



Amherst Senior Spirit

November & December 2025

Every moment is a new beginning. ~ Elie Wiesel

“Hello” to those I have met & those I have yet to meet. Your warm welcome has been greatly appreciated. As you may know the Amherst Council on Aging & The Amherst *Senior Services Department* have been conducting a survey of the community's 50+ population. “A big, Thank-you” to all those who have already completed & returned it. For those folk who haven't completed it yet, we ask that you *please do so and return it to us, as soon as possible*. Your participation and feedback give you a voice in affecting the future services & programs offered by Amherst Senior Services. We want to hear from you!

In life we often take short-cuts to understand our world. After all, the sheer vastness, variation & complexity of the things we encounter and interact with on a daily basis can be staggering. For instance; did you know that currently there are approximately; 369,000 varieties of flowering plants, 7,159 active languages, 3,759 living (and recently extinct) varieties of mammals? AND... according to the 2023 US Census Bureau, 75.7 million people actively volunteered in 2023, putting in an average of 66 hours per person. *This translates to 4.99 billion hours, overall!?! I am going to venture to guess that while you may have expected these numbers to be high, you may not have thought they were that high???*

We often lump things together in order to make sense of them. But this comes at the expense of essential detail and nuance. This practice doesn't serve any of us well. Why? Because, if you've seen one older adult, let's say with a starting age somewhere in the 60- 65-year-old range... and if you know people who have or are living well into their 90's or even 100's, you recognize the vast differences in lifetime experience and generational changes that that represents. You wouldn't expect a 9-year-old and a 49-year-old to have the same interests, so why would you assume that a 57-year-old and a 97-year-old would?

We recognize the uniqueness of who you are, the differences in your styles, wants, desires, needs – and we want to know about them. Your voice is important to us – so please take time to complete the Senior Services/Council on Aging survey. The Council on Aging and Senior Services are looking forward to hearing what you have to say. Help us shape the future that will work best for Amherst's residents.

Warmly - Lisa Borchetta, Director – Amherst Senior Services

See Page 3 for
information about
special programming:

- Warm Winter Wishes (formerly Clause for a Cause)
- Fraud and Scam Saves presentation
- Looking Ahead



WHO'S WHO

Senior Center Staff

Director: Lisa S. Borchetta
borchettal@amherstma.gov, x3114

Social Services Coordinator:
Lucas Schildbach
schildbachl@amherstma.gov, x3062

Admin Assistant: Diana Wheeler
wheelerd@amherstma.gov, x3159

Volunteer & Outreach Coordinator:
Julia MacFadzen
macfadzenj@amherstma.gov, x3038

Silver Shuttle Driver: Rob Roberts

Civil War Tablets Curator:
Debora Bridges
bridgesd@amherstma.gov, x0330

HVES Site Director: Ben Orenstein
(413) 887-8147

Main number: (413) 259-3060

Address: 70 Boltwood Walk
Amherst, MA 01002

DON'T FORGET

November 4th is Municipal Election Day! The Senior Center Lounge will remain open, so if the Bangs Center is your polling location, feel free to drop in after the ballots for coffee, conversation, or a game of pool or ping-pong!



**VISIT THE
FRIENDS
WEBSITE BY
SCANNING
THIS QR CODE**

Council on Aging

Chair: Jeanne Horrigan

Vice Chair: Dennis Vandal

Secretary: Fred Hulme/Don Ripley

Members: Helena Donovan, Ivette Palacin, and Tricia Montgomery, Vacant (2)

The Council on Aging meets on the second Wednesday of each month at 1:30pm at Town Hall. All meetings are free and open to the public. See town calendar for upcoming dates/times.

Friends of the Amherst Senior Center

President: Dennis Vandal

Vice President: Don Ripley

Treasurer: Ted Mone

Secretary: Judy Brodsky

Director of Communications: Marc Barrette

Everyone who donates to the Friends is considered a member

The Friends Group meets the third Wednesday of the month at 2:30pm at the Bangs Community Center. All meetings are open to the public and new Friends are welcome!

Special EVENTS

Warm Winter Wishes *Gift Donation Program*



Formerly "Clause for a Cause," the Warm Winter Wishes gift donation program aims to spread holiday cheer to those in the community who may have limited resources, be alone for the holidays, or just anyone who we'd like to remind that they are in our thoughts!

