

SILVER CIRCLE

February 2023

Easthampton Council on Aging



Valentine Concert with Sarah the Fiddler

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****We will be closed February 20th****

The Easthampton Council on Aging

Winter Hours: Monday through Friday 8am to 4pm

Please call 413-527-6151 ext. 0 with questions

Valentine Concert with Sarah the Fiddler

When: Thursday Feb. 16th at 10am

Where: 19 Union St / ECOA

Cost: \$5 **Must Pay in Advance**

RSVP: 413-527-6151 ext. 0

Space limited—Easthampton residents given preference

Be our Valentine and 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.



Easthampton Fire House Numbers Program



Bright red house signs with your house numbers in reflective letters on a sturdy post are available from our Fire Dept. In an emergency, police, fire and rescue workers depend on house numbers to find YOU as quickly as possible. To request a sign, call the reception desk (413-527-6151 ext. 0) and leave your name, address and phone number. ****House numbers will be installed in the Spring*****

The 10th Annual Easthampton WinterFest



Saturday, Feb. 11th

For the full list of activities, see:

<https://www.nashawannuckpond.org/winterfest.html>

We will be hosting two activities:

10-11:00am Ukelele Concert The Ukelele Strum Group

Come Enjoy the sweet music of The Ukulele Strum Group. They are a group of ukulele enthusiasts of all levels of playing experience, who meet to play and perform.



12:30-1:30pm Winter Wand Making

Join us for some glittery winter wand making and add some sparkle to your winter.



AARP Tax Program

The AARP Tax Prep Program is back!

**For details and an appointment, call:
413-527-6151 ext. 136.**

Taxes will be done by dropping off your paperwork in the morning (8-8:30am) and picking it up at 3:30pm the same day.



Tailoring at the ECOA Upstairs in February!!!

Thurs. from 10-12pm

Tailoring, alteration and minor clothing repair service with Sudha available at the ECOA on the main floor. Prices start from \$10.00 per item. Appointments not needed.



Mimic the Masters - Georges Seurat

When: Thursday Feb. 16th at 2pm

Where: 19 Union St/ ECOA

Cost: \$3 E'ho Residents Given Preference

To Register: 413-527-6151 ext. 0



This workshop will combine art appreciation with practice of techniques as we "mimic the

masters" in looking closely at Georges Seurat's A Sunday Afternoon on the Island of La Grande Jatte. Participants will learn about some of the innovative techniques that Seurat used and then get the chance to practice them, using materials of their choosing (pen and ink, colored pencils, watercolor) to create a small work to take home. Participants can work on a piece of their own choosing or create their own version of La Grande Jatte.

Valentine's Suncatchers **With Sarah**

When: Friday Feb. 24th at 1pm

Where: 19 Union St/ ECOA

Cost: \$3 E'ho Residents Given Preference

Join Sarah of Sarah Crafts Things to make these beautiful heart suncatchers. Sparkly fun to brighten up the winter!



Dragon Boat Making

With Gayle

When: Monday Feb. 13th at 11am

Where: 19 Union St/ ECOA

Cost: \$3 E'ho Residents Given Preference

Joong or Tsung-Tse was the name of a food served during the Dragon Boat Festival in China. Made of rice dumpling wrapped in bamboo leaves, it is in the shape of a hexahedron (any polyhedron with six faces). It later became a yarn wrapped ornament. We will use cardboard and colorful embroidery string to make these festive and decorative ornaments.



Beeswax Candles

When: Thursday Feb. 23rd at 10am

Where: 19 Union St/ ECOA

Cost: \$3, E'ho Residents Given Preference

RSVP: 413-527-6151 ext. 0

Join us in making rolled beeswax candles and brighten up the long winter nights. Space is limited, so call to reserve your spot.



Valentine Making Party

When: Wednesday Feb. 8th at 1pm

Where: 19 Union St/ ECOA

Cost: Free

RSVP: 413-527-6151 ext. 0



Join us for Valentine making and chatting.

