

SILVER CIRCLE

September 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)***

YOU ARE CORDIALLY INVITED TO ATTEND THE
MOUNTAIN VIEW SCHOOL
**RIBBON CUTTING
CEREMONY**



Tuesday, September 6th
10:30am

MVS Entrance
200 Park St. Easthampton

Refreshments in courtyard
following the ceremony

RSVP to jlubby@epsd.us

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



SENIOR SUPPORT GROUP

EASTHAMPTON SENIOR
CENTER
19 UNION STREET

2PM - 3PM

SECOND
WEDNESDAY OF
THE MONTH

GROUP DISCUSSION WILL
FOCUS ON BEREAVEMENT

2022 DATES:

SEPTEMBER 14
OCTOBER 12
NOVEMBER 9
DECEMBER 14

QUESTIONS? PLEASE CALL LIZ PLOUFFE, LICSW
413-529-1400 X106



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

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



Plein Aire Painting With Anne
When: Th. September 22nd at 1pm
Where: Nashawannuck Pond
To Register: 413-527-6151 ext. 0
Cost: \$3 E'ho Residents Given Preference

Join us for a painting session at the pond! This 1.5 hour workshop will introduce participants to the basic techniques of plein air painting. Participants will be encouraged to experiment with what they've learned by creating a quick watercolor landscape project.



Upcycled Flower Frames
When: Fri. September 23rd at 1pm
Where: 19 Union St/ ECOA
Cost: \$3 E'ho Residents Given Preference
To Register: 413-527-6151 ext. 0

Give unused artificial flowers a new life. Join us for an afternoon of re-purposing artificial flowers into lovely picture frames. Materials provided!



Pool Basics
When: Fri. September 23rd, 11am-12pm
RSVP: 413-527-6151 ext. 0

Want to learn the basics of Pool? Need a refresher on the rules? Join resident pool player, Dave, for a low key intro session.



Nature Wanders
With Dave
When: Th. Sept. 15th 8:30
Where: Fitzgerald Lake East
To Register: 413-527-6151 ext. 0
Cost: \$3 E'ho Residents Given Preference



Northampton's largest conservation area, with its variety of lake, marsh, & forest habitats will be our most ambitious exploration to date. Approximately 3 miles of moderately strenuous paths; but modestly paced with frequent stops. Bring your curiosity, sturdy footwear, water and snacks.

ECOA Monthly Hiking Group
To Register: 413-527-6151 ext. 0

Join Theresa (Trailname: Tdoggwalker) for one or both hikes this month.



Nonotuck Park Nature Trails
When: Tues. September 6th at 10am
Meet at the gatehouse and walk the peripheral trails of Nonotuck park. 3 miles of moderately paced, uneven terrain.

Eyrie House Ruins Mt. Tom
When: Tues. September 20th at 10am
Moderately challenging, rocky terrain. 3 miles with the first 1.5 miles uphill.

The Emily Williston Library & COA Book Club

Book: Still Alice by Lisa Genova

When: Wednesday Sept. 14th at 1pm

Where: ECOA - 19 Union Street

RSVP: 413-527-6151 ext. 0

Stephanie (Librarian - Emily Williston Memorial Library) and **Dawn** (Activity Coordinator - ECOA) are hosting a book club on September 14th. We will be discussing the book Still Alice by Lisa Genova. Still Alice is a moving and vivid depiction of life with early-onset Alzheimer's disease. Pick up a copy at the Emily Williston Memorial Library after (August 15th) and read with us.



Concert & Ice Cream

With Crimson Canary

When: Fri. September 16th at 1pm

Cost: \$3 E'ho Residents Given Preference

RSVP: 413-527-6151 ext. 0

Space is limited and you must pre-register.

We will be hosting an end of summer concert with Easthampton's own Lonnie and David Chu! Join us for a cold treat courtesy of **Trinity Health New England!**



Rock Painting Social

When: Thursday September 29th at 10am

Where: 19 Union St/ ECOA

Cost: \$3

To Register: 413-527-6151 ext. 0

Join us to chat and create painted rocks to keep or leave around town.



