

# senior wise

May- June 2013

## profile

### Eric Temple

If you have come to the Senior Center anytime in the past year, you have most likely met Eric Temple. He truly has become a welcoming face to all and an ambassador of good deeds (many behind the scenes). His warm and generous spirit, wisdom and humor are enjoyed and appreciated.

Eric grew up with his parents and sisters on a dairy farm in Colrain which was run by his uncle. By the age of eight Eric was helping with the daily chores and then ran the farm during his high school years. An Arms Academy graduate, Eric went on to work in Greenfield as a mechanic. He then joined the Green-

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Eric was quite the entertainer when calling for BSE BINGO.

# healthy lifestyles

& SENIOR RESOURCES

# fair

On **Friday, April 26**, the Senior Center is sponsoring a “Healthy Lifestyles and Senior Resources Fair”. The Fair will be held at the Shelburne-Buckland Community Center, located at 53 Main Street in Shelburne Falls from **10 a.m.-2 p.m.** Admission is free and open to the public of all ages. Come collect information for yourself or a loved one, enter **free raffles** and meet others with similar interests.

Over **20 informational tables** from agencies, businesses and individuals who offer services and programs for older adults will be giving out information, discount coupons and prizes.

Visitors will also have the chance to get their **blood pressure and glucose readings** taken by the Shelburne Falls Ambulance staff, **seated body work** by Margaret Olin- licensed massage therapist and a **foot check** by nurse Kip Moeller – all free of charge.

**Informative presentations** will be given

throughout the day; at 10:30 Attorney Kate Downes will give a brief rundown on **Estate Planning**; 11:30 Mo Grossberger of My Guardian Angel will give tips during “**Safety Begins At Home**”; 12:30 Peter Howe will speak on “**Cell Health and Aging**”; and at **1:30 New England Laser Options** presents “Do You Suffer from **Toenail Fungus? We Can Help, Promise!**”

When you attend, you may also watch or take part in a **mini-wellness class**. These are samples of programs offered through the Senior Center. At 11:00 try **Tai Chi for Arthritis** led by Deborah Yaffee, 12:00 **Gentle Yoga** by Noel Abbott and at 1:00 **Osteo Fitness** class for strong bones led by a team of trained RSVP instructors.

Delicious and **healthy soups and breads** prepared by Alan Young will be available to sample.

**Door prizes** will be drawn throughout the day. For more information, please call the Center at (413)625-2502.



**MISSION STATEMENT**

The mission of the West County Consortium of Councils on Aging is to facilitate the work of local Councils on Aging in developing local support networks that enrich the lives of aging citizens in the towns we serve.

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**NEWSLETTER**

SeniorWise is produced by Senior Center Staff. Content contributions are welcome.  
 Layout & design by Diana Hardina, Upstream Advertising & Graphics dianahardina.com / 413.625.9921

**THE SENIOR CENTER**  
**7 MAIN STREET**  
**SHELburne FALLS, MA**  
**01370**  
 413.625.2502  
**sfsrctr@crocker.com**  
**townofshelburne.com/seniorcenter**

**Thank You -Donations**

Donations are gratefully accepted at any time. You can remember a loved one by designating funds for a memorial account or donate to the gift account. The Town of Shelburne created a gift account to accept donations specifically for the Senior Center and its programs and services. Donations may be made to Town of Shelburne, Senior Center Gift Account and delivered to the Senior Center at 7 Main Street, Shelburne Falls. Your support is greatly appreciated as the Center continues and expands its mission and scope of services to the older adults of our community.

Thank you to our recent donors: Ella Cosimini, gift account and Charlie Buck memorial, Peg Folgmann, Stan Perry memorial.

*Wellness*

**Tai Chi for Arthritis**

The movements of this easy form of Tai Chi are designed to relieve joint discomfort and stiffness.

