

Goal: of the Sheffield Senior Center is to facilitate seniors' abilities to enjoy a high quality of life.

Mission Statement ...to provide life-enriching activities and relevant information on issues that affect seniors, and to assist them in obtaining services necessary for their well-being.

Sheffield Senior Center News

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“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.”- Brian Tracy

*News from the Council on Aging and Sheffield Senior Center, 25 Cook Road
413-229-7037*

(Published in part with funding from the Executive Office of Elder Affairs)

Hours: Mon-Fri 9AM-4PM, Jennifer Goewey, Executive Director, jenngoewey@sheffieldma.gov

Madonna Meagher, Assistant to the Executive Director, mmeagher@sheffieldma.gov

Sheffield Senior Center News is regularly posted on the town website (www.sheffieldma.gov)

Weekly updates of activities can be found in the Senior Bulletin Board section of the Monday edition of the Berkshire Eagle.

A Message from the Executive Director

“A journey of a thousand miles must begin with a single step”, Chinese Proverb

A warm hello as the winter months have approached us! A new year is also on its way, which is often a time of reflection, prompting us to set new goals and aspirations. This is also a good time to remember that it is never too late to try something new, make new friends and of course- come join us! We have a great selection of social, educational and wellness opportunities here at the senior center. Wishing you a year ahead of healthfulness, joy and new experiences!



TOYS FOR TOTS

We will be collecting toys again this year and the box will be located in the entry way of the senior center. Toys should be new and not wrapped!

Reminders/Announcements:

- The Senior Center will be closed on December 23 & 26 and January 2 & 16!
- Please be sure to reserve the van 48 hours in advance if you need our service!
- A warm welcome to Steve Hannum, our new part time Council on Aging van driver, who has joined our team!
- If you need assistance with food, fuel and housing, let us try to assist you!
- The senior tax work off program is a great way to reduce your real estate bill! Find out if you qualify to participate in the program by contacting the Town Administrator's office, 229-7000 ext. 152.

Feedback Needed: We want to hear from YOU!

Traveler's Language Class to meet twice a week beginning February. Please let us know which one interests you: **FRENCH** or **SPANISH**. Whichever one has more interest will be offered 1st.

Would you be interested in joining us to watch a specific **show series over a 4-6 week time frame?** Perhaps watch two episodes and then have a brief discussion/snack? If so would either of these series interest you? Let us know: **Downton Abbey**- set in the fictional Yorkshire country estate of Downton Abbey between 1912 and 1925 depicts the lives of the aristocratic Crawley family and their domestic servants in the post-Edwardian era or **Broadchurch** A murder mystery based in the coastal town of Broadchurch in Dorset, United Kingdom.

Charades? Would you be interested in forming a charades club? If enough interest we would start a group late winter/early spring.

Donations Needed: We can always use the following if you would like to help!

- Napkins
- Decaf Coffee
- Desserts for our Wednesday Lunch (call to fill a day in need)
- Lysol Wipes

Do not forget to check out our free table next to the side door and community bulletin board!

Don't Miss our Special Saturday Holiday Event! **Saturday, December 3rd from 3-5 at the Sheffield Senior Center!**

- Tree Trimming- Help us decorate our tree!
- Cookie Exchange- Bring three dozen cookies, two dozen to swap and one dozen to share!
- “A Child's Christmas in Wales” show by Veronica Cunningham!

PROGRAMMING

Foot Nurse- First Thursday of every month: December 1, and January 5. Please call the senior center to make an appointment 229-7037: **Cost is \$35.00.**

Blood Pressure Clinics –Thursdays: December 8 and January 12 from 10am-11am: Please call to make your appointment. 229-7037.

“Brown Bag” Food Program- Wednesdays, December 14 and January 11 from 1-3: The bags are located in the nurse’s office, please be sure to sign in.

Art Class with Ellen- Mondays at 1 pm: No Class in December, join us in January!

Therapeutic Breath & Movement Class: Mondays, from 3:30-4:30 with Suzanne Mazzarelli, MSW, PYT. Drop in class; you do not need to sign up in advance. Join us!

Bereavement Support Group- Will meet the **2nd Tuesday each month (December 13 and January 10) From 5:30-6:30** and the **4th Tuesday each month *No Group December 27th** will meet **(January 24) from 1:00-2:00** of every month. You may come once or twice per month as you wish, drop ins welcome. Group is led by **Cynthia Casoff Henry.**

BINGO- Wednesdays at 1pm: Following the congregate meals every week.

PITCH- Thursdays at 12pm: *please note- No Pitch on the Third Thursday.

SCRABBLE- Fridays at 1pm: Please call to sign up if you would like to be a part of this newly formed group. All are welcome! 229-7037. *(No Scrabble on December 9th)

LEO (Let’s Eat Out) – Monday, December 5 at the Barrington Brewery in Great Barrington and **Thursday, January 12** at the East in Gt. Barrington both at 5:30 pm: Please call the senior center to sign up. 229-7037.

