



# Conz Street CHRONICLE

## Outreach: Read about it

Forbes Library's Outreach Delivery Service uses volunteers to bring books, movies, CDs and magazines to those who are physically unable to access the library to patrons in assisted living facilities, nursing homes, and private residences.

Lilly Library in Florence recently became a contributing partner organization for Outreach Delivery Service, allowing volunteers to borrow materials on behalf of their homebound patrons from Lilly's collection and helping to identify

prospective volunteers and patrons. The Outreach Delivery Service currently serves 76 patrons in Northampton, Florence and Leeds and is coordinated by

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Outreach Delivery Service volunteer Barry Steeves with Nancy Lanning, one of the patrons to whom he brings books at the Rockridge Retirement Community in Northampton.



Beverly Maher, left, an Outreach Delivery patron with Lucy Hardy, an Outreach Delivery volunteer.

## Senior Services director announces retirement

After almost two years serving as the City of Northampton's Director of Senior Services, Linda Desmond has announced she will be retiring at the end of March. Director Desmond, a Northampton native and long-time city resident, was hired in July 2016 after returning from living and working in Dublin, Ireland for 10 years. Her 40-plus year professional career has focused on elder and social services both in Northampton and Ireland.

"Although her time leading our Senior Services Department has been brief, Linda Desmond has accomplished a great deal and helped change the culture of the department and the senior center," stated Mayor David J. Narkewicz.

"She launched a very successful senior van transportation program, increased programming, restructured staff, reconfigured meeting space to allow for expanded use, formed advisory groups to inform her decision-making, and most importantly, has been open to new ideas from staff and residents for meeting the diverse and ever evolving needs

of our city's seniors."

In speaking on her decision to retire Director Desmond stated, "I often remark how I began my career next door from the Northampton Senior Center working for Highland Valley Elder Services which had office space at the Walter Salvo House, and I am honored to conclude my professional career working for Northampton Senior Services. I look forward to becoming a "participant" in the variety of programs offered at the center."

Desmond also represented Ward 5 on the Northampton City Council for 5 years and served on the Northampton Council on Aging for 17 years.

"Linda Desmond brought an incredible wealth of knowledge and experience to this position," said Mayor Narkewicz.

"Her compassion, positive energy, and leadership skills have moved the department forward and I wish her the best in her retirement."

The position will be posted soon and Mayor Narkewicz will be appointing a candidate screening committee to advise him on his appointment of a successor.

## The latest on travel:

Diamond Tours has created a website for us to view more information about our two multi-day trips to Mt. Rushmore and Washington DC. From your home computer, <http://www.grouptrips.com/northamptonseiorcenter/1425268>.

### April trips:

Coming soon, on Thursday, April 26, is our trip to see "Sister Act," a musical comedy at the Westchester Broadway Theater located in Elmsford, N.Y. Once seated, you'll select from an excellent menu and enjoy a pre-show luncheon. The all-inclusive early discount pricing of \$115 is due by March 15. After that date, the cost is \$125. Only 10 seats remain.

For our museum lovers, please join us on a trip to Chicopee's Polish Center of Discovery & Learning on Friday, April 20. It is a museum filled with 10 rooms of Polish history, emigration and culture. The cost for bus transportation, admission, and driver gratuity are included in the \$36-price per person. Enjoy a German-fare lunch on your own at the Munich House prior to the museum stop. Sign up early, seats are limited.

### Future trips:

**May 8, Tuesday: Maggiano's Cooking Demo & Lunch, and JFK Library Centennial Celebration.** Learn tricks of the trade and enjoy a 3-course family-style luncheon. Then visit the JFK Library for its exhibit celebrating the late president's 100th birthday. Cost is \$114.

