**COUNCIL ON AGING MEMBERS**
Doris Holden, Elsie Fetterman, Barbara Sutherland, Rosemary Kofler, Tom McAuley, David Yaukey, Dan Clapp, Stephanie O’Keeffe and Janet Gorth

**Editors of THE SENIOR SPIRIT:**
Nancy Hirsh Pagano, Karen Erman
259-3060; 259-2413 (FAX)
WEB SITE: www.amherstma.gov/seniorcenter
EMAIL: paganon@amherstma.gov

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**PVTA**

Hulmes Transportation will provide PVTA Paratransit services.

**Transition December 13-15, 2007**
(PVTA anticipates no interruption in service)

**Telephone numbers—NO CHANGE**
Toll Free: 1-866-277-7741
1-413-739-7436

**Cost of a ticket—NO CHANGE**
Services Provided—NO CHANGE

All other aspects of the service remain the same.

PVTA Customer Service will be happy to answer any questions or concerns you may have, call: toll free 1-877-779-7882

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**PVTA ANNOUNCEMENTS**

**PVTA ID Cards Will Be Made at the Amherst Senior Center**
The PVTA will be at the Amherst Senior Center on Monday, December 10th, from 10 AM–12 PM to take photo IDs. The IDs are a statewide access pass for fixed-route buses—these are not used on ADA paratransit vans.

**Informational Meeting Planned**
The PVTA will hold a rider informational meeting at the Amherst Senior Center on Monday, Dec. 10th, at 1:30 PM.

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**AMHERST SENIOR CENTER COMMUNITY TAG SALE**
Friday, Dec. 7th, 9-3 PM
Bangs Community Center
Luncheonette, Crafts, White Elephants, Baked Goods

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**40TH ANNIVERSARY OF THE COUNCIL ON AGING BOARD**
The Amherst COA was established in 1967 by the Town Meeting to help provide services and facilities which would enable all older residents of the Town of Amherst to continue to function to their fullest capacity as members of their community. Original members were: Rev. Richard Davies, Alice M. Dowd, Atty. Janet R. Dugan, Jennie Cowles, Alfred Marcotte, Eveline L. Sears, Jeannette M. Elder, Gwen Gilmore and Robert Lentilhon.

One of the COA’s first accomplishments was to conduct a comprehensive survey of the needs of Amherst’s older residents. It was as a result of this survey that the Senior Center was opened in 1968.

A gathering of past and present COA members will be held on December 14th from 3-5 PM to mark this anniversary. Anyone may attend this event, but please RSVP to Nancy at 259-3114 if you want to come.

Special Note: Plans are being made for next year’s 40th Anniversary of the Amherst Senior Center—this will be a larger celebration.

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**GOOD LUCK, MARLENE!**
The Senior Center’s Program Coordinator, Marlene Barnett, has left for a new job working for the Mass. Dept. of Public Health. She made a real difference here and will be greatly missed.

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**YOUR SENIOR CENTER NEEDS TO RAISE MONEY TO CONTINUE PROVIDING THE PROGRAMS AND SERVICES YOU ENJOY**
A new fundraising corporation has been established to help support the Senior Center in the face of dwindling Town funding. “Friends of the Amherst Senior Center” is a 501C-3, which means that monies it raises are tax-deductible.

**Donors to the Friends since our last Senior Spirit:**
Louise Pressman, Maurice & Donna Levin, Phyllis Bragg, Robert & Madeleine Lenz, Kay Butler, Carol Joan Drexler, Diane Kelton, Richard & Rosemary Kofler, Elizabeth Armstrong, Clifford & Maureen Lippincott, Susan Cramer, Beverly Weeks and Norma Packard. Thank you so much for these generous contributions! They are very much appreciated and needed.

If you wish to help, please see the enclosed inserts in this issue of THE SENIOR SPIRIT.

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**COUNCIL ON AGING MEMBERS**
Doris Holden, Elsie Fetterman, Barbara Sutherland, Rosemary Kofler, Tom McAuley, David Yaukey, Dan Clapp, Stephanie O’Keeffe and Janet Gorth
THE AMHERST SENIOR CENTER
Presents

MUSICAL SHOWCASES
Fridays (as listed below) at 2 PM
Bangs Community Center, Amherst

FREE ADMISSION — FREE REFRESHMENTS
For more information, call Nancy at 259-3114

December 14th, 2007
A recital by the Greenfield Community College Dance Department

January 11th, 2008
Shalom Habibi
Shalom Habibi. – What happens when a Jewish American woman meets an Arab American man and they share a love of the same music? Shalom means “Peace” in Hebrew; Habibi means “Sweetheart or Baby” in Arabic. Middle Eastern music featuring Jamil Nimri master oud player twice honored by the King of Jordan and Hadama (Karen Traub) a member of the Crescent Dancers Middle Eastern Dance Troupe.

Special note:
The Senior Center would like to continue having these concerts but we need to find a volunteer to help line up performers and assist with publicity. Please contact Nancy Pagano at 259-3114 if you are interested.

Amherst Senior Center Staff
Nancy Hirsh Pagano, Director/Program Director
Maura Plante, Program Director/Social Worker
Karen Erman, Administrative Assistant
Ferne Finger, Amherst Lunch Site Director
Lisa White, Senior Health Services Director
Giovanna Mix, Substitute Lunch Site Director

BAD WEATHER NOTICE
It is a challenge for the Senior Center to cope with running its programs when the weather turns foul. Naturally we want people always to err on the side of caution when attending. Unless the Town Manager closes the Bangs Center officially and sends all employees home, at the very least a skeletal staff will be at the Senior Center on storm days.

Activities will be cancelled if it is clear that driving and walking are dangerous. ALWAYS CALL US FIRST TO CHECK ON WHETHER THE PROGRAM YOU WANT TO ATTEND IS STILL “ON.” We will put an announcement on Channel 22 if we are opening late or closing early. Highland Valley announces its decision about lunch on this station as well. If there is a notice that all Amherst Town buildings are closed, we won’t have a separate notice (as we are in a Town building).

CAN YOU SPARE THREE HOURS?
Barnes and Noble has offered an opportunity to our Senior Center to do some fundraising in their store. During the holiday season non-profit community organizations can collect donations by providing gift wrapping services to customers in their stores. Barnes and Noble provides the customers, location and wrapping supplies. Organizations furnish volunteers and a donation jar.

If you would be willing to work for three hours on Thursday, December 20th or Friday December 21st, wrapping gifts at Barnes and Noble, it would enable our Senior Center to earn a little money for our inadequate activities account. Our S.C. has agreed to supply two people to wrap from 3 until 9 PM. That means there are two shifts @ about three hours each—it might be fun to sign up with a friend. Call Nancy at 259-3114 if you want to help us in this way.

The Senior Spirit is published bi-monthly
by the Amherst Senior Trust
70 Boltwood Walk
Amherst MA 01002
The subscription price is $10 yearly, although Amherst residents 59+ are entitled to receive it at no charge.
Deadline for the next Spirit is January 7th, 2008.
**The New Options Community Group**

We explore the pros and cons of a wide variety of research findings, concepts, practices, and ideas for more integrally conscious, healthful, wise, mutually empathetic living, aging, dying (and thereafter?), all as they newly emerge from scientific, humanistic, and spiritual communities worldwide.