This year, the Amherst Senior Center is taking donations of \$10 gift cards to Big Y or Stop & Shop. The Senior Center will happily provide all other aspects of gifts.

If you know someone whose season you would like to brighten, please contact us at (413) 259-3060. We welcome nominations of neighbors, friends, family members, and more. Deliveries will take place on December 18th and 19th, and recipients will be notified in advance.

FRAUD AND SCAM SAVES

Friday, November 14th, 11:30am –
12:30pm

Keep your holiday season bright! Protect yourself from fraud, scams, and identity theft. This presentation will focus on the following topics: Fraud is the intentional act, misrepresentation, or omission of fact which results in financial loss. Scams are deceptive tricks used to obtain something valuable from you, including money or personal information. Identity theft is the next level of deception with damage to your personal and financial situation. Learn how to stay safe!



Looking Ahead



WATERCOLOR ART CLASS SERIES WITH LEE ALTER

Come explore watercolor and other art media as a means of self-expression! Lee is an experienced artist and teacher who designs her classes to help people trust their intuition and find their own vision in the creative process. This seven-class series will consist of the following sessions.

Tuesday, January 6th, 1:30 to 3:30pm – Wet-on-wet technique

Tuesday, January 13th, 1:30 to 3:30pm – Dry brush

Tuesday, January 27th, 1:30 to 3:30pm – Layering

Tuesday, February 3rd, 1:30 to 3:30pm – Flowers

Tuesday, February 10th, 1:30 to 3:30pm – Landscapes

Tuesday, February 24th, 1:30 to 3:30pm – Portraits

Tuesday, March 3rd 1:30 to 3:30pm – Tissue paper collage



Class is free, donations accepted. **Registration is required.** Materials not provided; a list of required materials will be given to each participant at time of registration. Please call (413) 259-3060 to register. **Registration begins December 5th and ends December 26th.**

Limited to 12 participants.

NEW



UMASS AMHERST
FIRST

Flagship Initiative on Research-Based ADRD Social Therapeutics

**Are you a
caregiver of a
person who has
dementia?**

The Amherst Senior Center is offering info sessions.

Topics include:

- Changes in behavior, personality, and sleep
 - Caregiving strategies and self-care
 - Advance care planning
 - How to access local resources
- Working with healthcare providers

It is also a chance to connect with other caregivers!

Second Wednesday
each month
1:00-3:00 p.m.

October 8th
November 12th
December 10th

The program is facilitated by Heidi Zahra, RN MSN, a Lecturer in the Elaine Marieb College of Nursing and UMass Amherst and a Nurse Case Manager at Cooley Dickinson Hospital.

*This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

TAX WORK-OFF PLAN

Residents 60 years of age and older are eligible to work off up to \$2,000 in property taxes a year at the minimum wage rate provided they meet certain guidelines. Eligible individuals can each participate and earn a combined \$2,000 when both names are on the property deed. Eligibility for this program is income-based, therefore applicants must re-apply each year.

Applications will be accepted December 1st through January 31st. No applications will be accepted after January 31st.

Applications can be found on the Senior Services webpage or in-person at the Senior Center.

Wanted: a few good volunteers



Join Our Team

AARP Foundation Tax-Aide is looking for friendly and service-oriented people to join our team of volunteers for the upcoming tax season.

Tax-Aide is a program that provides free tax preparation services for those that need it most. Neighbors like you help prepare tax returns or serve in other ways, like organizing client paperwork, managing computer equipment, acting as interpreters, or making sure everything runs smoothly.

There's a role for everyone.

You can make a difference in your community.

Go to aarpfoundation.org/taxaidevolunteer or call 1-888-AARP-NOW (1-888-227-7669).

**AARP Foundation
Tax-Aide**

For more information contact
Geoff Allen (alleng@umass.edu)



AARP Tax-Aide Program
Tuesdays through April 7th, starting February 3rd



IRS-certified AARP TaxAide Counselors will be preparing tax returns beginning in February, free of charge. Return preparation will only be done on a same-day drop-off basis. **Call (413) 259-3062 to schedule your appointment. No early drop-offs of returns will be accepted.**

Clients are required to drop off their completed tax packet to an AARP volunteer at a predetermined time slot on the day of their appointment.

