

The Golden Chronicle

APRIL 2026

SOUTH HADLEY COUNCIL ON AGING

REGISTRATION BEGINS:

APRIL

RESIDENTS
Wednesday, Mar. 25th

NON-RESIDENTS
Friday, Mar. 27th

MAY

RESIDENTS
Wednesday, Apr. 22nd

NON-RESIDENTS
Friday, Apr. 24th

45 Dayton Street
South Hadley, MA 01075
413-538-5030 (option 3)



Thursday
April 30, 4:00 PM

Join us for our Welcome Spring Dinner!

Our monthly birthday/anniversary celebration will feature a performance by the O-Tones and a wonderful stuffed pork loin dinner prepared by Chef Harold Dixon.

Be sure to enter the drawing if you have a birthday or anniversary in April!

Registration is required for this event.

Cost is \$10 to attend. Entertainment sponsored by the *Friends of the South Hadley Seniors.*

The O-Tones Power Trio

with Mary Witt (sultry vocals & bass), Ben Kohn (swinging piano & vocals) and John Caban (bluesy guitar & vocals).



EASTER FUN

Friday
April 3rd
3:00 PM

EGG HUNT



ENJOY AN INTERGENERATIONAL EGG HUNT!

The hunt will take place inside the Council on Aging featuring some special eggs with bonus prizes.

Please bring your own egg basket. Don't forget to have your picture taken with the Easter Bunny!

Registration is required for this event and is limited to 25 participants.

Children must be 10 years of age or younger to register.

Can't make it to our hunt? The Town of South Hadley will also host an egg hunt and hat parade on Saturday, April 4 at Buttery Brook Park at 10:00 am.

3	COA Spotlight
4	Special Programs
5	Transportation/Tech
6	Support Services
10	Health/Wellness
11	Creative/Social
12	Exercise Programs
14	FOSHS/Travel Club
15	Donations
16	Community Resources

REGISTRATION FOR ALL PROGRAMS AND EVENTS IS RECOMMENDED. See page 16 for more information.



Mission Statement

The mission of the South Hadley Council on Aging, with the support and participation of the community, identifies, advocates, and implements meaningful, educational, cultural, social, volunteer and wellness activities for persons age 60 and over.

Staff Directory

Human Services Director
Andy Rogers | ext. 6203

Director of Senior Services
TBD

Receptionist
Carol Reznik | ext. 6202

Program Coordinator
Brandon Dumas | ext. 6207

Food Service Coordinator
Harold Dixson | ext. 6208

Food Service Assistant
TBD

Transportation Coordinator
Eric Gallagher | ext. 6205

Driver
Rick Dufault

Human Services Coordinator
Kathryn Elias | ext. 6211

Tech Instructor
Maria Heffernan

Volunteer Coordinator
Danielle Rossoni

Council on Aging Board

- Chairperson Marilyn Ishler
- Vice Chairperson Susan Labonte
- Secretary Sheila Pennell
- Member Lara Asarese
- Member Jim Bosman
- Member Meg Clancy
- Member Richard (Dick) Matteson
- Member Theresa Ominsky
- Member Stanley Was

Council on Aging Hybrid Board Mtg
Monday, April 13th, 4:30 PM

Senior Living Options Fair

Friday, April 10th
1:00 PM

This is a great opportunity for the community to meet staff and learn about services and living options offered in our area! The fair will highlight long term care, Assisted and Independent Living programs. Check out each booth for your chance to win prizes!



Thank You to Our Dedicated and Amazing Volunteers!

Our volunteers are the heart and soul of the Council on Aging, bringing warmth, kindness and enthusiasm to everything they do. Whether they're greeting guests with a smile, assisting with programs, working in the cafe or kitchen, or lending a helping hand wherever needed, their generosity and dedication make a meaningful difference every day.

Thanks to their commitment, our Senior Center remains a welcoming and vibrant place for all who walk through our doors.



VOLUNTEER WITH SHINE!

Medicare Health Insurance Counseling

If you have a desire to help people and an interest in knowing the technical aspects of Medicare and Health insurance, we invite you to apply to become a SHINE volunteer. Extensive computer knowledge is required. Hybrid class forming in May 2026! Call (413) 750-2893 for more information or go to [Mass.gov-become-a-shine-counselor](https://mass.gov-become-a-shine-counselor).



Artists of the Month



Our Gallery spaces this month will feature the artwork of **Tree of Life Early Learning Center**. The center focuses on education, independence, and community engagement, and we are pleased to show the artwork of some of their talented learners! <https://treeoflifeelc.org/>

TREE OF LIFE EXHIBIT AND RECEPTION
Thursday, April 9th, 4:00 PM - 6:00 PM

4 Special Programs



What is FCLIR?

Wednesday, April 8th, 1:00 PM

Five College Learning in Retirement

is a dynamic community of over 250 individuals who enjoy learning, interacting intellectually and socially with others of diverse backgrounds and experience. Peer-led learning and participation by members is at the core of their organization. The presentation will explore the benefits of becoming a member and answer your questions. Visit at fclir.org to learn more. **Registration for this event is required.**



Lunch & Learn: w/ Cody and Joy from Westfield Bank

Thursday, April 9th, 11:30 AM

Using Home Equity to Meet Your Financial Needs

Having financial security as you age is important. Owning a home is most people's greatest asset and can be a resource for you. You might be able to use your home equity should the need arise.

