
Bernardston COA and Senior Center

The Bernardston Town Crier



December 2021



BSC Holiday Celebration

Wednesday, December 22nd

Music with Bobby C 11:00am-12:00pm

Lunch served 12:00-1:00pm

Join us for a dose of holiday cheer with good food and friends!

Bobby C will be DJ'ing all your favorite tunes and there'll be plenty of laughter and merriment. After the music we'll be serving up some delicious food a la our potluck style menu.

Attendees are encouraged to bring a dish.

If you'd like to join us for the party, call the Senior Center (648-5413) by Friday, December 17th to let us know. We recommend calling early so you don't miss out on the festive fun!



Senior Center Hours

Monday: 1:30-5:30pm
Tuesday: 9am-3pm
Wednesday: 9am-3pm
Thursday: 9am-3pm
Friday: 9am-1pm
Closed: 12/23/21 and 12/24/21

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://www.facebook.com/BSCCOA>

From the Director

It's been a pleasure!

This will be my final newsletter as Senior Center Director. It has been truly an honor to have been a part of Bernardston. I feel incredibly fortunate to have had the opportunity to serve this community. It's been a wonderful experience and one that I'll certainly miss.

I will be leaving to take a position as the Senior Services Director for the Town of Amherst. Thursday, December 30th will be my last day but I look forward to getting to see you all before then!

Thank you for all the support!

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

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, December 20th at 9:30am



Programs and Activities



Tai JiQuan Classes

**Mondays and Wednesdays at 1pm.
Starts January 10th.**

We're offering a new way to exercise and get active! Tai JiQuan (similar to Tai Chi) is a great way to improve your balance and mobility. This class is set a gentle pace and all moves can be done while seated. Classes will begin on Monday January 10th. For more information call the Center at (413) 648-5413.



Ed the Wizard

Wed. December 13th, 3pm

It's truly a magical season and in that spirit, we've invited Ed the Wizard to BSC. He'll be serving up some dazzling tricks as he showcases his talent. The program is made possible by a grant from the Bernardston Cultural Council



The Romeos

Thursdays at 11:00am



Bingo

Thursdays at 12:30pm



Christmas Carols with Debi Spyre

Wed. December 6th at 3pm

Join us as we get the holiday spirit! BSC favorite Debi Spyre is back for an evening of hot cocoa and Christmas carols.



BSC Holiday Celebration

**Wednesday December 22nd from
11:00am-1:00pm**

From the front page, don't forget to sign up by Friday, December 17th if you want to join the party!



Dennis and Megs

Monday December 20th at 3:30pm



Games

Mondays at 2:00 pm



Hand and Foot

Thursdays at 9:30am

Quiddler

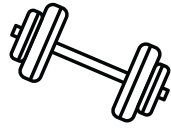
Wednesdays at 10:30am



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

For Your Health

Exercise Classes



Enhanced Fitness:

Tuesday, Thursday, and Friday: 9:00-10:00am

Healthy Bones & Balance (HBB): Postponed until further notice

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.

Foot Clinic



Thursday, December, 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



Have you gotten your Fuel Assistance application in? It's recommended to apply early, so if you still need to apply just call to let us know! The winter months can be a difficult time but the Senior Center is here to help!

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.

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.

Veteran's Services

The fourth Monday of each month from 3:00-4:00pm. Next date: Monday December 27th.

Food Programs

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.



**SIGN UP FOR
THE BSC
HOLIDAY
PARTY BEFORE
12.17.21**

Brown Bag

**Thursday December 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 (413) 648-5413



Pop-up Pantry

Pickup: Wed. December 29th at 4:00pm. **No early birds please!**

Order form and bag must be returned by 12/16/21!

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. December 16th. 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!

Pantry bags often contain perishable goods and produce. As a result we can only hold bags for 24 hours.



Van Service

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.

However, rides are still available for medical appointments, trips to the senior center, grocery shopping, hair cuts, banking, etc...

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



In Other News...



Mrs. Claus for a Cause

We are again offering our Mrs. Claus for a Cause program for those in need of some holiday cheer. We are actively seeking donations of single serving snacks, teas, puzzle books, travel sized toiletries, etc... Please have your donations in by Monday December 13th. If you would like to volunteer to deliver bags call (413) 648-5413 to let us know.

Holiday Calendar Raffle

Due to shipping delays our raffle calendar has been extended. We will now hold the first drawing on January 1st and run through January 31st. We have some amazing prizes this year and if you win, not only are you entered back into the drawing but you'll receive two scratch tickets with each prize!

Tickets are available now! Stop by during our open hours or call the Center to get your tickets.