A Packet containing full instructions and intake forms will be available for pick up to all scheduled participants in advance of their appointment. These documents must be completed and signed at home before drop off. If you are eligible and are filing for the MASS Circuit Breaker Credit, you must have ALL Real Estate and Water/Sewer bills. **If your return involves virtual currencies, rental housing, or master limited partnerships, you will need to seek advice elsewhere.**

EXERCISE

ARTHRITIS EXERCISE

Mon & Thurs 12:30–2:00pm



Arthritis Exercise with Lynn Vennell & Judy Atwood. Group exercise program designed for people with arthritis to help relieve stiffness, to maintain or improve joint mobility, muscle strength, overall stamina, & balance. Cost: \$1. **Contact Lynn: lvennell@hotmail.com**

CHAIR YOGA W/ LARA

Thursday 10:15–11:15am



Stretch, strengthen, and de-stress. Bring your own mat or use a chair! Give from the heart, suggested donation \$10.

Contact Lara: lovinlary@hotmail.com

HATHA YOGA

200M ONLY



**Mondays and Thursdays,
10:00–11:15am**

Build bone mass, flexibility, core strength, and balance. All-level gentle class with modifications offered. Learn how to breathe with the postures to promote relaxation and health. Suggested donation of \$0 – \$15. **Contact: Robin Kassis at r2b2nkass@gmail.com for Zoom link.**

FIT FORWARD

Wednesdays, 2:00–3:00pm



Looking for a faster paced class with strength training built in? This Pilates-based mat class is designed to help you be fit as you move forward through everyday life. Enjoy a moderately paced full body workout to improve overall strength, posture, and mobility. Bring a mat and a towel. Be strong! Be fit! Be happy! Led by **Cathy Lawlor. Participants must be able to move up and down from the floor independently.**

YOGA & PILATES WITH CELESTE

Fridays, 11:00am–12:00pm



Build core strength and gain flexibility through this combo of yoga and pilates. **Free.** Bring your mat!

PILATES PRACTICE SESSION

Mondays, 2:00–3:00pm

Fridays, 2:00–3:00pm

These sessions are comprised of Pilates exercises led by fellow practitioners. The exercises are performed slowly with attention to form and breathing. Led by Judith Williams. **Questions?:**



1judithwilliams@gmail.com

413-253-6877

HEALTHY BONES & BALANCE

Tuesdays & Thursdays, 2:00–3:30pm

HBB is designed to increase strength, mobility, flexibility and balance. Light weights increase muscle strength and stimulate joint health. Free. Instructors must be contacted before joining class.

Contact:

Mary Beth (413) 253-0894

Sophie (413) 772-9814

200M ONLY

HEALTHY BONES & BALANCE

Mon, Wed, & Fri, 10:00–11:00am

Suitable for all. Can be done while seated. Free.

Contact: balanceandbones@gmail.com



TAI CHI

Mondays, 11:00am–12:00pm,

Fridays, 2:00–3:00pm

A video demonstration of warm-up exercises, 9 form routine, and 24 form routine. Free. **Contact: Nathalie Bridegam**

at 413-687-5351

or nathaliebridegam7@gmail.com

FUNCTION WELL

Tuesdays & Thursdays, 11:30am–12:30pm

Led by Therese Donohue, founder and first director of Amherst Ballet, this class focuses on the whole body to increase and maintain strength and balance with chair sitting exercises, balance exercises using a chair for standing support and music for ballet exercises, simple choreography, and marching. Clapping and tennis balls used for eye, memory and coordination exercises.

Recommended for seniors in their 70's and 80's. **\$2 per class.** Limited to 12 participants. No drop-ins. **Class is currently full. For more information,**

or to be put on the waitlist, contact Therese at

tbd@crocker.com

Music & Dance

JOY OF SONG W/ SARA

**3rd Thursday of the month at 3pm
November 20th and December 18th**

Join us in a festive, no-shame zone where everyone can enjoy the proven health benefits of singing together regardless of ability or age. Lyrics provided.