Caring for a Loved One with Dementia / Alzheimers



Coffee Chat with Ashley

When: Monday Feb. 27th at 1pm

Where: 19 Union St/ ECOA

RSVP: 413-527-6151 ext. 0

Are you caring for a loved one with Alzheimers or Dementia? Join Ashley and peers to talk about the challenges. We will discuss how memory loss impacts relationships and how to move forward with better communication. We will also discuss how to keep yourself mentally and physically strong as you care for your loved one.

Winter Hike

Eyrie House Ruins

Weather Permitting



When: Tues. February 14th at 10:30am

RSVP: 413-527-6151 ext. 0

Barring icy conditions we will bundle up for a winter hike to the Eyrie House ruins on Mt. Tom. A 4 mile hike on largely flat but uneven terrain. This hike is good for those who walk/or hike regularly and are comfortable on some rocky terrain.

Writing Your Memoirs

2nd and 4th Mondays at 1pm



Writing Experience Not Necessary! Join this supportive group in sharing ideas, as you record your stories. Drop-ins and new writers welcome!



MASSACHUSETTS COLLEGE of PHARMACY
and HEALTH SCIENCES

Ask the Pharmacist - Med Safety

Sponsored by the EOEA

When: Friday Feb. 3rd at 1pm

RSVP: 413-527-6151 ext. 0

A pharmacist from the Massachusetts College of Pharmacy and Health Services will be here to talk about medication safety and strategies for making sure you are taking your medication safely. Bring your questions!

March Emily Williston Library & COA Book Discussion

The Personal Librarian

by Rabih Alameddine

Details: March 16th at 2pm at the ECOA



Stephanie (Emily Williston Memorial Library) and **Dawn** (EOCA) are hosting a book discussion in March. Pick up a copy at the Emily Williston Memorial Library after



February 13th and read with us.

Meditative Postcard Coloring

When: Friday Feb. 10th at 1pm

Wednesday Feb. 15th at 1pm

To Register: 413-527-6151 ext 0

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



Fitness and Health Classes

Total Body Strength with Denise

When: Fridays 10:30-11:30am

Register: 413-527-6151 ext. 0

Cost: \$5 per person/per class



Strengthen your upper and lower body and increase core stability, as you listen to upbeat music. Improve your balance, coordination and range of motion, in challenging yet fun ways, with options given for all exercises so you can work comfortably at your own level.

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 tension. This class is suitable for both beginners and seasoned practitioners. Please bring your own mat to class.

We want to hear from you!

Would you like to see a chair yoga class? A cardio fitness class? Something else? Help us determine what classes to add next. Call or email our Program Manager, Dawn at:

413-527-6151 ext.138

Dgraichen-moore@easthamptonma.gov



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.

ECO Walking Club

When: Wednesdays 10:00am

Where: **BIKE PATH - TANDEM**

Register: 413-527-6151 ext. 0



Join Dawn, our Program Manager, 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!!!*

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.

Weekly Events

Mondays

8:00am-4:00pm Pool Table open
9:30-10:30 Healthy Bones
1:00-2:30pm Writing Group (2nd+4th Mon.)
1:15-3:00pm Mahjong

Tuesdays

8:00am-4:00pm Pool Table open
Big Y Trips - 9:00am Start
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

Wednesdays

8:00am-4:00pm Pool Table open
9:00-10:00am Tai Chi
10:00-11:30am Walking Group ** TANDEM
1:00-3:00pm Handcraft Group
1:15-3:30pm Mahjong (National)

Thursdays

8:00am-4:00pm 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 Mon.)
on zoom
1:00-3:00pm Quilting

Fridays

8:00am-4:00pm Pool Table open
10:30-11:30am Total Body Strength
Big E's Trips - 10:00AM Start
1:00-3:00pm Pitch and Hearts

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

Hearts and Pitch Drop-In

When: Fridays 1-3pm starting in Feb.

