



Amherst Senior Spirit

MAY & JUNE 2025

**Thank you,
Hayley!**

In this edition of the Senior Spirit, we extend our gratitude to Senior Services Director, Hayley Bolton, as she embarks on her next chapter. During her time with the Town of Amherst, Hayley was a driving force behind numerous impactful initiatives that have significantly benefited our senior community.

Hayley played an instrumental role in launching programs such as Claus for a Cause, bringing holiday cheer to many, and Community Safety Day, which empowered residents with valuable resources. Hayley was also pivotal in reviving our food distribution program, the Wednesday Market, ensuring crucial support reaches those in need.

Hayley's passion and commitment to Amherst's older adults has left an indelible positive mark on the Amherst Senior Center and the wider community. We thank her for her years of dedicated service and wish her all the very best in her future endeavors. She will be greatly missed!

Happy Pride Month!

As the days grow longer and brighter, we'd like to remind our members that June is Pride Month! While our commitment to celebrating and supporting Amherst's LGBTQIA+ community is year-round, this month offers a special opportunity to come together in visibility and solidarity.

For allies and members of the LGBTQIA+ community looking for a local way to connect and celebrate, we invite you to the Amherst Senior Center's monthly Rainbow Coffee Hour. This group provides a friendly and inclusive space for conversation and community building. You can find all the details about the next gathering on page 8. We hope to see you there!



WHO'S WHO

Senior Center Staff

Temporary Director: Kiko Malin
malink@amherstma.gov, x3241

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

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

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

Main number: (413) 259-3060
70 Boltwood Walk,
Amherst, MA 01002

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The Friends of the Amherst Senior Center recently unveiled its new website www.FriendsASC.org. We're working on a lot of different content with stories and photos and it will be the easiest way to donate to the Friends. See you there!!
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VISIT THE
FRIENDS
WEBSITE BY
SCANNING THIS
QR CODE

Council on Aging

Chair: Jeanne Horrigan

Vice Chair: Dennis Vandal

Secretary: Dennis Vandal/Don Ripley

Members: Sara McComb, Helena Donovan,
Fred Hulme, Emily Kim, Ivette Palacin, and Tricia
Montgomery

The Council on Aging meets on the second Thursday of each month at 2:30pm. All meetings are free and open to the public. See town calendar for upcoming dates/times.

Friends of the Senior Center

President: Dennis Vandal

Vice President: Dick Yourga

Treasurer: Ted Mone

Assistant Treasurer: Barbara Slovin

Secretary: Judy Brodsky

Members: Norma Hallock, Rosemary Kofler,
John Magarian, Marc Barrette, Don Ripley,
and Kay Weinberg

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

This is Us!

Meet Kiko Malin, Senior Services Temporary Director!



Hello everyone,

I'm honored and pleased to be serving in the role of Temporary Director for the Senior Center, while still maintaining my role as Public Health Director. I'm grateful to the Town leadership for appointing me to this position for the time being and feel that it was the natural choice, given that the Public Health Department and the Senior Center have a long history of collaborative work and Public Health is just down the hall on the first floor of the Bangs.

Since I joined the Town as the Director of Public Health a year and a half ago, I started exploring intersections between the work of the Senior Center and Public Health with Hayley as we both looked for opportunities to promote the health and wellbeing of seniors in our community. I am excited about finding many more ways to support seniors in my new role and to work with the dedicated Senior Center staff and volunteers, as well as the Friends of the Senior Center and the Council on Aging, on new and existing Senior Center programs and activities. Together we can sustain a vibrant and welcoming Senior Center that values the unique contributions of seniors and meets the needs of older adults in our community.

I welcome your ideas and feedback! Please do not hesitate to reach out with any thoughts, concerns or questions. Drop by my office in the Public Health Department or reach me at malink@amherstma.gov or (413) 259-3241. Looking forward to our time together!

Game Room



The Amherst Senior Center Game Room features ping pong, board games, puzzles, cards, a mini golf green, and more! Come play a game, read a book, or bring your own activity to work on! Turn the record player on, make a new friend, and enjoy this newly furnished space!

HOURS: MON/TUES/THURS/FRI: 8:30AM – 3:30PM
WED: 12:30–3:30PM



Tech Help

A blue web browser window with a search bar and navigation icons. The text inside is as follows:

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

A blue magnifying glass icon is positioned at the bottom right of the browser window.A pink web browser window with a search bar and navigation icons. The text inside is as follows:

COMPUTER TUTORING

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

A small illustration of a computer monitor with a green screen is located at the bottom right of the browser window.

