IT'S TIME TO CELEBRATE THE OPENING OF THE AMHERST SR. CENTER 50 YEARS AGO!
In 1967, Amherst’s Town Meeting established the first Council on Aging. After conducting an extensive survey of older residents, the COA determined that a senior center was very much needed. In 1968 the Amherst Senior Center opened at 17 Kellogg Avenue on the first floor of Oddfellows Hall.

To read more about our early days, see our historical booklet online at: www.amherstma.gov/seniorcenter

50TH ANNIVERSARY CELEBRATION OF THE OPENING OF THE AMHERST SR. CENTER
Come and join in celebrating the 50th Anniversary of the Amherst Senior Center! A dinner/dance will be held on Friday, June 8, 2018, from 5:30 ’till 10 at the Lord Jeffery Inn, Amherst. Invite your family and neighbors to join in this evening of gourmet dining and dancing to the music of David Neill’s 8-piece band. Dancing skills not necessary, but spending this evening celebrating is a must! It will only cost $50.00 to celebrate our 50th! Space is limited so get your ticket at the Senior Center early! Be sure to choose your meal when you purchase your ticket at the Senior Center: grilled rib eye, roasted chicken breast or baked rigatoni.

Please come: Ribbon Cutting Ceremony!!
John P Musante Health Center
Saturday, June 2nd, 10 AM
Bangs Community Center
70 Boltwood Walk

John P. Musante Health Center
Providing one-stop affordable primary, preventative and acute medical care, along with a full range of oral/dental health services for all ages. Many Insurances Accepted Including Mass Health Assistance Available if Uninsured
Health Center Hours
Monday—Friday, by Appointment
After Hours Emergency?
Call 9-1-1 if it’s a life threatening emergency.
For urgent medical or oral health issues, call 413-835-4980 to contact the medical provider or dentist on call.

COUNCIL ON AGING MEMBERS
and ASSOCIATE MEMBERS
Tim Atteridge, Dan Clapp (Chair), Norma Hallock, Eilli Hein, Mary Hough, Richard Kofler, Rosemary Kofler, John Magarian, Etta Walsh.
Associate Members: Sue Dierks & Jack Wollensak

FRIENDS of the AMHERST SR. CENTER ANNUAL MEETING
Monday, June 18th from 2-3:30 PM
Bangs Community Center Room 101

All who have contributed in the past year to the Senior Center are invited and encouraged to join us at the Friends Annual Meeting to hear about our accomplishments over the past fiscal year and our plans for the future. We’ve had several successful fundraisers this year and plan for more next year. Come hear our plans and bring your suggestions.

The purpose of the Friends is to raise money to provide for programs, services, activities and equipment to benefit Amherst seniors. We are forever grateful for your contributions to the Friends and for the money we receive in envelopes included with the Town census forms.

Please join us on June 18th. We need your votes to elect new Board Members and the Officers for the year. Refreshments will be served!

UPCOMING FRIENDS FUNDRAISERS:
• Thursday, June 21 - Panera Bread, 531 Russell St., Hadley, 4 to 8 p.m. on dine-in, take-out and online orders.
• Wednesday, July 18 - Johnny’s Tavern, Boltwood Walk, 5 to 8 p.m. for diners at the restaurant.

WE HOPE YOU CAN SUPPORT US BY PARTICIPATING!!

CHANGE IN SENIOR CENTER STAFFING
A note from Nancy Pagano, Senior Center Director:
Our very capable Administrative Assistant (office manager) and friend, Karen Erman, is retiring at the end of June. Karen has been an important part of our work family since 2003 and we will miss her very much. Town staff and S.C. friends are planning a potluck to honor Karen in Room 101 on Tuesday, June 19th, from 11:30-1:30 PM.
RSVP to me if you want to participate, 259-3114. ~Nancy

Dear Amherst Seniors:
After a number of enjoyable years working for the Town of Amherst, three of which were in the Health Dept. and fifteen in the Senior Center, I will be retiring on June 30, 2018. I want to share my heartfelt thanks to the Senior center staff and volunteers for all the support they have given me, and for the many good memories that I will take with me into my retirement. Also, I have been incredibly blessed over the years to have met so many warm and friendly people who have participated at the Senior Center. Your friendly smiles and hellos I will miss the most.

My husband and I will be venturing into a new chapter in our lives making new memories as we go.

Best, Karen
WHO ARE THE “FRIENDS”?  
A fundraising corporation called “Friends of the Amherst Senior Center” was established in 2007 to help support the Senior Center when Town budget cuts eliminated funding of all programs and services for elders. The ‘Friends’ now raises money to provide for services, equipment, supplies, programs, and classes that benefit seniors in our community. It is a 501C-3 and all contributions are tax deductible.

FY18 FRIENDS SOLICITATION  
The Friends of the Amherst Senior Center’s 9th annual solicitation and membership campaign is underway. The Senior Center, especially in these difficult times, relies on your help to keep programs and services going. This year we will again need to raise all program money through grants and donations. Any amount of money you can give is appreciated so that we can continue to keep our elder “safety net” intact.

FY 18 DONATIONS TO THE FRIENDS:  
To Date: $17,121.85

AMHERST TOWN CENSUS 2017 SOLICITATION:  
To Date: $8,055.00
Sonia Nieto, Mira Menon, Elizabeth Capitafli, Floris Cathelineaud Diaz, Betty Brace, Jon Kent, Shlomo Barnoon, Francesca Swaminathan, Kay Butler, Lucille J. Gallagher, Jeanne Balcom, Nigel Coxe, Melina & Lew Spratian, Sondra Radosh, Tom & Alicia Morton, Susan Zarchin (In honor of the work of all Friends & Barbara Slovin a special thanks), Jane Kristal, Virginia Kilmer, Mary Jane Laus, Pauline Stark, Sarah Brown, Shirley Lauder, Phyllis Whitney

PLANNING FOR MEDICARE—Countdown to 65  
Wednesday, July 18th, 1-2 PM
Presented by Sue Flanagan, Senior Plan Consultant
This is a presentation and discussion led by a Blue Cross Blue Shield of Massachusetts representative. It’s geared towards individuals approaching Medicare Eligibility. Topics covered include: health insurance information outside of employer-sponsored coverage, such as an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans as well as explaining how Medicare Part D plans work. It also covers programs available to early retirees, and COBRA.
Sue Flanagan is a Senior Plan Consultant for Blue Cross Blue Shield of Massachusetts. ‘She has worked for Blue Cross Blue Shield of Massachusetts for the past 15 years and has over 20 years’ experience working in the Health Insurance Industry with a focus on Medicare products. Sue speaks to hundreds of audiences each year on Medicare and related products.

WHAT IS S.H.I.N.E.?  
(Serving the Health Insurance Needs of Elders)
SHINE provides confidential counseling and assistance to Medicare beneficiaries and assistance with Medigap and HMO coverage, Medicare, Prescription Advantage applications, public benefits and more. Call the Senior Center at 413-259-3060 to make an appointment. Counselors will be available from 1–4 PM
Mondays, June 4th and 18th, 2018
Mondays, July 9th and 23rd, 2018
The SHINE program is a free confidential program of the Executive Office of Elder Affairs in conjunction with Franklin County Home Care Corporation and local Councils on Aging.

NEED A COMPUTER?  
From time to time as the Town of Amherst upgrades staff desktop computers, the senior center is able to pass the older equipment on to Amherst residents at no cost. If you are interested in a donated computer with monitor, keyboard and mouse, please call Jack Wollensak mornings at the Senior Center 413-259-3060 or Nancy Pagano at 413-259-3114.
There are no laptop computers or printers of any kind available.

PROGRAM ANNOUNCEMENTS
You are invited to ...  
A MUSICAL SHOWCASE SPECIAL EVENT  
At the Bangs Community Center  
FREE ADMISSION — FREE REFRESHMENTS  
Friday, June 15th, 2 PM
Gary Landren—“The Honky Tonk Piano Man”

“Musical Showcases” are supported in part by grants from the Mass. Cultural Council. Other funds needed are given by the Friends of the Amherst Senior Center.