Join us for a recreational (non-gambling) drop-in Pitch and Hearts game on Friday afternoons. No sign-ups needed.



Pool Table Hours

The pool table has moved downstairs is now available most days from 8am-4pm. Call if you have questions 527-6151 ext.0.



Legislative Corner

Senator Velis' Staff ECOA Office Hours

3rd Tuesday (Feb. 21st) 10:30-11:30

Representative Carey Coffee Hour

Tuesday Feb. 28th 10-11am

Did you know that Representative Carey's office and Senator Velis' office can help those who need any assistance with state agencies? (Examples: RMV, Unemployment, or the Department of Revenue). Call their offices for assistance.

Senator Velis' Office: 572-3920

john.velis@masenate.gov

Representative Carey's Office: 529-4286

Kelly.oreilly@mahouse.gov

Highland Valley Take and Go Meals **NEW PICK-UP LOCATION!!**

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

Sign Up: Call Ashley (527.6151 ext. 130) with your chosen dates, or if new, let us know you'd like to enroll. All registrations must be received by 12:00p.m one week before the meal. You will get a call back to confirm.

Pick-up: Meals available for pick-up from **11:30am -12:00pm** at the Main St. branch of **Easthampton Savings Bank in the back parking lot.** Enter the parking lot from Campus Ln. or Summer St.

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

February Trips

Walmart (\$5)

Thurs. February 9th, 10am pick-up start

Thurs. February 23rd, 10am pick-up start

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



February Menu



Monday

- 2/6 Eggs w/ Bacon & Cheese
Cal:762 Sodium:976 Carb:112
- 2/13 Salisbury Steak
Cal:663 Sodium:1040 Carb:92

2/20 NO MEALS – HOLIDAY

- 2/27 Chicken Fajitas
Cal:629 Sodium:977 Carb:80

Wednesday

- 2/1 Breaded Chicken Bites
Cal:878 Sodium:1192 Carb:87
- 2/8 Chicken Cacciatore
Cal:618 Sodium:873 Carb:87
- 2/15 Ham & Cheese Sandwich
Cal:727 Sodium:1193 Carb:79
- 2/22 Baked Ziti
Cal:651 Sodium:743 Carb:8

Friday

- 2/3 Vegetarian Chili
Cal:770 Sodium:1184 Carb:106
- 2/10 Salmon
Cal:761 Sodium:988 Carb:89
- 2/17 Vegetable Soup
Cal:769 Sodium:745 Carb:115
- 2/24 Chicken Cordon Bleu
Cal:661 Sodium:820 Carb:78

Handcraft Social Group

Wednesdays from 1-3pm

Bring your knitting or crochet project to work and chat together!



FRIENDS OF THE ECOA

REACH US AT EXT. 140

ECOA Friends Updates

Our next meeting will be held **Thursday, February 9th at 1:00pm**. These meetings are open to all – please join us! If you can't attend the monthly meeting but are interested in helping, please contact us at 413-527-6151 ext. 140. We are currently seeking volunteers to help plan our next fundraiser.



Prize BINGO

When: Friday Feb. 17th 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 prize 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.

THANKS TO ALL WHO DONATED PRIZES!!

Travel Club

The travel office will be open Mondays, Wednesdays, and Fridays from 12-1pm. Stop by to chat with Ann about future trips. 413-527-6151 ext. 140

Congratulations to Jan Daysh - winner of the spa basket raffle!



FEBRUARY BIRTHDAYS

Jane Zywar	2/6
Peter Carrier	2/7
Theo Cooper	2/8
Joel Walz	2/9
Yolande Korona	2/11
Marie Milczarek	2/11
Eileen Hickle	2/15
Dan Sulzycki	2/18
Larry Gwozdz	2/21
Edward Besko	2/23
Ginni Hurteau	2/23
Jill Strader	2/23
Shirley Bak	2/27
Diane Biladeau	2/28

The Friends Travel Club is Back!



