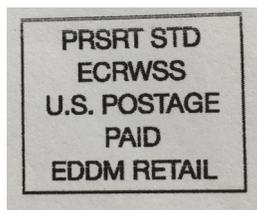


Bernardston Senior Center

Monthly Newsletter: September



Fuel Assistance

It's that time of year again and it's more important than ever to sign up for Fuel Assistance. The Senior Center can help you apply, call Outreach at (413) 522-8425 for more info! If you have questions about how Covid 19 will impact

Fuel Assistance, we are working with Community Action to get you answers. If you've been turned away in the past, eligibility changes year to year.

Consider reapplying it could save you a lot!!



Shuffleboard Anyone?!

Big changes are coming to Cushman Park! Later this month we'll unveiling our new shuffleboard court with a ribbon cutting event. Stay tuned for more details. If you're interested in borrowing equipment or finding out more info, call (413) 648-5413.



Flu Clinic

Wed. October 14, 1-3pm

This year, we'll be hosting a drive thru style flu clinic. Call (413) 648-5413 to sign up for your flu shot! Preregistration required. Open to all.





Meal Programs and Foot Clinic



Pop Up Food Pantry

Sept. 30th at 4:30pm

Call (413) 834-7200 to sign up. Sign up needed each month. Pantry date is the last Wednesday of each month. Delivery is available if needed!



If you'd like to make a food donation to our pantry, call (413) 834-7200 to make arrangements or drop it off on the bench in the parking lot.

Drive Thru Meals for Seniors

Nearly 3 thousand meals 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 in the parking lot.

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. **Free delivery now available!**

We ask that you please wear a mask/face covering while picking up lunch/groceries at the center. If you need a mask, let us know and we'll provide one!

Need something at the Center?

***Free* Fresh Local Produce: Mondays and Wednesdays, 11:30am-12:15pm**

***Free* Baked goods & bread(thanks TRIAD!) : Tuesdays, 11:30am-12:15pm**

September Foot Clinic: Thursday, September 17th

The BSC Foot Clinic is back, but adhering to the "new norm". Call: (413) 648-5413 to schedule an appointment. When you arrive, you'll need to call the senior center (413) 648-5413 to notify us you're here. You will not be able to wait for your appointment inside the building. We ask that you wear a mask during the entire session. If you feel unwell (for any reason!) please do not attend the clinic! Suggested donation for the appointment is \$20, call our outreach worker if financial assistance is needed (413) 522-8245.

Foot Care by Nurses is offering home visits, if you would like to have them come to you.

BSC Foot Clinic is made possible by: COA and Title III grant from EOEA and LifePath.



Online and at the Center



Due to summer heat and humidity, we were unable to offer music in the parking lot. However, as the temperature starts to drop, we've rebooked our performers for September and October!

Tim Van Egmond: Mon. Sept. 21st at 5pm. **Zoom ID: 873 0234 9916**

Debi Spyre: Mon. Sept 28th at 5pm. **Zoom ID: 839 4865 8804**

Fire Pond: Mon. Oct. 5th at 5pm. **Zoom ID: 820 7647 1289**

Dennis and Megs: Mon. October 19th at 5pm. **Zoom ID: 850 4846 1583**

Attendees must call in advance to sign up. Dial (413) 834-7200 to reserve your spot. Suggested donation of \$3. Please bring your own lawn chairs and feel free to bring snacks! Can't come to see? Watch on Zoom! No password required. Technical difficulties connecting to stream? Call (413) 834-7200. Need a lift? Call the van! We can pick you up, dial (413) 834-4084.

Healthy Bones & Balance (HBB) on Zoom

Wednesdays 10:30-11:30am via Zoom

Email SeniorCenter@northfieldma.gov for info on how to sign up!

60+ Yoga, Thursdays 9:30-10:30am

Beginners welcome! Based on the gentle Viniyoga™ approach, this class is accessible any level of experience. Standing is optional: poses can be done from a seated position. Donations appreciated but not required. Open to anyone 60+ living in Northfield and surrounding towns. Funded by a combination of state and federal grants administered by Lifepath, Inc. and the Town of Northfield, MA. Email libby@yogalibre.net to sign up.

