senior Center

Every Wednesday at 11am

BALANCE IN MOTION

With Alison Zabko



Classes held at Cadence Yoga, 289 Amherst Road, Sunderland

Sign up by calling/texting Tom Patria at 413-665-9508 or emailing him at 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. 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: *11/2, 11/4, 11/11, 11/18, 11/27, 11/30, 12/2, 12/9, 12/18, 12/24, 12/23, & 12/25.*

Cost: **New Price***$1 per person/per class. Starting 11/1, this class is partially covered by a LifePath Title III Grant. Grant funds total $1621.*

Tai Chi – with Mari Rovang

When: Thursdays at 1 PM
Where: Whately Town Hall
A calming, restorative practice for all – join us!
No Class: *11/26*
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: 11/30 & 12/21
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 at **A NEW LOCATION: SOUTH COUNTY SENIOR CENTER, 22 AMHERST ROAD, SUNDERLAND**

This event is for pick-up of groceries.

Please **REGISTER** for this event by calling Tom at 413-665-9508.

We appreciate your flexibility!

November 4 & December 9

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

Food Bank of Western Massachusetts'

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.

November 5 & December 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.
- **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

- ***Moved to SCSC Main Sunderland Location*** **Franklin Area Survival Center Pop Up Food Distribution, 11/4 & 12/9, 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 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 & neighbors, for their ongoing partnership, service, and commitment to the well-being of our community. We've received an abundance of fresh produce from our local neighbors & local farms thru Rachel's Table to reduce food waste and increase food access.

Because of this tremendous generosity, 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. **Dem*and 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.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.

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
2	3	4	5	6
No Enhance Fitness Bingo 10 AM Seated Dance 12:30 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Greenfield Savings Bank 10:30 AM Sunderland Open Hours 10 AM -4 PM	No Enhance Fitness American Red Cross - Power Outages 10:30 AM Balance in Motion 11 AM Food Truck 1-3 PM Sunderland Open Hours 2 PM-4 PM	Tech Assistance - Registration Required Brown Bag Tai Chi 1 PM Knitting Circle 2 PM-3:30 PM	Enhance Fitness 9 AM Easter Seals - Mass Ability Independent Living Program 10:30 AM
9	10	CLOSED 11	12	13
Enhance Fitness 9 AM Bingo 10 AM Seated Dance 12:30 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Drumming with Tara 10:30 AM Sunderland Open Hours 12 PM - 4 PM		Rainbow Elders Tai Chi 1 PM Knitting Circle 2 PM-3:30 PM	Enhance Fitness 9 AM Pitch 11 AM Sunderland Open Hours 10 AM-2 PM
16	17	18	19	20
Enhance Fitness 9 AM Bingo 10 AM Seated Dance 12:30 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	1 on 1 Reiki - Registration Required Sunderland Open Hours 2:30 PM - 4 PM	No Enhance Fitness Balance in Motion 11 AM Upper Pioneer Valley Veterans Office Hours 12:30 PM - 2 PM Sunderland Open Hours 2 PM-4 PM	Tai Chi 1 PM Knitting Circle 2 PM-3:30 PM	Enhance Fitness 9 AM Cribbage 10 AM Sunderland Open Hours 10 AM-2 PM
23	24	25	CLOSED 26	CLOSED 27
Enhance Fitness 9 AM Bingo 10 AM Seated Dance 12:30 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	Baystate Audiology - Preregistration Required Sunderland Open Hours 12 PM - 4 PM	Enhance Fitness 9 AM Birthdays Celebration with Movie 10:30 AM Balance in Motion 11 AM No Open Hours		Town Offices Closed
30				
NO Enhance Fitness NO BINGO NO SEATED DANCE FRIENDSGIVING 11 AM				