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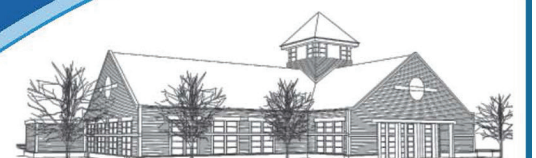
## Author of month: Eugene Barry

By RICH SZLOSEK  
Chronicle volunteer

If you have spent any time in Florence in the past decade, you likely noticed the presence of a gregarious, smiling gentleman known to many as the "Mayor of Florence". His name is Eugene Barry and you might be surprised to learn he had once been a priest, a school psychologist and had spent time on six continents. He tells all about it in his memoir, "Memories of a Life- my first ninety years". (The book is self-published and presently only available through the author.)

Gene's parents were both migrants. His mother came from Northern Ireland and his father from Germany. He was born Eugene Scherzinger in Queens, New York in 1927, the fifth of six children. Gene early on felt a religious calling and, after graduating the eighth grade, he left the city behind to enter a seminary high school in Girard, Pennsylvania. The school was operated by the Society of the Divine Word (SVD), an organization of priests that specialized in preparing young men for missionary work. For

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## Outreach

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Maria Sperduti, who assigns 3 patrons per volunteer, based on the information gathered through the intake process. The volunteers, once trained and cleared via CORI/SORI background checks, give an average of 2 hours a week and visit each patron at their home or facility for an initial conversation about the patron's interests and then agree upon the delivery schedule.

Volunteers then come to Forbes or Lilly, pick out items for each patron and check them out for three weeks using the patron's library card.

There are currently 28 volunteers who offer services to those enrolled in the program. Sperduti and other members of the library staff provide informational sessions to the volunteers focusing on the additional resources that are available to help them choose the most enjoyable and relevant materials for the patrons they serve. Volunteers and patrons may apply on the website: <http://forbeslibrary.org/outreach/>

Lisa Downing, Director of Forbes Library, said, "The Outreach Delivery Service brings the joy of reading to many people in our community that would otherwise not have access but it is so much more. The personalized visits by our volunteers not only bring books, but companionship."

Forbes Library, the public library for Northampton, Massachusetts, provides a wide range of information, materials and services to all of the people of Northampton and Massachusetts. Forbes Library is incorporated as a 501(c)(3) nonprofit and is governed by an elected Board of Trustees. It is funded by a combination of City appropriation, endowments, and other gifts and grants. Forbes Library is a member of the Massachusetts Library System and the C/W MARS network of libraries in Central and Western Massachusetts.

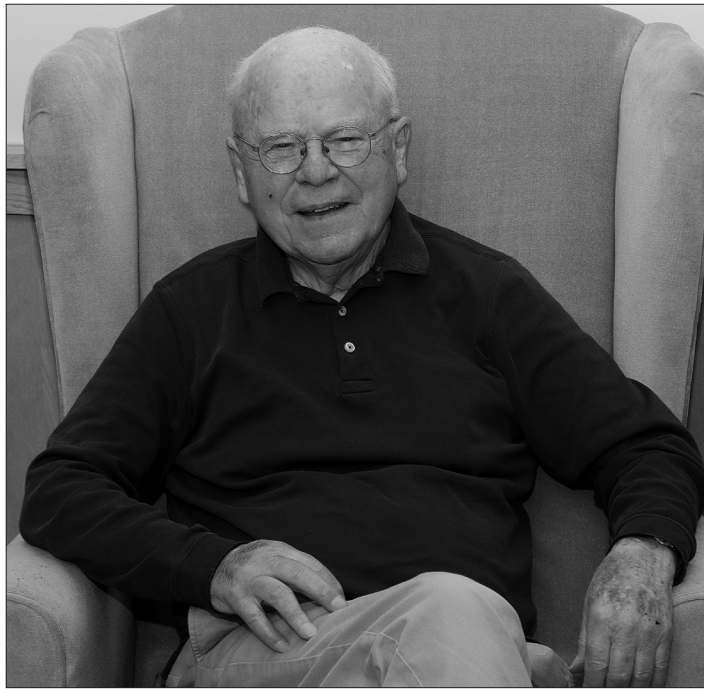
## Author

Continued from Page 1

four years, in addition to normal class room studies, Gene learned about farming, animal husbandry and other subjects that would assist him in becoming self-sufficient in his missionary assignments. After graduation from Girard, Gene attended St. Mary's, a SVD college in Techy, Illinois with the intention of becoming a priest. It took ten years of training before Gene was ordained at the age of twenty seven.