You will learn the principles of the ancient holistic wellness practice of Tai Chi and a simple Tai Chi format of twelve moves that are specifically designed to improve flexibility, stability, balance, circulation and energy. The program is led by Certified Instructor Deborah Yaffee. **Tuesdays: 4:00–5:00 pm.** Cost is \$6.00 per class, or \$48.00 per eight-week session. You may register at the class. Join anytime or just come and try a class on “Tai Chi and Chai Tea Day” on **Saturday, April 27 9 a.m. - noon** at the Center. That day is free with a reservation at 625-2416 or eztaichiforhealth@gmail.com.

**Foot Clinic**

Foot clinic appointments are offered at the Senior Center every month by Kip Moeller, R.N.

Each foot clinic appointment takes 30 minutes and costs \$15.00. This is a reduced rate (from \$25) thanks to the support of Friends of West County Seniors through June. To make an appointment call the center at 625-2502 and for home visits (\$35) call Kip at 624-5190. Our next appointment dates are **Mondays: May 6, 13 and June 10 from 9:00 a.m.–3:00 p.m.** Please call for availability.

**Osteo Fitness-** RSVP of Hampshire & Franklin Counties Osteoporosis Exercise Program is sponsoring a self-paced, low-impact, osteoporosis exercise class. It is an ongoing program held on **Wednesdays at 10:00 a.m.** at the Center led by our trained instructors. Exercises, designed to

strengthen bones and improve balance, can be done sitting or standing and may include hand and ankle weights. The class is free. A new class began in Ashfield this past fall on **Thursdays from 9:30-10:30 a.m.** at St. John’s Corner. It is led by Jane Wagener, Helen Boyden, and Leah Teece. Registration is ongoing and can be done at the class.

**Health Screening**

Sue Roberts, R.N. will be here on **Mondays: May 6 and June 3 from 10:00-11:00 a.m.** to take blood pressure and glucose readings. No appointment is necessary. The screening is free thanks to the generosity of nurse Roberts.

**Gentle Yoga**

Classes are currently held on **Wednesdays and Thursdays from 8:30 - 9:30 a.m.** Wednesdays are led by Jody Fontaine, and Thursdays are led by Noel Abbott. For each class we ask you to register by the month. The fee for Ashfield, Buckland, and Shelburne residents is \$15.00 per month for once per week and \$25.00 per month for twice per week (payable by the month). Non-member residents please add \$10.00/month. Come try one out. No obligation! We have mats, or bring your own. Beginners welcome. Please arrive 10 minutes prior to the start of your first class.

**ESTATE PLANNING AND ELDER LAW**

**Kate Downes**

*Attorney at Law*

11 Main Street (413) 625-2482  
 Shelburne Falls, MA 01370 katedownes@comcast.net

**WILLS, TRUSTS, PROBATE and LONG-TERM CARE & MEDICAID PLANNING**

*profile- cont'd*

field DPW, married and had two children. While at the DPW, he was instrumental in building the Sewer Treatment Plant. He then came back to West County to help build the Buckland Wastewater Treatment Plant and worked there for more than ten years. During these years, Eric became an EMT for the Shelburne Fire Department and also served as its chief.

Eric remarried and spent twenty nine years with Pat Elie during which they bought and ran Foxtowne Coffee Shop for twelve years until Pat's passing last year. Eric can still be found enjoying a nice meal and visiting at the Coffee Shop. Most local students got to know "Mr. Temple" while he worked in the Mohawk Schools, as both custodian and bus driver. An accident, resulting in a broken back, ended his bus driving days, but he continues to help by driving local seniors to appointments and the Senior Center.

Eric is very proud of his children, grandchildren and now eleven great grandchildren. He regularly helps with his eight month old twin great grandsons each morning.

A modest man, Eric wishes to give back to the community where he has spent his life. Now a member of the Buckland Council On Aging, he is active in efforts for seniors in Buckland and through the Senior Center. Thank you for all you do Eric!