MON	TUE	WED	THU	FRI
	1 American Red Cross - Extreme Winter Weather 10:30 AM Holiday Decorating at the SCSC 12 PM	2 No Enhance Fitness Musuems Van Leaves 9 AM Balance in Motion 11 AM Sunderland Open Hours 10 AM-4 PM	3 Tech Assistance - Registration Required Brown Bag Tai Chi 1 PM Knitting Circle 2 PM-3:30 PM	4 Enhance Fitness 9 AM Cribbage 10 AM Sunderland Open Hours 10 AM-2 PM Hanukkah
7 Enhance Fitness 9 AM Bingo 10 AM Seated Dance 12:30 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM Hanukkah	8 Drumming with Tara 10:30 AM Sunderland Open Hours 10 AM-4 PM Hanukkah	9 No Enhance Fitness Food Truck 1- 3 PM Balance in Motion 11 AM No Open Hours Hanukkah	10 Rainbow Elders Tai Chi 1 PM Knitting Circle 2 PM-3:30 PM Hanukkah	11 Enhance Fitness 9 AM Pitch 11 AM Sunderland Open Hours 10 AM-2 PM Hanukkah
14 Enhance Fitness 9 AM Bingo 10 AM Seated Dance 12:30 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM -4 PM	15 Birthday Celebrations 11 AM Mass in Motion 2 PM Sunderland Open Hours 10 AM-4 PM	16 Enhance Fitness 9 AM Greenfield Savings Bank 10:30 AM Balance in Motion 11 AM Upper Pioneer Valley Veterans Office Hours 12:30 PM - 2 PM Sunderland Open Hours 2 PM-4 PM	17 Tai Chi 1 PM Knitting Circle 2 PM-3:30 PM	18 No Enhance Fitness Holiday Party - Ticket Purchase Required
21 SCSC CLOSED Administrative Week Chair Yoga 1 PM Winter Solstice	22 SCSC CLOSED Administrative Week	23 SCSC CLOSED Administrative Week Balance in Motion 11 AM	24 SCSC CLOSED Administrative Week Tai Chi 1 PM No Knitting Today!	CLOSED 25 
28 Enhance Fitness 9 AM Bingo 10 AM Seated Dance 12:30 PM Chair Yoga 1 PM Sunderland Open Hours 10 AM - 4 PM	29 Sunderland Open Hours 10 AM -4 PM	30 Enhance Fitness 9 AM Movie 10:30 AM Balance in Motion 11 AM	31 Count Down to Noon! 11 AM Tai Chi 1 PM No Knitting Today!	

LifePath
options for independence



Rainbow Elders November 12th & December 10th, 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, November 12th & December 10th!**