Initially he was assigned to work in the south side of Chicago in the same project where Barack Obama would later begin his community organizing career. Then, due to his engaging manner, Gene spent nine years as a recruiter to bring other young men into the priesthood. At last he received his cherished assignment, two years (1965-67) as a missionary in Papua, New Guinea. Upon return to the U.S. he was soon in the Boston area mentoring troubled adolescents while also earning two graduate degrees from Boston College.

On a humorous note, Gene had always used his father's surname but in Boston he was advised that the name was too difficult to pronounce and perhaps it should be changed. He agreed and chose the last name of Barry in honor of his younger brother, Kevin Barry Scherzinger.

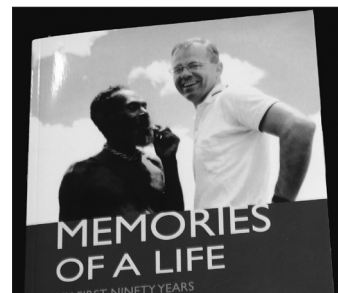


EUGENE BARRY

DENNIS LEE PHOTO

Gene was greatly affected by the teachings of Vatican II. In 1971 he left the priesthood, married a former nun and they had two daughters. In his words, he went from being Father Gene to Gene, the father. He then spent thirty years as a guidance counselor and school psychologist in the Adams-Cheshire district in the Berkshires.

The book has a co-author named Linda Hansell who was once the nanny for the Barry children and has remained a life-long friend. Gene wrote out his story in long hand and Linda did the word processing and some of the editing. However, the narrative is pure



Eugene Barry as only he could relate such anecdotes as his year spent with the yodeling priest and the story of "Our Lady of the Broken Bat."

At his school psychologist retirement party, all of the guests wore rose-colored glasses in his honor, which says all you have to know about the man, his life and the tone of the book.

## Trips

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There is a \$10 discount if paid in full by March 27.

**May 25-June 4: Mount Rushmore and the Black Hills** of South Dakota, 11 days, via bus, \$950 with double occupancy. Roommates available. Fourteen attractions and sites galore. Pay in installments or pay in full by **Feb. 1** and receive a \$25 discount. \$100 Deposit. Trip insurance available.

**June 21-Thursday: The Gilded Age of the Berkshires.** Tour Ventfort Hall and The Mount. Buffet lunch on terrace at The Mount. Cost is \$112. There is a \$10 discount if paid in full by May 7.

**July 10 - Tuesday: Tour of Mark Twain Home and Wickham Gardens.** Lunch at Promenade Shops on your own. Cost is \$74. There is a \$10 discount if paid in full by June 1.

**June 26-28: Three-Day Tour to Lancaster, PA.** Two shows, **Jesus at Sight & Sound** and **The Wizard of Oz** at Dutch Apple Dinner Theater and more. \$434 with double occupancy. Pay in installments or pay in full by April 5 and receive a \$25 discount. \$50 Deposit. Trip insurance available.

**July 18, Wednesday: Hartford Yard Goats baseball game,** a double A affiliate of the Colorado Rockies. Field box seats, tour of the state-of-the-art stadium and bus transportation included. Cost is \$37. Sign up required by December 15, 2017.

**Sept. 7-11: Washington D.C., Five days,** via bus, \$540 with double occupancy. Full day at the Smithsonian. Pay in installments or pay in full by June 1 and receive a \$25 discount. \$100 Deposit. Trip insurance available.

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**Michael Gray**  
Senior Services Assistant

# The Chronicle: Who we are

The Conz Street Chronicle is a monthly publication of Northampton Senior Services.

It is funded by donations, advertisers and the City of Northampton.

The Conz Street Chronicle staff is made up of Senior Center volunteers and also receives assistance from many others. Contributors include staff from Senior Services and from other city departments and organizations.