**December 5** - *Syriana* is a thriller of corruption and power related to the oil industry that tells four parallel stories: the CIA agent Bob Barnes (George Clooney); the investigation of the attorney Bennett Holiday (Jeffrey Wright); the traumatic association of the energy analyst Bryan Woodman (Matt Damon) with the son of a powerful emir of Emirate; and the social drama of the Pakistani immigrant worker Wasim Khan (Mazhar Munir) who is fired by the oil company.

**December 12** - Mapping Everything: Six Projects Seek to Chart Nature. In this Scientific American article author Margaret Putney writes, "From the mammalian brain to the rock that makes up continents, scientists are trying map the known world. And they are doing it in cooperative groups, turning science into a social event in a way unimagined by explorers of other eras."

**December 19** - Consciousness in Action. This DVD video presents highlights of the Institute of Noetic Sciences (IONS) 2007 conference held in Palm Springs, CA in August 2007. The theme of the conference was Consciousness in Action. Teleseminars and blogs on this and related subjects may be heard or viewed on IONS website shiftinaction.com. IONS was founded by Apollo 14 Astronaut Edgar Mitchell, DSc. The thirty-fifth anniversary of his moon walk was celebrated earlier this year.

**December 26** - Beyond Male and Female mystics forged paths that transcend gender. In most monotheistic religions, believers see themselves as reflections of their version of a creator. That's one reason 'God' is so often described as being male or female. "Many mystics," says Science & Spirit writer Carol Lee Flinders, "those who experience direct union with their timeless Source -- have seen something else. They look beyond the either/or of gender and see a 'oneness' or 'unison' that transcends male and female."

**January 2** - Canticle to the Cosmos III: Feast of Consciousness. In this video astronomer and astrochemist Carl Sagan tells how our Milky Way galaxy gave birth to exploding stars, which brought about a planet with molten lava, which became living flesh and singing humans. Consciousness is as intrinsic to the universe as the gravitational dynamic.

**January 9** - Institute of Noetic Sciences (IONS) Teleseminar Highlights. This is an audio CD 'medley' featuring Catherine Austin Fitts, yogi Matthew Sanford and anthropologist Angeles Arrien as well as a meditation led by IONS president James O'Dea with music by Gary Malkin.

**January 15** - Where Is Technology Going? Guest presenter entrepreneur Mark Roberts will be presenting an overview of the work of technology forecaster Ray Kurzweil who some believe is the most competent in his field. Most scoffed when he forecasted the rapid deployment of the internet worldwide. It actually happened a bit faster than Ray predicted. He has again shocked many with what he sees coming. We'll explore Ray's forecast and discuss its implications.

**January 22** - Canticle to the Cosmos IV: The Fundamental Order of the Universe. In this sequel to The Feast of Consciousness (shown January 2nd) Carl Sagan describes how the powers of the universe sweep the Earth around the sun, swirl the winds about the planet, awaken the intelligence rooted in genetic codes. In this program we identify and reflect upon the inherent meaning of these primal powers.

**January 29** - Windows on the Mind. As you read this, your eyes are rapidly flicking from left to right in small hops, bringing each word sequentially into focus. According to science writers Susana Martinez-Conde and Stephen L. Macknik, once scorned as nervous tics, those tiny, unconscious flicks of the eyes now turn out to underpin much of our ability to see. These movements may even reveal subliminal thoughts.

Coordinated by Bob Johnston, meetings are on Wednesdays, 2:00 to 4:00 PM in the Bangs Community Center, Room 101. While our discussions are limited to twenty people, visitors may sit on the periphery and listen. Should you have any questions please feel free to contact Bob at 665-8920, or you may Email him at: omnimind@admin.umass.edu.
FOR YOUR HEALTH

NUTRITION TALK
Thursday, December 6th, 2007

This presentation with Nutritionist Arleen Thomson will discuss healthy eating during the aging process; gluten free diets; supplements; the importance of healthy fats, protein and carbohydrates; as well as any concerns individuals may have regarding their own nutritional status.

Arleen Thomson RD LDN has been a member of the American Dietetic Association and a practicing nutritionist for over 30 years. She has worked in a variety of settings, including hospitals, rural health centers, preventative health programs, universities/colleges, and private practice. She counsels people of all ages with all nutritional concerns at Hadley Family Practice.

Students present:
WINTER EMERGENCIES PROGRAM
Thursday, Dec. 13th, 10 AM, 2007

Are you ready for winter? As part of a project involving the “well elder” in the community, students from the UMass School of Nursing will be presenting a program on “Winter Emergencies—Inside and Out”. Topics to be covered include protecting yourself against hypothermia, slips and falls, and cold-weather considerations for the person with cardiac or respiratory problems. “Internal” emergencies to be discussed include seasonal depression, social isolation, and “holiday heart”.

Please come and get prepared for the cold weather ahead!

PREVENTION & TREATMENT OF STROKE
Thursday, December 13th, 2007, 1:30 PM

Dr. Jill Griffin of Baystate Medical Center will discuss the following topics: what a stroke is, 3 different kinds of strokes, how to help prevent a stroke, stroke symptoms, “I’ve heard that I can get a drug in the ER that can stop my stroke—is this true?” and “How quickly should I get to a hospital if I think I am having a stroke?”

Dr. Griffin is presently the Baystate Medical Director of On Call Urgent Care. She was attending physician of the Dept. of Emergency Medicine, Medicine at Baystate Medical Center 2001-2006 and before that was Emergency Physician at Cooley Dickinson Hospital from 1999-2001 and Chief Resident Emerg. Medicine at Baystate 1997-1998.

NEW TRENDS IN INPATIENT CARE:
COOLEY DICKINSON’S HOSPITALIST PROGRAM
Thursday, January 10th, 2008

Come to an informational discussion featuring Dr. Peter Elsea of Cooley Dickinson Hospital. Dr. Elsea will talk about the team of highly qualified, board-certified physicians who specialize in providing round-the-clock care to hospitalized adults. From the moment the adult patient is admitted, these physicians—known as hospitalists—coordinate the care among the members of the care team. These providers include the patient’s primary care physician as well as nurses, subspecialists and other key clinicians. After the patient is discharged from the hospital, their primary care will continue to see the patient in his or her office.

Dr. Elsea is board certified in Internal Medicine and Pediatrics and current directs Cooley Dickinson’s Hospitalist Program. He received his doctor of medicine from the University of North Carolina, Chapel Hill and completed his residency in internal medicine/pediatrics at Baystate Medical Center. Before joining Cooley Dickinson Hospital in 2006, Dr. Elsea worked as a hospital-based physician at Mercy Medical Center and as a pediatrician at Mercy’s Family Life Center.

WHAT IS A GERIATRICIAN? HOW IS A GERIATRICIAN’S CARE DIFFERENT?
Thursday, January 24th, 2008

Dr. Odulio will be speaking about what a Geriatric specialty is all about. What are changes as one ages? In a geriatric practice, what is the goal for patients, how are they evaluated and what the practice can do for its clients.