Sign up for the program by registering for lunch by 11:00 AM on Wednesday, April 8th. Please note: Lunch is a suggested donation of \$3.00.

MacDuffie School Student Visit

Wednesday, April 15th, 2:00 PM

Join the MacDuffie students for their monthly visit as they kick up their heels with the Social Dance Club! A baked good will be provided.



Lunch & Learn: with Beers and Story

Thursday, April 16th, 11:15 AM

Please join us for an advance funeral planning seminar hosted by Kate Davignon, an advance funeral planner at Beers and Story Funeral Homes. We will be discussing the steps involved in getting a funeral plan in place, how that plan will affect your loved ones, and answering your questions on funeral services.

Sign up for the program by registering for lunch by 11:00 AM on Wednesday, April 15th. Please note: Lunch is a suggested donation of \$3.00.

Veterans Evening Social

Thursday, April 16th, 4:30 PM



Join Veteran Services Director Chris Plotniak for an evening social. Veterans of all ages are welcome!

Gentlemen's Breakfast

Friday, April 17th, 8:30 AM



Join us for a delicious breakfast prepared by our Chef Harold Dixon, and hosted by Colleen Canning and Anne Capra from the Planning & Conservation Department. **Cost to attend is \$3.00 per person.**

Lockdown Your iPhone-Tech Class with Maria

Thursday, April 30th, 12:00 PM

This hands-on class will help you review and improve the security and privacy settings on your iPhone. We'll cover passcodes, Face ID, app permissions, tracking, and safe browsing so you understand what your phone shares and how to control it. Note - this class is for iPhone users. An Android class will follow at a later date. **Registration is required. 8 people Max.**

Snap-Ed BINGOCIZE!

Wednesday, April 22nd, 1:00 PM



Join the instructors from Snap Ed for Bingocize, a popular class for seniors that combines Bingo, nutrition education, and light exercise.

Registration for this event is required.

Intro to Mosaics, 10-Part Series

Friday, April 24th, 2:30 PM



Learn about the history and techniques of mosaic art.

Brian Schrauf has over 50 years of experience and is excited to guide you through a project of your own. Table top mosaic pot, mirror surround, garden step stone, butler's tray and more. The series costs \$50. and includes all supplies including marble frame + mounting hardware. **Registration for this event is required.**

Fraud and Scam Prevention Workshop

Wednesday, April 29th, 1:00 PM



Fight back against fraud and identity theft. Representatives from the Northwestern District Attorney's Office will share information about the latest schemes, how artificial intelligence is being used in scams, and how to recognize the warning signs. **Registration for this event is required.**

Pete Reed Wednesday Morning Senior Golf League

There will be a meeting on Wednesday April 22nd at 8:00 AM at the Ledges Golf Club.

Two-person teams will play together during the 22-week season. Cost to join the league is \$70.00 for the season, which includes two field days and lunch.

Tee times will start at 7:00 AM.

May 6th will be the start of League play.

THIS IS A HANDICAP LEAGUE

If interested, call Greg @413-537-9463 or Jim @413-427-8002.

Hope to see you at the April 22nd meeting!



MONDAY MOVIES
1:30 PM



Apr. 6th
Now You See Me 2 (2016)
Thriller/Comedy



Apr. 13th
The Judge (2014)
Crime/Thriller



Apr. 27th
The Bucket List (2007)
Comedy/Adventure





Need a Ride?

To request transportation, please contact Eric Gallagher at 413-538-5030, ext. 6205, Monday through Friday between 8:00 AM and 4:00 PM.
*Appointments are subject to driver availability and will be confirmed accordingly.
 Please have appointment information available when calling.*



**Weekly Ride to Big Y:
Tuesdays at 11:30 AM**



	IN-TOWN TRANSPORTATION	COMPANION MEDICAL TRANSPORTATION PROGRAM
AVAILABILITY	Rides offered Monday through Friday, 8:15 AM to 3:30 PM.	Rides offered Monday through Friday on an appointment basis only. Limit 12 rides per year. First come, first served.
ADVANCE NOTICE	3 business day notice.	5 business day notice, not including the appointment date.
COVERAGE	<ul style="list-style-type: none"> Medical appointments in South Hadley Grocery shopping Social events (including trips to the COA) 	<ul style="list-style-type: none"> Medical appointments outside of South Hadley Not available for sedated appointments
ACCESSIBILITY	<ul style="list-style-type: none"> Curb-to-curb service Walkers and canes accommodated Wheelchair lift No hands-on assistance 	<ul style="list-style-type: none"> No hands-on assistance Walkers and canes accommodated Cannot accommodate wheelchairs <i>No wheelchair lift available.</i>

Participants are encouraged to explore PVTA services for additional transportation options at 413-739-7436. For those with recurring transportation needs, Access Care Partners can also help. Contact 413-538-9020 for more information.

TECHNOLOGY ASSISTANCE



Tech-Time with Maria
Thursdays, 9:00 - 11:00 AM



One-on-one sessions designed to help you navigate your devices with confidence!
Appointments are required. Rolling registration. Sign up anytime at the welcome desk.