All work is published at the editor's discretion.

Any opinions, or information about businesses, candidates or services do not constitute an endorsement or recommendation by the Conz Street Chronicle, The City of Northampton, the Northampton Senior Services or any of its employees.

The Conz Street Chronicle assumes no liability for any inaccuracies, omissions or misunderstandings.

The Conz Street Chronicle and Northampton Senior Services and their employees are not responsible for any claim, loss or damage resulting from Conz Street Chronicle use.

The Conz Street Chronicle does not endorse any products or services provided by public or private organizations.

### Chronicle volunteer staff includes:

*Editor: Lou Groccia;*  
*writers/copy editors: Suzanne Wilson, Carol Bevan-Bogart, Connie Burak;*  
*photographer/writer Jim Spencer;*  
*photographer Dennis Lee.*

## How can I receive the Chronicle?

Distribution of the Conz Street Chronicle alternates monthly between two formats. Every other month, the paper is mailed directly to subscribers as a stand-alone, tabloid-style publication. On the in-between months, the Chronicle is printed as an insert in the Daily Hampshire Gazette.

If you wish to receive stand-alone editions of The Conz Street Chronicle by mail, please call 587.1313 to be added to the mailing list. If you would like to receive these publications by email, please email [vhunt@northamptonma.gov](mailto:vhunt@northamptonma.gov) or call 587.1313. The paper cannot be distributed both ways to the same individual; please choose one of the two options.

For Northampton, Florence, and Leeds residents over the age of 60, the Chronicle is mailed free-of-charge. For non-residents or for individuals aged 55-59, there is an \$18 annual fee which must be paid in person at the Senior Center or by mailed check (mail to: 67 Conz St., Northampton, MA 01060). Paperless email subscription is free-of-charge regardless of location or age.

If you currently receive the Conz Street Chronicle by mail and wish to switch your subscription to a paperless, electronic subscription, please email [vhunt@northamptonma.gov](mailto:vhunt@northamptonma.gov) or call 587-1313.

## NCOA & Senior Center mission statement

Northampton Senior Services is dedicated to enhancing the quality of life for the city's elders, ages 60 and over, with some programs and activities available to those 55-59 years of age.

Every elder is a valued member of the community and has the right to a life of dignity while maintaining a maximum level of independence.

To meet this goal, Northampton Senior Services identifies needs and provides a range of programs, activities and services to address those needs.

Northampton Senior Services serves as a community focal point around issues of aging and is a liaison to local, state and federal resources for elders and their families.

## Senior Services general information

Northampton Senior Services  
& Senior Center  
67 Conz St.,  
Northampton, MA 01060  
Telephone: (413) 587-1228  
[www.northamptonma.gov/1769/](http://www.northamptonma.gov/1769/)  
Senior-Center  
Hours: Monday-Friday  
8:15 a.m. - 5 p.m.

NCOA Board of  
Directors:  
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President  
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Vice President  
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# Artist of month: Yani Kounelis

By VICTORIA HUNT  
Senior Center staff

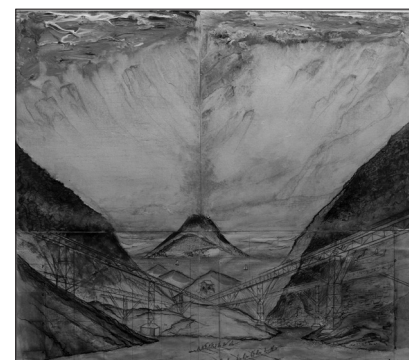
By his own description, Yani Kounelis was first drawn to the world of visual art through his formal education in math and physics. Art electives were a welcome creative reprieve from his otherwise "facts & figures" courses, but still allowed him to work with concepts like space, depth, shape, and movement.

Having emigrated from Greece after his graduation from Athens High School, Yani began attending Williams College in Williamstown, MA. With the goal of becoming an architect and engineer, he decided that math and physics would be his focus. Because of the structure of high school in Greece – a 5-year model, as opposed to the American 4-year model – Yani was slightly older than his American classmates. This proved to be an advantage; he was able to fit into upperclassmen cliques and was able to skip the awkward 'freshman'

phase that most new college students face.