*services***SHINE Medicare Insurance Free Assistance**

You can receive confidential information about your Health Insurance options from a SHINE representative by making an appointment **between 9:45 a.m. and 2:45 p.m. on Wednesdays: May 15 or June 12.** Call 625-2502 to make an appointment. This is a free service.

You may also call 1-800-AGE-INFO (1-800-243-4636), then press or say "3." Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE (1-800-633-4227)

**Transportation**

The Senior Center offers a Van Transportation program for seniors 60+ covering nine towns in West County, funded by the FRTA: Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Rowe and Shelburne. Rides are provided only in Franklin County, plus a monthly shopping trip to WALMART in Hadley. Rides are prioritized as follows: medical appointments, grocery shopping, and other shopping. Rides to Senior Center activities and congregate meals will be provided as the schedule and funding permits. We are not able to provide transportation to and from employment or education nor for ongoing medical trips such as dialysis or physical therapy. Please call 625-2502 to make an appointment several days in advance. Please call Jackie for information about reservations and fees.

FRTA provides trips to the Big Y in Greenfield on Tuesdays and the 1st and 3rd Thursday. Call the FRTA at 774-2262 x163.



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**NEW! Fourth Tuesday Walk in Wellness Counseling with Regional Public Health Nurse**

Walk in for one-on-one health counseling with Regional Public Health Nurse Lisa White BS, RN on the **fourth Tuesday of the month, beginning May 28 from 10:30 – noon.** Whether you are coping with a new diagnosis, living with on-going health issues, or just want more information about health and wellness, the nurse is here to help. During days when she is on-site, the nurse can also collect sharps/needles and supply you with a safe collection box. Mercury thermometer exchange is available, too.

These nursing services are provided through Buckland and Shelburne's membership in the Cooperative Public Health Service health district based at the Franklin Regional Council of Governments. For more information contact Lisa at 413-665-1400 x 114.

**Home-Delivered Meals**

"Meals on Wheels" are available for seniors in West County up to seven days per week. Please call Franklin County Home Care at 773-7702 for information and registration.

**Congregate Meals**

Meal open to all seniors of all towns are served at the Senior Center on **Mondays, Tuesdays, and Thursdays at 11:30 am** by FCHCC. Reservations must be made before 11:00 a.m. one meal site day in advance by calling Hugh at 625-6266. \$2 donation suggested. Printed menus are available at the Center, or go to [www.fchcc.org/menus/menu.htm](http://www.fchcc.org/menus/menu.htm).

**Outreach**

Jackie Stanford, Outreach Coordinator, is available for confidential office or home visits by appointment to Ashfield, Buckland, and Shelburne residents. She will assist you with any

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**PIONEER**  
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 329 Conway Street, Greenfield, MA  
 413-773-5119  
*Complete Hearing Aid Service*

**The Art Garden**

is offering a free Spring art workshop for grandparents and grandchildren on Saturday May 18th from 10:30 am to noon. The workshop will take place at The Art Garden, which is located in the Shelburne Falls Trolley Museum building. You don't have to be biologically related to participate in these free intergenerational art workshops for grandparents and kids! Have fun expressing yourselves in a nurturing and non-judgmental open studio environment. No prior art experience required. Materials and instructional support provided. Pre-registration requested. For more information and directions please see [www.theartgarden.org](http://www.theartgarden.org) or call 625-2782.



*Bob MacGregor, one of our handyman volunteers repaired and refinished our front bench beautifully.*

*services* continued from page 3

questions you may have for services for yourself or someone you know, including fuel assistance, home health care, food programs and transportation. Please call her at 625-2502.

**Home Repair Program**

Through this program, a handyman volunteer is available to do minor home repairs for seniors, such as replacing broken windows, small plumbing and electrical jobs, and other repairs. This is a free service, available for residents of Ashfield, Buckland and Shelburne, but the senior is expected to purchase all needed parts and materials. Voluntary donations are accepted. This program is funded by a Title III grant from Franklin County Home Care and the Massachusetts EOE. If you have a project or are a handyman/woman who is interested in helping, please call Jackie at 625-2502.

