

# Bernardston Senior Center

*Coronavirus Info Sheet vol. 6*



PRSRT STD  
ECRWS  
U.S. POSTAGE  
PAID  
EDDM RETAIL

*Many of you have been asking, when will the center reopen? There is no definitive date yet, but we are working with the town Select Board on a reopening plan. Details to be made available as soon as possible. We miss you!*

*The COA is cooking up some big plans for summer activities so stay tuned! Hope you're hungry!*



## Saying Thanks!

Cards are already rollin in! We appreciate everyone who showed their support for Bernardston's finest. If you haven't mailed yours yet, there's still time! Say thanks to your local police, fire, and emergency management teams for all they've done during this pandemic!

Send your card to:

**Bernardston Senior Center**  
**P.O. Box 504**  
**Bernardston, MA 01337**

BSC continues to source donations for the creation of a food pantry for Bernardston seniors. Help support our mission to serve seniors! We are seeking *unopened non-perishable food and monetary donations for the purchase of produce and personal care items.*

You can also check out our Amazon wish list (**[https://www.amazon.com/hz/wishlist/ls/3H6FY0055JPV7?ref\\_=wl\\_share](https://www.amazon.com/hz/wishlist/ls/3H6FY0055JPV7?ref_=wl_share)**) for items needed by the Senior Center.



*Thank you for helping your neighbors!*





## Meal Programs



### Pop Up Food Pantry

Over 5,000 pounds of food distributed to over 90 households!

June date TBA

Call (413) 834-7200 for more info.



### Drive Thru Meals for Seniors

*Move over McDonalds, over 1,500 meals proudly served!*

ENJOY a delicious meal with the Senior Center's drive thru meal pick up program! Meals are distributed Monday through Friday from 11:45-12:15pm.

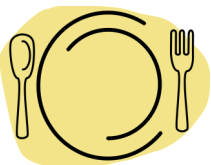
*Donation of \$3.00 is appreciated.*

Please call (413) 834-7200 by 9AM the day before to sign up. You may order ahead for multiple days at a time.

### \*NEW\* USDA MEAL PROGRAM

First box available the first week of June. **There's still time to sign up!** Call: (413)

**834-7200**



### Brown Bag Groceries

Interested in a monthly bag of groceries? Pick up is the first Thursday of the month. Brought to you by the Western Mass Food Bank.



We'll help you apply!

Call (413) 834-7200 to sign up

### \*NEW\*

### LifePath Grocery Delivery

In response to Covid.19, LifePath has created a new grocery shopping and delivery program for people in Franklin County and the North Quabbin Area. This program is available to people over the age of 60, have a physical illness or disability or are immunocompromised.

**If you'd like more information, please call (413) 773-5555.**

## Health and Information



### Intro to Mindfulness

Wednesdays in July, 10-11am via  
zoom

Learn the basics of Mindfulness Meditation in four short classes—what mindfulness is and how to incorporate it into your life. After the four weeks, you will have both the experience and the resources you need to continue. Research has shown that mindfulness practice by seniors can reduce physical, emotional, and mental distress and promote good health. Please commit to all 4 weeks.

### Gov. Baker's Reopening Plan

*There is a 4 Phase Reopening Plan for MA. Each phase will last a minimum of (3) three weeks. Only if public health data trends are negative will the next phase will begin.*

*Phase I—May 25, 2020*

- *Retail stores open with the following restrictions:*
  - ◆ *Curbside Pickup*
  - ◆ *Remote Fulfilment*
- *Limited personal services open:*
  - ◆ *Hair Cuts*
  - ◆ *Pet Grooming*
  - ◆ *Car Washes*

*For complete information  
visit: [mass.gov/reopening](https://mass.gov/reopening)*

### Who to call at BSC:

Van Service: (413) 834-4084

Outreach: (413) 522-8245



Meals and all other  
calls: (413) 834-7200

### ZOOM In for COFFEE and TEA with ME



Missing social time? Want to get together? Group discussions are being set up through Zoom and Skype. The first Coffee or Tea With Me Session is scheduled for Thursday June 11 at 10:30 on Zoom. For personal invitation and info please email [seniorcenter@townofbernardston.org](mailto:seniorcenter@townofbernardston.org). Zoom can be downloaded on most computers and cell phones. If you do not have a camera on your devices, you can still participate with audio only. For information go to [zoom.com](https://zoom.com).



Doxy.me

### Getting Together with Outreach Coordinator

The Outreach Program can to host virtual one on one meetings with clients. Appointments are available most Tues. or Wed. mornings between 9:30 and 11:30. To register, email: [seniorcenter@townofbernardston.org](mailto:seniorcenter@townofbernardston.org). The host site is [doxy.me/BSCOutreach](https://doxy.me/BSCOutreach) and follows all the necessary rules and regulations associated with HIPAA for security and confidentiality.