UKULELE W/ JULIE

November 7th at 2pm

December 5th at 2pm **200M ONLY**

Jam out with Julie on the Ukulele. For Zoom link, contact: julie@musicjulie.com

NOT JUST ANY LINE DANCING

Mondays, 9–10am

Dance for fun and fitness with Anastasia Social Dance School of Amherst. In this dance class you will get a workout for your body and brain! We have a fun group of active seniors who enjoy country and popular tunes ranging from 1920s to ballroom to pop. Drop-ins welcome. Admission \$5. See you on the floor!

DANCE WITH PARKINSON'S

Tuesdays, 10:30–11:30am

Dance with Parkinson's is designed to bring the joy of movement through dance and improvisation to people with Parkinson's Disease. I will introduce different styles of dance, from Modern to Ballet, Folk and Broadway. Classes will be adjusted to all level of mobility and will be adapted for those sitting in chairs. The class will help relieve stiffness, assist with balance and walking, and improve flexibility. It will strive to create a community and bring joy while exploring the art of dance. No dance experience is required. Class fee: \$15. **Contact: Iris Berkman at (413) 575-3591**

AMHERST AUTOHARP WORKSHOP

Do you play the autoharp? Would you like to learn? The workshop always welcomes new participants. There is no membership fee.

Beginners to Advanced players: There is an on-going group lesson and jam every Monday (except holidays) from 10:00 – 12:30. People are also always invited to drop in to listen.

No autoharp? Marie has some "loaner" autoharps. Priority goes to those taking class or lessons. Contact her for availability.

Questions? Contact: mariehartwellwalker@gmail.com or drop in at the end of the Monday morning session.



FOLK DANCING

Fridays 12:45–1:45pm

Exercise your mind as well as your body with International Folk Dancing. Folk dancing is a gentle, weightbearing activity that engages your brain as well. Best of all, it's FUN! If you can walk, you can do these dances. Newcomers may join at any time. **Free. Contact:** eva.goldwater@umass.edu
Prefer to Zoom? Contact Eva for link.

DANCE AND MOVE

Wednesdays, 3:15–4pm

This upbeat class has evolved from classic R&B Funk into a vibrant freestyle workout inspired by Latin salsa and merengue rhythms. With each session, you'll create your own easy-to-follow moves that let your body express itself freely—flowing with energy, boosting coordination, and uplifting the mood. No partner required—just bring your imagination, your rhythm, and your joy of movement as we celebrate together the music that is literally moving us.



EDUCATION

ARCHITECTURE, YOU, AND ME

Wednesdays at 11:30am

This introductory course will explain what architecture is and what is an architect's job, both past and present.

Each person will examine a local house (or their own) and think about what details make it special. You will learn an eye for architecture details. We'll discuss why architects are important and the impact they make socially and psychologically, as well as the value of art in our daily lives.

This course will be centered around group discussion about architecture styles. We'll express our opinions and give examples of what buildings/spaces work and which don't. Participants will sketch their dream room, garden, etc... No need to know how to draw!

Led by Tova Barnea. **Contact:**
barneatova@gmail.com.



SHAKESPEARE

Wednesdays at 1:30pm

Join a group of devoted literature lovers in reading and viewing.

Contact: Marshal Ash at
mash@depaul.edu.



BOOK CLUB

4th Friday of the month at 2:00pm

Led by Linda Wentworth of the Jones Library. We read a mix of fiction, mystery, thrillers, biography and nonfiction. Open to all! **Contact: wentworthl@joneslibrary.org**

Tech Help

DROP-IN TECH ASSISTANCE

**Second and fourth Thursday of each month
from 2-4pm.**

Led by Matt Berube of the Jones Library

- * Get free 1-on-1 help with your laptop, phone, or tablet
- * Learn to borrow free digital books, audiobooks & magazines
- * Learn to stream free movies

Start



COMPUTER TUTORING

To make arrangements
for free tutoring and
tech support, call
(413) 259-3060.



Civil War Tablets & Photo Exhibit

Bangs Community Center | To make an appointment, call: (413) 259-0330

Descendant-led narrative tours conducted by Curator & Creator Debora Bridges. "It is my pleasure to invite you to tour the Civil War Tablet & Photograph Exhibit." Over 300 names of Amherst residents who fought in the Civil War, including the African-American soldiers of the 54th Regiment & the 5th Cavalry. Debora Bridges is the 3x great-granddaughter of Christopher Thompson who was with the 5th Cavalry that traveled to Texas on June 19th, 1865...Juneteenth!