**Veterans Services at the Senior Center**

Every first Tuesday of the month, Leo Parent, Jr. or Mark Fitzpatrick of Veterans' Services will be holding office hours from **8:00 a.m. until 10:00**

**a.m.** at the Senior Center. Office hours on all other Tuesdays of the month will remain in the Selectmen's meeting room at Shelburne Town Hall from 8:00 a.m. until 10:00 a.m. Please call Mr. Parent or Mr. Fitzpatrick at their Montague office at 863-3205 to schedule an appointment. This service is open to all.

**Food Programs**

The West County Emergency Food Pantry, a program of Community Action, is held at the Center on the **third and fourth Wednesdays of the month** from 4:00-5:30 p.m. for low-income individuals and families from West County. Please call the Center For Self Reliance at 773-5029 for information and registration.


The Brown Bag program is a bag of groceries specifically for low-income adults who are 55 years and older (or younger with documented disability) and is distributed on the third Wednesday of the month at the Center at noon. A \$3.00 donation is requested per month. To apply for the monthly bag of groceries, call the Food Bank of Western Massachusetts at 1-800-247-9632.

**Jonathan F. George Sr., CPA, CFP**

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Taxes - Accounting

89 Main Street  
 Shelburne Falls, MA 01370  
 Ph: 413/625-9593  
 Fx: 413/625-9461  
[george@crocker.com](mailto:george@crocker.com)



Nolan's Neighbors  
 244 Main Street  
 Ashfield, MA



## special events



**Patsy Cline Show** – Come hear the fantastic duo of international recording artists Donna Lee and Bill Shontz when they highlight the greatest hits of the Patsy Cline era. Hear a sample of the wonderful, rich repertoire of songs from the era when rockabilly gave way to rock and roll, do-wop surrendered to the Beach Boys, the surf was up and Elvis was King! This one of a kind show will take place on **Thursday, May 30 at 2:00 p.m.** in the Center's main hall. Refreshments will be served. The show is free thanks to partial funding from the Ashfield and Buckland Cultural Councils and donations from the Senior Center gift account.

**CISA** – A limited number of farm shares have been allotted this year. Weekly vegetable distributions begin in late June. Call Cathy if interested. Income eligibility and \$10 copay is required.

### **Hear That Whistle Blow America's Fabled Railroad years in Story and Song**

ALL Aboard! Storytellers Katie Green and Bob Reiser will celebrate the heroes, heroines, scoundrels and everyday folk who worked and traveled on America's railroads on **Tuesday, April 30 at 2:00 p.m.** People will be encouraged to share stories of their own railroad experiences and to sing along to a few railroad songs. This program is supported in part by grants from the Ashfield, Buckland and Shelburne Cultural Councils, local agencies which are supported by the Massachusetts Cultural Council, a state agency and by donations to the Senior Center Gift Fund. Refreshments will be provided and served by Friends of West County Seniors. The show is free and open to the public.

### **Dancing Through The Decades**

Performance by Dance Caliente  
See many of your favorite dances (waltz, tango, Charleston) performed by two fabulous dancers Eileen Herman-Haase and Raul Nieves on **Friday, May 10 at 7:00 p.m.** in Ashfield Town Hall. Not only will they take your breath away with their dancing, but they will dazzle you with exciting period costumes, tell you amusing "historical" stories about the dances and energize you with mini dance lessons right from your seats (or pull you up on the floor!). The show is free and open to the public thanks to funding from the Ashfield, Buckland, Conway and Shelburne Cultural Councils, funds donated in the memory of Andy Stafursky and support by the Town of Ashfield. Refreshments will be provided by the Ashfield Council on Aging. Doors open at 6:00 p.m. Don't miss this show! Call if you need transportation.

**Hugh's Lunch-Wednesday, May 22** Come at 11:00 and enjoy the beautiful music of the Four Seasons Chamber Ensemble, featuring a variety of stringed instruments, as well as the flute, bassoon and musical saw. Following this performance Hugh's roast pork dinner with homemade applesauce, butternut squash, mashed potatoes and key lime tart for dessert will be served. Cost for the dinner is \$7 with reservations required by May 20. Space is limited.

