



AMHERST SENIOR SPIRIT

SEPTEMBER & OCTOBER 2026



WELCOME!

Welcome to the latest edition of the Amherst Senior Spirit! Each issue is designed to keep you connected to the many programs, activities, services, and opportunities available through the Amherst Senior Center.

Inside these pages, you'll find information about upcoming classes, special events, community outings,

health and wellness programs, educational workshops, volunteer opportunities, and helpful resources.

Whether you are interested in learning something new, staying active, meeting new people, or simply enjoying time with friends and neighbors, we hope you will find something that speaks to you.

The Amherst Senior Center is more than a place to attend programs, it is a welcoming community where people can build friendships, share experiences, access support, and feel a sense of belonging. Whether you have been part of our community for many years or are visiting us for the first time, there is always a place for you here.

We invite you to explore this issue, try something new, and join us for the exciting activities ahead. We look forward to welcoming you!

OFFICE HOURS

Monday - Friday

8:00 AM - 4:00 PM

UPCOMING CLOSURES & CANCELLATIONS

Labor Day

Bangs Center Closed

Monday, September 7th

Indigenous Peoples' Day

Bangs Center Closed

Monday, October 12th

Massachusetts State Primaries

Programming Cancelled

Tuesday, September 1st

FOLLOW US ON FACEBOOK

Interested in keeping up to date with Senior Center news in a more social way? Follow us on Facebook for updates, photos, recaps, and more!

SCAN THE QR CODE BELOW TO GET STARTED:



OUR STAFF

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DIRECTOR'S NOTE

Dear Friends,

It is my pleasure to welcome you to another edition of the Amherst Senior Spirit!

As I begin my time as Director of Senior Services, I am incredibly excited about what lies ahead for the Amherst Senior Center. Over the coming months, you will begin to see new programs, expanded opportunities, fresh partnerships, and some exciting changes designed to make the Senior Center an even stronger resource for our community.

But as we look toward the future, there is something very important that will not change: the warm, welcoming spirit that makes this Senior Center special.

The Senior Center is more than a building or a collection of programs. It is a place to make connections, see familiar faces, discover something new, find support when you need it, share a meal or a laugh, and, most importantly, feel that you belong. As we grow and evolve, preserving that sense of community will remain at the heart of everything we do.

I also want you to know that your voice matters. I look forward to hearing your ideas about what you love, what we can improve, and what you would like to see next. Some of our best ideas will come from the people who walk through our doors every day.

There is a lot to look forward to, and I am excited for us to build this next chapter together. Whether you have been part of the Senior Center for many years or are considering visiting us for the very first time, there is a place for you here.

I look forward to seeing you at the Center!

Warmly,
Dan Garcia
Director of Senior Services
Town of Amherst

COUNCIL ON AGING

CHAIR | Jeanne Horrigan

VICE CHAIR | Dennis Vandal

SECRETARY | Fred Hulme/Don Ripley

MEMBERS | Helena Donovan, Ivette Palacin, Karen Romanowski, Margaret Arsenault, and Tricia Montgomery

FRIENDS OF THE AMHERST SENIOR CENTER

PRESIDENT | Dennis Vandal

VICE PRESIDENT | Don Ripley

TREASURER | Ted Mone

SECRETARY | Judy Brodsky

DIRECTOR OF COMMUNICATIONS | Marc Barrette

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COUNCIL ON AGING UPDATE

Seniors Sips, the monthly gathering for seniors, continues to attract a lively audience. Last month we had our largest Sips crowd to date at the Inn on Boltwood.

Please plan to join us on September 24th for our next Seniors Sips at Bistro 63 from 4-6pm.

The Council on Aging (COA) will also be hosting an **Aging in Place fair on Saturday, October 17 from 1:30-3:30pm at the Munson Library hall.** Vendors from various agencies will be there to share information about what you can do to modify/adapt your living space to age in place.



**THE COUNCIL ON AGING MEETS ON THE 2ND WEDNESDAY OF THE MONTH
ALL MEETINGS ARE FREE AND OPEN TO THE PUBLIC
1:30 PM | TOWN HALL**

FRIENDS OF THE AMHERST SENIOR CENTER UPDATE

The annual Jewelry Pop Up Sale will return to the Amherst Farmers' Market on Saturday, September 19th, from 9:30am to 12:30pm. This event is held by the Friends of the Amherst Senior Center and it raises funds to support its programs and activities. The event is unique because gently used jewelry is accepted throughout the year and then offered for sale at the Farmers' Market without specific prices.

