

SILVER CIRCLE

July 2022

Easthampton Council on Aging

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*The Easthampton Council on Aging building is open
M/W/TH/F - 8am to 4pm (Now Tuesdays 8am to 7pm)*

*****We will be closed Monday July 4th*****

RAPID COVID TESTS—AVAILABLE JULY 1st!!!

FREE RAPID COVID-19 TESTS

Available at the following locations:

Health Department Office

50 Payson Ave. (basement level)
Monday-Thursday
9 AM-11:30 AM

Council on Aging

19 Union St.
Monday-Friday
8 AM-3:45 PM

Easthampton Community Center

12 Clark St.
Mondays & Wednesdays
9 AM-12 PM & 4 PM- 7 PM



Traffic Alert



The Union Street construction project will begin mid to late July. Please allow a little more time to get here!

This project consists of 1,870 feet of Union Street. The project begins at the intersection of High Street (near Big E's) and includes improvements to the signalized intersection at Cottage Street, Williston Avenue, and Payson Avenue.

Please visit the city website for details: easthamptonma.gov

Dental Hygiene Donations

For the Easthampton Community Center

In July we will be accepting donations of new, un-opened toothpaste and toothbrushes. The

Easthampton Community

Center serves over 1000 families a week and can't keep these on the shelf! Drop off your donations at the ECOA at 19 Union St. during our open hours.



Monday - Friday * 8am to 4pm

Farmer's Market Coupons are back soon!

Easthampton residents, 60 + should call for the latest update on Farmer's Market Coupons. Income guidelines apply. 413-527-6151 ext. 136 or 137

Easthampton Farmer's Market:

Back at 50 Payson on Sunday from 10am - 2pm!
HIP and SNAP Benefits accepted.
<https://easthamptonmarket.com>



Plein Aire Painting With Anne

When: Thursday July 21st at 2pm

Where: ECOA Tent

To Register: 413-527-6151 ext. 0

Cost: \$3 E'ho Residents Given Preference

This 1 hour workshop will introduce participants to many of the basic techniques of plein air painting. We'll be in the open air for this watercolor workshop designed to give you some tips, tricks, and techniques for the basics of painting outside. We will complete a number of painting exercises together, and participants will be encouraged to experiment with what they've learned by creating a quick watercolor landscape project.



Intro to Pickleball

With Joe McCoy

When: Monday July 25th, 9-11am

Where: Nonotuck Park Courts

To Register: 413-527-6151 ext. 0

Cost: \$3 suggested donation

E'ho Residents Given Preference



Have you been curious about pickleball? Would you like to learn how to play? Local pickleballer, Joe McCoy, will teach an intro session for those wanting to learn pickleball basics. He will focus on the rules, basic play and practice. Call to register 413-527-6151 ext 0.

ECOA Monthly Hiking Group

When: Tues. July 19th at 10am

Where: Wild Blueberries / Mt. Tom Hike

To Register: 413-527-6151 ext. 0

Join Theresa (Trailname: Tdogwalker) for a 3.5 mile hike over the DOC trail at Mt. Tom. We should be able to snack on wild blueberries along the way! This will be a moderately paced hike with hills and uneven terrain. Hikers will leave at 10am sharp. Please call the ECOA main desk to register.



BICYCLE Nature Wanders

With Dave

When: Thursday July 21st, 9:00 meet up

Where: Manahan Bike Trail and Surrounds

To Register: 413-527-6151 ext. 0

Cost: \$3 E'ho Residents Given Preference

Pack up your bike and a lunch & meet us at the Manahan Rail Trail, Rt. 5 parking lot. We're off on a leisurely paced, 7 mile loop to discuss mid-summer's trove of wildflowers, birds & butterflies.



Coffee Hour



Join us for coffee, and chatting with a special guest on Thursdays at 10am.