These services are offered at no cost to South Hadley residents aged 60 and older. To help support and sustain our programs, we welcome a voluntary and confidential donation of \$5.00 per ride or tech-time appointment. Funding for The Companion Transportation and Technology Programs are made possible by a grant from Access Care Partners and by funding from the Older Americans Act through the Massachusetts Executive Office of Aging and Independence and the Administration for Community Living.

6 Support Services



Due to the current budget crisis, there is no longer a Social Services Coordinator at the SHCOA. For referrals to other local agencies please review this page or contact the Welcome Desk for more information.



Fuel Assistance 2025-2026

November 1st- April 30th

For application assistance or to follow up on a current application, please contact Community Action at 413-774-2310



Serving Health Insurance Needs of Everyone

Meet with a counselor to compare health insurance plans, review coverage, and get cost estimates. Please call or visit the COA to book an appointment with the Welcome Desk.



Brown Bag: A program of the Food Bank of Western Mass, in partnership with South Hadley COA.

Tuesday, April 21st, 10:00 AM-11:00 AM

Please call any cancellations or holds by the end of the day on Friday, April 17th.

This program provides a free monthly bag of nutritious groceries for individuals 55 and older who meet income guidelines, or those under 55 with a disability receiving SSDI. This program is a collaboration between the South Hadley COA, Neighbors Helping Neighbors Food Pantry, and the Food Bank of Western Massachusetts.



Neighbors Helping Neighbors Inc.

SUPPORT THE FOOD PANTRY IN YOUR COMMUNITY

Collection takes place in the COA vestibule.

If you would like to donate food and/or personal care items, the following are especially needed: soup, hot and cold cereal, canned meat, tomato products, shampoo, toothbrushes and toothpaste, deodorant and women's hygiene.

Thank you for being a wonderful neighbor.

CAREGIVER SUPPORT FOR MEMORY-RELATED CONDITIONS

Belchertown Senior Center: Caregiver Group

Meets every 4th Wednesday. Led by Libby Overly, LISW & Diane Laplante, RN. Call 413-323-0420 for more info.

Chicopee Senior Center: Memory Connections

Meets the 1st Wed. of the month for caregivers + loved ones. Registration required: 413-534-3698

South Hadley COA: Support for Dementia Caregivers - Monthly Info and Support Sessions with UMass Amherst Nurses

4th Tuesdays from 10:00 AM to 12:00 PM



Access Care Partners
413-538-9020

Need help at home?
Interested in home-delivered meals? Having trouble managing your bills? Explore services available, regardless of income or insurance.



Neighbors Helping Neighbors Food Pantry
413- 437-7593

info@nhnfoodpantry.org
A client choice food pantry,
Wednesday 12:30PM-6PM
and Saturday 10AM-12PM.



USED MEDICAL EQUIPMENT PICK-UP & DELIVERY (413) 582-7787

Hampshire County Sheriff's Office
Ask to speak with Dave Fenton.



Social Security 1-800-772-1213

Calls accepted from 8AM - 7PM
Monday-Friday. Wait times are typically shorter in the morning, later in the week, and later in the month.



Elder Abuse Hotline 1-800-922-2275

Anyone who has a concern of possible abuse of an adult who is 60+ can file a report.



Senior Community Service Employment Program (SCSEP) 1-877-872-5627

The SCSEP is a community service and work-based job training program for older Americans. The program provides training for low-income, unemployed seniors.



Hampshire Elder Law Program (H.E.L.P) 413-586-8729







The H.E.L.P. provides representation for the civil legal needs of low income elders sixty years of age or older and who reside in Hampshire County.

MT. Tom Center For Mental Health & Recovery 413-536-5473



A community-based outpatient mental health and substance abuse program providing on-site and outreach services.