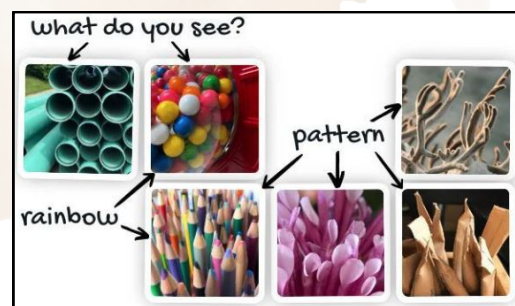
Café



First and third Wednesdays from 10:00am–12:00pm
(Recently changed from 4x per month to 2x)

Join us for strong coffee and good conversation! Our Café offers socialization for all and is especially designed for individuals with mild memory loss and their care partners. We start each Café with an open hour of conversation followed by a rotating group activity in the second hour. Come for the coffee, stay for the conversations. Pastries provided generously by Atkins Farms Country Market.

November 5th: OuiSi – “An award-winning set of visually-connecting photo cards (‘this looks like that’) – with a Guidebook full of games that ignite fun, creativity and conversation, regardless of age.”



November 19th: Ben and Ed



December 3rd: Chair Massages with Michael from Bodies in Balance Massage Therapy



December 17th: Holiday Party with Ben and Ed



RAINBOW COFFEE HOUR – AMHERST



Usually the first Tuesday of the month, from 9:30–11am
Thursday, November 6th (changed due to elections)
Tuesday, December 2nd



The Rainbow Coffee Hour is an LGBTQIA+ social coffee group that meets at the Amherst Senior Center for ages 50 and above. There is no format, no agenda—just a welcoming space to get together, socialize, and make connections. All people who identify as part of the LGBTQIA+ community and allies are welcome to drop in.

Transportation



SILVER SHUTTLE

Transportation hours are Monday, Wednesday, and Friday from 9:00am to 3:00pm

- Riders must schedule a ride with at least 24 hours' notice
- All rides are subject to availability
- There is a three-bag limit per rider

Silver Shuttle Suggested Donations:

Fares go to the Friends of the Amherst Senior Center to help sustain this program.

- Rides within Amherst – \$3.00 round trip
- Rides to Hadley – \$4.00 round trip
- Rides to Northampton – \$5.00 round trip
- Riders may bring a companion or aide if needed. There is no additional charge for one aide.

To book a ride, call the Amherst Senior Center at (413) 259-3060. If there is no answer please leave a message with your name, number, date for which you are requesting a ride, the intended destination, and if the wheelchair lift will be needed for this ride. Senior Center will return your call to confirm the ride. Rides are not confirmed until the rider has spoken with Senior Center staff. Please note, this policy is subject to change.



PVTA DIAL-A-RIDE



PVTA offers shared rides, demand-response accessible van service for anyone 60+ residing in our service area. **Rides are available Monday-Friday, 6:30am-5:00pm.**

To book a ride, call (413) 739-7436 or toll free (866) 277-7741. A brief intake is required. Advanced registration is required. Reservations can be made up to 4:30pm the day before your trip. One-way rides vary between \$3-\$5.



COA

NEWS

The COA in conjunction with Senior Services has launched a Senior Survey (the first one since 2010). The survey will be used to understand the issues older adults are facing and whether they are accessing services at the Senior Center.

You can access the survey online at amherstma.gov/senior-survey. Or call or stop by Senior Center to pick up a printed copy. Surveys are due by Nov.15.

If you haven't completed a survey, please do so ASAP. Please mention it to your friends, neighbors and colleagues so we can collect a large representative sample of Amherst residents who are 50 or older.

Results will be tabulated over the winter and posted on the Senior Services website in the spring.

COA is looking for two more members. Interested in getting involved? Please complete the community activity form online on the Town of Amherst website at this link: <https://tinyurl.com/mwf36etf>.

We want to hear from you! Please email us at AmherstCOA@gmail.com with your questions and concerns.