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!

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 ZOOM 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

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



Tue & Thurs 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**

ZOOM 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

**Mon 11:00am–12:00pm,
Fri 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**

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.

Music & Dance

JOY OF SONG W/ SARA

**3rd Thursday of the month at 3pm!
May 15th and June 20th**

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.

200M ONLY

UKULELE W/ JULIE

May 2nd & June 6th at 2pm

Jam out with Julie on the Ukulele. For Zoom link, call (413) 259-3060.

DANCE & MOVE TO OLD SCHOOL R&B, & WORLD MUSIC

Wednesdays, 3:00-4:30pm

We invite you to come to this freestyle dance and movement space if you love old school R&B dance and funk music, with world music sprinkled in for good measure. We absolutely welcome those using walkers and wheelchairs! Led by Ivette Palacin. Drop-ins welcome!



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
(413) 575-3591**

AMHERST AUTOHARP WORKSHOP

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

- **All players:** Beginners to Advanced players: There is an on-going group lesson and jam every Monday (except holidays) from 10:00 - 12:30 at the Sr. Center, Room 101. People are also always welcome to drop in to listen.

- **Beginners:** The next **6-week** beginner class starts on **May 14**. Wednesday evenings from 7:00- 8:30 p.m. at Marie's home studio in central Amherst.

- **Individual lessons (for all levels)** can be arranged with Marie. Contact her for available times.

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

For further information: Contact Marie Hartwell-Walker (instructor):
mariehartwellwalker@gmail.com



EDUCATION

WELLNESS LEARNING Community

Tuesdays at 10:00am

The Senior Services and Public Health Departments are teaming up to bring you a collaborative, learning environment through our new Wellness Learning Community. Stimulate your mind and become part of a community of curious lifelong learners. Refreshments provided. **Upcoming Topics:**

May 6th: Stroke Education presented by MGB Cooley Dickinson

May 13th: What is PACE (Program of All-Inclusive Care for the Elderly) presentation by Trinity Health

May 20th: Understanding Mental Health Challenges with Louise Halle LMHC, CSO co-responder

May 27th: Watercolor Workshop with Lee Alter **[RSVP required, please call (413) 259-3060]**

June 3rd: Understanding Alzheimer's and Dementia with Kathy Service from the Alzheimer's Association

June 10th: Echoes of Nature pt. 2 led by Jess Martin and Kim Hoff

June 17th: TBD

June 24th: Amherst Police Department: Scam Alert! What you need to know to protect your identity and your money



SHAKESPEARE

Wednesdays at 1:30pm

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

Contact: Marshal Ash: mash@depaul.edu.



BOOK CLUB

4th Friday of the month at 2:00pm

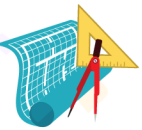
Led by Linda Wentworth of the Jones Library.

We read a mix of fiction, mystery, thrillers, biography and nonfiction. Open to all!

Contact: wentworthl@joneslibrary.org

ARCHITECTURE, YOU, AND ME

Wednesdays at 11:30am

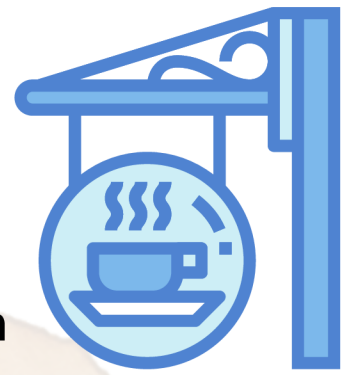


This introductory course will explain what architecture is and what is an architect's job, both past and present. Each person will examine a local house (or their own) and think about what details make it special. You will learn an eye for architecture details. We'll discuss why architects are important 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.**

Café



Wednesdays from 10:00am–12:00pm

Join us for strong coffee and good conversation! Our Weekly 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.

May 7th: Financial Literacy with Linda from Greenfield Savings Bank

May 14th: Ben and Ed Show

May 21st: Laura Hicks Vocal Performance

May 28th: No planned activity



June 4th: Mynd Immersive Virtual Reality

June 11th: Bingo

June 18th: Ben and Ed Show

June 25th: Peruvian Flute Music with Etienne Perley



RAINBOW COFFEE HOUR – AMHERST

Tuesday, May 6th, 10:00–12:00pm

Tuesday, June 3rd, 10:00–12:00pm

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
- Same-day trips are subject to availability
- There is a three-bag limit per rider

Silver Shuttle Suggested Donations:

SERVICE RESUMES JUNE 2ND!