Stephen Hawking’s Life and Work—a Seminar by Professor George Greenstein  
Monday, June 25th, 1-2 PM
Stephen Hawking is one of the most famous scientists of our time. Although beset by debilitating illness, he has revolutionized our understanding of the universe and black holes...and, of course, his “Brief History of Time” has achieved worldwide fame. In this talk Greenstein will describe Hawking’s discoveries and personal life. George Greenstein taught astronomy at Amherst College from 1971-2012, where his research focused primarily on neutron stars and pulsars. He was active in designing new, seminar-style methods of instruction in the sciences, and has written numerous popular books on physics and astronomy. Hawking has long been a scientific hero of his.

Amherst Senior Center Staff  
Nancy Hirsh Pagano, Director/Program Director
Helen MacMellon, LCSW, Program Director/Social Worker
Karen Erman, Administrative Assistant (Office Manager)
Michele Chmura, LICSW, Social Worker—Outreach
Lisa White, RN BSN, Senior Health Services Director
Kathleen Nelson—Lunch Site Director
Kazem Rahmani—Senior Aide
Reception Desk Main Phone # 413-259-3060
Fax # 413-259-2413

The SHINE program is a free confidential program of the Executive Office of Elder Affairs in conjunction with Franklin County Home Care Corporation and local Councils on Aging.
SR. CENTER PROGRAM ANNOUNCEMENTS

AGING TOGETHER—SUPPORT & LEARNING GROUP
Monthly meeting group seeks to explore, share ideas and exchange learned wisdom concerning (or relating) to issues of aging in a supportive and nurturing environment. Join us on the first Monday of the month from 2:00—3:30 PM. We welcome your ideas for our ongoing discussion. For more information contact Lisa White, RN Director of Senior Health Services at (413) 259-3257.

SENIOR CENTER BOOK CLUB
Everyone is welcome to attend an introductory meeting of a new book club on Friday, June 15, at 1:00 PM. Co-sponsored by the Amherst Senior Center and the Jones Library, the club will meet monthly at the Amherst Senior Center. The library will provide the books (in regular or large print) to attendees at the meeting. The group will be led by Linda Wentworth, Librarian at the Jones Library. We will hold an initial meeting on Friday, June 15, from 1:00-1:30 PM to get acquainted and choose books for the next few months. Our regular meetings will be an hour long.

CRAFT WORKSHOPS with Parvin
Most Fridays from 9-11 AM, in the Bangs Center, handcrafters work on projects of their own choosing. This is a social group with lots of chatting, helpful instruction (upon request), and refreshments. Handcrafts that are donated by members, or others in the community, are sold at the Senior Center to raise funds for Senior Center programs. Parvin Niroomand is the Craft Club Director. You may call her at 413-218-5093. Please call the Senior Center to check on whether this program is meeting on the Friday you wish to attend.

Many free craft supplies are available such as fabric, yarn and thread. Newcomers are welcome.

AMHERST POLICE DEPARTMENT—MEDIC ALERT INITIATIVE имеет
The Amherst Police Department, in partnership with MedicAlert Foundation, has announced a free program aimed to protect community members with dementia and autism who are at-risk for wandering emergencies. Through the new program, the Amherst Police Department will now be able to enroll local residents and their caregivers via an online portal, into the MedicAlert national registry/database to receive a free medical identification bracelet and free 24/7 emergency support services.

While the wandering statistics for Alzheimer’s disease and autism are staggering (6 in 10 adults with Alzheimer’s or related dementia will wander, and 50% of individuals with autism spectrum disorders will elope); MedicAlert has been hailed as an important part of the overall safety plan for families with a loved one at-risk of wandering. The charity reports that there is a 98% success rate for locating missing persons with MedicAlert products and services are utilized.

Families that are interested in obtaining the free medical ID and 24/7 services should contact Officer Jessica Damon by calling her at the Police Station at 413-259-3000 or by emailing her at damonj@amherstma.gov.

FOR YOUR HEALTH AND SAFETY

SENIOR SAFE: Senior Awareness of Fire Education

The Amherst Fire Department is offering a special program for Seniors called Senior SAFE (Senior Awareness of Fire Education). It’s funded through the Department of Fire Services. The program is run by Amherst Firefighters and consists of:
- Home inspection for fire safety
- Free carbon monoxide detectors
- House numbering with no cost to seniors

If you are interested in a home safety inspection, a free carbon monoxide detector and/or house number, please contact Nancy Pagano at the Senior Center, 413-259-3114.

TRIAD SAFE ENTRY (LOCK BOX) PROGRAM

Flyers are available at the Amherst Senior Center about this program of the S.A.L.T. Council offered in collaboration with the Senior SAFE Program of the Amherst Fire Department. Donations are gratefully accepted.

This is a program in which seniors have a lock box installed that holds their house key. The lock box is a small secure box with a combination (which you choose). The location and combination will be on file with the Amherst 911 Dispatch Center. When an emergency call comes to the Dispatch Center, the dispatcher informs the responding officer or paramedic (via a secure format) of the lock box location and combination which will allow the officer quicker entry to offer assistance. There is no charge for this lock box thanks to community donations. Contributions by recipients are always gratefully accepted. An application form is available at the Amherst Senior Center and should be given to Nancy Pagano when completed.

FREE PAPER SHREDDING OFFERED BY TRIAD

Saturday, June 9th, 9-12 noon
Wildwood School, Strong Street in Amherst

HOME IMPROVEMENT HELP

HOME MODIFICATION FUNDS AVAILABLE

July 11th 1:30 PM with John O’Leary

The state-funded Home Modification Loan Program (HMLP) provides loans to make modifications to the primary, permanent residence of elders, adults with disabilities, and families with children with disabilities. Such modifications allow people to remain in their homes and live more independently in their communities. All borrowers are eligible for a 0% interest, deferred payment loan. The loan will not require monthly payment and payment is required when the property is sold or has its title transferred. A landlord may be eligible for 3% amortizing loans. This program offers homeowners loans from $1,000 up to $50,000. Examples of eligible modifications include ramp and stairlift installation, widening doorways, walk-in shower/tub unit installation, and building accessory dwelling units.

Please come to this seminar at our senior center to learn about this opportunity to make necessary modifications to your home by obtaining a state-funded Home Modification Loan.

John O’Leary, Program Representative of the Home Modification Loan Program here at the Pioneer Valley Planning Commission.
**S.C. PROGRAM ANNOUNCEMENTS**

**DRAWING CLASSES**
Instructor: Carolyn Bruneau
Mondays, 9:30-11:30 AM

JUNE 4th—ELEMENTS OF LANDSCAPE
Today we will discuss the elements of landscape, review format and composition, and complete a landscape from your imagination or photos, yours or mine. You may work in any medium and any size.

JUNE 11th, 18th, & 25th—LANDSCAPE, SEASCAPE, or CITYSCAPE
For the rest of the month you will work on your choice of subject—landscape, seascape, or cityscape. You may include any of the things we have worked on...i.e. trees, water, rocks, buildings, architectural elements, people or animals. You may work from imagination or photographs. We will also work "en plein aire" IF the weather is accommodating. Again, you choose the paper, size, and medium, black and white or color.

**JULY 2nd—INTRODUCTION TO COLLAGE**
We will discuss the history of collage, and complete a "drawing with paper". A still life will be set up. You may work from that or your imagination. Bring any colored papers from magazines, old pieces of art, etc. and a firm paper or cardboard base to work on. Also, bring scissors and glue if you have it. I will also provide paper and glue to share.

**JULY 9th & 16th—CONTINUING COLLAGE**
We will continue with collage with different materials, including paper, fabric, old jewelry, natural materials, string, yarn, and anything else you want to use. Bring whatever you have, and a firm backings, scissors and glue. I will provide "stuff" and backings, as well as glue, and a glue gun. There will be a subject given in class each day!!

**JULY 30th—CONTINUING MOSAICS**
Today we will discuss the art of mosaics. You will complete an abstract paper mosaic using "tiles" of paper. We will use music to inspire your design. So bring any colored paper you'd like to use, scissors, and glue. I will provide paper and glue as well.