Donations are encouraged and gratefully accepted.

The rain date for the Pop Up Sale will be September 26th.

Donations of clean pre-owned jewelry only will be accepted at the front desk of the Senior Center during regular business hours until Friday, September 11th.

**THE FRIENDS OF THE AMHERST SENIOR CENTER MEET ON THE
2ND WEDNESDAY OF THE MONTH
ALL MEETINGS ARE FREE AND OPEN TO THE PUBLIC
2:30 - 4:00 PM | TOWN HALL**

**VISIT THE
FRIENDS
OF THE
AMHERST
SENIOR
CENTER
WEBSITE BY
SCANNING
THIS QR
CODE:**



SWIPER OF THE MONTH

SCAN IN FOR YOUR CHANCE TO WIN!



Each month, the Senior Center will run a raffle-style contest in which the Swiper of the Month is chosen at random and will receive a prize! Your number of entries is equal to the amount of swipes you have logged in My Senior Center, so be sure to scan in when you come to visit, whether it be for a class or just a cup of coffee. If you do not have a My Senior Center card, please speak with a volunteer or staff member to get set up in minutes!

Congratulations to July's winner...

Ming Coler!



**HOPE
TO SEE
YOU
SOON!**

VOLUNTEERING YOU ARE NEEDED!



Interested in volunteering? From the supporting your neighbors to supporting the environment, there are dozens of ways to lend a hand within Amherst.

Visit <https://www.amherstma.gov/3431/Volunteering> to learn more!

ORGANIZATIONS THAT NEED YOUR HELP INCLUDE:

- Amherst Senior Center
- Amherst Recreation
- Jones Library
- Amherst Survival Center
- Hospice of the Fisher Home
- The Hitchcock Center
- Amherst Historical Society & Museum

... AND MANY MORE!

GET INVOLVED

05

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Non-Traditional Assets.

By Michael Hooker

How do 21st century assets and information play into estate planning?

At a certain point in people's lives, they realize that they are not immortal and that it is time "to do a Will". While I agree that everyone with assets should sign a Will, there are far more contemporary methods for dealing with inheritances. These include beneficiary designations, deeds to children, trusts, and adding a name to a bank account etc. However, the problem isn't always solved even when these steps are taken. What is the "problem" then? Contemporary (mostly digital) assets and legal avenues that didn't exist in 1870 when Sophia Smith left her \$387, 468 to Smith College via her Will.

Increasingly my son Jake and I are seeing clients who have second homes and/or rental properties which they have placed in Limited Liability Corporations "LLCs" generally to minimize exposure to lawsuits. Did LLCs exist in 1870? No.

What happens to the shares of such LLCs at the shareholder's death? Do they pass automatically to the surviving spouse? Not necessarily. You should have it spelled out in your corporate documents, not just in your Will. What about ownership in a Real Estate Investment Trust? Those are also tricky. Far more than your simple \$52,000 savings account at Florence Bank. But it can get even more uncertain. What about your digital assets such as Bitcoin crypto currency? Do you believe that having a Will suffices? No way. As clients take on more contemporary, non-traditional assets, they need to ask, "how does this asset get into my son's name if I get struck by lightning"? Via a Will? I don't think so. In a similar vein, do you believe that having your daughter named as Power of Attorney will make Apple Computer recognize her authority if she needs to obtain her mother's iphone data? The answer lies in access. The client needs to provide access codes, passwords and the like. Should

you provide those now? Have them on a post-it note next to your laptop?

A recent client has named me as her Personal Representative. She said "I'd like to provide you with access codes etc" but where are you going to store those? Historically I and my colleagues store original paper documents in locked fireproof file cabinets. Will that suffice in the future? I don't think so. The future is now.

Please visit Atty. Hooker's website at Elderlawservice.com for additional columns written on a wide range of elder law topics.



