

Bernardston Senior Center

Monthly Newsletter: January 2021



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Hot Cocoa + File of Life

Friday January 15 from 11:30am-12:30pm

Is your information up to date? You can help our local police and fire departments in an emergency by filling out a File of Life and keeping it on your fridge. Stop by the Senior Center on January 15th to pick one up. And while you're here, warm up with a to-go cup of hot cocoa and marshmallows!



**FILE
OF LIFE**

Who to call at BSC:

Van Service: (413) 834-4084

Outreach: (413) 522-8245

Office: (413) 648-5413

Meals and other calls:

(413) 834-7200

Snail Mail:

Bernardston Senior Center

PO Box 504

Bernardston, MA 01337

Social Media:

[Facebook.com/BSCCOA](https://www.facebook.com/BSCCOA)

Caregiver Support Group

We're bringing back our monthly caregiver support group for individuals who have a loved one living with dementia. Date and time to be announced, but we expect to begin in February. This group will meet virtually via Zoom. If you're interested in signing up please email:



bscprogramassist@gmail.com for more details.

Virtual Tea Time

Friday January 8th, at 10:00am

Get to know our new Outreach Coordinator with this new Zoom workshop! Each month we'll pick a topic and invite you to pour a cup of tea and join (virtually) for some lively discussion. This month's topic is: Coping with Covid. Email outreach@townofbernardston.org for the details.



Marie's Bread Box

Did you know January 4th is National Trivia Day? Test your knowledge with these questions:

1. Pine needles are said to be a good source of what vitamin?
2. In what country does the tradition of hiding brooms on Christmas Eve come from?

Mark your calendars for these other national holidays:

- Jan. 7th: National Pass Gas Day
- Jan. 30th Yodel for Your Neighbors Day



1. Vitamin C, 2. Norway—according to legend witches would steal them otherwise.



Meal Programs and Foot Clinic



Pop Up Food Pantry

January 27th at 3:30pm

Call (413) 648-5413 to sign up, RSVPing by January 21st is appreciated.

Delivery is available if needed!

If you'd like to make a food donation to our pantry, call (413) 648-5413 to make arrangements or drop it off on the bench in the parking lot.



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

Drive Thru Meals for Seniors

Over 4500 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!**

Brown Bag

Thursday January 7th 11:30am—1pm

Brown Bag is a once monthly, income eligible, program brought to you by the Food Bank of Western Mass. Participants receive shelf stable groceries on the first Thursday of each month. Interested in applying? Call (413) 834-7200.

Foot Clinic: Thursday, January 21st

The BSC Foot Clinic is back, but adhering to the "new norm". Call: (413) 834-7200 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.