BSC Book Club

Tues. Sept 22, 1pm

The Good Neighbor: The Life & Work of Fred Rogers

Fall is the perfect time to curl up with a good book! We're launching a book club with a look back at the life of Fred Rogers. Copies can be reserved through the senior center. We'll meet in the parking lot on Sept. 22 to discuss this engaging read. To sign up, call (413) 648-5413.



BSC Van

Need a lift? We've got you covered! Consider using the van for medical appointments, grocery shopping, hair cuts, or even a trip to the bank!

Covid 19 safety protocols are in place. **Call (413) 834-4084** for more information about and how to sign up for the van!



Doxy.me

Getting Together w/ Outreach Coordinator

Bernardston's Outreach Coordinator would love to meet with you! Virtual appointments are easy to schedule and do not require special computer skills, although you do need a camera on your computer or notepad. Call 413-522-8245 or email: seniorcenter@townofbernardston.org. The host site is doxy.me/BSCOutreach and follows the necessary rules for HIPAA for security and confidentiality.

Find us online!!

Facebook.com/BSCCOA

Who to call at BSC:

Van Service: (413) 834-4084

Outreach: (413) 522-8245

Office: (413) 648-5413, 10am—2pm

Meals and other calls:

(413) 834-7200

Need to mail us something?

PO Box 504

Bernardston, MA 01337



Loaner Tablets

Want to get involved in online activities but don't have the equipment? We can help! Ask to borrow one of our tablets, we'll show you how to use it!

No internet at home? LifePath can help! They can help with the purchase a laptop or getting internet at your house.



BSC Calendar September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please wear your mask when you pick up food!</p>	<p>1 11:30-12:15 Lunch + Baked Goods</p>	<p>2 10:30-11:30 HBB (Zoom) 11:30-12:15 Lunch + Fresh Produce</p>	<p>3 9:30-10:30 Yoga (Zoom) 11:30-12:15 Lunch 12:00 Brown Bag</p>	<p>4 11:30-12:15 Lunch</p>
<p>7 CLOSED</p>	<p>8 11:30-12:15 Lunch + Baked Goods</p>	<p>9 10:30-11:30 HBB (Zoom) 11:30-12:15 Lunch + Fresh Produce</p>	<p>10 9:30-10:30 Yoga (Zoom) 11:30-12:15 Lunch</p>	<p>11 11:30-12:15 Lunch</p>
<p>14 11:30-12:15 Lunch + Fresh Produce</p>	<p>15 11:30-12:15 Lunch + Baked Goods</p>	<p>16 10:30-11:30 HBB (Zoom) 11:30-12:15 Lunch + Fresh Produce</p>	<p>17 9:30 Foot Clinic 9:30-10:30 Yoga (Zoom) 11:30-12:15 Lunch</p>	<p>18 11:30-12:15 Lunch</p>
<p>21 11:30-12:15 Lunch + Fresh Produce 5:00 Parking Lot Entertainment: Tim Van Egmond</p>	<p>22 11:30-12:15 Lunch + Baked Goods 1:00 BSC Book Club</p>	<p>23 10:30-11:30 HBB (Zoom) 11:30-12:15 Lunch + Fresh Produce</p>	<p>24 9:30-10:30 Yoga (Zoom) 11:30-12:15 Lunch</p>	<p>25 11:30-12:15 Lunch</p>
<p>28 11:30-12:15 Lunch + Fresh Produce 5:00 Parking Lot Entertainment: Debi Spyre</p>	<p>29 11:30-12:15 Lunch + Baked Goods</p>	<p>30 10:30-11:30 HBB (Zoom) 11:30-12:15 Lunch + Fresh Produce 4:30 Pop-up Pantry</p>	<p>Advanced sign up required for all outdoor events!!</p>	<p>Call: (413) 834-7200 or (413) 648-5413</p>