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Amherst Senior Center, Amherst, MA

06-5517

REGULAR EVENTS

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*
 12:45-2:15 | *Arthritis Exercise*
 2:00-3:00 | *Pilates Practice Session*
 3:00-4:00 | *Meridian Tapping with Marianne*

TUESDAYS

10:30-11:30 | *Joy of Dance*
 11:00-12:00 | *To-Go Lunch*
 11:30-12:30 | *Function Well*
 1:00-3:00 | *Drop-In Nursing Hours*
 2:00-3:30 | *Healthy Bones & Balance*

WEDNESDAYS

10:00-11:00 | *Wednesday Market*
 11:00-12:00 | *To-Go Lunch*
 11:30-1:00 | *Architecture, You, and Me*
 1:00-3:30 | *Shakespeare*
 2:00-3:00 | *Fit Forward*
 2:00-3:30 | *Healthy Bones & Balance (Zoom)*
 3:15-4:00 | *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*
 12:45-1:45 | *Arthritis Exercise*
 2:00-3:30 | *Healthy Bones & Balance*

FRIDAYS

11:15-12:15 | *Yoga and Pilates with Celeste*
 11:00-12:00 | *To-Go Lunch*
 12:45-1:45 | *Folk Dancing*
 2:00-3:00 | *Tai Chi*



SPECIAL EVENTS

- **FOOT CARE BY PIPER**
2nd Friday of the month | 8am-4pm
- **JOY OF SONG WITH SARAH**
3rd Thursday of the month | 3-4pm
- **UKULELE WITH JULIE (ZOOM)**
1st Friday of the month | 2-3pm
- **BOOK CLUB**
4th Friday of the month | 2-3pm
- **RAINBOW COFFEE HOUR**
1st Tuesday of the month | 9:30-11am
- **DROP-IN TECH ASSISTANCE**
2nd & 4th Thursday of the month | 2-4pm
- **VETERANS' BREAKFAST FOR ALL**
1st and 3rd Fridays of the month | 8-10am
- **SENIOR SIPS AT BISTRO 63**
Thursday, September 24th | 4-6pm

TOWN OF AMHERST EVENTS

- **9/1 - STATE PRIMARIES**
7am - 8pm | polling places vary
- **9/4 - RIBBON CUTTING CEREMONY, ARHS TRACK & FIELD**
4 - 5pm | Amherst-Pelham Regional High School
- **9/25 - OFFICE HOURS WITH STATE REPRESENTATIVE MINDY DOMB**
4 - 5pm | First Floor Meeting Room, Town Hall
- **10/25 - AMHERST RECREATION HALLOWEEN SPOOKTACULAR**
12 - 3:30pm | Downtown Amherst
- **10/30 - OFFICE HOURS WITH STATE REPRESENTATIVE MINDY DOMB**
4-5pm | Town Room, Town Hall

PLEASE EXCUSE OUR APPEARANCE

The Senior Center Lounge is looking a bit different as we are currently under renovations to our space. The temporary wall dividing the Lounge will stay in place until work has been completed on either side of it. Coffee, tea, water, and seating space will remain available to the best of our ability as we navigate this process. Updates will come as they become available!



GAME ON!

While the Lounge receives work, puzzles, ping pong, and limited seating space have been moved to the Glass Room so avid players may continue to enjoy! If you would like to use the ping pong table, please speak with a Senior Center staff member or volunteer first.

07

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952



ARTHRITIS EXERCISE**MONDAYS | 12:45 - 2:15 PM****THURSDAYS | 12:45 - 1:45 PM**

Arthritis Exercise with Lynn Vennell. 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 WITH LARA****THURSDAYS | 10:15 - 11:15 AM**

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**

FIT FORWARD**WEDNESDAYS | 2:00 - 3:00 PM**

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.

**FUNCTION WELL****TUESDAYS & THURSDAYS | 11:30 AM - 12:30 PM**

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: tbd@crocker.com.**

HATHA YOGA (ZOOM)**MONDAYS & THURSDAYS | 10:00 - 11:15 AM**

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.**

**HEALTHY BONES & BALANCE****TUESDAYS & THURSDAYS | 2:00 - 3:30 PM**

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, or Sophie - (413) 772-9814**

HEALTHY BONES & BALANCE (ZOOM)**MONDAYS & WEDNESDAYS | 10:00 - 11:00 AM**

Suitable for all. Can be done while seated. Free. **Contact:** balanceandbones@gmail.com for Zoom link.

**PILATES PRACTICE SESSION****MONDAYS | 2:00 - 3:00 PM**

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.

Contact: 1judithwilliams@gmail.com or 413-253-6877.

TAI CHI**MONDAYS | 11:00 AM - 12:00 PM****FRIDAYS | 2:00 - 3:00 PM**

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.

**YOGA & PILATES WITH CELESTE****FRIDAYS | 11:15 AM - 12:15 PM**

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

RAINBOW COFFEE HOUR - AMHERST**1ST TUESDAY OF THE MONTH | 9:30 - 11:00 AM******SEPTEMBER MEETING DATE TBA****

Supported by the Friends of the Amherst Senior Center

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.