Dr. Rosette Odulio finished her Geriatric fellowship training at Baystate Medical Center. In the same institution she also completed her Internal medicine residency training. Dr. Odulio is currently doing her Primary Care/Geriatric practice at Franklin Adult Medicine in Greenfield and at Deerfield. She is very interested in caring for elderly patients.

HEALTHY AGING! KEEP MOVING!
The over 65 population of the U.S. is growing every year. Advances in medical technology and population booms have contributed to the most rapid increase in the senior population this country has ever seen. As medical science becomes better at adding years to life, our challenge becomes adding life to our years. Because skeletal muscle function is a major determinant of overall health and the ability to maintain independent living, researchers in the Muscle Physiology Laboratory at the University of Massachusetts are studying how old age affects the way skeletal muscle works.

At 1:00 pm on December 11, 2007, at the Bangs Community Center in Amherst, members of the Muscle Physiology Laboratory will give a presentation covering topics including aging, muscle strength, metabolism and fatigue. There will also be a discussion about lifestyle choices and how physical activity can contribute to healthy living throughout the lifespan. We hope to see you there!
### SENIOR CENTER WINTER LINE-UP OF FITNESS CLASSES

**TAI CHI—Mondays 3-4 PM—Instructor Bailing Li**
Bailing Li’s weekly TAI CHI classes are held Mondays from 3-4 PM at the Bangs Center. The charge is $7 per session. Students are asked to pay for the 10-week series at the first class or, if joining after the first session, pay a prorated amount for the number of classes left in the series. Beginners and advanced students may join at any class. Classes are on holiday break now. A new series begins on January 7th.

**GENTLE FITNESS CLASSES—Mondays, Wednesdays + Fridays, 11-11:30 AM—Instructor Donna Motts**
Gentle fitness classes continue Mondays, Wednesdays, and Fridays from 11-11:30 AM at the Bangs Center. Either Donna Motts or Alice Klayman are the instructors. All exercises are done in a standing or sitting position and are set to music. There is no fee—participants donate what they can afford. The last class in December will be on the 19th. Classes resume January 7th.

**STRENGTH TRAINING—Mondays 9-10 & Wednesdays 8:30-9:30 AM—Instructor Sue Roitman**
These exciting classes offer resistive weight training, with or without the use of hand weights. Students begin with a 3-5 minute aerobic warm-up following a stretch segment. The strength conditioning phase will consist of a variety of exercises working each muscle group, to build and strengthen the muscles. Hand held weights are optional; dumbbells are preferred. This class will enhance your ability to lift and carry objects and to perform other daily activities. The use of hand weights will also increase your metabolism so your body will be burning more calories. These classes are ongoing, students can join the classes at any point. Class fee is $5 each session payable to the instructor. No class 12/26.

**FOLK DANCING—Tuesdays 1-2 PM—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 folkdance 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.

**YOGA FOR SENIORS—Wednesdays, 9:30-10:45 AM—Instructor Sue Roitman**
A gentle yoga class tailored for seniors that can be done sitting in a chair or lying on a cushioned mat on the floor. Susan Roitman, certified yoga instructor and Exercise Physiologist, taught yoga at the Senior Center for several years and is happy to be back. Please join her for a fun class that will increase flexibility, breathing capacity, and overall sense of well-being. The class will be ongoing. There is a $5 daily participation fee payable to the instructor.

**NOT JUST ANY LINE DANCING—Tuesdays, 10:45-11:45 AM, Instructor Anastasia Christie**
Anastasia teaches an ongoing fitness class entitled NOT JUST ANY LINE DANCING Tuesdays, 10:45-11:45 AM. The cost is $4 per class (payable to the instructor). Classes are ongoing.

**BALLROOM DANCING CLASSES —Fridays, 9:30-10:30 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 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. Did you know...new research indicates that Ballroom Dancing may minimize the onset of dementia. Learning the intricate steps will keep your mind sharp and your body strong.

**DANCERCISE—Thursdays 12:30-1:30 PM, Instructor Lynne Smith**
Dancercise is a rhythmic, cardio workout which combines a variety of movement modalities to ignite the fun of exercise. Movement of the body is vital for physical, emotional and mental well-being. We will do simple yoga exercises to encourage flexible muscles and healthy, lubricated joints. We will DANCE to music from all decades and genres to nurture the cardiovascular system while getting some FUN aerobic exercise. We will also have some strength building movements to help maintain and build strong muscular tone.

The classes are created in a way that is easy to follow while keeping participants engaged and motivated throughout. If you love inspiring music, enjoy sharing positive experiences with your community and want to keep in shape the FUN way, this is a great class for you. No DANCE or YOGA experience required, just a desire to have fun exercising and an intention to stay healthy! All are welcome. Thursdays 12:30-1:30, $5 each payable to the instructor. Advance registration is helpful.

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**Did you know...**
Newcomers can join anytime. The fee per hour lesson is $6 per couple, $4 single.

**THE WALKING CLUB—Tuesdays & Thursdays, 9-10 AM NEW!! Fridays 10:10-10:45 AM, Oct. 12-Nov. 30th**
The Walking Club meets at the Sr. Ctr. Tuesdays & Thursdays and leaves promptly at 9 AM. Coffee is served Thursdays at 10 AM in the Sr. Center’s Alice Dowd lounge. Walkers should call Karen at 259-3159 to see if weather has caused a cancellation.

**DANCERCISE—Thursdays 12:30-1:30 PM, Instructor Lynne Smith**
Dancercise is a rhythmic, cardio workout which combines a variety of movement modalities to ignite the fun of exercise. Movement of the body is vital for physical, emotional and mental well-being. We will do simple yoga exercises to encourage flexible muscles and healthy, lubricated joints. We will DANCE to music from all decades and genres to nurture the cardiovascular system while getting some FUN aerobic exercise. We will also have some strength building movements to help maintain and build strong muscular tone.

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FOR YOUR INFORMATION

SOME HOLIDAY TIPS
(Courtesy of Officer Sam Epiceno)

1. When shopping, don’t put packages inside the passenger compartment of your vehicle. Instead, put them in the trunk where they are out of sight.
2. Try not to shop alone.
3. Try to pay by check or credit/debit cards, don’t bring large amounts of cash with you.
4. Park in well-lighted areas.
5. Have keys ready to unlock your vehicle when you get to it.
6. Before approaching your vehicle, check to see if anyone is hiding underneath it.
7. Before unlocking and entering your vehicle, look inside to make sure no one is hiding behind the seat.
8. Tell friends/family where you plan to go shopping and what time you are expected home.
9. Try not to carry a pocketbook, but if you do, use one with a shoulder strap, wear the strap over your shoulder, and keep the bag tucked tightly under your arm.
10. Make sure you get all the copies of your credit/debit card purchases. Usually there are just two, one for you and one for the store.

