Bernardston Senior Center

“BSC Is The Place To Be” August 2021

**BSC Grand Reopening**

“Mask”erade Party

Monday, August 16th from 3:00-6:00pm

It’s the hottest party of the summer!

Dinner reservations are full at the time of printing. We are currently taking names for our waitlist. Schedule of Events:

3:00-4:30pm Music with DJ Bobby C and hors d’oeuvres
4:30-5:30pm Dennis and Megs
5:30pm Dinner from Hillside Catering

(Eye) Masks required (we’ll have plenty on hand if you need one)! We still need 4 volunteers for the help with the dinner. Call the Center if interested!

**PLEASE NOTE:** We received some messages asking to reserve a dinner, however there was no a name or number. We will be mailing “Save the Date” cards to everyone who is confirmed for the party.

If you not hear from us, then we do not have you down. When leaving a message always include your name and number so we can follow up!

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**BSC Open House**

Tuesday August 24th, 10am-12pm

If you’re new to the Senior Center, our Open House is perfect for you! We’ll be featuring the following organizations: YMCA, RSVP, Food Bank of Western Mass, District Attorney’s Office, Consumer Affairs, Foot Care by Nurses, Visiting Nurses, Lifepath, Hospice of Franklin County, Community Action, and the Funeral Consumer Alliance of Western Mass.

We’re showcasing all that the Center has to offer. Whether you’re a frequent flyer or a new face, this is a great way to see what we’re all about!

As an added bonus, we’ll be raffling off prizes for those in attendance.

To register for this event, call the Center at (413) 648-5413.

Refreshments available. Attendees are welcome to bake or bring food for our refreshments table. Please call the Center to let us know if you’d like to bring a dish!
FROM THE DIRECTOR:

Embracing the New Normal

Our reopening is finally here and our staff and volunteers couldn’t be more excited! After a long hiatus, we’re back to our regular operations. Once again, we’ll be offering games, entertainment, congregate meals, health and wellness clinics, and more!

BSC Updated Mask Policy:

In accordance with CDC guidelines, the Senior Center will not require masks for individuals who are fully vaccinated. We recommend that if you have not been vaccinated that for your own safety, you continue to wear a mask.

Pop-up Pantry Changes

After many long months renovating our basement space, our pantry finally has it’s new home! Starting in September we will be offering the option of in person shopping. We will continue to offer pre-assembled boxes, if you want to skip the wait and continue to drive thru to pick up your groceries. You will receive a letter in your August box with more information. There will also be a pre-order form for those who want to continue with drive-thru pick up. Please have that form completed and returned to the Senior Center by September 15th. As always if you have any questions, feel free to call the Senior Center at (413) 648-5413.
Food Programs

Pop-Up Pantry
Wednesday August 28th
Pick up starts at 3:30pm
There will be no changes to the pantry this month. The in person shopping option is scheduled to start in September. Preordering available. See page 2 for full update.

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 are called in to Lifepath promptly at 9am, if you call after that time we may not be able to order your meal. Meals made possible by LifePath, Inc.

Brown Bag
Thursday August 5th
11:30am-12:00pm
Please let us know if you are unable to pick up on Thursday. Brought to you by the Food Bank of Western Mass. This income eligible program offers monthly groceries for seniors. Call (413) 648-5413

Atlas Farms Market
Wednesday August 11th
9-10:30am
Come check out an amazing array of fresh produce straight from Atlas Farms. Open to all!
Don’t forget to pick up your Farmer’s Market Coupon book on Tuesday August 10th. Coupons can be used at Atlas!!
Bingo
A classic game that needs no introduction. No experience is required, be ready to play! Thursdays at 12:45pm

Quiddler
A simple card game to test your wit. Build your vocabulary with a spirited group of players. Beginners welcome, you’ll pick it up in no time! Wednesdays at 10:30am

Farmer’s Market Coupon Book
Tuesday, August 10th, 11:00—Gone
Interested in a free $25 coupon book that you can use at the local farmer’s market? Thanks to Lifepath, we’ll be distributing booklet on a first come, first served basis. Take advantage of summer’s bounty with this great opportunity! Booklets can be used at Atlas Farms (next date Wednesday, August 11th from 9:00 to 10:30am)!

The “ROMEOS”
Thursdays at 11am
Start date TBA
Exercise Classes

Enhanced Fitness:
- Wednesdays, Thursdays and Fridays, 9:15-10:15am, at BSC

Healthy Bones & Balance (HBB):
- Tuesdays at 9:30am (Cancelled 8/17 and 8/24)

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 EOA. Suggested donation is $1 per class.

Outreach Services

Carol Kuzdeba, (413) 522-8245

Hi everyone!

It is finally here, the Senior Center will be reopening! I am looking forward to meeting the seniors I have only been able to speak to on the phone over these past months! So be sure to make your reservation to attend on August 16. The following week on August 24 will be our Open House showcasing services that can be provided through the senior center and our local partners. Also in August there will be a coupon booklet of $25 that can be used at participating farmers markets for those who are eligible. An exciting month ahead, see you then!

Carol Kuzdeba

If you have any questions or need to schedule an appointment, call (413) 522-8245.

Foot Clinic

Thursday, August, 19th at 9:30am

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, ask for Marie.

Blood Pressure Clinic w/ Nurse Lisa

The second and fourth Thursday of each month, from 10am-11am. Starts in September

SHINE Counseling

Questions about health insurance?

SHINE Counselors can help make sense of your options. Call the Senior Center to schedule an appointment. Service provided through Lifepath Inc.

Salvation Army Voucher Program

Need a helping hand? The Salvation Army offer vouchers to cover emergency expenses like food, clothing, utility bills, some medical expenses, and even rent! Vouchers are available by making an appointment with the Outreach Coordinator by calling (413) 522-8245. Some restrictions apply.
**Who’s Who**

Marie Lennox/Bev Boykan, Reception  
(413) 648-5413

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

- Carol Kuzdeba, Outreach Services  
  (413) 522-8245

- Meal Reservations

- SHINE Counselor  
  (413) 773-5555, Lifepath direct line

- Betty Messer, Van Services  
  (413) 834-4084

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**When/Where**

Bernardston Senior Center  
20 Church Street, P.O. Box 504  
Bernardston, MA 01337  
(Access to parking lot is off Library Street)

- Mondays: 1:30—6:00pm
- Tuesdays: 9am—3pm
- Wednesdays: 9am—3pm
- Thursdays: 9am—3pm
- Fridays: 9am—1pm

(Hours effective 8/17/2021)

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**Bernardston Council on Aging**

Do you love BSC? We do too! We’re actively seeking new members to get involved in the Center. Help decide what programs and services to bring to the center and have fun while doing it!

Meets on the last Monday of each month at 9:30am. **Next meeting: Monday, August 30th at 9:30am.**

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**Bernardston/Northfield Senior Van Trips**

Reminder: Masks are still required on public transit. This includes the BSC Van, please continue to wear a mask during your trip.

We anticipate being able to offer van trips once the mask mandate and social distance requirements are lifted for public transit. Stay tuned for more updates!

If you have questions about fares or anything van related, please call:  
(413) 834-4084.
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