Get HIP at the Farmer’s Market!

The warm weather is here and it’s the best time to enjoy fresh, local produce. And now there’s more ways than ever to shop locally. Starting this month we’re partnering with Atlas Farms to bring you a monthly farmer’s market at the senior center. Now there’s two ways to get local produce this summer:

- **Bernardston Farmer’s Market**: Saturdays, 10am-1pm, United Church parking lot. Opening day: May 29th

- **Atlas Farms Market**: Wednesdays 1-2pm, Senior Center parking lot. Opening day: May 12th.

If you’re a SNAP recipient the deals are even better! Get $1 back for every $1 you spend (up to your monthly limit)! If you receive SNAP benefits, you’re automatically enrolled in HIP. It’s a great way to stretch your food budget. Don’t have SNAP? Call the Outreach Coordinator at (413) 522-8245 for help applying. Been denied before? Eligibility has changed due to Covid, you may now qualify!
Memorial Tree Planting

Monday May 17th at 1pm

The Council on Aging recognizes that losing a loved one has been especially difficult during Covid. We wish to honor all those lost over the last year with a memorial tree planting at Cushman Park. All who wish to attend are welcome, please wear a mask. We hope that you will join us in remembering those who are no longer with us. To reserve an Origami Remembrance Crane for the planting, please call (413) 648-5413.

Parking Lot Concerts

We’re reviving our Parking Lot Concert Series. Our line up for May includes:

Monday May 10th at 1:30pm: Steve Ciechomski and Tommy Kostek. This musical duo plays a variety of genres from oldies to the occasional polka jam. They’re known for the lively banter that accompanies their piano and trumpet stylings.

Monday May 24th at 1:30pm: Dusti Dufresne. Dusti offers an eclectic range of music genres. Join us for an afternoon of easy listening, oldies, rock n roll, and country.

Social distancing, masks, and pre-registration required. Call (413) 648-5413 to reserve a seat. Please bring your own chairs.
Having trouble deciding what to make for lunch or suppa?? Check out: Supercook.com! Enter the ingredients you have in your pantry and it will tell you what meals you can make, as well as how to prepare them.

Don't like to Iron? Here's a Life Hack that I feel works GREAT: Wrinkle Shirts? Throw it in the dryer with a few ice cubes for five minutes. WRINKLES GONE!

Tape Issues? This one is GREAT! You can easily keep the spot in a roll of tape by placing old plastic bread tabs on the end of the tape. No more picking at the tape for HOURS!

Fill-A-Truck Food Drive

Wow!! What an amazing outpouring of support for our first ever food drive! It was incredible to see so many people come together to help alleviate food insecurity in the community. Thanks to all the generous donors, we received over two thousand pounds of food and raised over eleven thousand dollars!

We’d like to give a special thank you to the following businesses and organizations for their financial contributions:

Valley Concrete, Hubbard Heating and Cooling, Carovail Fertilizer, Bernardston Self Storage, Summit Ice, TRIAD of Franklin County, and the Bernardston Police Relief Association

We received enough donations to purchase a year’s worth of produce!
Zoom Exercise Classes

Enhanced Fitness:
- Monday/Wednesday/Friday at 9:30am

Healthy Bones & Balance (HBB):
- Tuesdays at 9:30am

If you’d like to links to join in on our virtual exercise classes please email: bscprogramassist@gmail.com.

Classes are led by certified RSVP Volunteers and YMCA staff. Exercise and Health Programs are sponsored in part by Title III grants from LifePath and EOEA. Suggested donation is $1 per class, please call the Senior Center for info on how to donate to this program. Grievances may be left in the black mailbox on the porch by the parking lot entrance.

Who’s Who

Marie, Program Assistant
(413) 648-5413

Hayley Bolton, Director
coa@townofbernardston.org
(413) 648-0581

Carol Kuzdeba, Outreach Services
(413) 522-8245

Betty Messer, Van Services
(413) 834-4084

Foot Clinic

Thursday, May 20th

COA sponsors a foot clinic to prevent falls and address mobility issues. Seniors and Diabetics should have their feet regularly taken care of. Cost of this service $20. Donations are encouraged for this valuable service. BSC Foot Clinic is made possible by: Foot Care by Nurses, LLC.

To schedule call: (413) 648-5413.

When/Where

Bernardston Senior Center
20 Church Street, P.O. Box 504
Bernardston, MA 01337

(Access to parking lot is off library street)

- Mondays: 9am—2pm
- Tuesdays: 9am—2pm
- Wednesdays: 9am—2pm
- Thursdays: 9am—2pm
- Fridays: 9am—1pm
Food Programs

Pop-Up Pantry

Wednesday May 26th
This program is made possible through a partnership with the Franklin Area Survival Center and the support of the Bernardston Select Board.

Drive Thru Lunch

M-F, 11:45-12:15pm
Donation of $3/meal appreciated. Call (413) 648-5413 by 9am the day before to request a meal. Meals made possible by a partnership with LifePath.

Brown Bag

Thursday May 6th
11:30am-12:30pm
Brought to you by the Food Bank of Western Mass. This income eligible program offers monthly groceries for seniors. Call (413) 646-5413 for more info.

Milkshakes

Tuesday May 25th,
11:30am-12:30pm
Warm weather is finally upon us and we’re celebrating with milkshakes! Choose from vanilla, chocolate (non-dairy or low sugar available by request). Call (413) 648-5413 to sign up.
New Assistance Program

Starting this month we will be partnering with the Salvation Army to provide emergency assistance vouchers for food, clothing, rent, medical expenses, utilities (including wood if that’s how you heat your home) and more.

Access to this program is not limited to those over 60 years old, it is available to any resident of Bernardston. However, this program is intended for emergency relief; some restrictions apply.

If you or someone you know is experiencing a financial hardship, you don’t have to go it alone! The Senior Center is here is offer support.

For more information call Outreach at (413) 522-8245.
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