HAMPshire/Franklin triad holiday

SAFETY GIFT IDEAS FOR ELDERS
Grip socks, stair grips, grip mat for tub/shower floor, grip mat for under area rugs or non-skid area rugs, plastic bag gripper, universal remote control, portable phone, reflective vest for walkers, color code for keys, first aid kit, file of life, remote car starter, flashlights and batteries, phone card, motion detectors for walkways, answering machine with call waiting and caller ID, smoke detectors, carbon monoxide detector, nightlights for bathroom and hallways, hat & gloves, medicine organizer, clamp-on lamp, emergency kit for car, ice melt for walkways, medic alert ID bracelet, bus passes for the mall or senior center, gift certificates for: heating oil, supermarket or drugstore, car tune-up or oil change, automotive store (for wiper blades, car batteries, windshield), shoveling or plowing, housework, yearly car inspection, newspaper subscription, cable TV.

AMHERST S.A.L.T.

COUNCIL NEWS:
Seniors and Law Enforcement Together (S.A.L.T.) Council members work with the Police, Fire and Sheriff’s Departments on projects that increase the safety and the well-being of our older residents.

WOULD YOU LIKE TO BE A MEMBER?
Meetings are held the second Tuesday of every month (except the months of July and August) at 10 AM at the Amherst Police Department. New members are always welcome to join. Call Bob Joy at 253-7059 for more information about S.A.L.T. Council programs or membership.

TRIAD LIGHT PROJECT
The Amherst Salt Council, thanks to our local TRIAD, now has a grant-funded supply of special lights available that serve in three capacities: they are an emergency 3-way power alert, a flashlight, and a night light. The light gets plugged into any wall outlet and automatically comes on when the power goes out, lighting the hall or stairway. It provides 75 minutes of continuous light and is fully rechargeable in any wall outlet in 15 hours. Unplugged, it can be used as a handy, portable flashlight and the lens cover snaps off for easy bulb replacement.
Contact Bob Joy at 253-7059 or Marge Babb at 253-7301 if you would like one. Suggested donation $10.

THANK YOU TO... 

IF YOU NEED HELP & CANNOT SPEAK-FIRST dial 911, then press the appropriate number to get the help you need.
• If you need the POLICE, press 1
• If you need the FIRE DEPT, press 2
• If you need an AMBULANCE, press 3

Available only from touch-tone phones in Massachusetts.

The Restaurant at Hickory Ridge
191 Pomeroy Lane in Amherst
253-7094

Is now offering:
Wednesday Nights...Buy one entrée, get one free!
(All are $12.95)
Thursday Nights...Half-priced appetizers!
(19 to choose from)
Saturday Night Is Family Night...All entrees $9.95!
Sunday Brunch...$16.95 includes: fresh fruit, juice, pastries, scrambled eggs, crepes, home fries, bacon, ham, French toast, eggs Benedict, 3 hot entrees, assorted salads, carving station, omelet station, dessert, coffee and tea !!! Come see!!
### AMHERST SENIOR TRAVEL CLUB BUS TRIPS

Contact Nancy Pagano at 259-3114 for further information.

<table>
<thead>
<tr>
<th>Trip Description</th>
<th>Date</th>
<th>Leave Time</th>
<th>Return Time</th>
<th>Cost</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lunchtime Visit to Stockbridge &amp; Afternoon at Sterling &amp; Francine Clark Museum</strong></td>
<td>Wednesday, Dec. 12th, 2007</td>
<td>9:30 AM</td>
<td>5:30-6 PM</td>
<td>$15 (van, museum)</td>
<td>2 1/2 hours in Stockbridge to explore the shops and restaurants. The museum is newly renovated and the featured exhibit is “Consuming Passion: Fragonard’s Allegories of Love”.</td>
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<tr>
<td><strong>Irving Berlin’s “White Christmas” Musical at the Wang Center in Boston &amp; Luncheon at Maggiano’s</strong></td>
<td>Thursday, December 20th, 2007</td>
<td>8:30 AM</td>
<td>7-7:30 PM</td>
<td>$105 (show, van, lunch)</td>
<td>A second van has been added to accommodate the long waiting list. You can still sign up as we might have seats.</td>
</tr>
<tr>
<td><strong>Lunch at Hometown Buffet in Enfield, CT &amp; IKEA in New Haven</strong></td>
<td>Friday, January 18th, 2008</td>
<td>10:30 AM</td>
<td>6:30-7 PM</td>
<td>$25 (van, buffet lunch)</td>
<td>Let’s explore this huge, interesting and reasonably priced home furnishings store.</td>
</tr>
<tr>
<td><strong>Mohegan Sun Casino</strong></td>
<td>Saturday, January 26th, 2008</td>
<td>8 AM</td>
<td>7:30 PM</td>
<td>$26 (motorcoach, tip)</td>
<td>The usual lunch and gambling coupons.</td>
</tr>
<tr>
<td><strong>Springfield Symphony Lunchtime Concert</strong></td>
<td>Friday, February 8th, 2008</td>
<td>10:30 AM</td>
<td>2:30 PM approx.</td>
<td>$20 (ticket, van)</td>
<td>Featuring Mendelssohn’s sunniest work, The Italian Symphony #4. The music will transport you directly to Italy. The orchestra will also perform one of Mozart’s first mature symphonies, Symphony No. 29.</td>
</tr>
</tbody>
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### SENIOR TRAVEL CLUB NOTES

Next business meetings are 12/11 and 2/12 at 2 PM

**2008 Long Trips Selected:**
- “Southern Charm” (featuring Charleston, Savannah and Jekyll Island) May 11-17, ‘08
- Northern Nat’l. Parks (featuring Yellowstone, Grand Teton, and Crafters of the Moon National Parks June 27-July 4, ‘08
- Sunny Portugal (Estoril Coast & Algarve) Oct. 24-Nov. 2, ‘08

For more information visit the Senior Travel Club desk.

### NEW ENGLAND SPRING GARDEN & FLOWER SHOW IN BOSTON AND DINNER AT ROM’S

**Date:** Monday, March 10th, 2008  
**Leave:** 9 AM  
**Return:** 7-7:30 PM approx.  
**Cost:** $50 (Includes bus, admission, tip)  
**Notes:** This year's exhibition is entitled, “Rhapsody in Green”. “It turns out that ‘being green’ isn’t that tough after all! With a few tips and tweaks, we can all enjoy sustainable, eco-friendly gardens. And ‘green’ doesn’t have to mean dull and practical—this year we'll show the cutting edge, sensual and colorful side of responsible gardening. “ Supper you order and pay for on your own.

Amherst Leisure Services Community Theater proudly presents

**Book, Music and Lyrics by Meredith Willson**  
**Story by Meredith Willson and Franklin Lacey**

Performances at Bowker Auditorium, UMass Amherst

- January 17, 24: 7:00 p.m.  
- January 18, 19, 25: 7:30 p.m.  
- January 26: 1:00 & 7:30 p.m.  
- January 20, 27: 2:00 p.m.