Please RSVP if you can for food planning purposes. 413-527-6151 ext. 0

July 7th: All Out Adventures

Sue Tracey - Program Director

All Out Adventures promotes health, community, and independence for people with disabilities and their family and friends through outdoor recreation. Come hear about their programs for seniors. Brought to you by the ECOA low vision group.

July 14th: Easthampton Health Dept.

Bri Eichstaedt - Health Director

Bridget Diggins - Public Health Nurse

July 21st: Easthampton Commission on Disability

Final Wishes, Wills and Planning

with Bridget Diggins, Pub. Health Nurse

When: Monday July 11th at 11am

Where: 19 Union St / ECOA

RSVP: 413-527-6151 ext. 0



Bridget Diggins, Easthampton Public Health Nurse, will give an overview of what to think about when planning for your final wishes. Wills and funerals will be discussed, along with an opportunity to ask questions.

Sarah the Fiddler at the ECOA

When: Thursday July 28th at 10am

Where: 19 Union St / ECOA

RSVP: 413-527-6151 ext. 0

****Space limited—Easthampton residents given preference****

Join us for a morning of music with Sarah the Fiddler. Sarah combines classical, bluegrass, and celtic music to create a unique style and sound.



Succulent Planting/ Pot Painting

With Jennifer of the Potting Shed

When: Monday July 18th at 1pm

To Register: 413-527-6151 ext 0

Cost: \$5 to sign up

(Preference given to Easthampton residents 55+)

Participants will paint a 3" pot and then plant a succulent from a plant bar with guided instruction. Advice on care and general information about succulents will be presented.



Fitness and Health Classes

HEALTHY BONES with Gliffy

Date: Mondays 9:30-10:30am

Register: Call 413-527-6151

*donations accepted

For details, or to register, please call the ECOA at 413-527-6151. New participants will have a screening with the instructor.

ECOA Walking Club

When: Wednesdays 10:00am

Where: NONOTUCK PARK

Register: 413-527-6151 ext. 0



Join Dawn, our Activity Coordinator, for a walk on Wednesdays. Pace will be determined by the participants.

Tai Chi

When: Wed. 9-10am

Register: 413-527-6151 ext. 0

Cost: \$5 per person/per class



Tai Chi class with Lenny of Whip City Tai Chi! *Haven't tried Tai Chi before? We are happy to have newcomers!!!*

4 Ever Young with George

When: Fridays 10:00 - 11:00

Register: Call 413-527-6151 ext. 0

Cost: \$5 per person/per class

Strength training with George! This class focuses on building strength and flexibility.



ZUMBA Gold with Heather

Date: Tuesdays 5:00-5:50 pm

Register: 413-527-6151 ext. 0

Cost: \$5 per person/per class



A low-impact dance fitness class for active older adults, using Latin and other world rhythms with choreography that's fun, yet easy to follow.



Ballroom Dancing

with Steve and Roxie

Date: Tuesdays 6:00-6:50 pm

Register: 413-527-6151 ext. 0

Cost: \$5 per person/per class



Mat Yoga with Beth

When: Thursdays 12:30-1:30pm

Register: 413-527-6151 ext. 0

Cost: \$5 per person/per class



Gentle Flow Yoga will focus on mindful movements to gently move the spine in different directions, mobilize joints, and help participants to relieve tension, connect with their breath, and feel more centered and peaceful. This class is suitable for both beginners and seasoned practitioners. Please bring your own mat to class.

Chair Yoga

Will be on a break for the summer.



Weekly Events

Mondays

9:30-10:30 Healthy Bones

1:15 Mahjong ***will teach***

Tuesdays

Big Y Trips - 9:00am Start

8:00-12:00pm Pool Table open

12:00-3:00pm BINGO is Back!!!

