



SILVER CIRCLE

December 2023

Easthampton Council on Aging

We can't believe that 2024 is almost here! As we reflect on 2023, we want to share our deep gratitude for our participants, instructors, and volunteers. Wishing you all a joyful end to 2023!

Cindy, Linda, Ashley, Kayt, Moira, Eric, Dave G., Dave B., Will and Dawn

••• Event Highlights•••

Bright Nights, UMASS Night Out and Shopping...See pg. 2

Crafts, Cookies and Wreaths...See pg. 4

Jimmy Mazz and High Definition Concerts...See pg. 2

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Fire Safety Checks...See pg. 8

Senior Tax Work Off Program...See pg. 3

Medicare Open Enrollment and Utility Bill Help...See pg. 9

•••Holiday Closures•••

*December 12th - gym closed from 11-3

*December 22nd - center closed at 11:30

*December 25th - center closed

*December 26th - center closed but Transportation running

EOA Hours

Monday, Wednesday, Friday 8am - 4pm

Tuesday, Thursday 8am - 6pm

****Snow Closures details on Pg. 3****

Social Trips

Bright Nights (\$5)

Wednesday December 6th

Meet at ECOA at: 5:30pm (call if need a ride)

Join us for a trip to Springfield to drive through the Bright Nights Light Display!

This program is subsidized by the Friends of the Easthampton Council on Aging

Hot Sardines Concert at UMASS and Paisano's Dinner

Cost: **FREE** ***

Date: Thursday Dec. 7th

Meet at ECOA at 4:45 (call if need a ride)

The Hot Sardines bring their jazzy sound to celebrate the holidays at UMASS. Join Dawn & Ashley for dinner and a show!

****Tickets courtesy of the UMASS Angel Program* Dinner courtesy of a grant awarded to the Massachusetts Association of Councils on Aging by the Massachusetts Executive Office of Elder Affairs. Any opinions expressed herein are solely those of the Easthampton COA.**

Shopping Trips

Northampton Walmart Trip (\$5)

Date: Wednesday Dec. 13th

Pick Ups Start At: 9:30am



Thornes and Downtown Northampton (\$5)

Date: Tuesday Dec. 5th

Pick Ups Start At: 10:30am

Shop in downtown Northampton or just enjoy the decorations. You choose!

To sign up for shopping or social trips. Please get in touch with Kayt: 527-6151 ext. 136 kthompson@easthamptonma.gov

Music

Holiday Concert & Tarts

When: Tuesday Dec. 12th

*Dessert and Coffee starts at 12:30

*Music starts at 1pm

Cost: \$5 *must pay to register (no refunds)

Questions? Kayt 527-6151 ext. 136

kthompson@easthamptonma.gov



Join Jimmy Mazz for a holiday concert crooner style. Chocolate and Lemon Tarts from Small Oven will be served with coffee. Space

limited so get your tickets ASAP!

This event is subsidized by the Friends of the Easthampton Council on Aging

High Definition Concert

When: Friday Dec. 8th at 1:30pm

Cost: **FREE**

RSVP: Kayt 527-6151 ext. 136

kthompson@easthamptonma.gov

High Definition is a women's a capella choir from the Northampton area. They sing a variety of classical, jazz and contemporary songs. Join us for an afternoon of music.



5th Annual SHARE THE WARMTH Sock, Hat and Mitten Drive



Drop off your cozy contributions at the Council on Aging from **8am-4pm, Monday - Friday, until Dec. 9th**. Help us spread some warmth to start 2024!

Easthampton Senior Tax Work Off Program

WE'RE RECRUITING SENIOR TAX WORK OFF CANDIDATES

(PENDING CITY COUNCIL ACTION on 11/15/23)



Are you an Easthampton homeowner 60+ and earning the max of \$65,590 for a one-person household and \$74,960 for a two-person household.? Could you see yourself working a few hours per week in a position at the senior center, city hall, parks, library, or public safety? You might be eligible to apply for the Senior Tax Work-Off program.

Pending City Council approval to continue the program, **applications will be due December 14th**, and they are located at the ECOA, City Hall, and online at www.easthamptonma.gov under Departments, Council on Aging. For more information, call Cindy at 413-527-6151 extension 134 or via email at: ctarail@easthamptonma.gov.



SNOW SEASON IS HERE!!!