### **Alzheimer's Association Program**

On **Tuesday, May 14 from 6-7 p.m.**, as part of the Community and Caregiver Education Program, Melissa Grenier, LCSW, Program Coordinator for the Alzheimer's Association, will present "Know the 10 Warning Signs: Early Detection Matters" at the Senior Center. This program will present information about memory loss or behavior changes that are severe enough to disrupt daily life and are not typical of aging. Knowing the 10 Warning Signs can help determine if it's important to speak to your doctor and get a diagnosis for yourself or someone you care about. Please join us to learn the 10 signs because early detection matters. This program is free and open to the public.

**Monday At The Movies** - A showing of "Lincoln" will follow an ice cream sundae social which starts at **12:30 p.m. on Monday, May 13.** Lincoln is a 2012 American historical drama film directed and produced by Steven Spielberg, starring Daniel Day-Lewis as United States President Abraham Lincoln and Sally Field as Mary Todd Lincoln. The film is based in part on Doris Kearns Goodwin's biography Team of Rivals: The Political Genius of Abraham Lincoln, and covers the final four months of Lincoln's life, focusing on the President's efforts in January 1865 to have the Thirteenth Amendment to the United States Constitution passed by the United States House of Representatives. The movie is free and open to the public.

### **Hilltown Harmony Chorus Concerts**

Our popular multi-generational community chorus directed by Shelley Roberts will perform for the public on **Saturday, May 18 at 3 p.m.** at Trinity Church. All are welcome and no tickets are needed. You will also have the opportunity to hear the chorus, scheduled to sing as part of Riverfest in Shelburne Falls

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### THE BAKER PHARMACY

413-625-6324

#### HOURS:

Monday-Friday 8:30am-8pm

Saturday 8:30am-5pm

Sunday Closed



52 Bridge Street, P.O. Box 188 • Shelburne Falls, MA 01370



Lois Bascom and Carrie Holmes, our scrapbooking leader, share a laugh during the workshop.

## *special events*

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on Saturday, June 8. Please watch for their schedule. Hilltown Harmony is giving back to our communities through song as well as service projects. Food has been donated by its members to the local food pantries and they sing with the spirit and intention of bringing community together in a positive and peaceful manner. Participants have been able to take part in the chorus for free thanks to partial funding from the Cultural Councils of Buckland, Colrain, Charlemont and Shelburne and funds in the memory of Joyce Buell and Marian Tomes.

### **Tom Roberts - Wierzbowski Presentation - "Life In A Wheelchair"**

Thomas Roberts-Wierzbowski of Colrain, will present this disability awareness program on **Monday, June 3 at 2:00 p.m.** He will provide his unique take on living with physical disabilities beginning with three short videos that he produced and directed. He then will answer questions about his experiences and demonstrate how his service dog, Stanley, helps him. The program is open and appropriate for all ages. It is funded by the Cultural Councils of Ashfield, Buckland and Shelburne.

**High Ledges Hike -Monday, June 10 at 10:30** - Polly Bartlett of Buckland will lead us on a hike to High Ledges Wildlife Sanctuary in Shelburne. This beautiful area in our own backyard has numerous species of wildflowers that can be observed along the trail system. The ledges, for which the site is named, offer a panoramic view of the Deerfield River valley and Mt. Greylock, the highest mountain in the state. This will be a gentle hike of 1 mile in and 1 mile out on a dirt road with a gradual uphill. Polly will introduce us to other trails in the area. Wear comfortable walking shoes and bring a small backpack with water, bug repellent and a lunch to eat when we stop to enjoy the beautiful view. We will meet at the Senior Center and head out on our hike together. Please call to register for the hike by June 6 and let us know if you need transportation.



Beverly Wall takes in the color and fresh scents at the Smith College Bulb Show.