**COMMUNITY NOTICES**

**AMHERST LEAGUE OF WOMEN VOTERS BOOKSALE 2018**
**BOOK SALE**
Public Sale: JULY 27, 28, 29 & AUGUST 3, 4
10-7 PM on 7/27 otherwise 9-4 PM all other dates

**FORT RIVER ELEMENTARY SCHOOL GYM**
70 SOUTH EAST STREET, AMHERST
For further information, call 413-367-4329 or ksmithcamp@post.harvard.edu

**WHAT’S HAPPENING AT THE JONES LIBRARY?**
- The ESL Center needs volunteers to help adult English language learners develop confidence in conversational English. No training needed; 2-hours/week, time and location are flexible. Info here: www.joneslibrary.org/584 or 413-259-3093.
- Ukulele Strum-along! Saturdays June 2 and July 7 from 3:00 PM - 4:30 PM @ The Jones in the Amherst Room.
- PC Tech support with Dr. Hank @The Jones in the Atrium on Mondays June 4 and June 18 from 4-5 PM.

**SALVATION ARMY**
- The Salvation Army counselor, Meg Wright, holds office hours (for Amherst and Hadley residents only) at the Amherst Survival Center, 138 Sunderland Road, Amherst each Tuesday from 1-2:30 PM. For income-eligible individuals, vouchers may be obtained for the following items:
  - Prescription Eyeglasses: Eye exam within last 2 years and prescription information is required. Voucher is redeemable at Vision Showcase (Route 9, Hadley). One time only.
  - Clothing Vouchers: Redeemable at: The Salvation Army Thrift Store (Rt. 9, Hadley) or at The Hospice Shop (55 University Drive, Amherst)
  - Emergency Assistance: Utilities, if termination notice has been received. Prescription medications, if not covered by insurance. One time only.

**TOWN OF AMHERST AMBULANCE BILLS**
When you receive an ambulance bill from the Town, you need to complete the reverse side of the bill where the insurance information is requested. Then mail it back to the Collector’s Office. The Collector’s Office needs your health insurance information in order to send bills to Medicare and any other health insurance you have. If you have questions about the bill you can call Helen MacMellon at 413-259-3062 or the Collector’s Office at 413-259-3020.

The Executive Office of Elder Affairs has a website for you to go to if you have information and referral questions with which you’d like assistance: www.800ageinfo.com
The Senior Spirit

SENIOR CENTER WELLNESS CLINICS HELD AT THE BANGS COMMUNITY CENTER

SENIOR HEALTH SERVICES
Lisa White, BS, RN, PhD
“Helping seniors help themselves stay healthy”

Bangs Center Hours:
Mondays 10 AM-12 PM & 1:30-3:30 PM
Tuesdays 10 AM-12 PM & 1:30-3:30 PM

- Screening & Monitoring Symptoms of Health Problems
  blood pressure, blood glucose level, weight measurements, etc.
  Senior Health Services seeks to promote health & monitor
  ongoing health conditions.
- First aid for minor trauma
- Health information and resource materials
  medications, diet, health conditions, concerns, better health care,
  etc. We can help you identify and possibly change risk factors for
  developing health problems such as high blood pressure, heart
  disease, stroke, and diabetes.
- Assistance with health care needs
  Do you need help with non-emergency health issues?
  Are you unsure who to go to?
  Please call 413-259-3257.
  Lisa will call you back to discuss.

Did You Know?
The Senior Health Services Nursing Center is a fee-free service
thanks to generous community donations.

FREE BLOOD PRESSURE CLINICS
Tuesdays, 9-10 AM at the Amherst Senior Center in the Senior Center’s Garrabrants Room.
No advance appointments are needed to participate. This clinic is run by retired or semi-retired nurses who volunteer their time.

MASSAGE CLINIC
Licensed Massage Therapist, Talya Solomon, is scheduling full body massages or specialty massages tailored to your needs at the Bangs Center. Her charges are reduced for seniors and are $40 per hour and $25 for a half hour.

Clinics are held Tuesdays by appointment. NO CLINIC JULY 17TH.

Call Talya to schedule your appointment at 413-256-8225. Home visits are also available.
Talya’s website is www.massagewithtalya.com.

EAR IRRIGATION CLINICS
with Sharon Beaulieu, RN

Appointments are 20 minutes and may be scheduled for two sessions. Patients need to use Debrox Wax Softening drops at home two days prior to their appointment for hardened wax problems. Treatments are $28.
Sharon offers ear irrigation or foot care on Fridays from 9:40-12:40 PM. Call the Senior Center at 259-3060 to schedule an appointment.

EAR WAX REMOVAL CLINICS
with Dr. Daniel Clapp

Dr. Daniel Clapp provides ear wax removal clinics the 2nd & 4th Tuesday of each month from 3-4:30 PM to seniors at no charge.
Those who avail themselves of this service will be encouraged to make a $10 donation to the Amherst Senior Center Wellness Grants Gift Account instead of paying a fee. No Debrox drops are needed. Appointments can be made by dropping in or calling the Senior Center at 413-259-3060.

SENIOR FOOT CARE WITH SHARON
Sharon Beaulieu, RN, staffs our foot care (and ear irrigation) clinics each Friday from 9:40-12:40 PM.
The fee for service is $28. For an appointment, call 413-259-3060. Foot care includes nail clipping, callous removal and therapeutic foot massage. No clinic June 29th.

BELOVED FOOT CARE with ONI
Tuesday, June 12th, 9-11 AM
Wednesday, June 20th, 2-4 PM
Tuesday, July 10th 9-11 AM
Wednesday, July 18th, 2-4 PM

“My name is Aminat Manuel-Oni, RN. I have been providing foot care services for seven years both in Franklin and Hampshire counties. My foot care services are currently being offered at senior centers, Councils on Agings, adult daycares, and through home visits.
I provide competent, compassionate, and individualized care. Each client is allotted 30 minutes, so that I can provide thorough care and a therapeutic foot massage at the end of each session.
I charge $30 for Council on Agings & Senior Centers. Home visits are $50—call me for an appointment at 413-522-7219. Checks or cash are the acceptable methods of payment. Foot soaks are not required before your appointment.”

FOOT ASSESSMENT AND CARE CLINIC offered by FootCare by Nurses
Wednesdays, June 13th and July 11th—By appointment 9:45 AM—1 PM

Balance starts with healthy feet. Being off balance, having painful feet, or challenging toenails, corns and callouses are signs that your feet may not be working optimally. At FootCare by Nurses, our mission is prevention and our passion is caring. We are all about holistic care, sharing knowledge and applying evidence based practice. From shoe and sock fit, to helping you understand how to run your feet better for enhanced health, well-being and balance, to addressing skin and nail issues, these are just a few of the reasons you might benefit from a foot care session with FootCare by Nurses. Our nurses also give a great Reflexology-based massage. A FootCare by Nurses board-certified foot care nurse will be providing care every 2nd Wednesday of the month, from 10 AM till 1 PM. The 45 minute initial visit will be $50 (please bring med list and shoes) and with follow up 30 minute visits being $35. All attendees must be registered with the senior center. Come and experience professional, kind and compassionate foot care from our certified foot care nurses. Diabetic, chronic illness and because all feet deserve great care appropriate. Call 413-259-3060 to make an appointment.
### AMHERST SENIOR TRAVEL CLUB BUS TRIPS

Contact Nancy Pagano at 259-3114 for further information.