It's icy or snowing and you're wondering if we have transportation, activities or services. We might have a partial or full closure. Typically, we will make these announcements by 7 AM. For updates:

- check our Facebook page
- sign up for a News Flash from our website using Notify Me at <https://easthamptonma.gov/list.aspx>
- follow weather closings on these media channels:

WGGB ABC40
WWLP-Channel 22

Solstice Hike at Arcadia

When: Thursday December 21st at 3pm

RSVP: 413-527-6151 ext.136 or kthompson@easthamptonma.gov

Come celebrate the shortest day of the year with Program Manager, Dawn Graichen-Moore. We will hike through Arcadia and contemplate longer days to come. 2-3 miles over uneven and occasionally hilly terrain at a moderate pace. Sturdy shoes required.



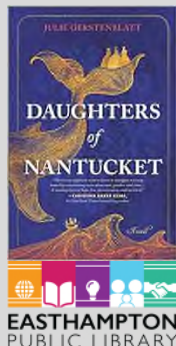
January Easthampton Public Library & COA Book Discussion

Daughters of Nantucket by Julie Gerstenblatt

When: Th, Jan. 18th- 2pm at ECOA

RSVP: 527-6151 ext. 136 or kthompson@easthamptonma.gov

Stephanie (EPL) and **Dawn** (ECOA) are hosting their next book discussion January 18th. Pick up a copy at the Library in December and read with us. All welcome!



Easthampton Public Library Senior Forum



When: Monday Dec. 4th from 12:30-2:30pm

RSVP: Kayt 527-6151 ext. 136 or kthompson@easthamptonma.gov

Join Easthampton Public Library Staff for a Senior Focus Group on the future of the Easthampton Public Library. Come share ideas for the next 30 years of Library services in the city in an informal discussion environment. We want to hear from you!

December Arts & Crafts Classes

Paper Quilling Wreaths

When: Wednesday Dec. 6th, 1-3pm

Where: 19 Union St/ ECOA

Cost: FREE

RSVP: Kayt 527-6151 ext. 136 or
kthompson@easthamptonma.gov

Join Mimi to create these sweet paper quilled wreaths. Students will receive all materials and instruction to complete one wreath. If we run out of time, students will be able to take home everything they need to complete the project.



Beaded Ornaments with Sarah

When: Friday Dec. 15th at 1pm

Where: 19 Union St/ ECOA

Cost: \$5

RSVP: Kayt 527-6151 ext. 136
kthompson@easthamptonma.gov



Sarah will be back with wintery beads for these lovely ornaments. Great for trees, windows, presents!

Cupcake Lip Balm DIY

When: Wed. Dec. 20th at 12:30pm

Where: 19 Union St/ ECOA

Cost: \$5

RSVP: Kayt 527-6151 ext. 136 or
kthompson@easthamptonma.gov

Join Dawn and learn how to make custom lip balm! Each participant will leave with two lip balms, one to keep and maybe one to share?



DIY Wreaths

thanks to Valley Art Supplies

When: Thursday Dec. 7th at 10am

Where: 19 Union St/ ECOA

Cost: \$10 E'ho Residents

Bring garden shears (if you have them) and join us to make an evergreen wreath with kits supplied by Valley Art Supplies.



Meditative Postcard Coloring

When: Th. Dec. 14th at 10am

Th. Dec. 28th at 1pm

Where: 19 Union St/ ECOA

To Register: 413-527-6151 ext. 136

Join us to chat and try out the art of meditative coloring. We will have postcards and bookmarks available. A great way to spend a little time relaxing during the busy end of year bustle!



Cookie Swap

When: Thursday Dec. 21st at 10am

Where: 19 Union St/ ECOA

RSVP: Kayt 527-6151 ext. 136

We can't wait for this tasty event! Bring cookies and leave with an assortment to enjoy at home or share.

Please Bring:

- *2 Dozen Homemade Cookies in a pan/dish
- *A container to take your cookies home
- *Festive dress highly encouraged!

If you want to share your recipe you can bring a copy or email it to Dawn and she will have copies available.

dgraichenmoore@easthamptonma.gov

Fitness and Health Classes

Total Body Strength with Denise

When: Fridays 10:30-11:30am

Cost: \$5 per person/per class



Strengthen your upper and lower body and increase core stability. Improve your balance, coordination and range of motion with options given so you can work at your own level.