Can you identify this man?



Barbara and Basil Hoffman donned St. Patrick's wear during our recent luncheon.

### **Native American Presentation - Monday, June 17 at 1:30.**

Join us at the Senior Center when Lois Bascom of Buckland teaches us about the Native American medicine wheel. Lois, whose Native American name is Standing Elk Woman has Lakota and Chippewa heritage. The medicine wheel is a Native American way of explaining our connection to nature. Lois will speak about the Native American astrology of the medicine wheel focusing on individual birthdays and the animal representing that birthday. Individuals will receive a handout with the native wisdom around their birthday. Lois will have photographs of a medicine wheel she has created on her property. There will be a question and answer period and following the presentation we will all enjoy some Native American inspired snacks. This program is free and open to all.

### **Lake Champlain Luncheon Cruise**

Travel by deluxe coach to Burlington Vermont on **Thursday, June 20** for this this must-try Lunch-on-the-Lake Cruise. The 1 1/2 hour narrated cruise offers time to relax, enjoy the views and savor a bountiful buffet designed especially for you. We depart in front of the Senior Center at 7:15 a.m., pick up passengers at the Greenfield Senior Center then take the scenic ride through the Green Mountains to the docks on Lake Champlain. Comfort stops are planned as well as a tour on our return trip of the Ben and Jerry's Ice Cream Factory which includes a sample of a current flavor. We should arrive back in Shelburne at approximately 8:15 p.m. Cost is \$89, all inclusive with a non-refundable (yet transferable) \$25 deposit due to reserve a seat. We only have a few seats remaining so register soon!

## Local & Regional Happenings

### Ashfield Council On Aging

Monthly Luncheons are held on the **first Thursday of the month (May 2 and June 6)**

at the First Congregational Church on Main Street (Route 116). You can bring your own brown bag lunch. Coffee and tea are provided. All are welcome. Contact Charlotte Clement at 625-6270 if you plan to attend or for more information.. On May 2 Peter Kitchell and Richard Pree will show slides of the Florida Everglades and in June Steve Damon will entertain after lunch as he shares some favorite songs, accompanying us on various instruments and will then get your funny bones going with seated folk dances.

### Buckland Council On Aging

Buckland COA invites you to a 'Conversation Café' on **Wednesdays May 29 and June 19, from 12:30-2:00 p.m.** at Mary Lyon Church in upper Buckland. The Cafes are a chance to get together with friends and neighbors to enjoy a meal, socialize and discuss topics of mutual interest. To RSVP (preferred but not required) or for additional information, call Ellen Eller (625-9933) or Eric Temple (625-9093). Bring a bag lunch to go with the delicious soup provided.



*Ed Grinnell, owner of Eddie's Wheels brought his 4-legged pal to Men's Night to show one of their products.*

## calendar item descriptions

**Men's Night** - Come meet other West County senior men for dinner and conversation on the **second Wednesday of the month from 5:00-7:00 p.m.** in the Senior Center's main hall. Those attending share a light dinner and dessert. This program is led by volunteers and supported by Friends of West County Seniors. Please call for scheduled speaker details for May 8 and June 12.

**Lunch Bunch Trips**- Van transportation is \$4 or you may meet us there. Please call to pre-register as space is limited (even if driving yourself). Lunch will be off the menu with separate checks issued.

**Wednesday, May 15** - The Olive Garden Restaurant in Keene, New Hampshire. Vans depart at 10:45 for an Italian dining experience. Plenty of options for the calorie conscious with Olive Garden's lighter Italian fare or choose one of their lunch combos for \$6.95. Leave room for ice cream when we stop at Hager's Farm Stand on our way home.

**Wednesday, June 12** - Old Country Buffet in Pittsfield. With a wide variety of main dishes, sides, a salad bar and dessert central there is something for everyone at this buffet. After we fill up on all that scrumptious food we'll head over to the Crane Museum of Papermaking in Dalton. The museum is on the National Register of Historic Places and provides an opportunity to learn about the rich history of papermaking dating back to Revolutionary times. There is no charge for the museum. Vans depart at 10:30 a.m.