Toddler Program- This program typically runs every other Wednesday: December 7 and 14, January 4 and 18. If you would like to learn more about this intergenerational program that we host in conjunction with the Southern Berkshire Childcare Program, please call the senior center. We are always looking for more volunteers. 229-7037

Men’s Breakfast’s- Mandatory sign up in advance to reserve a spot so we can plan for food. 229-7037.

- **December 19-** Social Hour
- **January 30-** Topic: Iceland Trip by Dennis Staropoli

Small Group Personal Training: Next Six Week offering. Fridays, December 9, 16 & 30 and January 13, 20 & 27. Session 1 is 9-10 & Session 2 is 10:15-11:15, with Elaine Mack,

LMT, CPT from Integrative Functional Training and Body Work. Balance, strength, and mobility small group training is designed to improve posture, increase overall balance and strength. The structure of this class is to provide individual attention in a small group setting, allowing for personal growth and results. ***The class fee is \$5 per class, which is not included in the regular monthly pass. This six week series is \$30.00 and due in full at registration time to secure a spot. Participants should be able to commit to the full six weeks. Please sign up in advance and call with any questions! Those registering for the first time are typically placed in the second time slot. 229-7037.**

Matter of Balance- 8 week Series: December 6, 13 and 20 from 1-3 pm: This program is offered by Berkshire Health Systems and we will wrap up the current offering in December.

Holiday Luncheon sponsored by the Southern Berkshire Regional School District: Thursday, December 1 at noon: at the Undermountain Elementary Cafeteria. Please call 229-7037 to sign up, spots are limited! The snow date is Friday, December 2 at noon.

“A Childs Christmas in Wales”/Community Cookie Exchange/Tree Trimming: Saturday, December 3, from 3-5: Veronica Cunningham will tell the story of “A Childs Christmas in Wales” after we decorate our Holiday tree. “A Child's Christmas in Wales” is a short story by the Welsh poet Dylan Thomas. It is an anecdotal retelling of Christmas from the view of a young child. The story portrays a nostalgic and simpler time and is one of Thomas's most popular works. Veronica (Ronnie) Cunningham hails from Bristol, England and has deep family ancestry from Wales. A resident of Housatonic, Ronnie participates in many local poetry readings and is a unique story teller. If you would like to participate in the cookie exchange, please bring three dozen cookies. One dozen to share, and two dozen to exchange with others. Please call 229-7037 to register.

Free Hearing Screenings: December 9 from 1-3: Glen from Barrington Audiology will provide free hearing screenings. Please call in advance to register, 229-7037.

Holiday Craft: December 12 from 1-3: Nan Wells will guide us to create our very own “Holiday Elves” from pine cones! The cost is \$5.00 per person including all supplies and instruction. Please bring a glue gun and scissors if you can. Class is limited to 15 people, so please sign up in advance. Payment secures your spot, 229-7037.

Third Thursday Holiday Luncheon & Sing-A-Long: December 15 at Noon: Following lunch MaryAnn Palermo and Kathy Staropoli will lead us in a sing-a-long of traditional holiday music. Lunch will be lasagna: guests should bring salad, drinks and dessert to share. Please call the senior center to sign up and let us know what you will be bringing, 229-7037.

Gift Wrap Clinics: Tuesday, December 20th from 3-4: Have gifts that need to be wrapped? We have the gift wrap, tape, scissors and helping hands! Bring your gifts to be wrapped while you enjoy a hot chocolate and listen to some holiday music. No charge, call to sign up. 229-7037.

Annual Holiday Show by the Mt. Everett Chorus and Band Students: December 21 at 9 am. Join us while the Jazz Ensemble and Madrigals perform for us! Refreshment to follow. 229-7037.

Get Moving Walking Club: The walking club will begin again in January; at Mt. Everett at 3:00 pm. The group will not meet when school is not in session or if closed for bad weather. A sign-in sheet will be available if you wish to walk on your own or you can call the senior center to sign in, 229-7037. All participants will receive a book to track their progress. Stay healthy during the winter and keep walking by joining us! For more information please call Barbara at 229-8696.

Scams, Fraud and Identity Theft: Friday, January 6, 2016 at 10am. Consumer Counselor & Mediator Kate Alexander from the Berkshire Consumer Services Program will present an informational session on fraud, scams and identity theft. Also a guest speaker from the Massachusetts Attorney General's Office will hopefully be joining her! Please call to sign up, 229-7037.

"Ted Talk Tuesday" Jill Bolte Taylor: My Stroke of Insight: January 17 at 1:00 PM. First things first, what are TED Talks anyway? "TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics". Our 1st "TED Talk Tuesday" will be Jill Bolte Taylor who got a research opportunity few brain scientists would wish for: She had a massive stroke, and watched as her brain functions; motion, speech, self-awareness shut down one by one. This is an astonishing story that we will view and then reflect on. Please call to register, 229-7037.

January Third Thursday Lunch: January 19 at Noon: Baked Potato Bar! We will provide the baked potatoes and butter, you bring the toppings! Some ideas are: broccoli, sour cream, shredded cheese and crumbled bacon. A representative from Geer Village will be joining us. Please call the senior center to sign up and let us know what you will be bringing to share, 229-7037.