- $9 on Thursdays (general seating)  
- $15 students and seniors (65+)  
- $17 adults

Remember! Theater tickets make great holiday gifts!  
Call (413) 259-3065 or visit LSSE at the Bangs Community Center, 70 Boltwood Walk, Amherst  
For on-line purchases, go to www.lsse.org

MC/VISA/DISCOVER

**Town of Amherst**

**LSSE**
Leisure Services and Supplemental Education
PAINTING WORKSHOPS

On Wednesdays and Thursdays, from 9 AM till about 12 PM, free self-run workshops for painters are held at the Bangs Community Center. Artists provide their own supplies. There is no charge and newcomers are always welcome.

Wednesdays’ group focuses mainly on watercolor, while Thursday’s group primarily is comprised of oil or acrylic painters.

If requested, constructive critiques of one’s work are provided by fellow artists. Bring your work in progress and enjoy good company.

SPECIAL CLASS OFFERED

“Describing 3D Form on the 2D Paper”, A Special Watercolor Class Offered by Instructor Carolyn Bruneau Weds., January 30th, 2008

This class would focus on techniques of painting three dimensional forms. The instructor will bring a variety of items, round, oval, square, etc. and discuss and demonstrate how to shade and apply paint to produce a realistic form. Each person could paint several studies and then combine the shapes and forms in a finished painting.

The cost is $8 for the class, payable to the teacher. Please pre-register by calling the Senior Center at 259-3060.

Carolyn Bruneau, a resident of Westhampton, has taught art in the public schools of Roxbury, Jamaica Plain, and Easthampton as well as served as adjunct professor of art at Westfield State College. Currently she is involved in a Woman’s Creativity Group meeting bi-monthly with artist Paula Gottlieb in her studio in Cummington. Carolyn offers classes in drawing and painting for seniors in her own home as well.

FOR THE LOVE OF READING

Audio Book Club
DO YOU KNOW ANYONE WHO CAN NO LONGER READ BOOKS?
Please tell him or her about the wonderful world of books on cassettes and CDs.
The Perkins Library and the public libraries offer tapes on every possible subject, all FREE! With the Perkins Library, everything is easily done by phone and mail.

OUR AUDIO BOOK CLUB MEETS THE FIRST TUESDAY OF THE MONTH at the BANGS COMMUNITY CENTER
70 Boltwood Walk, Amherst

Upcoming Meetings: Dec. 4th & Jan 8th, 2-3 PM
Our friendly group chats about our favorites and passes along useful tips to cope with diminished vision.

For more information call Alva at 256-4514.

SHAKESPEARE GOES HOLLYWOOD
with Dorothy Canciglia

In 2007, we tend to revere Shakespeare as a literary genius. Four hundred years ago, however, among his contemporaries he was primarily thought of as an entertainer—he was an actor and a writer who wanted people to attend his plays, have a good time, and bring money into his theater!

So far in this class we’ve read ten of his greatest works and then watched a movie version of each one. Now we’re taking three of those plays and viewing an alternate version of each—one per session.

First, we’ll view Othello—this time with Laurence Olivier instead of Laurence Fishburne as the doomed Moor of Venice.

The following week, we’ll see Kenneth Branagh’s concept of the play, Hamlet. (His tortured hero here is a very different character from the evil Iago we saw in Othello.

Finally, we’ll view the Leslie Howard-Norma Shearer version of Romeo and Juliet.

There will be a very brief discussion at the beginning of each session and then it will be SHOW TIME!

Do come and join us:
Thursday, November 29th
Thursday, December 6th
& Thursday, December 13th
From 9-11:30 AM

SENIOR CENTER SOCIAL PROGRAMS

GROCERY BINGO
Monday, December 3rd, 1-2 PM
Monday, January 7th, 1-2 PM
Bangs Community Center’s South Meeting Room 101
No charge. Refreshments will be served.

CHINESE MAH-JONGG
Tuesdays 12:30-2:30 PM.
Bangs Center ~ Lower Internal Room
All are invited to come join the fun any week. Beginners are welcome!

BRIDGE
Wednesdays 12:30-3 PM
BRIDGE is FOOD for the BRAIN, the scientists claim! We call it FUN and FRIENDS! No JEERS, just CHEERS!
We’d love to have you join us. Ethel Moore Gallery

SCRABBLE
Tuesdays 1-4 PM
Keep your mind active & enjoy the camaraderie!
Ethel Moore Gallery
SENIOR CENTER WELLNESS CLINICS HELD AT THE BANGS COMMUNITY CENTER

SENIOR HEALTH SERVICES w/ Lisa White, RN
“Helping seniors to help themselves stay healthy.”
Mondays (walk-in), Thursdays (by appointment)
(call 259-3060) 10-12 NOON & 12:30-2:30 PM
- Screening & Monitoring Symptoms of Health Problems
- First aid for minor trauma
- Education re: meds, diet, health conditions/concerns, better healthcare, etc. We can help you identify and possibly change risk factors for developing health problems such as high blood pressure, heart disease, stroke, diabetes, etc.
- Assistance with Health Care Referrals to and from other health care providers

HEARING AID REPAIR CLINICS
Courtesy of the Avada Hearing Care Center, hearing aid repair service is available regularly at the Bangs Community Center. Walter Nowak, a Hearing Instrument Specialist, provides hearing aid repair clinics and hearing screening once a month at the Senior Center. He will be available Wednesdays, Dec. 19th & Jan. 16th, from 12-4 PM.

The following services will be provided at no cost:
- Hearing screenings for those who think they may have a hearing loss and would like to know if it’s wax or an actual hearing loss. This will include an otoscopic examination
- Hearing aid cleaning and service for current hearing aid users
- Testing for hearing aid performance
- If there is an internal problem with the hearing aid, Walter will assist you with returning it to the factory for repair. There will be a factory charge for all aids that need to be repaired at the factory unless the aid is still under factory warranty.

Please call the Senior Center at 259-3060, if you wish to make an appointment, or if you wish information on hearing health, call 1-800-247-5666.

How is your hearing affecting your life? Do you have to ask people to repeat what they say? Are you confident in what you hear? See Walter for a free screening!!

MASSAGE CLINICS AT BANGS
Licensed Massage Therapist, Talya Solomon, is scheduling head and neck and full body massages at the Bangs Center by appointment. Her charges are reduced for seniors and are $35 for one hour and $20 for a half hour. Clinics are held Tuesdays from 9 AM-3 PM. Call Talya to make your appointment at 256-8225. Home visits are also available. Talya’s web site is www.massagewithtalya.com.

FREE BLOOD PRESSURE CLINICS HELD
Tuesdays, 9:30-10:30 AM at the Amherst Senior Center in the Senior Center’s Ethel Moore Gallery. No advance appointments are needed to participate. This clinic is run by retired or semi-retired nurses who volunteer their time.

SENIOR FOOT CARE:
CALL FOR AN APPOINTMENT
We have two registered nurses who staff our Friday clinics—Debra Sullivan and Sharon Beaulieu.

Debra Sullivan, a professional foot care nurse who lives in Huntington, handles the 1st and 2nd Fridays of the month and Sharon handles the remaining Fridays. Sharon’s clinics are from 9:40-2 PM and cost $25. Deb’s are 9-3 PM and cost $27. For an appointment call 259-3060.