### Wii Bowling Tournament

Come cheer on our team (or maybe two) as they bowl against teams from the Greenfield Senior Center and South County Senior Centers on **Monday, May 20**. This will be the

4th annual tournament. Our teams are hoping to keep the roving trophy in Shelburne for another year! Games begin at 12:30 p.m. Admission is free. Refreshments will be served.

### Senior Center Clean Up Day

Can you lend a hand as we give the Center a spring spiff up including painting, cleaning, flower planting and some re-arranging? We would love to have you come **between 11 a.m. and 3 p.m. on Wednesday, May 29**. Bring a lunch if you like but we will have some drinks and snacks for our helpers. Flower donations will be welcomed for our outdoor planters and basket plants to hang indoors.

### Knitting Club

Calling all knitters or those of us who have always wanted to learn! Our knitting club is busy learning and sharing ... and laughing! The group is led by Alan Young on **Thursdays: from 10:30-11:30 a.m.** Knit for yourself or knit for various local agencies whose members could benefit from some warm scarves or hats.

### Scrapbooking

Come learn some fun techniques to display and preserve your personal photographs. Bring your photos and make a page for an album or a greeting card with the help of Carrie Holmes, Creative Memories consultant, on **Mondays: May 20 and June 24 from 10-12** at the Center. Carrie will provide instruction and some supplies. If you wish, additional supplies can be ordered. You may also bring your own project to work on with Carrie. This program is free thanks to funding from Friends of West County Seniors. Please call to register.

The Senior Center  
7 Main Street  
Shelburne Falls, MA 01370

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## NEWS FROM THE FRIENDS

More donations have come in for our End of The Year Appeal and we would like to thank the following supporters: Sherry Clark, Miyaca Dawn Coyote, Kate Downes, Wayne Farrell, Winifred Ganshaw, Nancy Hammond, Judy Harlow, Lois Holm, Franklin & Sally LaBelle, Jane Lund, Virginia New, Marie Stella, Emilianna Streeter and Anita Wall.

Over the past year these programs and services have been partially funded by the Friends:

Bright Nights Trip • Internet Service • Creative Scrapbooking • Zumba • The Copier Contract • Water Aerobics • General Program Supplies • Postage • Kate Carney • Mailing Permit • Bus. Assoc Membership • Bowling • Ashfield Meet and Greet • Office Supplies • Food Service Support • Men's Night • Buckland Meet & Greet • Refreshments • Wellness Massages • Foot Clinic • Multi Town Meet & Greet • Golf at Goodnow's • Newspaper Subscriptions

Design, printing and postage for the Senior Wise Newsletter have also been supported by the Friends. Beginning in July the Newsletter will be funded directly by the Shelburne Senior Center. Donations for its support should be sent directly



to them.

Our Wellness Massage Program by a licensed massage therapist at the reduced cost of \$25 per senior has been very well received and we now have additional funding for this program. Please call Dot Wells at 625-9441 for

information or scheduling an appointment.

We are also pleased to offer manicures for the ladies (sorry, guys) at the reduced cost of \$5 per senior at a local shop. Please call the Friends at 259-5454 for information on scheduling an appointment.

Our first "Breakfast with Friends" is tentatively scheduled for Saturday, May 4 at 9:30 AM at Elmer's in Ashfield. The Friends will pay \$5 toward each senior's breakfast plus \$1 tip. Start your day with some friendly conversation. Please call 259-5454 to sign up. Future breakfasts will be held at other west county restaurants and each is limited to 10 seniors.

Effective May 7, the monthly meeting of the Friends will be held in the Meeting Room of the Greenfield Cooperative Bank on Bridge Street at 1:30 pm. The June meeting will be election of officers. All are welcome to attend Friends Meetings. To be a voting member dues of \$5 are required.

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