Mat Yoga with Beth

When: Thursdays 12:30-1:30pm

Cost: \$5 per person/per class



Gentle Flow Yoga uses movements to gently move the spine, mobilize joints, and reduce tension. Suitable for both beginners and seasoned practitioners. Bring your own mat.

No Yoga Thursday Dec. 28th

ZUMBA Gold with Heather

Date: Tuesdays 5:00-5:50 pm

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.

Dance Fitness with Hayley

When: Th. 4-4:50pm

Cost: \$5 per person/per class



Experience the joy of movement in this low-impact dance fitness and strength building class! Following a gentle warm up, participants will get their feet moving and hearts pumping with easy-to-follow dance sequences that will utilize full body movements. Incorporating music from the 60s, 70s, and 80s, this funk and disco style dance movement will emphasize coordination, cardiorespiratory endurance, and fun!

HEALTHY BONES with Gliffy

Date: Mondays 9:30-10:30am

Cost: FREE



The RSVP Healthy Bones and Balance class is designed to increase participants' strength, mobility, flexibility, and balance.

Tai Chi with Lenny

When: Wed. 9-10am

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!!! Experienced and beginner students welcome.

ECO Walking Club

Now at the Bike Path

When: Wednesdays 10am

Where: bike path behind Tandem



The ECOA Walking Club meets year round! Join Dawn for a walk on Wednesdays on the bike path. We will meet directly behind Tandem and leave at 10 sharp! Many speeds can be accommodated.

Fitness Assessments with Hayley

When: Th. Dec. 14th starting at 2:45

To Register: 413-527-6151 ext 136



FOR FITNESS ROOM MEMBERS

Sign up for a 15 minute fitness assessment. Hayley, a HRYMCA Trainer, will assess your current fitness and provide guidance to help achieve your goals. Bring your questions!

Foot Care Clinic

Wed. December 6th

The first Wed. of the month. \$40

Per service. Cancellations

require 24hr notice. Cash or

Check payment only. For details/to make an appt., please call Kayt: 527-6151 ext. 136



Weekly Events



Mondays

8:00am-4:00pm Pool Table open
9:30-10:30 Healthy Bones
1:00pm Writing Group (1st & 3rd)
1:15-3:00pm Mahjong
2:30-3:30pm Cornhole Open Play

Tuesdays

8:00am-6:00pm Pool Table open
Big Y Trips - 8:30am Start
9:30-10:30am Cornhole Open Play
12:00-3:00pm BINGO (Not on the 12th & 26th)
(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
9:30-12:00pm Games Group
10:00-11:30am Walking Group
12:30-2:30pm Men's Group (2nd+4th)
1:00-3:00pm Handcraft Group
1:15-3:30pm Mahjong (National)

Thursdays

8:00am-6:00pm Pool Table open
10:00-12:00pm Sunder Tailoring
12:30-1:30 Mat Yoga
1:00-3:00pm Quilting
4:00-4:45pm Dance Fitness

Fridays

8:00am-4:00pm Pool Table open
10:30-11:30am Total Body Strength
Big E's Trips - 8:30AM Start
1:00-3:00pm Pitch and Hearts
1:00-2:00pm Beginner Pool Hour

Tailoring at the ECOA

Thursdays from 10-12pm

Tailoring, alteration and minor clothing repair service with Sudha available at the ECOA on the main floor. Prices from \$10.00 per item.

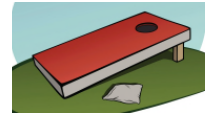


Cornhole Open Play at the ECOA

When: Mondays 2:30-3:30pm &
Tuesdays 9:30-10:30am

Where: ECOA - 19 Union St.

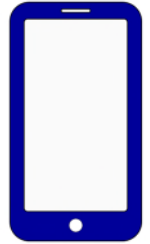
RSVP: 413-527-6151 ext. 136



Drop-in indoor cornhole. New to the game? Join us. Beginners welcome!

NEED TECH HELP...

with your computer, tablet or cellphone? Tech Support volunteer Jesse is available **Wednesdays from 1:45 to 3:45**. Call: 413-527-6151 ext. 136 to book a time to sit down with him.



Knitting Drop-In with Kathie

When: Tuesdays from 10-12am
Join for conversation and knitting help. Share project ideas, or get help for a project that has you stuck. Beginners through advanced welcome.