Foot care includes nail clipping, callous removal, therapeutic foot massage and hygienic foot bath. A $15 wellness grant is available upon request.

Our foot care nurses are willing to do home visits for foot care, if that is necessary. Call Deb at 413-667-5363, or Sharon at 534-9085, to schedule a treatment in your home (home visits are $40).

EAR IRRIGATION CLINICS with
Sharon Beaulieu
The Senior Center offers ear irrigation clinics with Sharon Beaulieu. Each appointment is 20 minutes long 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. The cost is $25 total for the entire treatment.

Dealing with ear wax is a continual problem for many people, particularly seniors, and we have had several requests to offer this particular clinic.

Sharon is now offering ear irrigation or foot care on Fridays Dec. 21st or 28th & Jan. 18th or 25th. Please call the Senior Ctr. at 259-3060 to schedule an appointment.

THE HOLIDAYS GOT YOU BLUE?
The Senior Center is very fortunate to have grant money to provide counseling to elders and caregivers of elders through our Counseling Center.

Sheri Weintraub grew up in Cleveland, Ohio and has been in Massachusetts for the past 25 years. She earned her Master’s of Social Work degree from Boston University and moved to the Valley 14 years ago. Sheri's experience is working with individuals and families impacted by illness, aging and end of life issues. She works mainly at VNA & Hospice of Cooley Dickinson in addition to the Counseling Center.

Call Maura Plante at 259-3213 for more information about the Counseling Center or for a referral for six free sessions of individual counseling.
NEW CLASSES

HEROES IN THE SCIENCES
with Professor James van Luik
A new course in two parts.
PART I: Tuesdays 1/15,22,29 & 2/5,12,19
PART II: 3/11,18,25 & 4/8,15,22
This course will focus on the seminal scientists and their enormous contributions to the fundamental investigations in the following subjects: Astrophysics, Biology, Chemistry, Mathematics, and Physics.
A sample of some of these towering thinkers are: Niels Bohr, Paul Dirac, Charles Darwin, Richard Dawkins, Albert Einstein, Richard Feynman, Kurt Gödel, Stephen Hawking, Fred Hoyle, Robert Oppenheimer, Linus Pauling, Giuseppe Peano, Max Planck, André Sakharov, John Archibald Wheeler.
Please register in advance for this free class at the Senior Center (259-3060) so we’ll know how to set up the room and how many handouts to make.

FINANCIAL INFORMATION

AARP TAX AID WILL BE AVAILABLE AT THE BANGS CENTER
Each Thursday, the AARP Tax-Aid program, the nation’s largest, free tax preparation service, will offer appointments at the Bangs Center from 9 AM to 12 PM. Tax assistance will be held weekly each Thursday Feb. 7th through April 10th. Call 259-3060 to make an appointment. Bring a copy of last year’s tax return to expedite preparation. Also bring a copy of real estate taxes and water/sewer charges paid in 2007 if you qualify for the Massachusetts "Circuit Breaker” Tax Credit. Please wait in the S.C. Lounge for your appointment.

MONTHLY “MONEY TALK” WITH HOWARD SINGER
Howard Singer, CFP, a local, fee-only advisor, conducts monthly seminars for the Amherst Senior Center. Howard leads a meeting the second Tuesday of the month at the Bangs Center for soon-to-retire and retired individuals who want the facts, not the fantasy, about money matters. You are invited to attend Howard’s informative meetings, whether you are a first-timer or a long-timer. Some of the topics to be discussed are: cash flow planning, low risk investment strategies, income investments (without commissions), long term health care issues, estate taxes, gifting strategies, and more. Tuesdays, December 11th & January 8th, 2008, 10-11:15 AM.

LAUGHTER YOGA FOR SENIORS!
Monday, December 10th, 9:30-10:30 AM
No charge, no advance registration
Mary Rives, MS & Keith Carlson, RN, will teach a free workshop in “Laughter Yoga” for the Amherst Senior Center. Persons with all levels of physical ability are able to participate! Laughter yoga can be done seated, in wheelchairs, or standing.
Laughter Yoga is a worldwide social movement (non-religious, non-sectarian, non-political) that aims to promote world peace through laughter. It is based on the philosophy of “acting happiness” and is a physically oriented technique, not a mental practice.
Laughter Yoga does not use yoga postures, physical exercises or comedy, only simple breathing techniques, eye contact, and childlike playfulness to elicit laughter.
Laughter Yoga is appropriate for all ages and all levels of physical capability.
In Laughter Yoga, you don’t need to be happy, have sense of humor, or even have a reason in order to laugh. Laughter is a tremendously efficient way to express and release tension in a positive manner, and is proven to relieve stress, lower blood pressure, improve blood flow and digestion and strengthen the immune system.

DO YOU LIKE HANDCRAFTS?
The Amherst Senior Center has a wonderful weekly craft workshop held at 9 AM Fridays here at the Bangs Community Center. Participants bring all kinds of projects of their own choosing and work on them in a pleasant and welcoming atmosphere. Free sewing and knitting classes are available as part of this workshop, and newcomers are always welcome to join. Participants sometimes make items to sell in the Senior Center’s craft case to make money for worthy causes. Some craft materials like yarn or fabric have been donated by folks in the community, and these are free to anyone interested. Help is available with mending.
Most importantly, this is a welcoming group and a place to make new friends. Snacks are available too! We hope to see YOU there!
FROM THE DESK OF MAURA PLANTE — 259-3213

HAMPSTEAD ELDER LAW PROGRAM

H.E.L.P., Hampshire Elder Law Program, is the newest public service program of the Hampshire County Bar Association. H.E.L.P. will provide civil legal services at no cost to low income elders, sixty years of age or older who reside in Hampshire County, and eligible elders must be in need of assistance and unable to retain an attorney. Services to be provided will include bankruptcy, consumer protection, divorce, guardianship, health care proxies, powers of attorney, probate of estates, and wills. Please contact Maura Plante at 259-3213 for more information.

VOLUNTEER DRIVERS NEEDED FOR MEDICAL APPOINTMENTS!

The Senior Center maintains a list of volunteer drivers who provide rides to elders for medical appointments when the elder can’t use the bus or the van, and getting a ride from a family member or a friend is not an option. Some of the volunteers drive just in Amherst, Hadley and/or Northampton, but others are willing to go to Holyoke, Springfield, Greenfield or even further afield. When an elder calls requesting a ride, volunteers on the list are called to see if they are available to provide transportation. There are usually an average of 2 or 3 requests a month. For more information or to have your name added to the list of volunteer drivers please call Maura Plante at 259-3213.

MEDICARE ANNUAL OPEN ENROLLMENT ENDS DECEMBER 31st

Reminder: The annual open enrollment period for all Medicare plans runs from November 15 through December 31. You can join, drop or change your insurance, and the new coverage will begin on Jan. 1, 2008.

This is the time to review your Part D prescription drug plan. Does it still cover all your medications? Did you get a letter from Medicare or Prescription Advantage that your plan is changing? If you’ve been reassigned to a new plan, contact the new plan to assure it will cover your medications. If not, you must switch before December 31. If you’ve never joined Part D, you can do it now.