<p>13</p> <p>Shine Appointments 9:00 Cornhole 9:00 Dance Fusion 10:00 Tai Chi & Qigong 12:30 Fitness Basics Extra 12:30 Play Mah Jong 1:00 Color Me Calm 1:00 Zumba Gold 1:30 Movie Matinee</p>  <p>Chicken Piccata</p>	<p>14</p> <p>8:20 Hearing/Speech Svcs 9:00 Stretch & Go 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Low Vision Group 11:15 Gentle Yoga 11:30 Big Y Shopping 12:00 Learn Mah Jong 12:00 Decorative Arts 12:30 Pinochle 1:00 Bingo 1:00 Healthy B&B 2:00 Board Game Bonanza 2:45 Intro Social/Ballroom 3:00 Better Breathers Club</p> <p>Beef Taco w/Cheese</p>	<p>15</p> <p>8:45 Healthy B&B 9:00 Dance w/ Loryn 9:30 Painting w/Christiane 10:00 Travel Club 10:00 Healthy B&B 10:00 Small Group Training 11:15 Beginner Yoga 11:30 Trivia Club 12:30 Play Mah Jong 12:30 Fitness Orientation 1:00 Beginner Line Dance 1:00 Creative Collage 1:30 Social Dance Club 2:00 MacDuffie Visit</p> <p>Pulled Pork w/Rosemary Sauce</p>	<p>16</p> <p>9:00 Stretch & Go 9:00 Tech Time 9:30 Advanced Watercolors 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Travel Club 11:00 Ukulele 11:15 Seat/Stand Yoga 11:15 Lunch&Learn Beers & Story 12:30 Chair Volleyball 12:30 LGBTQ Coffee Hour 1:00 Sit & Sew 1:00 Healthy B&B 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 4:00 Jam Session Group 4:30 Veterans Evening Social 5:30 Evening Yoga</p> <p>White Bean Chicken Chili</p>	<p>17</p> <p>8:30 Gentlemen's Breakfast 8:45 Healthy B&B 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy B&B 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts</p>  <p>Pineapple Teriyaki Pulled Chicken</p>
<p>20</p> <p>Center Closed Patriots' Day</p>  <p>No Food Service</p>	<p>21</p> <p>9:00 Stretch & Go 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Brown Bag 10:00 State Rep. Gomez 11:15 Gentle Yoga 11:30 Big Y Shopping 12:00 Learn Mah Jong 12:00 Decorative Arts 12:30 Pinochle 1:00 Bingo 1:00 Healthy B&B 2:00 Board Game Bonanza 2:45 Intro Social/Ballroom</p> <p>Citrus Chicken Salad</p>	<p>22</p> <p>8:45 Healthy B&B 9:00 Dance w/ Loryn 9:30 Painting w/Christiane 10:00 Travel Club 10:00 Healthy B&B 10:00 Small Group Training 11:15 Beginner Yoga 11:30 Trivia Club 12:30 Play Mah Jong 1:00 Beginner Line Dance 1:00 Bingocize! 1:00 Creative Collage 2:00 Books and Banter</p> <p>Moussaka Lasagna</p>	<p>23</p> <p>9:00 Stretch & Go 9:00 Tech Time 9:30 Advanced Watercolors 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Travel Club 11:00 Ukulele 11:15 Seat/Stand Yoga 12:00 Bluegrass Band 12:30 Chair Volleyball 1:00 Sit & Sew 1:00 Healthy B&B 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 4:00 Jam Session Group 5:30 Evening Yoga</p> <p>Lasagna Roll w/ Marinara</p>	<p>24</p> <p>8:45 Healthy B&B 9:00 Cornhole 9:30 Watercolor Bootcamp 10:00 Healthy B&B 12:30 Chip Poker 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts</p> <p>2:30 Intro to Mosaics</p> <p>Chicken Marsala</p>
<p>27</p> <p>Shine Appointments 9:00 Cornhole 9:00 Dance Fusion 10:00 Tai Chi & Qigong 10:00 Sci Fi Club 12:30 Fitness Basics Extra 12:30 Play Mah Jong 1:00 Color Me Calm 1:00 Zumba Gold 1:30 Movie Matinee</p> <p>Turkey Bean Chili</p>	<p>28</p> <p>9:00 Stretch & Go 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Dementia Caregivers 11:00 Writing Workshop 11:15 Gentle Yoga 11:30 Big Y Shopping 12:00 Learn Mah Jong 12:00 Decorative Arts 12:30 Pinochle 1:00 Bingo 1:00 Healthy B&B 2:00 Board Game Bonanza 2:45 Intro Social/Ballroom</p> <p>Beef Stroganoff</p>	<p>29</p> <p>8:45 Healthy B&B 9:00 Dance w/ Loryn 9:30 Painting w/Christiane 10:00 Travel Club 10:00 Healthy B&B 10:00 Small Group Training 11:15 Beginner Yoga 11:30 Trivia Club 12:30 Play Mah Jong 1:00 Beginner Line Dance 1:00 Creative Collage 1:00 Fraud Prevention Workshop</p> <p>Chicken w/Lemon Cream Sauce</p>	<p>30</p> <p>9:00 Stretch & Go 9:00 Tech Time 9:30 Advanced Watercolors 9:45 Healthy B&B 9:45 Fitness Basics 10:00 Travel Club 11:00 Ukulele 11:15 Seat/Stand Yoga 12:00 Bluegrass Band Practice 12:00 iPhone Tech Class 12:30 Chair Volleyball 1:00 Sit & Sew 1:00 Healthy B&B 1:00 Public Health Nurse 2:00 Uplifting Karaoke 2:15 Meditation 4:00 Jam Session Group 4:00 Welcome Spring Dinner 5:30 Evening Yoga</p> <p>Hot Dog w/Ketchup</p>	<p>Meet with the Program Coordinator! Wednesday, April 1st, 2:00 PM Come in and meet with Brandon Dumas, our new program coordinator. This will be a brainstorming session, so please bring your programming ideas and wishes. Your input is important!</p> 

10 Health & Wellness

Available at the COA: Visual and Audio Magnifiers



The South Hadley Council on Aging is dedicated to ensuring that all activities and programs are accessible to everyone. If you require a reasonable accommodation for any event or activity, please reach out to our front desk for assistance.