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<tr>
<th>LUNCH AT MAGGIANO’S OR LEGAL SEAFOOD &amp; ISABELLA STEWART GARDNER MUSEUM IN BOSTON</th>
<th>MYSTIC AQUARIUM and OLDE MISTICK VILLAGE IN CONNECTICUT</th>
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<tr>
<td><strong>DATE:</strong> Saturday, June 16th, 2018  <strong>LEAVE:</strong> 8:30 AM  <strong>RETURN:</strong> 6-7 PM  <strong>COST:</strong> $75 (Gardner Museum, motorcoach, gratuity)  <strong>NOTES:</strong> This museum houses an art collection of world importance, including significant examples of European, Asian, and American art, from paintings and sculpture to tapestries and decorative arts. In 1990, thirteen of the museum’s works were stolen; the high-profile crime remains unsolved and the works have not been recovered. (We will have a guided tour.) Lunch will come first on this trip and you order and pay for your own meal.</td>
<td><strong>DATE:</strong> Saturday, October 27th, 2018  <strong>LEAVE:</strong> 8:00 AM  <strong>RETURN:</strong> 6:30 PM  <strong>COST:</strong> $55 (includes admission, motorcoach, gratuity)  <strong>NOTES:</strong> Design your own day—come and go through the Aquarium at your own speed—see the 4D Shark Show, all exhibits. The Mystic Aquarium in Mystic, Connecticut is one of three U.S. facilities holding Steller sea lions, and it has the only beluga whales in New England. Special exhibits include a ray and shark touch pool, an African penguin exhibit, a jelly gallery, and an “Exploration: Wild” ecosystems exhibit. At your leisure explore Olde Mistick Village which is adjacent to the Aquarium—it has many cute shops and restaurants (level walking).</td>
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<tr>
<th>JULY 4TH AT TANGLEWOOD WITH JAMES TAYLOR</th>
<th>BOSTON SYMPHONY CONCERT</th>
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<tr>
<td><strong>LEAVE:</strong> 3:30 PM  <strong>RETURN:</strong> 11 PM or later  <strong>COST:</strong> $65 (Motorcoach, lawn ticket, gratuity)  <strong>NOTES:</strong> Enjoy this holiday concert complete with fireworks! Plan to bring a chair or blanket &amp; picnic.</td>
<td><strong>DATE:</strong> Friday, November 30th, 2018  <strong>LEAVE:</strong> 8 AM  <strong>RETURN:</strong> 6:30 PM  <strong>COST:</strong> $125 (motorcoach, ticket, gratuity)  <strong>NOTES:</strong> Sign early as this concert will be a sell-out. Contact Nancy if you have purchased your own ticket.</td>
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<tr>
<th>DAY ON YOUR OWN IN ROCKPORT, MA</th>
<th>SENIOR TRAVEL CLUB GUIDELINES</th>
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<tr>
<td><strong>DATE:</strong> Saturday, July 21st, 2018  <strong>LEAVE:</strong> 8 AM  <strong>RETURN:</strong> 9-9:30 PM  <strong>COST:</strong> $60 (motorcoach, gratuity)  <strong>NOTES:</strong> Time for sightseeing, eating, shopping. Optional time at Good Harbor Beach. Bring a beach chair and/or blanket, umbrella.</td>
<td>• <strong>PLEASE SIGN-UP EARLY FOR TRIPS SO THEY DON’T GET CANCELLED</strong></td>
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<td>• Anyone, any age, from any town may participate.</td>
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<td>• All trips leave from the Big Y parking lot—please park behind the Goodwill store.</td>
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<td>• <strong>Money for each trip is due at least TWO WEEKS IN ADVANCE.</strong> Make checks out to: “Senior Travel Fund” &amp; mail to Sr. Ctr. @70 Boltwood Walk in Amherst.</td>
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<td>• <strong>Call Nancy’s cell at 413-575-2681 if you are cancelling at the last minute so the bus won’t wait unnecessarily.</strong></td>
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<th>ISLES OF SHOALS CRUISE, LOBSTER LUNCHEON AT ROBERT’S GRILL</th>
<th>NIAGARA FALLS CANADA October 8-11, 2018</th>
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<td><strong>DATE:</strong> Tuesday, August 9th, 2018  <strong>LEAVE:</strong> 8 AM  <strong>RETURN:</strong> 9-9:30 PM  <strong>COST:</strong> $140 (cruise, lobster bake, motorcoach, gratuity)  <strong>NOTES:</strong> Delicious (1.5 lb) Lobster (or chicken) luncheon at Robert’s Maine Grill which is said to be one of the top two restaurants in the area. Next we will have a two and 1/2 hour cruise of Portsmouth Harbor and the Isles of Shoals in Maine.</td>
<td><strong>4 Days • 5 Meals • 3 Breakfasts, 2 Dinners</strong>  <strong>Double/triple pp</strong> $549; $769 single  Included in the price: Deluxe motorcoach, 3 nights at the Country Inn &amp; Suites Hotel, 5 meals, sightseeing and admissions as per itinerary, Friendship Tours Escort  <strong>Note:</strong> Cancellation insurance strongly recommended.  <strong>PROOF OF CITIZENSHIP REQUIRED: A VALID PASSPORT</strong>  <strong>Highlights:</strong>  Guided Tour of Niagara Falls, Fallsview Casino (optional)  Tour of Niagara-on-the-Lake and Welland Canal  Peller Estates Winery  Skylon Tower Dinner in revolving dining room  <strong>Note:</strong> This is a Friendship Tour we are sharing with another group. For more information, contact Nancy Pagano at 413-259-3114. Deposits due by July 9, 2018; Final payment by Aug. 27, 2018. Checks are payable to Friendship Tours, 705 Bloomfield Ave., Bloomfield, CT 06002. Please pick up flyer at the Amherst Senior Center.</td>
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<th>DAY IN Ogunquit, Maine</th>
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<td><strong>DATE:</strong> Saturday, August 25th, 2018  <strong>LEAVE:</strong> 8 AM  <strong>RETURN:</strong> 9-9:30 PM  <strong>COST:</strong> $70 (motorcoach, gratuity)  <strong>NOTES:</strong> You are on your own for the day. Bring beach chair, towels—whatever you need to enjoy your day at the ocean.</td>
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<tr>
<th>EASTERN STATES EXPOSITION</th>
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<td><strong>DATE:</strong> Thursday, September 20th, 2018  <strong>LEAVE:</strong> 8:30 AM  <strong>RETURN:</strong> 7:30 PM  <strong>COST:</strong> $10 (van) You pay your own admission.  <strong>NOTES:</strong> Hop on our van and enjoy the deliciousness of the Big E! Don’t miss the fun—space is limited.</td>
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<tr>
<th>LAKE WINNIPESAUKEE FALL FOLIAGE TRAIN RIDE WITH HOT TURKEY DINNER ONBOARD</th>
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<tr>
<td><strong>DATE:</strong> Sunday, October 14th, 2018  <strong>LEAVE:</strong> 8:30 AM  <strong>RETURN:</strong> 7-8 PM approx.  <strong>COST:</strong> $100 (turkey dinner, motorcoach, train, gratuity)  <strong>NOTES:</strong> This is a three-hour train ride with a Hart’s Turkey Farm traditional hot turkey dinner included.</td>
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SENIOR CENTER FITNESS CLASSES

GENTLE FITNESS—Mon, Wed, & Fri. 11-11:30 AM—with Donna Motts & Penny Nolan
Gentle fitness classes continue Mondays, Wednesdays & Fridays from 11-11:30 AM at the Bangs Community Center. All exercises are done in a standing or sitting position and are set to music. Suggested donation is $1 per class. Newcomers are welcome anytime.

FUNCTION WELL—Tuesdays and Thursdays, 8:30-9:30 AM—Instructor Greg Coleman
In this class, you will perform gentle strength exercises with the goal of feeling better in everyday life and ultimately functioning well. This class will include: flexibility training, strength training and light bouts of aerobic activity. It should be a lot of fun! We will work on your core doing exercises to strengthen these muscles. Classes are $3 each.

TAI CHI—Mondays 3-4 PM—Instructor Bailing Li
This class will continue to meet at its regular time but the instructor injured her knee and needs time to recover. For further information about the Tai Chi program currently meeting, contact class member and current coordinator, Betsy Mathews at 413-549-3645, or by email at: magistramathews@gmail.com.

TAI CHI FOR ARTHRITIS & FALL PREVENTION—Tuesdays 10-12 PM (no class 6/5)
Led by Arianne Pfoutz
Arianne offers two sessions—one at 10 AM for experienced participants & one at 11 AM for beginners. No advance registration is required. Classes are $5 each payable to the instructor. Beginners can start at any class; no advance registration necessary.

BALLROOM DANCING—Fridays, 9:45-10:45 AM, Instructor Anastasia Christie
What can be better than starting out your morning to the tunes of big bands while getting a great workout for your body and soul? This course covers the basics of Waltz, Swing, Foxtrot, Tango, Cha-cha, Rumba and Mambo. Sign up for Anastasia’s class for eight weeks or take it one class at a time. Anastasia instructs on the DVD companion to the book, The Complete Idiot’s Guide to Ballroom Dancing. No experience or dance partner necessary. Friendly atmosphere. Newcomers can join anytime. The fee per hour lesson is $8 per couple, $5 single.