You can also change your hospital and doctor insurance during the open enrollment period. Original Medicare Parts A & B cover 80% of your medical bills. If you want more coverage, you can buy a Medigap policy, which generally pays the other 20%. Or you can join a Medicare Advantage plan, which gives you some added benefits at a reasonable monthly premium and includes prescription drugs, but there is a co-pay for most services and you must follow the plan’s rules.

The choices are getting more complicated! If you want help, make an appointment with the SHINE counselors. They are available Monday afternoons, December 3, 10 & 17. Sign up now!

COMPUTER TUTORS AND RESOURCES

The computer support specialist who comes to you. 15 years exp. teaching elders to use computers. Learn what you want to learn: e-mail, send and receive pictures, use the internet. Senior Citizen’s discount every day. CALL MAGGIE MAGRATH AT (413) 253-0629 FOR YOUR FREE INITIAL CONSULTATION

3 Spectacular Continuing Care Retirement Communities... The Choice is Yours!

- Independent Living
- Assisted Living
- Skilled Nursing

The Loomis Communities

Loomis House
298 Jarvis Avenue
Holyoke, MA 01040
413-532-5325

Loomis Village
246 No. Main Street
South Hadley, MA 01075

Applewood
One Spencer Drive
Amherst, MA 01002

www.LoomisCommunities.org
COMMUNITY NOTICES

DONATE YOUR USED VEHICLE

Four Wheels to Work is a 501(c)(3) public charity that has been created to help address the transportation issues facing clients of the Massachusetts Department of Transitional Assistance (DTA) as they are transitioning off of assistance into the workforce.

The mission of Four Wheels to Work is to provide safe, dependable automobiles exclusively to qualified low-income families in Massachusetts. If a DTA recipient cannot use public transportation to get to work, the are referred to the Car Ownership Program which provides dependable vehicles to transitioning DTA recipients to access employment at no cost to participants. Automobiles are acquired through donations or purchased at lower than market value cost and are then repaired to program standards. Unlike many car donation programs, these vehicles are given to qualified participants right here in Massachusetts.

By donating your vehicle, you receive a tax deduction up to the donated vehicle’s fair market value. To learn more, contact 781-895-1100 or www.fourwheelsstowork.org.

SALVATION ARMY SEEKS VOLUNTEERS

The 2007 Salvation Army Kettle Drive is calling for volunteers this holiday season. This year there are indoor locations at the Hampshire Mall for seniors who may want to participate, but cannot or would prefer not to stand outside for an hour. By volunteering you are helping to raise funds to assist AREA residents with utilities, heat, rent, clothing and emergency prescriptions. All of the money raised through the Kettle Campaign assists people in need in their own community. Ringing bells is a fun tradition! For more information call Michelle LeBlanc, 2007 Kettle Coordinator, at 413-586-4732.

BE KITCHEN WISE!

What do you wear when you cook?
To avoid catching your clothes on fire, wear clothing with tight-fitting, rolled up, or short sleeves. Use oven mitts to handle hot pans.

Do you know what to do if your clothes catch on fire?
Stop (don’t run), Drop gently to the ground, cover your face with your hands, and Roll to smother the flames. If you can’t “stop, drop, and roll.” smother the flames with a towel or blanket.

What should you do if you burn yourself?
Immerse the burn in cool water for 10–15 minutes. If burns are severe, get medical attention immediately. Never put butter or grease on a burn.

Do you know how to put out a pan fire?
Slide a lid over the pan, then turn off the burner. Or, go to a neighbor’s home and call the fire department immediately. Never put water on a grease fire!

Do you stay in the kitchen when you cook?
Never leave cooking unattended. Use a timer to remind you to check cooking. Don’t use the stove if you are drowsy or feeling the affects of alcohol or medication.

Do you use a microwave oven?
Remember that while microwave ovens stay cool, the food inside can become very hot. Avoid steam burns; use caution when removing covers or plastic wrap from food.

NOW THAT WE’VE GOT THE MOST ADVANCED TECHNOLOGY, WE CAN DO THE LEAST INVASIVE PROSTATE SURGERY

Introducing the Minimally Invasive and Robotic Surgery Program at Cooley Dickinson Hospital’s Kittredge Surgery Center. Take an on-line tour at www.cooley-dickinson.org or call 413-582-2421.

COOLEY DICKINSON HOSPITAL

www.cooley-dickinson.org

Apartment for Rent
Attractive, quiet, one-bedroom ground floor apartment in owner-occupied house. Located near UMass campus on the bus line. Call 413-549-2944 for details.

Founded in 1980, EyeCare America, the public service foundation of the American Academy of Ophthalmology, is one of the largest providers of eye care services to the medically underserved. Their success is made possible by more than 7,500 volunteer ophthalmologists dedicated to serving their communities and charitable contributions from those committed to preventing blindness.

More than 90 percent of the care made available through EyeCare America is provided at no out-of-pocket cost to patients. EyeCare offers multiple eye care programs for which individuals may qualify. Callers will automatically be screened by EyeCare operators to determine the program that best fits each in individual’s eye care needs. You need only to call the help line that applies to you.

• Seniors EyeCare Program  1-800-222-3937
• Glaucoma EyeCare Program  1-800-391-3937
• Diabetes EyeCare Program  1-800-272-3937
• Children’s EyeCare Program  1-800-628-6733