After earning a Bachelor's Degree in Physics from Williams, Yani went on to complete a Masters Degree in Architecture from Yale. He married a local Florence woman named Christine and they welcomed a baby girl shortly thereafter. After 8 years in the United States, Yani, Christine, and their daughter made the move back to Greece where Yani began an incredibly successful Architecture and Construction firm. He explains that, in Greece, architecture and engineering firms are expected to also carry out the resulting construction work. To have a successful firm, you must do both sides of the work – planning and execution.

To this day, the Kounelis family still travels back and forth from Greece to the U.S. regularly. Boasting such a rich history of art and architecture, the attitude towards such things is very different in Greece as compared to the U.S. Building and structures in



DENNIS LEE PHOTO

## YANI KOUNELIS

Greece are considered works of art in-and-of themselves, while architecture in the U.S. has a much more utilitarian and bland connotation.

Yani is most inspired by poetry, surrealism, and architecture. He references artists such as Josef Albers (whose students were his teachers)

and poets such as Homer and W.B. Yeats. He has hosted and participated in art shows throughout Amherst, Shelburne Falls, and Athens. His work will be on display in the Northampton Senior Center throughout the month of February with an opening reception on Friday, February 9th, 5p.m. – 7p.m.

## FYI

Submissions for this listing of events and information for seniors can be emailed to: [svol@northamptonma.gov](mailto:svol@northamptonma.gov)

### Van shopping trips

The Northampton Senior Services Transportation Program is now offering regular weekly shopping trips. Each Tuesday there is a group shopping trip to Big Y, and each Thursday a group shopping trip to Stop & Shop. Pick-ups at home occur between 9 and 10 a.m. Riders are dropped off at the shopping location at about 10:30 a.m. and will have approximately 90 minutes of shopping time. Riders will get back on the van around noon and be dropped off between noon and 1 p.m. Trips cost \$2 (round-trip), payable in cash at the time of the trip. There is a three-grocery bag limit.

### Winter fuel assistance offered

Winters are harsh. You work hard. Heat is expensive. The cost of staying safe and warm can be too much. There is help available to pay your heating bills through the Low Income Home Energy Assistance Program (LIHEAP or commonly referred to as Fuel Assistance).

LIHEAP provides eligible households with help in paying a portion of their winter heating bills. Currently, the program is funded by the federal government through the Office of Community Services (OCS), Division of Energy Assistance (DEA). The program is managed by the MA Department of Housing and Community Development (DHCD) in conjunction with over 20 Community Action Agencies, other regional non-profits and local government agencies.

This fuel assistance program is a critically important federally funded initiative that helps protect public health and safety by ensuring that lower income families and individuals have safe access to home heating fuels that will keep them warm.

Homeowners and renters are eligible – including households whose cost of heat is included in the rent and not subsidized. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Household income cannot exceed 60 percent of estimated state median income. Contact Community Action of the Franklin, Hampshire, and North Quabbin Regions, 413-774-2310.

### Northampton Winter Farmers Market

The winter market is open 9 a.m. to 2 p.m., Saturdays, at the Senior Center. The market strives to meet the needs of the local community while encouraging sustainable agriculture by supporting high-quality locally grown produce, prepared foods and a variety of handmade goods. In addition to working towards strengthening our local economy, we offer the Northampton Winter Market as a gathering place for the Northampton community and surrounding towns.

### Homeless shelter now open

The winter homeless shelter at 43 Center St. is now open through April 30. Every evening, a volunteer team organized by the Friends of Hampshire County Homeless brings a meal to the shelter and serves it. The teams range in size from three people up to 15 or more (in larger teams, most members just contribute a food or drink item and don't serve). About three or four of the team members arrive about 5:45; the meal is served about 6:30; and the team is usually relieved by Smith student volunteers around 7:15 or 7:30. The food amounts are enough to serve 25 people (20 guests, 2 staff members, 3 for meal team or contingency).