FOLK DANCING—Tuesdays 1-2 PM—No folkdance 7/3, Instructor Eva Goldwater
Exercise your mind as well as your body with INTERNATIONAL FOLK DANCING. Folk dancing is a gentle, weight-bearing activity that engages your brain as well. Best of all, it’s FUN! If you can walk, you can do these dances. All dances are taught. The folk dance group meets Tuesdays, 1-2 PM in the Bangs Center’s Large Activity Room. Newcomers can join at any time, and there is no fee.

ARTHITIS EXERCISE—Mondays, Weds. & Fridays 12:30-2 PM led by Lynn Vennell, Judy Atwood
This is a group exercise program specifically designed for people with arthritis and related rheumatic diseases or musculoskeletal conditions, taught by trained & certified Arthritis Foundation instructors. Each class includes a variety of stretching, strengthening, endurance-building and relaxation exercises. Scientific studies have shown, after eight weeks of at least bi-weekly participation in Arthritis Exercise, you are likely to experience reduced joint pain and stiffness, as well as maintained or improved mobility, muscle strength and functional ability. In short, if your joints need a “tune-up”, this is the exercise class for you. The Amherst Senior Center’s Arthritis Exercise classes are 90 minutes in length, and are held every M-W-F from 12:30–2 PM and are $2 each. Newcomers are welcome.

HEALTHY BONES & BALANCE —Mondays & Wednesdays 8:30-10 AM and Tuesdays & Thursdays 2:30-4 PM
The Healthy Bones and Balance Program (HBB) is designed to increase participants’ strength, mobility, flexibility and balance. Weekly classes are led by trained RSVP volunteers. Healthy Bones & Balance classes are a free, fun way to exercise and socialize. Participants use light hand weights and/or leg weights or their own resistance to increase muscle strength and stimulate joint health. Instructors offer modifications that make this class safe while still offering appropriate challenge to achieve results. HBB leaders are part of a network of trained volunteers with interest in and knowledge about exercise and wellness. Jaymie Chernoff, Betsy Howlett, and Ann Kahn lead the morning classes and Sophie Rogers and Mary Beth Seminario lead the afternoon classes.∗
∗If you are interested in the afternoon class, please call one of the instructors first: Mary Beth at 413-253-0894 or Sophie at 413-835-0644.

MOVING IN RHYTHM with Alicia Morton—Thursdays from 3-4 PM thru June (no classes July & August but classes will begin again September 13th)
This class uses easy to follow and pleasurable movements, which are known to improve bone density, done to a selection of world music—from Mali, Norway, Haiti, Ireland and more. The music is beautiful and makes moving irresistible. Wear comfortable clothing and soft-soled shoes. Drop-ins welcome. This is a free class.

NEW CLASS:
FRIDAY YOGA WITH Jaymie Chernoff—Fridays, 8-9 AM, thru July 20th Join us for a gentle hatha yoga class this Spring! Choose a chair or a mat to experience a more spacious and fluid body. $5 per class donation to benefit The Friends of the Amherst Senior Center.
**MORE FITNESS CLASSES**

**WEDNESDAY MORNING YOGA CLASSES**  
**Led by Dana Orsman**  
**Wednesdays, 9:30-10:45 AM**

Yoga is a powerful practice for maintaining lifelong health and well-being. Curious participants of all ages are welcome to come and try out yoga at the Amherst Senior Center! No pre-registration is necessary. Drop-ins are always welcome. Energizing, strengthening and calming chair and floor yoga postures are offered in a playful, relaxed and supportive atmosphere. Modifications are offered for all poses, both in the chair and on the floor. The fee for each class is $10 payable to the instructor.

**YOGA FOR PEOPLE WITH CANCER**  
**Taught by Beth Donnelly, RN, BSN**  
**Mondays, 12-1 PM**  
6/11, 6/25, 7/9, 7/16

This FREE one-hour gentle yoga practice is for people at any stage in the cancer journey, from recent diagnosis, through treatment, to survivorship. The class incorporates practices of yoga safely for people with various medical issues. The class will include gentle movement, attention to breath, and practices to cultivate awareness of the present moment. Every class includes a guided deep relaxation and meditation as tools for managing stress. Beth will give a full explanation of every practice done in a class. Participants are encouraged to always practice at the level at which they are comfortable. Beth is a Registered Nurse with a BSN from UMASS Amherst and worked at the Cooley Dickinson Hospital Visiting Nurse Association. She has been a yoga teacher for twenty years and works with people with chronic disease including cancer. She has trained in YCAT Yoga Therapy - an evidence-based, experiential framework for adapting the varied practices of yoga safely for people with cancer, chronic illnesses, aging and end of life.

For more information or to register for the course, please call Beth at 718-753-6164 or email bdcban@gmail.com. The class is free but pre-registration is required.

**ZUMBA**  
**Taught by Olmedo “Medo” Gómez**  
**Wednesdays 10:30-11:30 AM**

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training—a combination of fast and slow rhythms—and resistance training. An aerobic activity, Zumba can count toward the 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity recommended for most healthy adults by the Department of Health and Human Services. It is recommended that you use shoes with smooth soles which can help prevent you from hurting your knees or hips. Classes are $5 each payable to the instructor.

**SOOTHING STRETCH** with Alicia Morton  
**Fridays, 3:30-4:30 PM, 6/1, 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27**  
(No class in August—will begin again 9/14)

The lights are low and the music is soft, as you end your week with relaxing, gentle full body stretches accompanied by deep breathing. Mats are provided, or you may bring your own for this free class. To join contact Alicia at 413-253-2783, as space is limited.

**WALK and CHAT PROGRAM**  
**Laurence Birkholz, Coordinator**  
This is a weekly social activity! On Mondays, join us for a “walk and chat” in Hadley. We meet at 10 AM. On good weather days, we will meet at the entrance to the Norwottuck Bike Trail behind Panera/Whole Foods. If it is rainy or snowy, let’s walk inside! On these days, we will meet at the Hampshire Mall Target entrance, also at 10 AM. Questions? Please call me at 413-992-2053 or Nancy Pagano at 413-259-3114. Otherwise, we hope to see you there! P.S. Transportation from the Senior Center can be arranged—ask Larry.

**BELLY DANCING DEMO** with Karen Trehub  
**Monday, June 11th, 2-3 PM**

Belly dance is fun and it is good for everybody! Gentle flowing movements develop core strength and balance. This ancient mysterious dance offers modern fitness with some bling. Wear comfortable clothes you can move in, hip scarves will be provided. No previous dance experience required. Please come and see if a class in Belly Dancing would be of interest to you to happen at the senior center in the future.

Karen began belly dancing at age 12 and has been teaching and performing as a member of the Crescent Dancers Middle Eastern dance troupe at schools, museums and cultural events throughout Massachusetts since 2002.

**WELLNESS GRANTS ARE AVAILABLE**

The Senior Center doesn’t want anyone to be left out of its fitness classes or clinics because of lack of funds. A $15 “wellness grant” is available to low-income Amherst elders upon request. Speak to Karen or Nancy in the Senior Center to fill out a simple means-test form. A maximum of two $15 grants are allowed per month ($150 yearly cap) and can be used for clinic appointments or fitness classes. (The funds for this come from donations.)

**FREE HEALTH SEMINARS PRESENTED AT THE AMHERST SENIOR CENTER BY DR. FRANS HUIJING**

**Glucose, Hemoglobin A1c and Diet Explained for People with Diabetes**—June 5th, and June 21st, 10:30-12 Noon

Our brain needs glucose 24 hours per day. We need to eat food with slowly digestible carbohydrate (mostly starch) to provide this glucose. We also need to avoid food with rapidly available carbohydrate (sugar) to keep our blood sugar low. We also need to feed our intestinal bacteria with food that we cannot digest such as ‘fiber’ (pectin, hemicelluloses, resistant starch, etc.). These bacteria help us stabilize our blood sugar and our appetite.

**Time to Eat by Our Biological Clock**—July 17th, 10:30-12 Noon

The 2017 Nobel Prize in Physiology or Medicine was awarded to three U.S. scientists, Jeffrey C. Hall, Michael Rosbash and Michael W. Young, for their discovery of the mechanism of the biological clock. Did you know that your body had one or more clocks? How does this clock work? What happens when we interfere with the clock by working at night or eating all day long?