Chair Massage with Barbara Burgos

Monday, April 6th, 9:00 AM

Barbara, a Licensed Massage Therapist at Ochoa Spa in South Hadley, offers mini massages with 10-minutes for \$15.00 and 20-minutes for \$25.00 payable by cash or check directly to the provider. **Schedule appointments at the welcome desk.**

Foot Nurse: Sharon Beaulieu, RN

Tuesday, April 7th, 9:00 - 11:00 AM

The fee for services at the COA is \$45.00, payable by cash or check directly to the provider. For house calls, which cost \$80.00, please call 413-552-9533. **Schedule appointments at the welcome desk.**

Hampshire Hearing & Speech Services

Tuesday, April 14th, 8:20 - 11:00 AM

Screenings and hearing aid cleanings. **Schedule appointments at the welcome desk.**

Low Vision Support Group

Tuesday, April 14th, 10:00 AM

Any senior who has received a medical diagnosis of legal blindness, visual impairment, or low vision can join.

Visit with Public Health Nurse

Thursdays, 1:00 - 3:00 PM

Stop by for a blood pressure check, discuss a concern, or ask a question.

Meditation w/Lewis & Richard [FREE]

Instructors: Lewis and Richard

Thursdays, 2:15 PM

Class includes different meditation techniques.

Not affiliated with any religious or spiritual tradition.



Better Breather's Club

Tuesday, April 14th, 3:00 PM

If you, or someone you know, is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining us at this welcoming support group. Led by an American Lung Association trained facilitator, learn better ways to cope with your diagnosis and live life to the fullest with chronic lung disease during these free and regularly scheduled educational programs. Connect with others in this fun and enriching club! **Please register at the Welcome Desk.**



Support for Dementia Caregivers

Tuesday, April 28th, 10:00 - 11:30 AM

Are you a caregiver for a person with dementia? UMass Amherst Nurses are offering **monthly** information and support sessions for caregivers. This is a great chance to connect with other caregivers! Each month, we'll provide one-on-one support, available after meetings or by appointment. Sessions are led by Heidi Zahra, RN, MSN, and Sheila Pennell, PhD, RN, faculty at the Elaine Marieb College of Nursing at UMass Amherst.



Writing to Remember with Mt. Holyoke

Tuesday, April 28th, 11:00 AM

Join us for a welcoming and engaging writing workshop focused on using storytelling to support memory and reflection. Through guided prompts and simple writing exercises, participants will explore personal memories and practice turning them into short written pieces. No prior writing experience is necessary, and sharing your writing is always optional. This workshop is designed to help keep the mind active while encouraging creativity, connection, and the preservation of meaningful life experiences. **Please register at the Welcome Desk.**



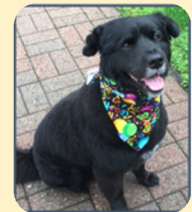
PET THERAPY



Duchess

**Monday,
April 6th**

12:30 PM - 1:30 PM



Riley

Thursdays

11:00 AM - 12:00 PM



No longer listed on the calendar, but still here as scheduled with their happy wags and furry smiles!



CREATIVE ACTIVITIES

Monthly Centerpiece Making with Sunshine Village Monday, April 6th, 10:30 AM

Sunshine Village assists us with making centerpieces for our dining room and cafe tables. All supplies included compliments of Sunshine Village.

Color Me Calm Mondays, 1:00 PM

Enjoy the company of others while you create! Supplies provided.

NEW! Decorative Arts Painting Class Tuesdays, 12:00 PM - 2:00 PM *FEE \$5.00

Join Instructor Tammy J. Clark from Clark Lane Studio for a fun, stress-free decorative art painting class! Bring your own supplies and an unfinished surface to paint while you learn simple techniques using water-based acrylic craft paints. A variety of patterns will be available to use, making it easy for beginners and experienced painters alike to create something beautiful. Some supplies will also be available for purchase if you need them.

Painting with Christiane Wednesdays, 9:30 AM *FEE \$5.00

Bring your own supplies and projects!



Advanced Watercolors Thursdays, 9:30 AM *FEE \$5.00

Bring your own supplies, Tina will provide guidance!



Watercolor Bootcamp Fridays, 9:30 AM *FEE \$5.00

Focus on watercolor techniques with Tina.

Creative Collaging Wednesdays, 1:00 PM

Sit and Sew Thursdays, 1:00 PM

Fiber Arts Fridays, 1:00 PM

Open to all who knit, crochet, embroider, and more!

Ukulele Group (Intermediate - Round Robin) Thursdays, 11:00 AM

Bluegrass Band Practice Thursdays (except third), 12:00 PM

Uplifting Karaoke with Ronnie Roule Thursdays, 2:00 PM

Jam Session Group Thursdays, 4:00 PM

Craft Club: Card Making Tuesday, April 7th, 10:00 AM *FEE \$5.00

Joanne teaches this class where you will make 4 different card designs. All supplies are included.



SOCIAL ACTIVITIES

Sci-Fi Club with Wendy and Sue Monday, April 27th 10:00 AM

Our Science Fiction club is a gathering place for dreamers, thinkers, and explorers of all things speculative. Unravel the mysteries of distant worlds, debate bold ideas, and let creativity take flight!

"Get a Clue" Mystery Book Club Tuesday, April 7th, 2:30 PM

This month we'll discuss *The Twyford Code* by Janice Hallett. The selection for May is *Killers of the Flower Moon*, by David Grann.



