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# Bernardston Senior Center

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September 2021

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## **BSC Reopened!**

The Senior Center is reopened for activities! As we keep an eye on the news, things will look a little different. **We are reinstating an indoor mask requirement for the Senior Center.**

There will also be capacity restrictions for in person programs. However, there will be a Zoom option for remote participation. Just a reminder, the Center has tablets that are available to borrow if you don't have a device for Zoom.

At this time, we will not be offering congregate meals. Lunches will only be served as a to-go meal. All exercise classes will be remote (on Zoom).

All are welcome to come to the Center and to drop in during our open hours. We appreciate your patience.

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### **Senior Center Hours**

Monday: 1:30-6:00pm  
Tuesday: 9am-3pm  
Wednesday: 9am-3pm  
Thursday: 9am-3pm  
Friday: 9am-1pm  
**Closed 9/6/21**

### **Hybrid Programming**

Due to social distancing requirements, we will be offering online streams of many programs. Look for the hybrid icon next to the program! **HYBRID**

### **Survey Raffle Winners**

Carol DiGeorge  
Millie Dwight  
Eunie Grover  
Al Streeter

**CONGRATS!**

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# From the Director

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## Newsletter Naming Contest

Our monthly newsletter is getting a fresh look, but what's in a name? We're holding a contest to decide a new name for the BSC monthly newsletter. To submit a newsletter name, write to:

Bernardston Senior Center PO Box 504, Bernardston, MA 01337.

Be sure to include your name and contact information along with your idea for the newsletter. Only one newsletter name per person allowed. **Please submit your suggestions by Wednesday, September 15th.**

In our October issue there will be a poll to decide the winner. The person who came up with the winning name will get a \$25 gift card to Sweet Lucy's Bakery.

## Staff Directory

### ➤ Director

Hayley Bolton  
(413) 648-0581

### ➤ Outreach Coordinator

Carol Kuzdeba  
(413) 522-8245

### ➤ Program and Administrative Assistants

Bev Boykan, Marie Lennox,  
and Donna Newton  
(413) 648-5413

### ➤ Van Services

Betty Messer  
(413) 834-4084

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## Bernardston Council on Aging

Do you love BSC? We do too! The COA meets monthly to brainstorm programs and activities for the senior center. COA meetings take place on the last Monday of each month at 9:30am.

**Next meeting: Monday, September 27th at 9:30am**

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# Programs and Activities

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## Ed the Wizard



**Mon., September 13th at 4:30pm**

From Mind-Reading to Coins to Cards, there is something magical for all. Be prepared to be amazed, and possibly volunteer, with Ed the Wizard's award winning performance.

This program is supported in part by a grant from the Bernardston Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

**Zoom Meeting ID: 856 3746 7233**

**HYBRID**

**Passcode: 074657**

## The Romeos

**Thursdays at 11:00am**



## Steve and Tommy



**Mon. September 27th at 4:30pm**

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.

**Zoom Meeting ID: 869 4937 8878**

**HYBRID**

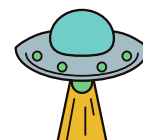
**Passcode: 032503**

## Bingo

**Thursdays at 12:45pm**



## John Root: The Majesty and Mystery of Crop Circles



**Wed., September 22nd, 10-11am**

Are we alone in the universe? Are crop circles man-made or messages from beyond? Explore this engaging topic with naturalist, John Root.

This program is supported in part by a grant from the Bernardston Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

**Zoom Meeting ID: 829 9761 8506**

**HYBRID**

**Passcode: 795629**

## Grief and Loss w/ Hospice Of Franklin County

**Wed. September 15th at 4:30pm**

Join us for a presentation on grief counselling services available through Hospice of Franklin County.

**Zoom Meeting ID: 841 7932 4551**

**HYBRID**

**Passcode: 789025**

## Quiddler



**Wednesdays at 10:30am**

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!

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**Sign up required for all programs.** Call (413) 648-5413, ask for Marie to register. If you leave a message include your name and number

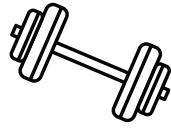
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# For Your Health

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## Exercise Classes (Zoom only)



### Enhanced Fitness:

Tuesday, Thursday, and Friday, 10:30-11:30am, Zoom

### Healthy Bones & Balance (HBB):

Wednesdays at 9:30am, Zoom

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, donations are voluntary and can be made confidentially. Participants in this program have the right to file a grievance, with the Director regarding any dissatisfaction with the program.