**Fructose and Metabolism**—July 31st, 10:30-12 Noon

How the body battles a spoonful of sugar. The food industry likes us to develop a sweet tooth so that we become addicted to their products.
NEW OPTIONS COMMUNITY GROUP CALENDAR – JUNE 2018

Since 1997 we have been meeting to explore a wide variety of topics in many fields of interest: in science, social policies, economics, politics, psycho-social and health advancement. Our goal is to expand our consciousness and inform our decision making. Our discussions are always mutually respectful and empathetic.

JUNE 6 – Profeminist Men. Rob Okun was recently featured in the Hampshire Life section of the Gazette. For decades, he has been an activist for women’s rights and the prevention of violence against women. His work has been to spread these attitudes among men and to work with men to overcome anger toward women. He’s the author of Voice Male: The Untold Story of the Pro-feminist Men’s Movement, and he publishes the quarterly magazine Voice Male. Rob’s been involved in this work from the Men’s Resource Center at UMass in the 1970s to the current “MeToo” era. Rob will be bringing copies of his book and group members will have the chance to buy an autographed copy.

JUNE 13 – Leslea Newman’s Poetry. Author and poet Leslea Newman, last year’s poet laureate of Northampton, has written 70 books for readers of all ages, including children’s books like Mommy, Mama and Me, The Boy Who Cried Fabulous, and Haiku Waits: October Mourning; A Song for Matthew Sheppard and a book of short stories A Letter to Harvey Milk. She will be reading poems from her book I Carry My Mother.

JUNE 20 – Stories We’d Like to Tell Our Grandkids. We’ll discuss the kinds of stories we think are important to share with our grandchildren. These might be stories about their family history, stories about a wider history that may have relevance today, stories our parents or grandparents shared with us, stories about possible futures, or any stories to share for whatever reason at all.

JUNE 27 – The Wright Brothers. This award winning PBS documentary first came out in 2003, the hundredth anniversary of the first successful flight at Kill Devil Hills, North Carolina. It documents the many failures of the Wright Brothers, their persistence and their final success. It includes interviews with historians and experts in aviation. It also shows footage of the brother’s early flights at the dawn of the age of flying.

Clear Options will not meet again until Sept. 5th. We wish all a very pleasant summer, and we look forward to getting together again in early fall.

Our group is coordinated by Jane Madden, Dick Stein and Jay Stryker. We meet Wednesdays from 2-4 PM in Room 101 of the Bangs Community Center. New members and guests are always welcome. Should you have questions, please feel free to call Jane Madden at 413 230 3460 or contact her by email at mjanemaddencomcast.net.


Taught by Stephen A. Gottlieb, Emeritus Professor of English Literature

Dates and Times: Starts June 7, THURSDAYS, 1-3 PM in Room 101 of the Bangs Community Center:

June 7, 14, 21, 28, July 5, 12, 19.

This course is free, but please sign up at the Senior Center if possible.

In this first of two courses on the music of Dmitri Shostakovich (1906-1975), we will watch performances (video) of select concertos for violin, piano, symphonies, chamber music, ballet, and light music. Dmitri Shostakovich was a stunningly original modern composer, the most inventive and innovative among his Russian contemporary musicians. And, as someone once wrote about the writings of Nikolai Gogol, so with Shostakovich, “Here is the world’s plenty.” Even operetta, film scores, & two great operas.

As a musician and as a Soviet patriot, Shostakovich was the most hotly debated and enigmatic composer in Soviet Russia. Who was the real Shostakovich? Was he the composer of the Piano Concerto No.2’s delectable slow movement? Or the Symphony No.10’s biting cynicism? Or the bleak despair of the String Quartet No.15? Shostakovich’s music possesses a narrative quality begging for interpretation. Indeed, although his greatest music does not conform to the specific allegories requested by the Soviet authorities, there certainly is drama in it.

And yet, Shostakovich’s chameleon-like creative personality makes him impossible to tie down. His Piano Concerto No.1 throws virtually everything into the stylistic melting pot – vaudeville, jazz, honky-tonk, slapstick, and passing references to Beethoven and Mahler. Yet, although one can never be sure just what he is going to do next, there is one immutable fact about his music – it could only be by Shostakovich, and it is exciting and moving.

As always, I have designed this course for people who enjoy classical music, or who are curious about it, with a format of lectures, watching live performances of the music, and discussion.

Prof. Stephen A. Gottlieb … stephen.gottlieb@comcast.net

CLEAR CAPTIONS—A free phone that enables you to read what is being said.

Monday, July 23rd, 1-2 PM

A presentation by Dave Arnold, Title IV ADA Specialist

According to national statistics by Johns Hopkins Medicine and the Hearing Loss Association of America, at age 65, one in every three people have hearing loss. Title IV of the Americans with Disabilities Act of 1990 (ADA), codified at section 225 of the Communications Act of 1934, as amended, requires a person with a hearing disability to be able to communicate with other telephone users in a manner that is functionally equivalent to voice communications service. Studies show that when people stop communicating on the phone, they have a higher probability of losing their independence along with a greater risk of isolation leading to other health issues.

To qualify for this free caption phone, an individual with hearing loss will need access to a landline and internet service. The Ensemble Clear Captions phone displays text of conversation in near real-time on a large color touchscreen while also amplifying voice, so users can see and hear what callers are saying. This phone helps ensure that you get the whole conversation. You are encouraged to learn more at this seminar July 23rd, 1-2 PM at the Amherst Senior Center.
**PROGRAM ANNOUNCEMENTS**

**“NAME THAT TUNE” WITH STEVE DAMON**

Sing-along with Steve usually the 1st and 3rd Mondays year-round from 11-1:45 AM in the Large Activity Room.

*June 4th—Name That Tune: TV Themes*
*June 18th—Hand Chime Workshop*
*July 2nd—Americana Sing-Along*
*July 16th—Name That Tune: Jazz Standards*

**Steve Damon is the Founder and Lead Educator of Anatural Music School**
www.anaturalmusicschool.org
anaturalmusicschool@yahoo.com

**JOY OF SONG** with Sara Snyder

Please join us for a fun, informal community singing hour. Join in on familiar old songs, and enjoy the proven health benefits of group singing. Lyrics will be provided. All abilities welcome — it’s the spirit that counts!

Sara is an experienced musician with an MA in World Music and a full-length CD. She has been leading group sings in a variety of places in Western Mass. Sara has a repertoire of more than 275 classic songs and she accompanies groups with an antique banjolele!

**LEARN TO PLAY THE UKULELE**
**With Julie Stepanek**

Bring your own ukulele or borrow Julie’s. This free program includes a talk, a short lesson and a strum-along of fun & easy songs.

**Friday, June 22nd, 2-3:30 PM**
**Friday, July 20th, 2-3:30 PM**

**MEMOIR WRITING**—June 14th is the last meeting until September

The Memoir Writing Workshops are held from 1-3:30 PM on Thursdays. Are you writing down your memories or would you like to? Join this group of spirited writers! We’ll write both in and out of class and read our work to the group. Sharing, support, and fun for all. This group meets weekly. For further information contact George Cernada at 413-549-7814.

**SENIOR CENTER GAMES**

**MEXICAN TRAIN DOMINOS**—Mondays & Fridays, 12:30-3 PM

**CHINESE MAHJONG**—Tuesdays 12:30-2:30 PM

**SCRABBLE**—Tuesdays, 1-3 PM

**SOCIAL BRIDGE GAMES**—Wednesdays 12-4 PM

**CHESS GAMES**—Thursdays, 1-4 PM

Beginners and advanced players are welcome.

**CRIBBAGE GAMES**—Fridays, 9-12 noon

**PLEASE COME HAVE FUN WITH US!**

**HEALTH EDUCATION SEMINARS**

**SUMMER HEALTH SEMINARS**
**BY THE ALZHEIMER’S ASSOCIATION**

**Coping with Early Memory Loss—June 7th, 10:00 AM**
Learn about diagnosis, treatment and effective coping techniques while living with mild memory challenges or an early stage diagnosis.

**Healthy Living for Your Brain and Body: Tips From The Latest Research—July 25th, 1:30 PM**
Lifestyle choices impact the aging process. Learn about important information and research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Use hands on tools to develop a plan for healthy aging.