Books and Banter Club Wednesday, April 22nd, 2:00 PM

This month we'll discuss *Before We Were Yours* by Lisa Wingate. The selection for May is *Horse* by Geraldine Brooks. Contact the Senior Center for hybrid options.

Pinochle Tuesdays, 12:30 PM



Bingo Tuesdays, 1:00 PM

Come join us for all the fun!



Board Game Bonanza Tuesdays, 2:00 PM

Join us for Scrabble or open board game time!

Trivia Club Wednesdays, 11:30 AM



Monthly Social Dance Club Music by Richie Mitnick Wednesday, April 15th, 1:30 PM *FEE \$5.00

Social, ballroom, and line dancers welcome!

Learn to Play Mah Jong Instructor: Liz Frosch-Dratfield Tuesdays, 12:00 PM *FEE \$5.00



Play Mah Jong Mondays and Wednesdays, 12:30 PM

Veterans Coffee Hour Wednesday, April 8th, 9:00 AM

Join us for coffee and pastries, generously provided by VFW Post 3104, American Legion Post 260 and the Friends of the South Hadley Seniors. All veterans welcome!



LGBTQ Coffee Hour Thursday, April 16th, 12:30 - 2:00 PM

Joanna Brown and Runa Skar facilitate our monthly social group for LGBTQ seniors and allies. Refreshments sponsored by the Friends of the South Hadley Seniors.



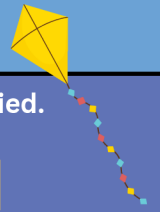
Chip Poker Fridays, 12:30 PM

Play Bridge Fridays, 1:00 PM

Cribbage Fridays, 1:00 PM



12 Exercise Programs



Fitness Center Hours

Monday – Friday: 8:00 AM – 4:00 PM

Thursdays: Open until 6:30 PM

Wednesdays: Closed 10:00 AM – 11:00 AM

Each Exercise/Fitness Class is \$5.00 unless otherwise specified.

Links for hybrid classes can be found at <https://www.southhadley.org/324/Council-on-Aging> and will no longer be emailed out weekly.

EXERCISE CLASSES

Tai Chi & Qigong

Instructor: Denise Berry

Mondays, 10:00 AM

Focus on building strength, stamina, and learning sequencing for 45-minutes [\$3.00]. Following the beginner session, a 30-minute addition dives deeper into more advanced techniques [\$4.00].

Fitness Basics

Instructor: Lindsey Matyszewski

Mondays, 12:30 PM

Tuesdays & Thursdays, 9:45 AM

Get moving with cardio, weight training, and stretching. All abilities welcome.

Stretch and Go

Instructor: Lindsey Matyszewski

Tuesdays & Thursdays, 9:00 AM

Get up and ready for the day!

Healthy Bones & Balance [FREE]

Instructors: Chris Fesko, Janet Boland, Denise Rivers and Vanessa Valery

Tues & Thurs, 9:45 AM / 1:00 PM

Wed & Fri, 8:45 AM/10:00 AM

These classes from the RSVP program are designed to increase strength, mobility, flexibility and balance while having fun! Best benefits achieved taking two days per week.

Small Group Personal Training

Instructor: Heidi MacEwen

Wednesdays, 10:00 AM

An hour of fun moving circuit style through timed workout stations focusing on functional training in balance, strength, core, and flexibility.

Fitness Center Orientation [FREE]

Instructor: Heidi MacEwen

Wednesday, April 1st & 15th, 12:30 PM

A completed application from the welcome desk and a free orientation are required for use of the Fitness Center.

DANCE CLASSES

Dance Fusion

Instructor: Beth Foster

Mondays, 9:00 AM

This cardio-dance workout conditions the entire body while helping you feel more energized and balanced. Dance Fusion blends the strength and precision of the martial arts, the creative joy of the dance arts and the restorative energy of the healing arts. This dynamic class promotes stress reduction, improved flexibility, mobility and agility, while also enhancing strength and inner balance.



Zumba Gold

Instructor: Olmedo Gomez

Mondays, 1:00 PM

Easy to follow Zumba choreography that focuses on balance, range of motion and coordination.



Intro Social & Ballroom Dance

Instructor: Jeannette LoPresti "J-Lo"

Tuesdays, 2:45 PM

Learn Swing, Rumba, Waltz, Country, 2-Step, Foxtrot, Cha-Cha, Samba, and Mambo. No partner needed!

Dance with Loryn

Instructor: Loryn Englebretch

Wednesdays, 9:00 AM

A joyful, all-abilities dance class. Learn a variety of dance moves set to fun music.

Beginner Line Dance

Instructor: Jennifer Jones

Wednesdays, 1:00 PM

This is a beginner class where you will learn 6-8 dances from an experienced line dance teacher.



YOGA CLASSES

Gentle Yoga (All Levels)

Instructor: Heidi MacEwen

Tuesdays, 11:15 AM

Classes include floorwork, standing, and balance postures using a variety of props.



Beginner Yoga

Instructor: Heidi MacEwen

Wednesdays, 11:15 AM

Learn the basics with foundational poses using clear and safe alignment.

Seated & Standing Yoga

Instructor: Michele Lyman

Thursdays, 11:15 AM

Grab a chair, wear comfy clothes, and connect breath with movement.

