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# Bernardston Senior Center

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October 2021

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## BSC TailGate Party



Thursday, October 14th from 12pm-2pm

Join us for a tailgate party as we celebrate the beautiful fall weather! We'll have plenty good food and music as we enjoy one of the best seasons of the year. Test your sports knowledge with a friendly round of trivia. The winner will receive a sports themed gift basket.

The menu is pot luck style, so please bring a dish! Call the Senior Center at (413) 648-5413 to register, be sure to tell us what you'll be bring. Please bring your own chairs as well. **There will be NO to-go lunch on this day.**

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### Senior Center Hours

Monday: 1:30-5:30pm  
Tuesday: 9am-3pm  
Wednesday: 9am-3pm  
Thursday: 9am-3pm  
Friday: 9am-1pm

**Closed: Mon 10/11/21**

### Contact Us

(413) 648-5413  
Bernardston Senior  
Center  
20 Church St.  
PO Box 504  
Bernardston, MA 01337

### Online

[https://tinyurl.com/BS  
C-Town-Site](https://tinyurl.com/BS-C-Town-Site)  
  
[https://www.facebook.  
com/BSCCOA](https://www.facebook.com/BSCCOA)

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# From the Director

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## Newsletter Naming Contest

The names are in! Below are your choices for the new name of the BSC Monthly Newsletter. Please write or call the Senior Center to give your top three choices.

**- The Bernardston Town Crier**

**- The Falltown Senior Flyer**  
**- The Senior Herald**

Call the Senior Center (413) 648-5413 or write to us at PO Box 504, Bernardston, MA 01337 to vote for your favorite name! Please let us know by October 13th. We'll announce the winner in our next newsletter!

## Staff Directory

- **Director**, Hayley Bolton  
(413) 648-0581
  
- **Outreach Coordinator**,  
Carol Kuzdeba  
(413) 522-8245
  
- **Program and Administrative Assistants**, Bev Boykan and Marie Lennox  
(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, October 25th at 10:00am**

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# Programs and Activities

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## Fall Landscape

**Tues., October 5th, 10am-12pm**

Join Amy Porchelli from ArtSong as she teaches how to paint a fall landscape. Artists of any level are welcome to participate. Suggested donation of \$5.



## The Romeos

**Thursdays at 11:00am**



## SHINE Counselor Meet and Greet

**Wed. October 13th  
at 10am**

Medicare open enrollment starts on October 15, 2021. For many, this is a difficult and confusion process! SHINE Counselling can help answer any questions about your plan options. Attend this Meet and Greet to get to know the Senior Center's new SHINE Counselor, Zo. She'll be holding regular office hours at the center to answer any questions you may have.



## Bingo

**Thursdays at 12:30pm**



## Roger Ticknell

**Mon. October 25th at 4:30pm**

Get into the Halloween spirit with an evening of music with Roger Ticknell. Roger will play everything from The Monster Mash to Ghost Riders in the Sky! Remember "Spooky" by Dusty Springfield? Program funded in part by a grant from the Bernardston Cultural Council.



## Debi Spyre

**Mon., October 4th, 4:30pm**



## Halloween Lunch

**Fri., October 29th, 11:30am-  
12:30pm**

Bring out the kid in you with a special Halloween treat!

## Quiddler

**Wednesdays at 10:30am**



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**Sign up required for all programs.** Call (413) 648-5413 and ask for Marie to register.

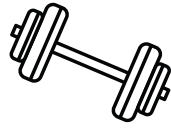
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# For Your Health

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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.

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## Foot Clinic



### Thursday, October, 21st

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



October is a busy month! Breast cancer awareness, Halloween safety, and Eat better Eat together month. Be sure check out local farmer's market for fall's bounty. And signup for our customized pop up pantry each month. Remember to get your paperwork together if you will be applying for fuel assistance this season!

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## SHINE Counselling

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.

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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

Postponed until further notice

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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 October 13th**

**9-10:30am**

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



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## Brown Bag

**Thursday October 7th**

**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



## Pop-up Pantry

Pickup: Wed. October 27th at 3:30pm.

**Order form and bag must be returned by 10/13/21!**

In an effort to be more eco-friendly and reduce spending, we are giving all program participants a reusable blue shopping bag! **When you return your order form for the pantry, please return your blue bag as well.** This will help us save on purchasing paper bags and will be less likely to tear. Blue bags and order forms need to be returned to the senior center by Wed. October 13th. Forms can be mailed to: PO Box 504 Bernardston, MA 01337 or dropped off at the center.

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

**We are actively seeking volunteers to help with in-person shopping. It's a great way to get involved in our community! If interested, please call the center (413) 648-5413.**



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# Van Service

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## FRTA Van Service

Update on Federal Mask Mandate for Public Transit:

- Masks are required for all public transit riders (including the Senior Center Van) until January 18, 2022.

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



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# Community News

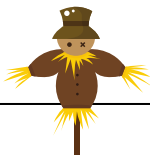
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## Scarecrow in the Park

**Saturday, October 16th and  
Sunday, October 17th**

After a pandemic related hiatus, the annual Scarecrow in the Park event is back! Vendors and activities will be held at Cushman park.

Unfortunately, due to Covid concerns, the Senior Center will be postponing our annual raffle.



## Community Flu Clinic

**Saturday October 30th, 2021**

Mark your calendars! Clinic will be held at the Pioneer Valley Regional School (97 F. Sumner Turner Dr., Northfield, MA 01360). You can sign up by going to: [frcog.org/flu-clinic](http://frcog.org/flu-clinic). Link will be posted shortly. If you need help registering online, please call the Center at (413) 648-5413.