Volunteers find this a tremendously heartwarming and fulfilling community effort. Some meal teams serve once or twice each season – many teams do a regular monthly night (for instance, 1st Monday.)

The Friends of Hampshire County Homeless need dozens of teams to fill all the evenings. They are in need of people willing to help! If you are interested in forming a meal team or for more information please call Pauline Bassett at 320-6486, or Rick Hart at 320-1886.

### Senior assistance office opens in Holyoke

In January, the state opened a statewide senior assistance office at its location on Front Street in Holyoke, which will be dedicated to helping seniors sign up for the benefits they are eligible for.

State officials are also making a renewed effort to track down seniors who are eligible for food stamps but have not enrolled.

"We think having a dedicated senior unit will go a long way toward dealing with the nuances of dealing with seniors and the unique nature of working with senior cases," said Department of Transitional Assistance Commissioner Jeff McCue.

Advocates for seniors and low-income individuals say the outreach is necessary, as many seniors who are eligible for public assistance find it hard to apply. Some lost benefits due to problems with the state's modernization of its food stamp system.

According to data compiled by the Massachusetts Law Reform Institute, which focuses on poverty law, there are 106,000 adults over age 60 who are on MassHealth and are likely eligible for food stamps but have not signed up.

Another approximately 125,000 seniors are not eligible for MassHealth, based on their income, but may be eligible for food stamps. Advocates refer to this as the "SNAP gap" -- the gap between the people eligible for the Supplemental Nutrition Assistance Program and those who actually obtain benefits.

### Help with dementia offered

Free technology, training and respite care is available for people with dementia and their caregivers. Until Feb. 28 the state Executive Office of Elder Affairs is offering technology to help family caregivers face the challenges of dementia. Examples are listed below; some restrictions apply.

- Assistance tools and gear:
- Portable digital music players with personalized playlists
- GPS and other tracking devices
- Electronic medication management systems (without required membership)
- Communication aids (such as telephone devices and electronic tablets)
- Video monitoring devices
- Electronic sensory devices (such as robotic pets)
- Counseling and support on the available technologies
- "Savvy Caregiver" training for family caregivers of persons with dementia is available until Aug. 31. Some restrictions apply. To find Savvy Caregiver training near you, visit [healthyliving4me.org/workshop-schedule](http://healthyliving4me.org/workshop-schedule).

To learn more regarding either of these support opportunities, contact a caregiver specialist at your regional Elder Care Agency at com.

For respite care assistance (through February, 2018) to enable caregivers to attend the training, contact a caregiver specialist at your regional Elder Care Agency.

### Free legal advice hotline

The Hampden County Bar Association, in conjunction with Western New England University School of Law, is holding a free "Legal Help Hotline" on Thursday, February 8, 2018, from 4:00-7:00 PM. This is an opportunity for the public to call in and speak with a local, experienced attorney over the phone completely free of charge. We will have attorneys answering the calls during this time period with experience in all areas of law including but not limited to: Elder Law, Divorce and Family Law, Collections, Bankruptcy, Personal Injury, Real Estate, Probate, Criminal, Labor and Employment and Civil Rights. We will also have Spanish-speaking attorneys available. Attorneys will be able to offer advice, guidance, legal answers as well as recommendations for further assistance.

### EARN networking event

Are you over 55, need to look for work, but don't know how to start or what might even be available? Join us on Monday, February 12 at 3 p.m. for a networking event at the Northampton Senior Center sponsored by the Employment After Retirement Network (EARN). You'll have the chance to meet other senior job seekers and learn about employment opportunities and programs in the community that are specifically available for seniors. Representatives from these programs will be on a panel to share info about them.

And just to let you know, EARN will be hosting two more job search skills workshops and a second senior job fair this spring. At our first job fair this fall, 75 older workers attended and 20 of them were interviewed and hired by the employers there. We will be asking you what types of employers you'd like to see at our next job fair and what kinds of job search workshops would be most helpful for you.