Cape Cod

Join the travel club for a 3 day trip to Cape Cod and Martha's Vineyard May 24th-26th. The cost is \$400 per person.

Log Cabin Trips

July 11th - Billy/Elton Dueling Pianos (\$85)
Lobster meal and show.

July 12th - Garth Brook Tribute (\$85)
Lobster or Prime Rib Meal

August 8th - Country Icons (\$87)
Lobster or Prime Rib Meal

For details, and to sign up, please contact:
Ann Longley at 802-498-8130

OUTREACH NEWS

SNAP Emergency Allotment Ending



SNAP emergency allotments (the extra \$95 per month in food benefits) will be ending as of **March 2, 2023**. Your standard award amount will still continue monthly. If you have any questions regarding your Snap Food benefits please contact **Ashley Brown 413-527-6151 ext. 130**.

Foot Care - NOW UPSTAIRS



Foot Care clinics runs on the first Wednesday of each month and will be located on the main floor at the ECOA. Check in at the front desk for your appointments. \$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.



Veteran Services Office Hours

In February Michelle Murdock, Veteran's Services Officer, will begin holding weekly office hours at the ECOA. Stop in anytime on Tuesdays and Wednesdays between 9am-3pm to say hi and ask questions.

Fuel Assistance Season

It's time to apply for fuel assistance and home energy programs from Community Action. In special circumstances, you can also apply for limited emergency funds set aside for fuel help donated by Helping Hands. We have staff and a volunteer who can help you with your applications or recertification. We also can help direct requests for weatherization or heating repair.

Gather your documents:

- photo identification
- a list of all household members
- proof of income
- information on your heating bills
- an active lease or mortgage statement

To apply online, go to:

<https://www.toapply.org/CA>

Note that you have to sign up and create an account to use the online application and then submit your documents. If you do the online form, and have questions or need help getting your documents to Community Action, we can help. To make an in person appointment, call reception (413-527-6151 ext. 0) and leave your name, whether you applied in the last two years (returning client) or not (new client) and your phone number.

SENIOR SUPPORT GROUP

EASTHAMPTON SENIOR CENTER
19 UNION STREET

2PM - 3PM

SECOND WEDNESDAY OF THE MONTH

WINTER/SPRING 2023 DATES:

JANUARY 11
FEBRUARY 8
MARCH 8
APRIL 12
MAY 10

GROUP DISCUSSION WILL FOCUS ON BEREAVEMENT

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

Need Rapid COVID Tests?

Thanks to the **Easthampton Public Health Department** we are stocked with COVID tests. If you need some, stop by during open hours.

Your Local 55+ Resource

Easthampton Council On Aging & Enrichment Center

19 Union Street - Easthampton, MA 01027

Center Hours:

Winter Hours: Monday through Friday - 8a.m. to 4p.m.

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

Connect with us

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

Facebook: **Easthampton Council on Aging and Enrichment Center**

ECO A STAFF DIRCTORY

Cynthia Tarail, Director X134

Ann Longley, Front Desk/Receptionist X135

Kayt Thompson Principal Clerk X136

Ashley Fraga Brown, Outreach Worker X130

Linda Talbot, Outreach Worker X137

Dawn Graichen-Moore, Program Manager X138

David Brownlee, Will Lamere, Dave Gleason Van Drivers

Eric Bottesini, Custodial Staff

ECOAE Advisory Board

Joseph Banas, Chair **Louise Jacob**, Secretary

Stan Diamond **Cathie Schweitzer** **Thomas Brown**

Patrick Brough **Chuck Conner** **Crystal Coté-Stosz**

ECO A BOARD MEETING - Open to the Public - HYBRID

Third Tuesday of each month, 12-1pm

50 Payson Ave - 1st Fl. Conference Room #1, or online

Sign up for ECOA 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>