Exercise and Nutrition Talk

with Bridget Diggins, Pub. Health Nurse

When: Monday Sept. 12th at 11am

Where: 19 Union St / ECOA

RSVP: 413-527-6151 ext. 0



Come join Bridget, Easthampton's PHN, to learn about exercise and nutrition as you age. Bridget will be here to share information and answer questions.

Activities Coffee Hour

When: Thursday September 8th at 10am

Where: 19 Union St/ ECOA

Register: 413-527-6151 ext. 0



Join Activity Coordinator, Dawn, for coffee and to share your ideas about activities this fall.

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!!!*

Ballroom Dancing

Steve and Roxie + HCC Students

Date: Tuesdays 6:00-6:50 pm

Register: 413-527-6151 ext. 0

Cost: \$5 per person/per class



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.

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.

Fitness Assessments

with Rachel from the YMCA

When: Tues. Sept. 13th starting at 3:30pm

To Register: 413-527-6151 ext 0

****FOR FITNESS ROOM MEMBERS ONLY****

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.



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
(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 Tailoring
12:30-1:30 Mat Yoga
12:30-2:30pm Men's Group (2nd+4th)
1:00-3:00pm Quilting

Fridays

Big E's Trips - 10:00AM Start

ECO Board Meeting details on the back cover. Board meetings are open to all!

September Special Trips



Walmart (\$5)

Thurs. September 8th, 10am pick-up
Thurs. September 29th, 10am pick-up

To reserve your spot, call:
413-527-6151 ext. 0

Meditative Postcard Coloring

When: Friday Sep. 2nd at 1pm
And Wednesday Sep. 28th at 1pm

To Register: 413-527-6151 ext 0

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



Visually Impaired Peer Group

Led by Kathy Carey
Thurs. September 1st from 10am - 11am

This group will meet on the first Thurs. of each month and provide an opportunity to meet with peers and share experiences surrounding vision loss in a warm, supportive environment.

Farmer's Market Coupons are here!

Easthampton residents, 60 + should call for the latest update on Farmer's Market Coupons.

Income guidelines apply. Call Linda:
413-527-6151 ext.137



Easthampton Farmer's Market:

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



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 **(413) 527-6151 ext.136** and leave a message to reserve your meal! All registrations must be into Linda by 12:00p.m one week before the meal. Our volunteer Sue or Linda Talbot will call you back.

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**

SEPTEMBER MENU

Monday

09/05 **Independence Day NO MEAL**

09/12 Chicken Enchiladas

Cal: 749 Sodium: 862 Carb: 77

09/19 French Toast Sticks

Cal: 654 Sodium: 583 Carb: 110

09/26 Ham and Pickle Salad

Cal: 772 Sodium 1230 Carb 83

Friday

09/02 Cheese Pizza

Cal: 842 Sodium: 1191 Carb: 84

09/09 Chicken Chef Salad

Cal: 729 Sodium: 753 Carb: 71

09/16 Savory Beef Meatloaf

Cal: 790 Sodium: 734 Carb: 91

09/23 Hamburger on Bun

Cal: 788 Sodium: 886 Carb: 94

09/30 Turkey Sausage and Cheese

Cal: 833 Sodium: 1113 Carb: 107

Writing Your Memoirs with Kathay

When: Monday September 12th at 1pm

RSVP: 413-527-6151 ext. 0



Writing Experience Not Necessary! Our memories are our real family treasures! Everyone has a story to tell and you may have already begun writing down the stories of your life, but don't know how to organize the bits and pieces into a narrative that you'll want to share with your family and friends. And if you haven't even started writing, but have been thinking about it and would welcome an encouraging, friendly atmosphere sharing ideas with others, then join us on Monday, September 12 at 1:00 to discuss reviving the writing group. If you're interested, but cannot attend the meeting, please call the ECOA front desk and let them know!

FRIENDS PAGE

REACH US AT EXT. 140



SEPTEMBER BIRTHDAYS

Edith Duffe	9/2
Martha Hogan	9/2
Karen Whiteley	9/5
Richard Dufraime	9/8
Pat Egan	9/10
Edward Kazunas	9/16
William McAuliffe	9/19
Sylvia Gallagher	9/21
Fred Pierson, Jr.	9/2
Sandy Eddy	9/26
Edward Riel	9/27

Attention Business Owners and Generous Members!