**date  
change!**

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## Foot Clinic



### Thursday, September, 16th

COA sponsors a foot clinic to prevent falls and address mobility issues. Seniors and Diabetics should have their feet regularly taken care of. A suggested donation of \$20 is encouraged for this valuable service. Donations are voluntary and can be anonymously. BSC Foot Clinic is made possible by: Foot Care by Nurses, LLC. To schedule call: (413) 648-5413. Participants have the right to file a grievance, with the Director regarding any dissatisfaction with the program. Programs are sponsored in part by Title III grants from LifePath and EOEA

## Outreach Services



Open Enrollment for Medicare 2022 is just around the corner. Time to think if you want to change or keep your current plan. And don't forget, Fuel Assistance renewals are coming up!

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## SHINE Counselling

Questions about health insurance? Zo, the BSC SHINE Counselor can help make sense of your options. Call the Senior Center to schedule an appointment with Zo. Service provided through Lifepath Inc.

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## Salvation Army Vouchers

Need a helping hand? The Salvation Army offers vouchers to cover emergency expenses like food, clothing, utility bills, some medical expenses, and even rent! Some restrictions apply.

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## Blood Pressure Clinic

Thursday, September 9th and Thursday, September 23rd from 10-11am. Please wear a mask to the appointment. Service provided through the FRCOG. Call 648-5413 to register.



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# Food Programs

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## Grab and Go Lunches

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.



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## Atlas Farms Market

**Wednesday September 8th  
9-10:30am**

Come check out an amazing array of fresh produce straight from Atlas Farms. Open to all!



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## Apple Spice Baked Oatmeal



**Wed., Sept. 8th, 10:30am**

Delicious homemade apple spice baked oatmeal topped with caramel sauce! Served with a pineapple frappe. **Contains egg and dairy.**

**Call 648-5413 to reserve your to-go meal.**



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## Brown Bag

**Thursday September 2nd  
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 648-5413



## Pop-up Pantry

# NEW!

Drive Thru Pickup: Wednesday  
September 29th at 3:30pm.

**Order form must be returned  
by 9/15/21!**

## Pop-up Pantry Changes

Due to changing Covid guidelines, we are pushing back in person shopping. However, we still want to offer more choices to shoppers.

Starting this month you will receive an order form in your box. This will allow you to choose the items you want, subject to availability. Order forms will need to be returned back to the senior center by Wed. Sept. 15th. To return your form you can drop it off during our open hours, leave it in the black mail box on our porch or mail it to: PO Box 504, Bernardston, MA 01337.

**If we do not receive an order form that will mean that you do not want the pantry that month.**

If you have any questions about this new change, please call the center at (413) 648-5413. We'll be happy to walk you through it!



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# Van Service

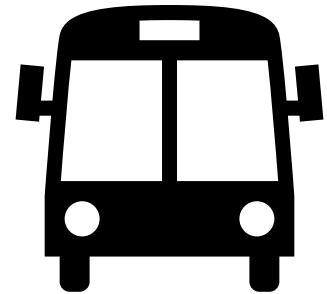
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## FRTA Van Service

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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## Word About Town

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### **Scarecrow in the Park Saturday, October 16th and Sunday, October 17th**

After a pandemic related hiatus, the annual Scarecrow in the Park event is back! The Senior Center will be holding a raffle, if you have something you'd like to donate to the raffle.

Please call (413) 648-5413 to arrange a drop off. Full plans coming in our

October newsletter



### **Special Town Meeting Wed., September 15th, 7pm BES Gymnasium**

There are several items for review at the upcoming Special Town Meeting:

- COA Payroll: increasing Director's hours from 32 to 40 per week.
- \$5,000 Transfer of Funds
- Bernardston Fire Department Funding

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### Have some news to share?

The new "Word About Town" section is meant to give an opportunity to share non-senior center news and updates. If you'd like to submit a blurb for consideration, email: [dearbsceditor@gmail.com](mailto:dearbsceditor@gmail.com) or write to Bernardston Senior Center Newsletter, PO Box 504, Bernardston, MA 01337. All submissions are subject to review and approval by the Editor.

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