"Songs of Stage and Screen": Friday Night! January 27 at 6:30 pm. With Doug Schmolze, singer and guitarist with his own classy style and Eric Martin, on violin, viola and voice, a top-notch versatile musician. Doug and Eric set the stage (or screen) for some of the great American songs from the Broadway composers, many of whom also wrote for the movies. Songs of Cole Porter, George Gershwin, Jerome Kern, Rogers and Hammerstein among others are represented, along with stories and anecdotes to set the songs in context. A power-point presentation accompanies the show with images for each song or with lyrics, enabling the audience to sing-a-long on some well-known favorites. Free, however you must register in advance, 229-7037.

December 2016

***Saturday, December 3, 2016 3-5 Holiday Event at senior center**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>10-12 Mahjongg</p> <p>3:30 Therapeutic Breath & Movement</p> <p>5:30 LEO: Brewery</p>	<p>6</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p> <p>1 Matter of Balance</p>	<p>7</p> <p>10 Toddler Program</p> <p><u>12 Congregate Meal</u> 1 BINGO</p> <p>3:30 Chair Yoga</p>	<p>1</p> <p>9 Foot Nurse</p> <p>9 Exercise Class 10 Bridge 12 Pitch</p> <p>12 Holiday Luncheon at Mt. Everett</p>	<p>2</p> <p>1 Scrabble</p>
<p>12</p> <p>10-12 Mahjongg</p> <p>1-3 Holiday Craft</p> <p>3:30 Therapeutic Breath & Movement</p>	<p>13</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p> <p>1 Matter of Balance</p> <p>5:30 Bereavement Support Group</p>	<p>14</p> <p>10am Toddler Program</p> <p><u>12 Congregate Meal</u> 1 BINGO 1-3 Brown Bag</p> <p>3:30 Chair Yoga</p>	<p>15</p> <p>9 Exercise Class</p> <p>10 Bridge</p> <p>12 3rd Thursday Holiday Lunch & Sing-Along</p>	<p>16</p> <p>Small Group Personal Training</p> <p>Session 1- 9:00 Session 2-10:15</p> <p>1 Scrabble</p>
<p>19</p> <p>9 Men's Breakfast</p> <p>10-12 Mahjongg</p> <p>3:30 Therapeutic Breath & Movement</p>	<p>20</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p> <p>1 Matter of Balance</p> <p>3 Gift Wrap Clinic</p>	<p>21</p> <p>9 Holiday Concert</p> <p><u>12 Congregate Meal</u> 1 BINGO</p> <p>3:30 Chair Yoga</p>	<p>22</p> <p>9 Exercise Class</p> <p>10 Bridge</p> <p>12 Pitch</p>	<p>23</p> <p>Senior Center Closed</p>
<p>26</p> <p>Senior Center Closed</p>	<p>27</p> <p>9 Exercise Class 10:15 Sit to Be fit 10:30 Movie</p>	<p>28</p> <p><u>12 Congregate Meal</u> 1 BINGO</p> <p>NO CHAIR YOGA</p>	<p>29</p> <p>9 Exercise Class</p> <p>10 Bridge</p> <p>12 Pitch</p>	<p>30</p> <p>Small Group Personal Training</p> <p>Session 1- 9:00 Session 2-10:15</p> <p>1 Scrabble</p>

January 2017

2 Monday Senior Center Closed	3 Tuesday 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie	4 Wednesday <u>12 Congregate Meal</u> 1 BINGO 10 Toddler Program 3:30 Chair Yoga	5 Thursday 9 Foot Nurse 9 Exercise Class 10 Bridge 12 Pitch	6 Friday 10 Fraud Talk 1 Scrabble
9 10-12 Mahjongg 1 Art Class 3:30 Therapeutic Breath & Movement	10 9 Exercise Class 10:15 Sit to Be fit 11:30 Friends Meeting 4 COA Meeting 5:30 Bereavement Support Group	11 <u>12 Congregate Meal</u> 1 BINGO 1-3 Brown Bag 3:30 Chair Yoga	12 9 Exercise Class 10 Bridge 10 Blood Pressure Clinic 12 Pitch 5:30 LEO: The East	13 Small Group Personal Training Session 1- 9:00 Session 2-10:15 1 Scrabble
16 Senior Center Closed	17 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 1 Ted Talk Tuesday	18 10 Toddler Program <u>12 Congregate Meal</u> 1 BINGO 3:30 Chair Yoga	19 9 Exercise Class 10 Bridge 12 3rd Thursday Lunch- Geer Village Presentation	20 Small Group Personal Training Session 1- 9:00 Session 2-10:15 1 Scrabble
23 10-12 Mahjongg 1 Art Class 3:30 Therapeutic Breath & Movement	24 9 Exercise Class 10:15 Sit to Be fit 10:30 Movie 1 Bereavement Support Group	25 <u>12 Congregate Meal</u> 1 BINGO 3:30 Chair Yoga	26 9 Exercise Class 10 Bridge 12 Pitch	27 Small Group Personal Training Session 1- 9:00 Session 2-10:15 1 Scrabble 6:30 Songs of Stage & Screen
30 9 Men's Breakfast 10-12 Mahjongg 1 Art Class 3:30 Therapeutic Breath & Movement				