EARN is a peer-led initiative of the Northampton Senior Center whose mission is to assist seniors in obtaining employment so they can achieve better financial security and an adequate quality of life. EARN also works to reduce discrimination against older workers.

### Cooley Dickinson new patient portal

Cooley Dickinson's patient portal is a convenient and secure way to manage your health and communicate with your health care provider's office online. Partners Patient Gateway is Cooley Dickinson Health Care's online patient portal. We invite you to participate. By enrolling you can reduce the time you spend on the phone with Cooley Dickinson and help your provider's office respond more efficiently to your requests.

Partners Patient Gateway provides access to your health information. It's a fast, convenient, and free way to review test results, manage your appointments, message your health care provider, renew your prescriptions, and pay your bill online. Visit [cooleydickinson.org/portal](http://cooleydickinson.org/portal).

Then, "Click Here" to begin your access to Partners Patient Gateway. You do not need an activation code or a medical record number (MRN) to sign up for the portal. For technical support, call 800-745-9683, Monday through Friday, 8 am to 5 pm. If you are interested in signing up for the patient portal and need assistance or simply have questions about the service there will be an Elms College student intern at the Northampton Senior Center Feb. 5 and 7 from 9 a.m. to noon and Feb. 12 and 14 from noon to 3 p.m. Appointments are encouraged but walk-ins will be accepted as time allows.

Please contact The Northampton Senior Center to register .413-587- 1228.

### Spread the love

The Senior Center has a wide variety of greeting cards. Prices range from \$.50 to \$1.50. We also share cards from non-profit organizations with you for free. Valentines Day is around the corner and we will be selling unique Valentines Day Cards for \$.50 a piece, made possible by a generous donation from the Northampton Cedar Chest. Come, browse and share the LOVE of an ol' fashion greeting.



## Services, special programs

### Mondays

9 a.m. - 1 p.m.: 30-Minute Reiki Sessions with Reiki Master, Bob Nelson, RN. By Appointment Only - please visit front desk to schedule. \$20—\$25 per 30-Minute session (payment due at time of sign-up).

### Tuesdays

1 p.m. - 3 p.m.: Interfaith Help Fund

3:45 p.m. - 4:45 p.m.: Healthy Bones & Balance - A low-impact strength training program that helps lower risk of injury, increase mobility, improve energy, prevent falls, and build balance is in the works. If interested, call the front desk at 587-1228.

9 a.m. - 1 p.m.: Shopping Trip to Big Y with the Northampton Senior Services Van! Call 413-584-7979 to sign up.

11:30 a.m. - 1:30 p.m.: LUNCH service in Mary's Bistro!

### Thursdays

4 - 5 p.m.: BEGINNER Tai Chi (NEW CLASS)

9 a.m. - 1 p.m.: Shopping Trip to Stop & Shop with the Northampton Senior Services Van! Call 413-584-7979 to sign up.

11:30 a.m. - 1:30 p.m.: LUNCH service in Mary's Bistro!

### Wednesdays & Thursdays

SHINE Appointments—by appt. only; call to schedule.

### Fridays

12 p.m.: Benefits Counseling Appts.

By Appointment Only - please call 413-586-2000 to schedule.

### Friday, February 2

8:30 a.m. - 12 p.m.: FootCare by Nurses Clinic

Foot care clinic; by appointment only. Call the front desk at 587-1228 to schedule.

1:30 p.m.: Photo Club

### Tuesday, February 6

10 a.m.: Blood Pressure Clinic. Walk ins welcome.

### Thursday, February 8

10 a.m.: Brown Bag

1 p.m.: Readers & Thinkers

### Friday, February 9 & 23

10:30 a.m.: Challenges of Aging with Grace - Join us for this support group focusing on aspects of aging like health, finances, identity, interests, wisdom, and more!

1:30 p.m.: Chess

### Monday, February 12

3 p.m.: EARN Networking Event Meet other senior job seekers and learn about employment opportunities and programs in the community that are specifically available for seniors.