**VETERANS' BREAKFAST FOR ALL****1ST AND 3RD FRIDAYS | 8:00 - 10:00 AM**

Join the Town of Amherst for our Veterans Breakfast for All! At each breakfast, a veteran or veteran ally will tell their story regarding military service or a related topic.

Generation after generation reveals that those going to war to defend our country come back spiritually and morally wounded, regardless of the bodily consequences of combat. We want to bring veterans together for food and friendship to help coalesce a spirit of camaraderie to enable authentic, veteran-oriented communities to flourish.

This breakfast is free and open to all veterans, spouses, caregivers, and community members. Breakfast usually consists of bagels, donuts, and coffee.



AMHERST AUTOHARP WORKSHOP

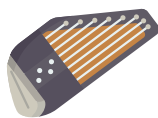
MONDAYS | 10:00 AM - 12:30 PM

Live. Laugh. Sing. Play autoharp.

Do you play autoharp? Would you like to learn? Our workshop always welcomes new participants. All lessons and activities of the workshop are free.

Whether you are a beginner or advanced player, come join the fun at our group lesson and guided jam/ sing-along every Monday (except holidays) from 10:00 – 12:30. Sheet music is provided. People are also always welcome to drop in to sing or just listen.

No autoharp? Director Marie Hartwell has some “loaner” autoharps. Priority goes to those taking class or lessons. **Contact Marie:** mariehartwellwalker@gmail.com



DANCE AND MOVE

WEDNESDAYS | 3:15 - 4 PM



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

FOLK DANCING

FRIDAYS | 12:45 - 1:45 PM



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? Email for link.

NOT JUST ANY LINE DANCING

MONDAYS | 9:00 - 10:00 AM

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!



JOY OF DANCE

TUESDAYS | 10:30 - 11:30 AM

Joy of Dance is designed to bring the pleasure of movement through dance and improvisation to all seniors. Instructor Iris Berkman will introduce different styles of dance, from Modern to Ballet, from Folk to Broadway. We will create a joyful community while exploring a wide range of music and movement. Classes will be adjusted to all levels of mobility. People with Parkinson's disease, other movement challenges, or using wheelchairs are welcomed. No dance experience is required. To quote Judy, a prior client, "It's liberating!" \$65 for 5 classes, \$15/class single class or by donation. Registration is preferred. For more info, or to sign up, **contact Iris at (413) 575-3591 or berkman.iris@gmail.com** to sign up or for more info.

JOY OF SONG WITH SARAH

3RD THURSDAY OF THE MONTH | 3:00 - 4:00 PM

Supported by the Friends of the Amherst Senior Center

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 WITH JULIE (ZOOM)

1ST FRIDAY OF THE MONTH | 2:00 - 3:00 PM

Supported by the Friends of the Amherst Senior Center

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



THE SILVER SHUTTLE

RIDES PROVIDED BY SENIOR CENTER STAFF



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. The 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

RIDES PROVIDED BY PVTA

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.



TRANSPORTATION

11



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Amherst Senior Center, Amherst, MA

06-5517

DROP IN NURSING HOURS**TUESDAYS | 1:00 - 3:00 PM**
PUBLIC HEALTH DEPARTMENT

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.**

FOOT CARE BY PIPER**2ND FRIDAY OF THE MONTH | BY APPOINTMENT ONLY**

Piper Sagan, RN & Certified Foot Care Nurse, offers foot care with a therapeutic massage. For appointments at the Bangs Center, **call (413) 259-3060**; fee is \$60. **Home visits call (413) 522-8432**; fee is \$90.

SHINE COUNSELING**TUESDAYS | BY APPOINTMENT ONLY**

Have questions about Medicare? Are you turning 65 soon? Reach out to a SHINE Counselor for guidance. To make an appointment, **call the Senior Center at (413) 259-3060**. We will refer your request to one of our counselors.

30 MINUTE REIKI SESSION**WEDNESDAYS | BY APPOINTMENT ONLY**

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? Feeling exhausted and tired? Feeling stressed, anxious, overwhelmed? Seeking more peace of mind? Feel OK, but want to do something special for yourself? Reiki can help! Sessions are \$20. **Contact: (413) 259-3060.**

MERIDIAN TAPPING WITH MARIANNE**MONDAYS | 3:00 - 4:00 PM**

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!