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- November 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		
2	**Carb g**	**Sod mg**	**3**	**Carb g**	**Sod mg**	**4**	**Carb g**	**Sod mg**	**5**	**Carb g**	**Sod mg**	**6**	**Carb g**	**Sod mg**
Spaghetti & Meatballs*	25	540	3 Bean Chicken Chili	38	432	White Fish Picatta	7	387	Pot Roast w/ Brown Gravy*	7	587	Chicken Noodle Casserole	28	338
Vegetable Medley	11	56	w/ Shredded Cheese	1	96	Rice Pilaf	26	50	Mashed Potatoes	15	23	Green Beans & R Peppers	7	21
Hawaiian Roll	16	80	Kale & Peppers	3	29	Butternut Squash	27	12	Broccoli	6	38	Wheat Bread	24	65
Orange	18	0	Cornbread Bowl	33	160	Dinner Roll	20	100	Wheat Bread	24	65	Applesauce	14	2
			Vanilla Pudding	18	130	Mandarin Fruit Cup	15	5	Lemon White Choc Cookie	24	100			
Total Sodium (mg): 815			Total Sodium (mg): 982			Total Sodium (mg): 688			Total Sodium (mg): 949			Total Sodium (mg): 561		
Carbs (g): 81; Calories: 662			Carbs (g): 104; Calories: 878			Carbs (g): 106; Calories: 758			Carbs (g): 89; Calories: 723			Carbs (g): 84; Calories: 768		
9	**Carb g**	**Sod mg**	**10**	**Carb g**	**Sod mg**	**11**			**12**	**Carb g**	**Sod mg**	**13**	**Carb g**	**Sod mg**
Shepherd's Pie (Beef)	23	295	Chicken Saltimboca	6	381	**Veteran's Day Holiday!**			Shrimp in Tomato Cream Sauce w/ Capers*	5	635	Beef w/ Onions & Peppers	6	132
Mashed Potatoes	15	23	Roasted Potatoes	13	85				Whole Grain Pasta	21	4	White Rice	24	25
Mixed Vegetables	6	51	Carrots	6	56	**No Meals Served**			Broccoli	6	38	Brussel Sprouts	6	26
Buttermilk Biscuit	21	370	Wheat Bread	24	65				Dinner Roll	20	100	Wheat Roll	15	150
Peach Cup	15	5	Orange	18	0				Pumpkin Bread	43	250	Chocolate Pudding	20	135
Total Sodium (mg): 856			Total Sodium (mg): 722						Total Sodium (mg): 1162			Total Sodium (mg): 603		
Carbs (g): 80; Calories: 885			Carbs (g): 79; Calories: 752						Carbs (g): 107; Calories: 769			Carbs (g): 83; Calories: 821		
16	**Carb g**	**Sod mg**	**17**	**Carb g**	**Sod mg**	**18**	**Carb g**	**Sod mg**	**19**	**Carb g**	**Sod mg**	**20**	**Carb g**	**Sod mg**
Maple Glazed Pork	26	85	Rosemary & Garlic Chicker	17	426	Beef Chili	13	275	**Holiday Harvest Meal**			Potato Pollock w/ Lemon	13	330
Butternut Squash & Craisin Couscous	33	90	Orzo	21	4	w/ Shredded Cheese	1	96	Roast Turkey & Gravy	4	488	Baked Sweet Potato	14	21
Kale & Peppers	3	29	Butternut Squash	27	12	Buttermilk Biscuit	21	370	Mashed Potatoes	15	23	California Blend Veg	5	34
Wheat Bread	24	65	Wheat Roll	15	150	Brussel Sprouts	6	26	Stuffing	11	244	Tropical Fruit Cup	19	10
Vanilla Pudding	18	130	Mandarin Fruit Cup	15	5	Apple	21	1	Green Beans	8	20	Tartar Sauce	2	113
									Wheat Roll	15	150			
									Apple Pie	43	251			
Total Sodium (mg): 534			Total Sodium (mg): 732			Total Sodium (mg): 903			Total Sodium (mg): 1314			Total Sodium (mg): 823		
Carbs (g): 115; Calories: 865			Carbs (g): 107; Calories: 729			Carbs (g): 74; Calories: 762			Carbs (g):108 ; Calories: 840			Carbs (g): 91; Calories: 734		
23	**Carb g**	**Sod mg**	**24**	**Carb g**	**Sod mg**	**25**	**Carb g**	**Sod mg**	**26**			**27**	**Carb g**	**Sod mg**
Cheesy Chicken & Rice*	30	554	Hot Ham & Cheese*	6	744	Creamy Garlic Salmon	7	297	**Thanksgiving Day Holiday!**			Cheese Lasagna	29	390
Green Peas & R Peppers	15	72	on Croissant	29	190	Rice Pilaf	26	50				w/ Beef Bolognese & Parm	2	294
Wheat Roll	15	150	Sweet Potato Tots	21	200	Root Vegetables	11	65	**No Meals Served**			Broccoli	6	38
Oatmeal Cookie	12	90	California Blend Veg	5	34	Hawaiian Roll	16	80				Wheat Roll	15	150
			Orange	18	0	Pear Cup	19	0				Vanilla Pudding	18	130
			Mustard	0	55									
Total Sodium (mg): 1001			Total Sodium (mg): 1359			Total Sodium (mg): 626						Total Sodium (mg): 1137		
Carbs (g): 84; Calories: 880			Carbs (g): 90; Calories: 748			Carbs (g): 91; Calories: 762						Carbs (g): 82; Calories: 810		
30														
Administrative Day									**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**		
No Meals Served												**Sodium, Calories, & Carbs included in daily totals**		

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.