(Please do not arrive before 11:15 for setup)

1:00-3:00pm Cribbage

5:00-5:50pm ZUMBA Gold

6:00-6:50pm Ballroom

Wednesdays

9:00-10:00am Tai Chi

10:30-12:30pm Pool Table open

*10:00-11:30am Walking Group***

1:00-3:00pm Handcraft Group

1:15-3:30pm Mahjong (National)

Thursdays

8:00am-12:00pm Pool Table open

*9:30-11:30am Games Group***

10:00-11:00am Low Vision Group(1st Thurs.)

10:00-12:00pm Sunder Sewing

12:30-1:30 Mat Yoga

12:30-2:30pm Men's Group (2nd+4th)

Fridays

Big E's Trips - 10:00AM Start

10:00-11:00am 4 Ever Young

1:00-3:00pm Quilting

*** Classes with changes*

ECOA Board Meeting Tuesday July 19th (3rd Tuesday) at 9:30am

Fitness Assessments

with Rachel from the YMCA



When: Monday July 25th, starting at 12:30

To Register: 413-527-6151 ext 0

Rachel is a certified personal trainer who works at the Hampshire Regional YMCA. Sign up for a 15 minute fitness assessment. Rachel will assess your current fitness and provide recommendations to help you achieve your goals.

Meditative Postcard Coloring

When: Friday July 15th at 1pm

And Friday July 29th at 1pm

To Register: 413-527-6151 ext 0



Join us to chat and try out the art of meditative coloring.

July Special Trips



Walmart (\$5)

Thurs. July 14th, 10am pick-up

Call: 413-527-6151 ext. 0

Need a ride? Want to access our medical loan closet?



Call 413-527-6151 then press, "0" Our reception staff and volunteers are happy to help.



Highland Valley Take and Go Meals Now on Monday and Friday!

The Highland Valley Take & Go Meals are available every Monday and Friday to **Seniors 60+** who do not receive Meals on Wheels. Suggested donation: \$3.

Sign Up: Please call Jenna at **(413) 527-6151 ext.136** to reserve your meal! All registrations must be into Jenna by 12:00p.m one week before the meal.

Pick-up: Meals available for pick-up from **11:00am -12:00pm** at **50 Payson Ave.**

**** All Meals are served warm. Please plan accordingly. Meals cannot be held after 12pm.****

JULY MENU

Monday

07/04 **Independence Day NO MEAL**

07/11 Breaded Catfish Strips

Cal: 715 Sodium: 744 Carb: 70

07/18 French Toast Sticks

Cal: 691 Sodium: 657 Carb: 104

07/25 Low Sodium Hot Dog

Cal: 783 Sodium 1077 Carb 87

Friday

07/01 Pasta Primavera

Cal: 754 Sodium: 1053 Carb: 116

07/08 Chilled Tuna Salad

Cal: 731 Sodium: 903 Carb: 66

07/15 Savory Beef Meatloaf w/Gravy

Cal: 792 Sodium: 745 Carb: 107

07/22 Baked Pollock w/Lemon Garlic

Cal: 600 Sodium: 814 Carb: 67

Woven Friendship Bracelets

When: Wednesday July 20th at 1pm

Where: ECOA Tent

(unless rainy, then inside)

To Register: 413-527-6151 ext. 0

Cost: \$3

Learn how to make woven Kumihimo friendship bracelets. This is a simple weaving technique to make corded bracelets. Come learn this technique and socialize with us.



MCOA Walking Challenge

May 1st - Oct. 31st.



You can still sign up in July! Folks ages 5 and up can walk/run/jog to raise money for your local Council on Aging and earn chances to win prizes. Four challenges available for various ability levels. **To Register:** www.walkmachallenge.com

So far Easthamptonites have walked 911 miles!

FRIENDS PAGE

REACH US AT EXT. 140



JULY BIRTHDAYS

Carol Graham	7/2
John Thomson	7/2
Kathryn O'Leary	7/5
Jane Dushane	7/6
Barbara Frazier	7/6
Gordon Pilgrim	7/7
Claire Campbell	7/9
Stanley Kaleta	7/11
Laura Porter	7/13
Alma Heintze	7/16
Joan Plourd	7/18
Joyce Blackmer	7/24
Carol LaValle	7/24
Elaine Zach	7/24
Eleanor Scott	7/27
Albert Korsak	7/29

Sunder Tailoring is Back!