Handcraft Social Group

Wednesdays from 1-3pm

Bring your knitting or crochet project to work on and chat. New folks welcome!

Visually Impaired Peer Group

Led by Kathy Carey

Next Meeting December 7th at 10am

This group meets on the first Thursday of the month and provides an opportunity to meet with peers and share experiences surrounding vision loss in a supportive environment.

Questions? Contact Kathy at 250-6525 or Kpcarey5@gmail.com.

Legislative Corner



Senator Velis' Staff Office Hour

3rd Tuesday (**Dec. 19th**) 10:30-11:30. Bring your questions and concerns and chat with a staff member from Senator Velis' office.

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 12:00pm 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.

December Menu Highland Valley

Monday

- 12/4 Maple Glazed Salmon
Cal:845 Sodium:464 Carb:144
CHOICE-Chicken Cordon Bleu (458)
- 12/11 Philly Cheese Steak Grinder
Cal:737 Sodium:672 Carb:70
CHOICE-Mushroom Turkey Pasta (334)
- 12/18 Grilled BBQ Chicken Fillet
Cal:735 Sodium:819 Carb:92
CHOICE- Lasagna Rollup (370)
- 12/25 Holiday - NO MEALS!

Wednesday

- 12/6 Cobb Salad
Cal:716 Sodium:577 Carb:72
CHOICE- Egg Salad (233)
- 12/13 Cheeseburger Chowder
Cal:698 Sodium:685 Carb:1023
CHOICE-Mushroom Turkey Pasta (334)

12/20 Chicken Parm Over Pasta
Cal:739 Sodium:611 Carb:89
CHOICE- Mac and Cheese (194)

12/27 Baked Ziti
Cal:714 Sodium:711 Carb:105
CHOICE- Chicken Stew (298)

Friday Menu

- 12/1 Cheddar Broccoli Soup
Cal:786 Sodium:632 Carb:105
CHOICE- Beef Wellington (210)
- 12/8 Stuffed Pepper Casserole
Cal:808 Sodium:609 Carb: 108
CHOICE- Chicken Cordon Bleu (458)
- 12/15 Baked Flounder & Lemon Butter Sauce
Cal:752 Sodium:728 Carb:108
CHOICE-Mushroom Turkey Pasta (334)
- 12/22 Honey Glazed Ham (High Sodium Day)
Cal:788 Sodium:1277 Carb:109
CHOICE- Mac & Cheese (194)
- 12/29 Broccoli & Mushroom Egg Frittata
Cal:709 Sodium:599 Carb:68
CHOICE- Chicken Stew (298)

Monthly Dental Clinic

Manda Day, RDH, Mobile Dental
Hygiene Services of Western Mass
When: Wed. Dec. 20th



Preventative dental hygiene care appts. will be available on site, or Manda can visit you at home if you meet the criteria for a home visit. There is a cost, just like with our Foot Nurse Clinic:

- you pay cash or use MassHealth
- cannot accept private insurance
- Veteran? Ask your Veteran's Service Officer about coverage

Questions/Appointments:

Call Manda at 508-341-1599 or email
info.mobilerdh4wmass@gmail.com

Fire Department Home Safety Assessments



The Easthampton Fire Department is offering home safety assessments for anyone interested in having their smoke detectors, carbon monoxide detectors, fire extinguishers, house numbers, or other home hazards checked. Fire department personnel will make recommendations to improve your safety within the home and may help remedy some of the concerns. Many people throughout the community still do not have functioning fire safety equipment and this is a great way to allow fire service professionals the opportunity to provide some guidance and resources to improve your safety.

Interested? Contact Kayt Thompson, ECOA Principal Clerk, at 527-6151 ext.136 or Kthompson@easthamptonma.gov.



AARP Tax Prep Program

The AARP Tax Prep Program will be back in February. We will begin scheduling appointments on Tuesday January 2nd. Look for details in January's Silver Circle newsletter.