FOOD AND MEAL PROGRAMS

HIGHLAND VALLEY ELDER SERVICES, NUTRITION PROGRAM



Recovering from surgery or illness? Have an illness or condition that makes meal prep difficult? **Highland Valley is here to help! Call (413) 586-2000** and ask for an evaluation.

¿Se recupera de una cirugía o enfermedad? ¿Tiene alguna enfermedad que le dificulte preparar los alimentos?

¡Highland Valley Elder Services está aquí para ayudarlo!

Llame al 413-586-2000 para solicitar una evaluación.

Program made possible through Title III funds from Highland Valley Elder Services.

GRAB & GO LUNCH



Monday – Friday, pick-up from 11:00am–12:00pm in Large Activity RM

The Highland Valley Take & Go Meals are available to Seniors 60+ who do not receive Meals on Wheels. Suggested donation: \$3. **Call Ben Orenstein for more information: (413) 887-8147.** Program made possible through Title III funds from Highland Valley Elder Services.

MOBILE FOOD PANTRY

**First Wednesday of month, 1:00–2:00pm
November 5th and December 3rd
Boulders Apartment, 156 Brittany Dr.**

Mobile food pantry includes a variety of fresh fruits, fresh vegetables, and meat (when available). All are welcome, no documentation or registration required. There are no residency or income requirements. Save money and enjoy fresh produce.

WEDNESDAY MARKET

Wednesdays from 10:00am – 11:30am

Open to all! Visit the Wednesday Market for fresh fruits, vegetables, prepared foods, breads, and sweets. Donations come from Whole Foods Market. Please bring your own bag(s).



MERCADO DE LOS MIÉRCOLES

Miércoles de 10:00 a 11:30 horas

¡Abierto a todos! Visite el Mercado de los Miércoles para conseguir frutas y verduras frescas, alimentos preparados, panes y dulces. Las donaciones provienen de Whole Foods Market. Por favor, traiga su(s) bolsa(s).

AMHERST MOBILE MARKET

Sat., 10:00 am to 1:00 pm. East Hadley Rd.

Sábado, de 10:00 a. m. a 1:00 p. m., East Hadley Rd.

Wed., 3:00 pm to 6:00 pm. North Amherst

Miércoles, de 15:00 a 18:00 h. North Amherst

Thurs., 3:00 pm to 6:00 pm. Colonial Village

Apartments, Jueves, de 15:00 a 18:00 h.

Apartamentos Colonial Village

Ending November 1st

Finaliza el 1 de Noviembre

AMHERST FARMERS' MARKET



Saturdays, 8am–1:30pm

Until November 15th

Amherst Town Common

Amherst Copy

FOR YOUR HEALTH

SHINE COUNSELING



Have questions about health insurance? Are you turning 65 soon? Reach out to a SHINE Counselor for guidance. **To make an appointment, call the Senior Center (413) 259-3062.** We will refer your request to one of our counselors.

**SHINE APPOINTMENTS FOR
MEDICARE OPEN ENROLLMENT
ARE FULL. PLEASE CALL
MEDICARE DIRECTLY AT
1-800-633-4227.**

FOOT CARE BY PIPER

Second Friday of the month



Piper Sagan, RN & Certified Foot Care Nurse, offers foot care with a therapeutic massage. For appts at the Bangs Center, call (413) 259-3060. **Fee is \$50.** Home visits call (413) 522-8432. **Fee is \$90.**

30 MIN REIKI SESSION

Wednesdays, 9:00am - 11:30am



With Reiki Master, Bob Nelson, RN. Reiki means "Universal Life Force Energy." This healing technique was developed in Japan over 100 years ago. During a Reiki session, the practitioner directs this energy to you so you have the benefit of this energy.

- Aches and pains? Reiki can help!
- Feeling exhausted and tired? Reiki can help!
- Feeling stressed, anxious, overwhelmed? Reiki can help!
- Seeking more peace of mind? Reiki can help!
- Feel OK, but want to do something special for yourself? Reiki can help! By appointment only. Sessions are \$20.