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: (413) 259-3060. If there is no answer please leave a message with your name, number, date for which you are requesting a ride, and the intended destination. 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.

SENIOR ID CARD



Usually the Second Wednesday of every other month from 1:00-2:00PM. Next date: By appointment only; call (413) 259-3060

Did you know people 60+ can ride the PVTA for a **one way fare of \$0.75**? All you need is a Senior ID card. Bring a copy of your Medicare Card, SSI Award Letter, proof of age, or be a veteran with 70% or more of a disability to apply. Need to renew? You can do that too!



COA

NEWS

This semester, the COA has invited various town departments to our monthly meetings to brief us on the programs and services provided by their area. To date, we have had Public Health, Fire department, Police department and Clinical Support Options (CSO). We have learned a lot and plan to continue to invite departments in for the remainder of the year.

In May, we will receive the results of the graduate students semester research project on Amherst Senior Services. We will share the findings in future newsletters.

The COA will be looking for one new member this spring. If you care about senior issues and would like to get involved, please complete a Community Activity application on the town website.

We want to hear from you. Please email us at AmherstCOA@gmail.com.

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
May 7th and June 4th**

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 - 11:30pm

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).



AMHERST MOBILE MARKET

Sat., 10:00 am to 2:00 pm. Next to the Valley Bike

Station on East Hadley Rd. Sábados de 10:00 am a 2:00 pm. Junto a la Estación de Bicicletas Valley en East Hadley Rd.

Tues., 3:00 pm to 6:00 pm. Groff Park Recreation Area, 83 Mill Lane. Martes de 3:00 pm a 6:00 pm. Área Recreacional de Groff Park, 83 Mill Lane.

Wed., 3:00 pm to 6:00 pm. Mill River Recreation Area, 95 Montague Road. Miércoles de 3:00 pm a 6:00 pm. Área Recreacional de Mill River, 95 Montague Road.

Thurs., 3:00 pm to 6:00 pm. Colonial Village Complex Apartments, 81 Belchertown Road. Jueves de 3:00 pm a 6:00 pm. Complejo de Apartamentos de Colonial Village, 81 Belchertown Road.



AMHERST FARMER'S MARKET

**Saturdays, 10:00am-2:00pm
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.

FOOT CARE BY PIPER

Friday, May 9th

Friday, June 13th



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 \$80.**

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.

**See Wellness
Learning
Community
information on
page 7!**

MERIDIAN TAPPING W/ MARIANNE

Group Drop-In : Mondays, 2:00-3:30pm

Free Individual Sessions: Mondays, 3:15-4:00pm (By appt. call or text (413) 695-2245).

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

Fourth Wednesday 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 insurance: \$75, denture rate: \$30 All participants leave with a goodie bag and info sheet explaining and next steps. Appointments required, call (413) 259-3062.



JODY YOUNG: A CUT ABOVE

Fourth 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 visit 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!



DROP-IN NURSING HOURS AT THE



PUBLIC HEALTH DEPARTMENT

Every Wednesday from 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.

EVENTS CALENDAR



MONDAYS

9:00-10:00: 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
2:00-3:30: Meridian Tapping

TUESDAYS

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

WEDNESDAYS

9:00-12:00: 30min Reiki Session
10:00-12:00: Weekly Café
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
3:00-4:30: R&B Dance and Move

THURSDAYS

10:00-11:15: Hatha Yoga (Zoom)
10:15-11:15: Chair Yoga
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: Tai Chi

Special Events

- Foot Care by Piper: Second Friday, 8am-4pm
- Joy of Song: Third Thursday, 3-4pm
- Book Club: Fourth Friday, 2-3pm
- Rainbow Coffee Hour: First Tuesday, 10am-12pm
- Drop-In Tech Assistance: Second & fourth Thursday, 2-4pm
- Dental Clinic: Fourth Wednesday, 9am-2pm

Closures

May 5: Close at noon

May 16: Programs cancelled

May 26th: Memorial Day

June 2: Close at noon

June 19: Juneteenth