These programs are free—advance registration at the senior center is appreciated.

**“HOSPICE 101 and DISPELLING THE MYTHS OF HOSPICE CARE**

*By Holyoke VNA*’ Hospice Life Care
**Tuesday, June 19th, 10-11:30 AM**
**Bangs, Room 101**

In this presentation you will learn:
♦ The History of Hospice and Hospice Philosophy
♦ What Makes Hospice Life Care different from what other agencies offer
♦ The truth about some common myths of Hospice Care
♦ Who is eligible for Hospice Care

Question and answer period to follow.

**DIABETES PREVENTION & MANAGEMENT**
**A presentation by the Mass. Food Bank**
**Thursday, June 28th, 10-11:30 AM**

LEARN ABOUT:
Diabetes basics, reading food labels, managing blood sugar levels, counting carbohydrates

**SELF HYPNOSIS FOR WELL BEING**
**Thursdays, July 19th & 26th, 10-11 AM**

This two-class self-hypnosis program for well-being will help you develop your goals for weight loss, stress reduction, sleep improvement, or other topics and create effective self talk / affirmations for each goal. You will learn a simple self-hypnosis format to practice each day. Participants are required to attend both classes.

Led by Val Miller, a Certified Hypnotist with the National Guild of Hypnotists. Fee of $30 includes two one-hour sessions one week apart. Pre-registration is requested.

**VOLUNTEER RECEPTIONISTS NEEDED**

If you love people, are comfortable with data entry on the computer, good on the phone, able to assist with the borrowing and returning of convalescent equipment, and able to cope with an extremely busy office, WE NEED YOU!!

Contact Nancy Pagano at 413-259-3114 for further info.
**HELEN MACMELLON, 259-3062**

**CAREGivers SUPPORT PROGRAMS**

**SUPPORT GROUP MEETINGS**
**Thursdays, June 14th and 28th and July 12th & 26th from 1:30-3 PM**

Peg DeNault, RN & Helen MacMellon, LCSW continue as facilitators. Emotional support, resource info, nurse consultant and loaning library. For info. contact Helen at 413-259-3062 or by email at: macmellonh@amherstma.gov

Drop-ins welcome!

**“CARING FOR YOURSELF”**
**Thursday, June 28th, 1:30-3 PM**

Nurse consultant, Peg DeNault, RN, MEd & Helen MacMellon, LCSW. Learn to identify signs and sources of stress and how to reduce it.

**MINDFULNESS-BASED RELAXATION**
**Thursday, June 7th and June 21st, 1:30-3 PM**

Back by popular demand, Dr. Marilyn McArthur, PhD, will guide us through various relaxation techniques. All welcome!

**CAREGivers GRANT - DONATIONS WELCOME!**

Thanks to a very generous Title 3 grant from Highland Valley Elder Services, the Amherst Senior Center’s new “Aging Across the Spectrum” grant is able to co-spamor expanded caregivers, grief support and LGBT programming. Your donation small or large is always welcome and will help us to continue to offer these programs. Checks can be made out to the Friends of the Amherst Senior Center with “Caregivers” in memo section.

**LGBT PROGRAMS**

**LGBT SOCIAL GROUP!**

**RAINBOW SUPPER CLUB, PRIDE TEA DANCE**
**Wednesday, June 6th, 4:30 PM**

Dinner and music at the Holyoke Council on Aging

Dinner cost is a $4.50 voluntary donation. Free transportation!

**JULY VISIT to “SEXUAL MINORITIES ARCHIVES LIBRARY” at the Pink Lady House in Holyoke**
**Date to be determined, Free transportation!**

For more information or to register for either event contact Helen at 259-3062 or macmellonh@amherstma.gov

**PRESION ARTERIALE BILINGUE-Gratis!**

La clinica de presion arterial volvera 6 de Junio 11 de Julio 9:15—10:15 AM. The free blood pressure clinic returns with multilingual staff from Judy’s Angels Care (who speak English, Creole-Portuguese & Spanish) Wednesdays, June 6th & July 11th from 9:30—10:30 AM in the Large Activity Room during Bread & Produce Program. Drop-ins are welcome!

**LOOKING FOR AFFORDABLE IN-HOME ELDER CARE?**

**HOME CARE SERVICES**

**PERSONAL CARE • COMPANIONSHIP • RESpite & HOSPICE CARE**

We speak English, Creole-Portuguese, Spanish

**Call Today To Set Up Your Free No Obligation In-Home Consultation**
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**Quality care on purpose!**

**WIDOW AND WIDOWERS SUPPORT GROUP**
**TUESDAY, JUNE 12th & 26th and JULY 10th & 24th 10:30-11:30 AM, Room 101**

This support group is for those who have lost a spouse or a partner in the last year. Group facilitators are Michele Chmura LICSW and Larry Birkholz, Senior Center Volunteer. To register or for more information contact Michele at 413-259-3038 or chmuram@amherstma.gov.

**Our new BEREAVEMENT LIBRARY includes:**

“A Time to Grieve” by Carol Staudacher; “On Life After Death” by Elisabeth Kubler-Ross MD; “Finding Peace When Your Heart is in Pieces” by Paul Coleman MD; and “Widow to Widow” by Genevieve Davis Ginsburg. Contact Michele at 259-3038 or chmuram@amherstma.gov.

**GRIEF SUPPORT GROUP – TBA**

In addition to the Widow and Widowers Support Group, we plan to offer a support group for those grieving a loss other than that of a spouse. If interested, contact Michele at 413-259-3038 or chmuram@amherstma.gov.

**FREE MASSAGES**

Caregivers & Widow/Widowers

Being a caregiver or grieving a loss can be very difficult! Talya Solomon is again offering free massages to caregivers and widows and widowers. To schedule a massage with Talya, contact Helen MacMellon at 413-259-3062 or macmellonh@amherstma.gov.

**VOLUNTEERS NEEDED FOR HIGHLAND VALLEY MONEY MANAGEMENT PROGRAM**

Are you good with figures and balancing your checkbook? Help seniors pay their bills and balance their checkbook once or twice a month. Free training provided! Must be able to make home visits in Amherst area and to attend trainings and meetings in Northampton. Help one client or several, your choice. To volunteer or for information, contact Marcia Klaus, Program Supervisor at 413-582-9313 or mklaus@highlandvalley.org

**“HERE TO HELP” with CARRIE SAUNDERS**

Feeling overwhelmed with a long to do list and not sure where to start? Carrie Saunders is a business owner with many years of experience. She can help you with a variety of issues such as selecting a cell phone, trimming your monthly expenses, preparing for a move, etc. To schedule a FREE appointment with Carrie, call the senior center at 259-3060.

**Robert Schmid**
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Carpentry, Painting and Handyman Services
413-548-9360 rs.home.repair@gmail.com
PELHAM NEWS

PELHAM COA NEWS

COA MEETING
Wednesday, June date to be announced, 3:30 PM
Check town website for details! The COA meets in the History Room of the Library Complex. This is an open meeting and EVERYONE is welcome to attend. You may also leave suggestions and ideas for events for the COA in the COA Suggestion Box in the library. We would like to hear from you! There are currently three vacancies on the COA including one regular member and two associate members.

ANNUAL PELAM COA “SENIOR PICNIC”, July date to be announced, Watch for special mailing
Check the town website for the latest information about activities in Pelham. For more information, contact Kathy Martell at 413-253-0512 or pelhamtown clerk@comcast.net.

NEW OUTREACH WORKER FOR PELHAM COUNCIL ON AGING!
We are in the final stages of hiring a new part-time outreach worker for Pelham seniors! Watch for details on our town website or contact Kathy Martell, 413-253-0512 or pelhamtown clerk@comcast.net.

PELHAM COA MED RIDE PROGRAM DRIVERS NEEDED!
Our med ride program is in its final planning stages. We are looking for volunteer drivers who must be CORI checked and will receive a mileage stipend. We hope to make this a no fee program for Pelham residents age 60 and over. Residents requesting rides must be ambulatory. No walkers or wheelchairs will be allowed. A rider may bring one person as their assistant for a medical appointment. We will send a mailing to residents to announce the official start date and the method of requesting rides. For the latest update on this program, contact Kathy Martell, 413-253-0512 or pelhamtown clerk@comcast.net.