### Wednesday, February 14

1:30 p.m.: Lap Quilt Project

### Friday, February 16

10:30 a.m.: Nutritional Outreach  
5 p.m.: "Adventures in Liking My Looks: Normal Must Be So Boring?" - a one-woman show presented by Susan Cummings!

### Monday, February 19

Please be advised that we are CLOSED on this day in observance of President's Day.

### Tuesday, February 20

Foot Clinic, by appointment only.

### Wednesday, February 21

7 p.m.: Mystery Book Club meeting

### Friday, February 23

1 p.m.: Hypnosis for Sleep & Stress Reduction - Join Valerie Miller, of Hadley Hypnosis, for a presentation about the benefits of Hypnosis for stress reduction and for sleep. Free with a scan card!

### Sunday, March 11

11:30 a.m.: Corned Beef & Cabbage Dinner - Tickets go on sale February 1. \$10 for Northampton seniors, \$15 for all others. Open to the public.

# NORTHAMPTON Senior Services



## FEBRUARY 2018 PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:20</b> Dynamic DVD Fitness	<b>8:45</b> Strength & Stretch	<b>8:20</b> Dynamic DVD Fitness	<b>8:45</b> Strength & Stretch	<b>8:20</b> Dynamic DVD Fitness
<b>9:30</b> Low Impact 1	<b>9:30</b> Cup of Conversation	<b>9:30</b> Low Impact 1	<b>10:00</b> Stretch & Tone	<b>9:30</b> Low Impact 1
<b>10:00</b> Creative Writing 1	<b>10:00</b> Caregiver Support Group*	<b>10:30</b> Low Impact 2	<b>10:00</b> Wisdom Project	<b>10:30</b> Low Impact 2
<b>10:30</b> Low Impact 2	<b>10:00</b> Stretch & Tone	<b>11:30</b> Beginner Tap	<b>10:00</b> Knitting Drop In	<b>10:30</b> Aging with Grace Feb. 9 & 23 ONLY
<b>11:00</b> Computer Tutor	<b>12:00</b> Duplicate Bridge	<b>12:30</b> Cribbage	<b>11:30</b> Mixed Level Tap	<b>12:00</b> Duplicate Bridge
<b>1:00</b> Needle Workshop	<b>12:00</b> Duplicate Bridge	<b>1:00</b> Zumba Gold Feb. 28 ONLY	<b>12:00</b> Contract Bridge	<b>12:30</b> Dewey the Therapy Dog
<b>1:30</b> Learn to Meditate	<b>12:30</b> Sewing Workshop	<b>1:00</b> Scrabble	<b>12:30</b> Advanced Beginner Tap	<b>1:00</b> Gentle Chair Yoga
<b>1:30</b> Creative Writing 2	<b>1:00</b> Pitch	<b>1:00</b> Timeless Tunes	<b>1:00</b> Mahjongg	<b>1:00</b> Senior Gay Men's Drop-In Group
<b>2:00</b> Coloring for Adults	<b>2:45</b> Tuesday Tea	<b>2:45</b> Feldenkrais	<b>3:00</b> Pitch	<b>1:30</b> Photo Club Feb. 2 ONLY
<b>2:45</b> Free Tai Chi BEGINNER LEVEL	<b>3:45</b> Healthy Bones & Balance	<b>2:45</b> Free Tai Chi	<b>1:30</b> BINGO	<b>2:45</b> Yoga
			<b>2:45</b> Tai Chi	<b>2:45</b> Free Tai Chi
			<b>4:00</b> Beginner Tai Chi	

Programs marked with an asterisk (\*) run in sessions and require registration prior to the first class in the upcoming session. All other classes are ongoing and require sign up at the front desk.



## February's movie: 'The Age of Adaline'

A beautiful woman stops aging after a car accident, and remains 29 for several decades in this intriguing fantasy. She refuses to get close to anyone in order to keep her condition a secret, but reconsiders her solitary lifestyle after falling in love with a philanthropist. Rated: PG-13 (1 hour, 52 minutes). 1:30 p.m., Monday, Feb. 12.