Thurs. from 10-12pm

Tailoring, alteration and minor clothing repair service with Sudha available at the center. Prices start from \$10.00 per item.



A Note from the Friends

The Friends Of The ECOA will meet on July 7th at 1pm. We still need a new President and secretary. Elections will take place at our next board meeting. If you are interested in taking an office please let us know. We are also looking for new active Friends members and welcome anyone who is interested to join our next meeting.

Trips

At this point we will not be providing trips. If you are interested in helping the Friends to organize future trips, please get in touch or come to the next board meeting.

Dump BINGO Donations

We are planning another afternoon of Dump BINGO at the end of the summer. If you have new items or crafts that you would like to donate for prizes you can drop them off at our office during ECOA open hours.

Gratitude

Thanks to Bernice Ellis for making birthday calls for many years! We appreciate her dedication and time.

Emergency Funds

Do you have an emergency situation with one of your bills? We may be able to help. Call Outreach at the ECOA (527-6151) for more information.

Jenna (ext. 136)

Linda (ext. 137)

OUTREACH NEWS

***Monthly Outreach Meeting**

July 14th at 11:00am: Medicare Savings Program

Call 413-527-6151 ext. 0 to register

Interested in saving \$170.10 monthly? If your Medicare Part B premium is currently deducted from your social security benefit or you are paying out of pocket, you may qualify for the Medicare Savings Program that will pay your monthly Medicare Part B premium. Join Outreach Coordinators Jenna and Linda to hear how you can apply.

See qualifications below;

You are	Your income is at or below *	And your assets are at or below
Single Individual	\$1,869/month	\$16,800
Married Couple	\$2,518/month	\$25,200

Foot Care Service

Foot Care will be running clinics on **July 6th and August 3rd**. \$40 Per service. Cancellations require 24hr notice. For details and to make an appointment, please call: 413-527-6151 then press "0." Cash or Check payment only.



Local Free Food Resources:

Easthampton Community Center -

contact Robin Bialecki at: 413-527-5240 or by email: etoncommctr@gmail.com

Delivery options available for Seniors

Easthampton Congregational Church Easthampton Congregational Church's Food Cupboard is open the second Wednesday of each month from 10:00-noon. Please call the church office at 413-203-9759 or email: ecchurchfood@gmail.com for info.

Small Oven Bakery/Bread for Friends- Bread for anyone who needs it every other Monday from 12-2pm. See: <https://www.facebook.com/smallovenbakes> for dates.

Your Local 55+ Resource

Easthampton Council On Aging & Enrichment Center
19 Union Street - Easthampton, MA 01027

Center Hours:

Mon., Wed., Thurs., Fri. - 8a.m. to 4p.m.

Tues. 8a.m. - 7p.m.

Phone: 413-527-6151 Fax: 413-529-1475

Connect with us

Website: <https://easthamptonma.gov/COA>

Look for us on Facebook:

Easthampton Council on Aging and Enrichment Center

ECOAE STAFF DIRECTORY

Cynthia Tarail, Director X134

Ann Longley, Front Desk/Receptionist X135

Dawn Graichen-Moore, Activity Coordinator X138

Linda Talbot, Outreach Worker X137

Jenna Ferguson, Outreach Worker X136

David Brownlee, Will Lamere, Dave Gleason Van Drivers

ECOAE Advisory Board

Thomas Brown, Chair

Louise Jacobs, Secretary

Joseph Banas **Patrick Brough**

Chuck Conner **Stan Diamond**

Crystal Coté-Stosz

ECOAE BOARD MEETING 3rd Tuesday at 9:30am - 10:30am

19 Union St.

Meetings Open to the Public

2 Board Vacancies - Applications available at the ECOAE