LEGAL CLINIC

ED SMITH, ESTATE PLANNING & ELDER LAW ATTORNEY
Fridays, June 15th & July 20th, 1-4 PM
Once a month, Ed Smith, a local estate planning and elder law attorney, offers free 15-minute private appointments at the Senior Center. Ed will be on hand to answer questions about ways to plan effectively for your own and your loved ones’ future. Do you have your will, power of attorney, health care proxy and other necessary documents in order? Will a trust be helpful? Do you or a loved one have special needs? What kind of public assistance is available and how do you go about obtaining it? How do you avoid lengthy and expensive court involvement when it comes to handling your affairs? What effect will the Affordable Health Care Act (Obamacare) have on Medicare, Medicaid and Social Security? You may have created a financial plan—complete the process with an effective estate plan or a review of your existing plan. You’ll feel good that you’ve got one in place, and the next generation will be grateful that you cared to look out for them. Attorney Smith also offers help with MassHealth applications.

Call the Senior Center at 413-259-3060 to make your free 15-minute appointment. There is no charge.

CONVALESCENT EQUIPMENT & SUPPLIES
The Amherst Senior Center has been collecting donated medical equipment for a number of years and loaning it at no cost to those in need of the items. The equipment includes commodes, walkers with wheels and without, canes, crutches, raised toilet seats, disposable undergarments, washable under-pads for the bed, and other assorted items. Drop by weekdays between 9:30-3:30 PM to borrow what you need. Call the Senior Center at 413-259-3060 for further information.

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<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>18</td>
<td>8:30-10 Healthy Bones 9:30-11 Drawing Class 10 Walk and Chat 10-12 &amp; 1:30-3:30 Nursing Clinic 11:11-30 Gentle Fitness 11 Name That Tune! 11:45 Lunch 12:30-2 Arthritis Exercise 12:30-3 Mexican Train Dominos 1-4 SHINE Appointment 2-3:30 Friends Annual Meeting 3-4 Tai Chi</td>
<td>19</td>
<td>8:30-9:30 Function Well 9-10 Blood Pressure Clinic 10-11:30 Hospice Care 101 10-11 &amp; 11-12 Tai Chi 10:45-11:45 Line Dancing 11-4 Massage 11:45 Lunch 12:30 Chinese Mahjong 1-2 Folk Dancing 1-3 Cosmolgy 1-3 Scramble 2:30-4 Healthy Bones</td>
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Amherst Senior Center Activities July 2018

**MONDAY**
- 8:30-10 Healthy Bones
- 9:30-11:30 Drawing Class
- 10 Walk and Chat
- 10-12 & 1:30-3:30 Nursing Clinic
- 11-11:30 Gentle Fitness
- 11:45 Lunch
- 12:30-2 Arthritis Exercise
- 12:30-3 Mexican Train Dominos
- 3-4 Tai Chi

**TUESDAY**
- 8:30-9:30 Function Well
- 9-10 BP Clinic
- 10-11 & 11-12 Tai Chi
- 10:45-11:45 Line Dancing
- 11-4 Massage
- 11:45 Lunch
- 12:30 Chinese Mahjongg
- 1-3 Scrabble
- 2:30-4 Healthy Bones

**WEDNESDAY**
- 8:30-10 Healthy Bones
- 9:30 Bread & Produce Program
- 9:30 Bi-Lingual BP
- 9:30-11 Morning Yoga
- 10-1 Foot Assessment Clinic by Nurses
- 10:30-11:30 Zumba
- 11-11:30 Gentle Fitness
- 11:45 Lunch
- 12-4 Bridge
- 12:30-2 Arthritis Exercise
- 1:30 Home Modification Program Funds

**THURSDAY**
- 8:30-9:30 Function Well
- 9-12 Oil Painting
- 11:45 Lunch
- 1-3 Shostakovich Series
- 1-4 Chess
- 1:30-3:30 SHS Nursing Clinic
- 2-4 Brown Bag Pick Up
- 2:30-4 Healthy Bones

**FRIDAY**
- 8-9 Friday Yoga
- 9:15-11:30 Craft Workshop
- 9-12 Cribbage Games
- 9:40-12:40 Foot Care & Ear Irrigation
- 9:45-10:45 Ballroom Dance
- 11-11:30 Gentle Fitness
- 11:45 Lunch
- 12:30-2 Arthritis Exercise
- 12:30-3 Mexican Train Dominos
- 3:30-3:40 Soothing Stretch

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If you or someone you know in Hampshire or Franklin County has a consumer problem or question, please contact:

**The Northwestern District Attorney’s Consumer Protection Division**

(413) 774-3186 Greenfield  (413) 586-9225 Northampton northwesternda.org

Working in cooperation with the Attorney General’s Office
FOR YOUR INFORMATION

**PVTA**

**IF YOU RIDE THE FIXED ROUTE BUSES:**

Photo ID cards, for use by riders using PVTA fixed route buses, are made at the Holyoke PVTA Transportation Center, 206 Maple Street, Holyoke or Union Station, 55 Frank B Murray Street, Springfield.

Hours: 9 AM-4:30 PM, Monday-Saturday. If rides are needed for a photo ID please contact Nancy Pagano, Director of the Amherst Senior Center, at 413-259-3114.

The Amherst Senior Center and the Amherst Town Hall offices do NOT sell any tickets for the fixed route buses. The 31-day bus pass can be purchased at any Big Y market for a discounted rate of $20 (for elders and disabled people) or $43 (for the general public) if the Big Y Express Card is shown.

If getting to a Big Y location is difficult, an order can be processed through the mail. Simply send a check to PVTA, identify what you wish to purchase, and PVTA will send the order out promptly with a re-order form. Mail your check to:

PVTA Customer Service Center
1341 Main Street Springfield MA 01103

**VAN RIDERS WHO RESIDE IN AMHERST:**

Purchasing your ADA or Dial-a-Ride Tickets at the Amherst Senior Center will save you money. The Town of Amherst subsidizes the cost, so tickets are just $2 each for Amherst seniors and riders with disabilities. The Senior Center sells van tickets Mondays—Fridays, 9 AM-12 PM & 1 PM-4 PM. We accept cash or checks as payment. We do not mail van tickets.

**VISITOR INFORMATION CENTER POSITION**

The Amherst Business Improvement District (BID) is looking for a cheerful person to fill some part-time hours staffing the Visitor Information Center which includes greeting visitors and some minor office duties. Ideally you should be familiar with the Amherst area and speak knowledgeably about area businesses and attractions. This is a part-time position with an hourly rate of $13-$15/hr for approximately 20 hours per week including weekends from 10 AM-4 PM. Send cover letter & resume to Sarah La Cour, Director, 35 South Pleasant St., Amherst, MA 01002. Questions call 413-345-2945 or email: sarah@amherstdowntown.com

**“WELLNESS RIDES” PROGRAM**

Our Wellness Rides Program provides medical appointment transportation for Amherst seniors who are completely independent with mobility and decision making. Additionally, seniors must not have family who can drive them to appointments, and the senior must live independently, not in a residential facility, such as an assisted living community or a nursing home.

**Fee Schedule**

Amherst: $8.00 round trip
Hadley: $9.00 round trip
Northampton, Hatfield: $12.00 round trip
Easthampton, Florence, Leeds, Belchertown: $14.00 round trip
Holyoke, Deerfield: $16.00 round trip
Greenfield: $20.00 round trip
West Springfield, Springfield: $30.00 round trip

Contact Helen MacMellon, LCSW, 413-259-3062, or Michele Chmura, LICSW, 413-259-3038 to learn if you’re eligible for this service or to request a ride if you are a return rider.

Please DO call us as soon as you have a medical appointment. While we must have at least five business days to try to find a driver, please do not wait to call us five days ahead of time! We do not have drivers for last minute calls or for same day appointments.

Remember to use the PVTA senior & ADA van services!

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FROM THE EDITORS
Since 1991, The Senior Spirit has been completely funded by donations and advertisers. A special thanks to the Senior Travel Club for funding the travel page of The Senior Spirit. We consider the following people to be Friends of the Spirit: Function Well Class, Craft Workshop, Glenn Uyemuki, Donna & Maurice Levin, Therese Veillette, Dick & Sonya Bergquist