MERIDIAN TAPPING W/ MARIANNE

Mondays, 3:00-4:00pm

Dr. Marianne Reiff has been introducing folks to Tapping for over seven years. Tapping is a simple self-help technique that creates a link between your physical and emotional experiences by using the same meridians used in traditional acupressure, and pairs them with the power of positive affirmation. It works as a reboot for your system that can help anyone who feels stressed, stuck, or just tired of being sick and tired. Participate as much or as little as you would like while practicing a new lifelong self-help tool. No experience necessary. Drop-ins welcome!



MOBILE DENTAL CLINIC

**First Thursday of the month
9:00am - 2:00pm.**

Services offered include blood pressure screening, oral cancer screening, clinical assessment, and teeth cleaning. Referrals given if additional work is needed. MassHealth: free, other or no insurance: \$80, denture rate: \$30 All participants leave with a goodie bag and info sheet explaining and next steps. Appointments required, call (413) 259-3062.

DROP-IN NURSING HOURS AT THE

PUBLIC HEALTH DEPARTMENT

Every Wednesday, 1pm-3pm

Public Health Nurse Olivia Lara-Cahoon will be available for blood pressure checks, and general health consultation and education. Drop by Olivia's office at the Public Health Department or call us at (413) 259-3077 for more information or to make an appointment.



JODY YOUNG: A CUT ABOVE

**Third Thursday of the Month
10:00am-12:00pm**

Jody Young from A Cut Above the Rest offers haircuts for \$30.00. Jody also does home visits for colors, perms, and for people who can't leave their house. Prices equivalent to other salons in the area. By appointment only. Jody can be reached at (413) 364-1869. Leave a message!

EVENTS CALENDAR



MONDAYS

9:00-10:00: Not Just Any Line Dancing
10:00-11:00: Healthy Bones & Balance (Zoom)
10:00-11:15: Hatha Yoga (Zoom)
10:00-12:30: Amherst Autoharp
11:00-12:00: Tai Chi
11:00-12:00: To-Go Lunch
12:30-2:00: Arthritis Exercise
2:00-3:00: Pilates Practice Session
3:00-4:00: Meridian Tapping

TUESDAYS

10:30-11:30: Dance With Parkinson's
11:00-12:00: To-Go Lunch
11:30-12:30: Function Well
2:00-3:30: Healthy Bones & Balance

WEDNESDAYS

9:00-12:00: 30min Reiki Session
10:00-11:00: Healthy Bones & Balance (Zoom)
10:00-11:30: Wednesday Market
11:00-12:00: To-Go Lunch
11:30-12:30: Architecture, You, & Me
1:30-3:30: Shakespeare
2:00-3:00: FIT Forward
3:15-4:00: R&B Dance and Move

THURSDAYS

10:00-11:15: Hatha Yoga (Zoom)
10:15-11:15: Chair Yoga
11:30-12:30: Function Well
11:00-12:00: To-Go Lunch
12:30-2:00: Arthritis Exercise
2:00-3:30: Healthy Bones & Balance

FRIDAYS

9:30-10:30: Healthy Bones & Balance (Zoom)
11:00-12:00: Yoga and Pilates
11:00-12:00: To-Go Lunch
12:45-1:45: Folk Dancing
2:00-3:00: Pilates Practice Session
2:00-3:00: Tai Chi

Special Events

- **Café:** First & third Wednesday, 10am-12pm
- **Foot Care by Piper:** Second Friday, 8am-4pm
- **Haircuts by Jody:** Third Thursday, 10am - 12pm
- **Joy of Song:** Third Thursday, 3-4pm
- **Book Club:** Fourth Friday, 2-3pm
- **Rainbow Coffee Hour:** Usually first Tuesday, 9:30am-11am (see details on page 8)
- **Drop-In Tech Assistance:** Second & fourth Thursday, 2-4pm
- **UMass Amherst First Dementia Care:** Second Wednesday, 1-3pm
- **Fraud and Scam Saves:** Friday, Nov. 14th, 11:30am-12:30pm

Closures

November 6th: Senior Center Lounge closing at noon

November 11th: Bangs Center closed for Veterans' Day

November 27th & 28th: Bangs Center closed for Thanksgiving

December 2nd: Senior Center Lounge closing at noon

December 24th: Bangs Center closing at noon for Christmas Eve

December 25th: Bangs Center closed for Christmas

If there is a financial barrier which affects one's ability to participate in a class or activity, help may be available. Please speak to the Director.