Steve Persichetti will be working on setting up the advertising sponsorships for our Newsletter the week of **Sept. 19th-22nd, 2022**. Please consider advertising in our Newsletter.

Advertisements can be purchased for a business, family, or a sponsor ad can be purchased supporting worthy causes, community service organizations or even memorials. **We need and appreciate your help.** If you are interested or would like more information, please call Steve directly at **978-457- 2612**.

Thank you in advance for your generous support, and please patronize our advertisers!

ECO A Friends Updates

Our next meeting will be held Sept. 8th, at 1pm. These meetings are open to all - please join us!

Trips

We know several members are anxious for the Travel Club to start up again. In order for this to happen, we need someone to step up and run it. If anyone is interested, please contact us.

Magazines

If there are magazines for the coffee table at the ECOA that we don't subscribe to and members would like to read , please drop a note in the Friends mailbox.

Dump BINGO

When: Friday September 30th at 1pm

Where: ECOA - 19 Union St.

RSVP: 413-527-6151 ext. 0

Cost: \$10 per participant

The Friends of the ECOA will be holding a dump BINGO event this month. \$10 buys your cards for the event. A choice of prizes will be available for the winner of each game. Light refreshments will be served. Space is limited, so save your spot ASAP.



OUTREACH NEWS

Emergency Funds

Do you have an emergency situation where you are unable to pay one of your bills? We may be able to help. This program is available to those who have not applied for emergency funds in the past 3 years. For further information, please contact Outreach Worker Linda Talbot at 527-6151 x 137

Learn how to spot financial fraud and threats!

Organized by the Polish National Credit Union

When: Thursday, September 22, noon to 2 PM

Where: Our Lady of the Valley Parish, 33 Adams St.

RSVP: Call the ECOA at 413-527-6151 ext. 135 by 9/15/22



Guest speakers: Walter Laskos, SVP Communications at CCUA, Mayor LaChapelle, EPD Chief Alberti, DA Sullivan, NW Dist., Sheriff Cahillane, Hampshire C.

Financial Elder Abuse Workshop with free lunch and refreshments. Advance registration required, seating limited to first 100 people. The ECOA will offer rides on a first-come, first served basis. You must talk with a receptionist to RSVP or schedule a ride.

Foot Care



Foot Care will be running clinics on **September 7th and October 5th.**

\$40 Per service.

Cancellations require 24hr notice. For details and to make an appointment, please call: 527-6151 then press "0."

Cash or Check payment only.

Volunteer Corner

The Easthampton Council on Aging is currently seeking volunteers to assist with the Companion Transportation Program. We depend upon volunteers to assist us in a number of ways. Volunteers are the backbone of the Senior Center. If you are interested in applying for these positions, please contact **Linda Talbot, Outreach Worker at 527-6151 ext. 137.**

Companion Transportation Program: Volunteers provide one-on-one transportation and escort to seniors needing rides to medical appointments. Volunteers use their own vehicle and can receive mileage reimbursement. Time commitment is based on your availability.



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

ECOEA STAFF DIRECTORY

Cynthia Tarail, Director X134

Ann Longley, Front Desk/Receptionist X135

Dawn Graichen-Moore, Activity Coordinator X138

Linda Talbot, Outreach Worker X137

David Brownlee, Will Lamere, Dave Gleason Van Drivers

ECOAE Advisory Board

Joseph Banas, Chair

Louise Jacob, Secretary

Stan Diamond

Thomas Brown **Patrick Brough**

Chuck Conner **Crystal Coté-Stosz**

ECOEA BOARD MEETING - Open to the Public

Tuesday September 20th at 9:30am HYBRID

50 Payson Ave - 1st Fl. Conference Room #1

Sign up for ECOEA Board alerts at: easthamptonma.gov

Agenda with hybrid meeting link posted the week prior to each meeting
at: <https://easthamptonma.gov/AgendaCenter/Council-on-Aging-13>