Evening Yoga

Instructor: Michaela Driscoll

Thursdays, 5:30 PM

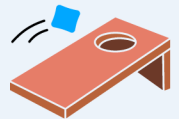
Hatha Yoga with extended guided practice.

SPORTS/ACTIVITIES

Cornhole [FREE]

Mondays & Fridays

Join this fun group and test your bean-bag tossing skills!



Chair Volleyball [FREE]

Thursdays, 12:30 PM

Build core muscles, strength, and flexibility in this energetic activity. Bring a friend for added fun!

Small Group Personal Training will be \$7. per session starting in May.

The COA will be CLOSED on April 20th for Patriot's Day

Sneakers or comfortable shoes REQUIRED.



Funding from our Activity Gift Fund supplements the cost of our fee-based programs.

14 Friends of the South Hadley Seniors

Thank You

Your support of the Friends of the South Hadley Seniors is much appreciated. We are grateful for the donations from:

Mohammed & Kaneez Bajwa	Laurie Lamoureaux
William & Monica Barry	Joanne Laplante
Jim Bosman	Richard & Linda Lewis
Lynn Camerliin	Marjie Marcotte
Patricia Clayton	Samuel & Michelle Mazza
Barbara Corrigan	Celia Mercier
William & Edeltraut Deluca	Donald McCullough
Jeanne Deschaine	Andrew Moskovitz
Lillian & William Dunn	Janet Nichols & James Everett
Joan Harp	Renee Schiava
James June	Dick Town
Gregory & Linda Komer	Nancy Towne
Harvey & Suzanne Lijek	Linda Wallace

In memory of John Attardi
Eric & Janet Girard

In memory of Margaret Mercier
Ola Herbert

In memory of Howard Phoenix
Judith Balboni



ANNUAL MEETING

Remembering Together:

A Dinner & Conversation on Memory Loss
May 7th, 4:00 PM @ the Senior Center

The Friends annual meeting will provide insight and guidance on supporting loved ones who are experiencing memory loss. A short documentary titled "Taking Care" will be shown during dinner followed by an engaging panel discussion focused on understanding memory loss and conditions such as Alzheimer's and other forms of dementia.

Annual meeting cost is \$5,
payable upon registration at the COA.

This program is being sponsored in memory of Maureen Murray, a cherished friend of the Friends.

HANGING BASKETS!



Mark Your Calendar!

The Friends annual hanging flower basket sale will be just in time for Mother's Day on **Friday, May 8th.**

"Enhancing the lives of South Hadley's Senior Community" southhadleyseniors@gmail.com | www.southhadleyseniors.org



Club Hours: Wednesday and Thursday, 10:00-11:15 AM
Contact Us: Huguette, 413-530-6162 |
Susan, 413-536-2106 | Vanessa, 508-450-2949

- April 8, 2026: Newport Playhouse and Cabaret, Newport, RI. "Sexy Laundry".** Cost: \$140. - call Vanessa (sold out/wait list)
- May 14, 2026: Thimble Islands Cruise, Branford, CT., Yale Peabody Museum and lunch at Amarante's Sea Cliff in New Haven, CT.** Includes: Transportation, Museum, Cruise aboard Sea Mist and lunch - Cost: \$150. - call Huguette (sold out/wait list)
- June 15 to 18, 2026: Niagara Falls, Canada. 4 day / 3 night / 7 meal trip** - call Huguette (sold out/wait list)
- July 8, 2026: Essex River Cruise, Essex, MA. with luncheon at Danversport Yacht Club in Danvers.** Package includes: Transportation, luncheon, and narrated cruise on the Queen II. Cost \$145. - call Susan
- July 19 to 26, 2026: NCL Breakaway - Cruise from Boston to Nova Scotia and Bermuda** - call Huguette (sold out)
- August 19, 2026: Aqua Turf, Plantsville, CT. Summer Nights Band featuring music by The Bee Gees, Frankie Valli, John Travolta, Olivia Newton-John, Frankie Avalon and Sha-Na-Na!** Cost: \$135. - call Vanessa
- September 28, 2026: Vermont Road Trip. Grandma Moses Exhibit at the Bennington Museum, Lunch and Tour @ Hildene -The Lincoln Family Home in Manchester and spectacular views along the way.** Cost \$140. - call Huguette
- October 27 - 29, 2026: Atlantic City - Tropicana Resort & Casino. 3 days / 2 nights.** Includes: Transportation, hotel, \$50. Slot Bonus, \$50. Food and 2 Shows. Cost: \$390.pp (double); \$510. (single); \$370. (triple) - call Vanessa
- NEW: November 10, 2026: La Bella Vista, Waterbury, CT. Jukebox 45 - Doo Wop Memories.** Includes: Transportation, luncheon and show. Cost: \$140. - Call Susan
- December 8, 2026: Christmas in the Berkshires - Red Lion Inn in Stockbridge, Ventfort Hall in Lenox & Historical Berkshires Tour.** Includes: Transportation, luncheon and 2 tours. Cost: \$140. - call Huguette (sold out/wait list)

Make checks payable to "South Hadley Senior Travel Club" or "S.H.S.T.C"

Refund Policy: Day Trips: \$20. Deposits are non-refundable. Refunds (less deposit) will ONLY be issued if there is a replacement. No refunds for no-shows on day of trip. Multi-Day Trips: Refer to flyer for details.