PET NAILS BY NAY**BY APPOINTMENT ONLY**

When your pet's nails aren't trimmed properly, every step can not only be extremely painful for them but can also cause further injury such as bone & joint strain, nails growing into skin, and even infection. But despite best efforts, taking your pet to the vet for regular nail trimming can be difficult, especially for anxious pets, and vet pricing can be prohibitive.

This is why Nadine (Nay) Natle, retired vet tech of 40 years, has decided to offer at-home pet nail trimming services for just \$20 per session. Nadine has vast experience with animals from common to exotic, including cats, dogs, guinea pigs, birds, rabbits, and turtles. Her glowing reviews mention that she is thorough, professional, and above all, compassionate in her work.

You do not have to be an Amherst resident to take advantage of this service, but there are restrictions on service area. If you would like to schedule an appointment, or if you have questions, please **call (413) 259-3060** and we will connect you with Nadine.

ARCHITECTURE, YOU, AND ME

WEDNESDAYS | 11:30
AM - 1:00 PM

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



COMPUTER TUTORING



BY APPOINTMENT ONLY

General computer, device,
and technological assistance.

**Contact the Senior Center
(413) 259-3060.**

DROP-IN TECH ASSISTANCE



2ND AND 4TH THURSDAY OF
THE MONTH | 2:00 -4:00 PM

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

BOOK CLUB

4TH FRIDAY OF THE MONTH |
2:00 - 3:00 PM

TOWN HALL, TOWN ROOM

Led by Linda Wentworth of the
Jones Library. We read a mix of
fiction, mystery, thrillers,  biography and nonfiction.

Open to all! For the location of
the next meeting and other
information, please **contact:**
wentworthl@joneslibrary.org

SHAKESPEARE

WEDNESDAYS | 1:30 - 3:30 PM

Wednesdays at 1:30pm

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

Contact: Marshal Ash at
mash@depaul.edu



EDUCATION

13



Wildwood Cemetery

A Resting Place for All

Wildwood Cemetery, founded in 1887,
offers tranquil grounds with a variety of
sections in the woods and open grassy areas.

Wildwood is a non-profit cemetery that
welcomes burials in accordance with
all traditions.

Green and conventional burials and
markers are allowed throughout
the cemetery.

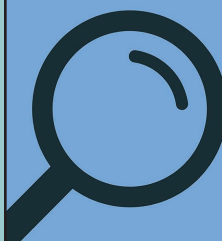
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Amherst Senior Center, Amherst, MA

06-5517

AMHERST SURVIVAL CENTER

138 SUNDERLAND RD, AMHERST, MA
 MONDAYS & FRIDAYS | 12:00 - 3:00 PM
 TUESDAYS & THURSDAYS | 12:00 - 7:00 PM

- Food Pantry
 - Free groceries for all household members
 - No income cap, citizenship questions, OR photo ID needed
 - Email pantry@amherstsurvival.org to ask about delivery
- Community Meals
 - Available in the dining room: Monday, Tuesday, Thursday, and Friday 12-2:30pm
 - Meals are available to eat in the dining room and as a to-go option.
- Fresh Food Distribution
 - Fresh Food Distribution is daily free fresh produce, bread, and sweets
 - OPEN outside on Monday, Tuesday, Thursday, and Friday from 12-3pm
 - OPEN inside on Tuesday and Thursday from 3-7pm

**GRAB AND GO LUNCH**

MONDAY - FRIDAY | 11:00 AM - 12:00 PM

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

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.

MOBILE FOOD PANTRY

**BOULDERS APARTMENT COMPLEX, 156 BRITTANY DR, AMHERST
 1ST WEDNESDAY OF THE MONTH | 1:00 - 2:00 PM**

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, 10:00 - 11:00 AM

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, 10:00 - 11:00 AM

¡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).

FEATURED PHOTOS

15



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**TOWN OF
AMHERST
MASSACHUSETTS**

DISCLAIMER

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.

MISSION STATEMENT

The Amherst Senior Center and Council on Aging serves and supports older adults from all walks of life. We seek to assist older adults in remaining as independent as possible, while maintaining total wellbeing and dignity.

We advocate and offer programs and services to assist with all aspects of life: community building, mental wellness, health, cultural inclusion, volunteer outreach, accessibility, and cost-of-living.

We explore new ways to create or adapt programming to meet the needs of seniors of all ages. We also endeavor to advocate, educate, collaborate, and build coalitions within the larger community on behalf of older adults.