Senior, Diabetes and Glaucoma help lines are open 24 hours a day, 7 days a week, year-round. For more information, please visit www.eyecareamerica.org.
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| **SENIOR HEALTH SERVICES HOURS OF OPERATION**  
~ Mondays (drop-in) & Thursdays (by appt.)  
10-12 & 12:30-2:30 PM  
Lisa White, RN  
259-3257 | **1** | **2** | **3** | **4** |
| 7 9-10 Strength Training  
10-12 & 12:30-2:30  
Senior Health Services  
11 Gentle Fitness  
11:45 Lunch  
1-2 Grocery Bingo  
1-4 SHINE  
3-4 Tai Chi | 8 9-10 Walking Group  
9-3 Massage  
9:30-10:30 BP Clinic  
10 Singer/SALT Council  
10:45-11:45 Line Dancing  
11:45 Lunch  
12:30 Chinese Mah-Jongg  
1-2 Fokldance  
1-4 Scrabble Games  
2 Audio Book Club | 9 8:30-9:30 Strength Training  
9-11:30 Watercolor  
9:30 Free Bread Program  
9:30-10:45 Senior Yoga  
10-11:30 Peace of Mind  
11:45 Lunch  
12:30 Bridge  
2-4 New Options | 10 9-10 Walking Group  
9-12 Painting Workshop  
10-12 & 12:30-2:30  
Senior Health Services  
11:45 Lunch  
12:30-1:30 Dancercise  
2-4 Brown Bag  
6:30-8:30 Caregivers Group | 11 9-12 Craft Workshop  
9-3 Foot care w/ Debra  
9:45 Ballroom Dancing  
11:45 Lunch  
2 Musical Showcase  
Shalom Habibi |
| **MARTIN LUTHER KING HOLIDAY** | 14 9-10 Strength Training  
10-12 & 12:30-2:30  
Senior Health Services  
11 Gentle Fitness  
11:45 Lunch  
3-4 Tai Chi | 15 9-10 Walking Group  
9-3 Massage  
9:30-10:30 BP Clinic  
9:45-11:45 Line Dancing  
11:45 Lunch  
12:30 Chinese Mah-Jongg  
1-2 Fokldance  
1-2:30 “Heroes in the Sciences”  
1-4 Scrabble Games | 16 8:30-9:30 Strength Training  
9-11:30 Watercolor  
9:30 Free Bread Program  
9:30-10:45 Senior Yoga  
10-11:30 Peace of Mind  
11-11:30 Gentle Fitness  
11:45 Lunch  
12:30 Bridge  
1:30-2:30 Boxes of Food  
2-4 New Options | 17 9-10 Walking Group  
9-12 Painting Workshop  
10-12 & 12:30-2:30  
Senior Health Services  
11:45 Lunch  
12:30-1:20 Dancercise  
6:30-8:30 Caregivers Group |
| **AMHERST** | 21 **8 Mohegan Sun** | 22 9-10 Walking Group  
9-3 Massage  
9:30-10:30 BP Clinic  
10:45-11:45 Line Dancing  
11:45 Lunch  
12:30 Chinese Mah-Jongg  
1-2 Fokldance  
1-2:30 “Heroes in the Sciences”  
1-4 Scrabble | 23 8:30-9:30 Strength Training  
9-11:30 Watercolor  
9:30 Free Bread Program  
9:30-10:45 Senior Yoga  
10-11:30 Peace of Mind  
11-11:30 Gentle Fitness  
11:45 Lunch  
12:30 Bridge  
2-4 New Options | 24 9-10 Walking Group  
9-12 Painting Workshop  
10-12 & 12:30-2:30  
Senior Health Services  
11:45 Lunch  
12:30-1:20 Dancercise  
1:30 “What is a Geriatrician?” Talk  
6:30-8:30 Caregivers Group |
| 28 9-10 Strength Training  
10-12 & 12:30-2:30  
Senior Health Services  
11 Gentle Fitness  
11:45 Lunch  
3-4 Tai Chi | 29 9-10 Walking Group  
9-3 Massage  
9:30-10:30 BP Clinic  
10:45-11:45 Line Dancing  
11:45 Lunch  
12:30 Chinese Mah-Jongg  
1-2 Fokldance  
1-2:30 “Heroes in the Sciences”  
1-4 Scrabble | 30 8:30-9:30 Strength Training  
9-11:30 Watercolor Workshop w/ Carolyn Bruneau  
9:30 Free Bread Program  
9:30-10:45 Senior Yoga  
10-11:30 Peace of Mind  
11-11:30 Gentle Fitness  
11:45 Lunch  
12:30 Bridge  
2-4 New Options | 31 9-10 Walking Group  
9-12 Painting Workshop  
10-12 & 12:30-2:30  
Senior Health Services  
11:45 Lunch  
12:30-1:30 Dancercise |
| 30 | 30 |  |  |  |
FOR YOUR INFORMATION

IF YOU OR A LOVED ONE HAS CANCER For someone living with cancer—either as a patient, family member or caregiver, it can sometimes seem as if there are more questions than answers. The American Cancer Society’s Cancer Resource Network is a free, comprehensive resource available to anyone who is touched by cancer. Staffed by highly-trained cancer specialists 24 hours a day, seven days a week, the Cancer Resource Network provides information, day-to-day help, and emotional support to anyone who needs it.

The free services of the Cancer Resource Network include: Day-to-Day Help with rides to treatment, lodging, help with financial and insurance questions and referrals to local community resources. For Emotional Support they provide local support groups, online community for cancer patients and families, and cancer education classes. And Information on managing cancer pain and fatigue, clinical trials matching service and understanding cancer (for patients and caregivers).

For more information please contact the Cancer Resource Network at 1-800-227-2345 or at www.cancer.org

NATIONAL CENTER ON ELDER ABUSE WEBSITE

The Agency on Aging (AoA) has established a new website for the National Center on Elder Abuse: www.ncea.aoa.gov. The National Center on Elder Abuse (NCEA) serves as a resource center dedicated to the prevention of elder mistreatment. Among resources on the redesigned website, users will find information about: How to find help if you are worried about a senior in your community; definitions, signs, and risks of elder mistreatment; and resources for caregivers. To learn more about NCEA, its mission, and activities to prevent and address elder abuse, neglect and exploitation, please visit: www.ncea.aoa.gov

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Email: whalens.com

THE MASSACHUSETTS ASSISTIVE TECHNOLOGY LOAN PROGRAM

The Massachusetts Assistive Technology Loan Program, operated by Easter Seals Massachusetts, gives people with disabilities and their families access to low-interest cash loans so they can buy assistive technology devices they need. Assistive technology is any device that enhances or expands a person’s ability to live more independently. Many different items are considered assistive technology, including walkers, hearing aids, print magnifiers, wheelchairs, vehicle modifications and more. Some home modifications and vehicle purchases also are covered. The program offers better interest rates than a traditional bank loan, and repayment lengths are based on the expected useful life of the device purchased. For more information call: Leo Tonevski, 1-800-244-2756 ext. 428, 1-800-564-9700 (TTY), or go to: www.massatloan.org

Center for Extended Care at Amherst
150 University Dr. Amherst MA 01002
(413) 256-8185 / WWW.CECAA.COM

“\n
“A family tradition for life’s transitions”. We strive to enhance the dignity of each resident, enabling independence in a structured program of nursing care, activities, and social needs. Throughout the past 30+ years as a family owned-and-operated, skilled nursing facility, we provide a comfortable continuum of care… Respite care…hospice care…long-term care… Restorative care…rehabilitative care… From our family to yours.”
DONATE to *The Senior Spirit* as a “Friend of the Spirit” Enclosed is $ ___________ Please make check payable to “Senior Center Program Account” and mail to:
Amherst Senior Center
70 Boltwood Walk, Amherst, MA 01002

SUBSCRIBE
Under 60 OR live outside Amherst? To receive *The Senior Spirit* by mail for 1 year (6 issues), please make check for $10 payable to “Senior Center Program Account” and mail to:
Amherst Senior Center
70 Boltwood Walk, Amherst, MA 01002

Name ____________________________________________
Address _______________________________________
Town ___________________________________________
State ___________ ZIP _______________________

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*: Pamela & Joel Gordon, Ta-Fu & Shu-Yu Kao, Laurie Jacque, Janet Hoffman, Donna & Maurice Levin, Elizabeth F. Burke, Kay F. Butler, Priscilla Bernotas, Margaret F. Carney, Diane E. Kelton, Bob & Ange Ackermann, Jane Blankenship, Joanne Scott, Jim VanLuik & Florence Rosenstock, Carol Stephens, Conrad & Barbara Wogrin, H. Joan Hansen