FRIENDS OF THE ECOA 527-6252 EXT. 140

Friends Travel Club

The travel office will be open on **Wednesdays (Ginni) from 1-3pm and Fridays (Ann) from 11am-1pm**. Have questions or ideas for future trips? Stop by to chat about trips or call them at: 527-6151 ext. 140



2024 Trips

February 27-29: Atlantic City Trip
March 11: Celtic Angels Show
April 7-13: Savannah Trip
April 24: Elton John Show
May 4: Debby Boone Show
May 14: Neil Diamond Show
June 17-21: Niagara Falls Trip
July 9: Johnny Cash Show
July 10: Jimmy Buffet Show
August 6: Simon and Garfunkel Show
August 7: The Eagles Show
August 13: Anne Murray Show
October 23: John Denver

For details about any of these trips, call or stop in during travel office hours!

ECOA Friends Updates

Our next meeting will be held **Thursday, December 14th at 10am**. These meetings are open to all. Please join us! If you can't attend the monthly meeting but are interested in helping, please call: 527-6151 ext. 140.



DECEMBER FRIENDS MEMBER BIRTHDAYS

Annette Collette	12/1
Elaine Longchamps	12/1
Sharyn Kazunas	12/2
Dolores Staszczuk	12/10
Patricia May Gauthier	12/11
Marilyn Gawle	12/13
Albert Day	12/15
Jerry Hickle	12/16
Irene Adams	12/17
Marilyn Parmenter	12/17
Shelia Hickson	12/25
Raymond Magdalenski	12/25
Joan Judge	12/27

OUTREACH NEWS / SUPPORT SERVICES



MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7TH

December 7th is the last day to make any changes to your health insurance. Don't wait until the last minute! Speak with SHINE counselors Ashley or Linda to help make the best decision for your health.

STRUGGLING TO PAY YOUR HEAT/UTILITY BILL?

Fuel Assistance Funds: helps eligible households pay a portion of their winter heating bills. We are here to assist with new applicants and recertifications.



Shut Off Protection: From November 15 to March 15, there is a moratorium in place that prevents shutting off your gas or electric if you use that to heat your home. But know that you will still owe payment for your bills.

Heat Emergency: if you have 1/8 tank of oil or less, less than a 3-day supply of heating fuel, a final notice of utility disconnect, or a dead or unsafe heating system, we will help you make a request to Community Action Pioneer Valley for assistance while your Fuel Assistance application is being processed, which takes months. **Continue to make timely payments on your bill.**

Emergency Assistance: You might be eligible for emergency financial help from the Friends of the ECOA, the Good Neighbor Energy Fund, or state Rental Assistance.

NEED HELP WITH FOOD?

Let us help you navigate SNAP food benefits. We are available to assist new applicants and those who need to contact SNAP for issues or concerns.



EACH MONTH PAY AT LEAST SOME OF YOUR BILLS, ON TIME, until your applications for discounts, fuel assistance, or payment plans are processed. Remember: You worked all your life, took care of your family members, paid your taxes, and are a resident of this Commonwealth. All of these public benefits are yours to use if you qualify. Don't leave resources on the table as prices go up and up. For more information on public benefits programs, visit our web page: bit.ly/ecoaoutreach

For Help with any of these things: Contact Our Outreach Department Today!



ECOA Outreach Staff: 413-527-6151

Ashley Fraga ext. 130

Linda Talbot ext. 137



Your Local 55+ Resource

Easthampton Council On Aging & Enrichment Center

19 Union Street - Easthampton, MA 01027

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

ECOA Hours :

Monday, Wednesday, Friday 8am - 4pm

Tuesday, Thursday 8am – 6pm

Connect with us

Website: <https://easthamptonma.gov/413/Council-on-Aging>

Facebook: Easthampton Council on Aging and Enrichment Center

General email: coa@easthamptonma.gov

ECOA STAFF DIRECTORY

Cynthia Tarail, Director X134

Moira Cranshaw, Office Aide X135

Ashley C. Fraga, Outreach Worker X130

Dawn Graichen-Moore, Program Manager X138

Linda Talbot, Outreach Worker X137

Kayt Thompson Principal Clerk X136

David Brownlee, Will Lamere, Dave Gleason Van Drivers

Eric Bottesini, Building Operations

ECOAE Advisory Board

Joseph Banas, Chair **Stan Diamond**, Vice Chair

Louise Jacob **Cathie Schweitzer** **Thomas Brown**

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

Eileen Meyers, Secretary

ECOA BOARD MEETING - Open to the Public - HYBRID

****Third Tuesday of the month from 12pm-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>