Gift Certificates: Can be purchased in any denomination, never expire and can be used on any trip.



We are sincerely grateful for all donations to the South Hadley COA, which support the many activities, programs, and services we provide. Your generous contributions enable us to continue serving our community effectively. Donations made in memory of or in appreciation of someone special are indicated in bold letters. We deeply appreciate every donation and the heartfelt intentions behind them.

In Memory Of

Maureen Murray

Robert (Bob) Valenti

Barbara Fresia
Tom & Betsy Mekal
George Counter
Vanessa Valery
Barbara Kapinos
Cindy, David & Jamie Morrell
Nancy Blanchard

Barbara Corrigan
Eugene & Patricia Sullivan
Doug Guyett
Richard & Helen Gibbs
Elizabeth Jazab
Constance Canata

South Hadley Cribbage Club
South Hadley Senior Travel Club

John Attardi
Linda Brousseau

In Appreciation Of

Mary Boulais

Eric Gallagher
Chester Marciniak

Sharyn Kovalesky

Support the COA

When you donate directly to the Council on Aging's Gift Funds, you help sustain and enhance our fitness programs, creative and social activities, and special events. Your generosity also supports our exciting trips and provides essential supplies for various activities. We hope you're enjoying all the COA offers! Please consider making a donation today to keep these valuable programs thriving. Thank you for your support! - The COA Team

In Honor or Appreciation of: _____

In Memory of: _____

Donated by: _____

Mailing Address: _____

*If you would like an acknowledgment sent to the family, you must provide the following:

Name: _____

Mailing Address: _____

Relationship to Deceased: _____

Senior Center Gift Funds

Make Check Payable To: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075

Wherever Needed Most

Activities Account

Tech Time


Newsletter Account

Services Gift Fund

Lights On

Please check this box if you DO NOT want your name published in the newsletter.

South Hadley Council on Aging
45 Dayton Street
South Hadley, MA 01075

 Monday - Friday
8:00 AM - 4:00 PM
Thursdays Until 6:30 PM

 413-538-5030 (option 3)

 [www.southhadley.org/
324/Council-on-Aging/](http://www.southhadley.org/324/Council-on-Aging/)

 @southhadleycoa

All new members are required to fill out registration paperwork and sign appropriate waivers prior to attending programming at the COA. This process can be completed in person at the Welcome Desk. Registered members can sign up for their choice of activities by visiting or calling the Welcome Desk at 413-538-5030, ext. 3. All special events with an associated cost must be paid by cash or check at the Welcome Desk at the time of registration. If payment is required at the time of registration for an event or program, it will be noted in the description. For registration questions, please contact our Welcome Desk.

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DISCLAIMER: We extend gratitude to our advertisers, presenters, and program sponsors for their support of our members. The South Hadley Council on Aging does not endorse any services or products mentioned herein.

The South Hadley Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the COA in writing.

COMMUNITY RESOURCES

TRIAD

TRIAD is a community initiative between seniors, law enforcement, and service providers to increase safety through education and crime prevention.

Person at Risk Registry: Available for South Hadley residents who may be at risk of becoming lost or disoriented, or who might need medical assistance. For more information or to register, contact the South Hadley Police Department at **(413) 538-8231**.

Lock Box: This program provides seniors with a secure box outside their home that holds a key. Installed by the South Hadley Fire Department, it allows first responders to access your home during emergencies.

Reflective House Numbers: TRIAD offers reflective house number sign posts for a small donation to ensure your address is visible day and night. Contact Fire District 1 or 2 and ask for the Fire Prevention Office to get yours.

File of Life: This card provides first responders with essential medical information when patients cannot. Available at the COA welcome desk.

Rainbow Social Club (RSC) Monthly Events

The RSC offers opportunities for LGBTQ+ individuals to connect and grow in their identities, be supported, uplifted, and empowered.

- Amherst Senior Center, 1st Tuesdays, 9:30 AM
- Holyoke Senior Center, 1st Wednesdays, 5:00 PM
- Belchertown Senior Center, 2nd Wednesdays, 10:00 AM
- South County Senior Center, 2nd Thursdays, 12:00 PM
- South Hadley Senior Center, 3rd Thursdays, 12:30 PM
- Hadley Senior Center, 3rd Wednesdays, 12:30 PM
- Northampton Senior Center
 - Silver Lesbians: 1st, 3rd, and 5th Tuesdays, 2:30 PM
 - Gay Men's Group: Every Friday, 1:00 PM
- Bernardston Senior Center, 3rd Fridays, 11:00 AM

Project Lifesaver: Provided by the Police Department, utilize an electronic tracking device to assist in locating people at risk. For more information, contact Emily Tebo, **(413) 538-5050** or teboe@southhadleypolice.org.

Housing and Legal Help Resource Locator: Find housing, heating assistance, legal help, and other services available to South Hadley residents. Select South Hadley in the drop-down menu. <https://hedfuel.azurewebsites.net/>



TOWN OF SOUTH HADLEY
**AGE & DEMENTIA
FRIENDLY**

