



Bernardston COA  
and Senior Center  
APRIL 2024



# The Bernardston Town Crier

### Dusti Dufresne & Evening Café

**Monday, April 22nd 3:00**

Dinner will be lasagna with tomato sauce, chicken meatball, brussels sprouts and a pear.

Reserve dinner by 4/18. \$3 donation Call Clare to reserve a dinner at 648-5319

*Funding for Older Americans Act Title III programs is provided by MA Executive Office of Elder Affairs and the Federal Administration for Community Living and LifePath  
Entertainment funded by the Bernardston COA*

### NMH & Ron Smith 4/29 & Evening Café

**Monday, April 28th 3:00**

Dinner will be macaroni and cheese, stewed tomatoes and fresh fruit.

Reserve dinner by 4/25. \$3 donation Call Clare to reserve a dinner at 648-5319

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## Nolumbeka Project

HONORING NORTHEASTERN  
TRIBAL HERITAGE

### David Brule from Nolumbeka Project & Evening Cafe

**Monday, April 8th 3:00**

“King Philip’s War in your back yard” plus updates on the latest findings of the National Park Services study of the massacre/ counter attack at the Falls. Bernardston was called Falltown before, when land there was given to veterans of that Falls fight of 1676.

Dinner will be chicken teriyaki, white rice, Asian blend vegetables and a brownie.

Reserve dinner by 4/4. \$3 donation for dinner. Call Clare to reserve a dinner at

648-5319



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## Senior Center

### Hours

Monday: 1:00– 5:30

Tuesday: 9:00– 3:00

Wednesday: 9:00– 3:00

Thursday: 9:00– 3:00

Friday: 9:00– 1:00

**Closed 4/15/24**

## Contact Us

Bernardston Senior Center

20 Church Street

PO Box 504

Bernardston, Ma 01337

[coa@townofbernardston.org](mailto:coa@townofbernardston.org)

**(413) 648-5413 Main Line**

**(413) 768-1824 Van**

**(413) 768-1148 Outreach**

**(413)648-5319 Dining Center**

## What's Inside

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Sign up for our Enewsletter at [coa@townofbernardston.org](mailto:coa@townofbernardston.org)

**Spring Lunch with Chef Clare**  
**Wednesday, April 24th 11:45**

Broccoli and cheese stuffed chicken, potatoes with sour cream & chive, spring blend vegetables snowflake roll and carrot cake, call 648-5319 to reserve!

**New Medicare Cost Savings!** If you are a Massachusetts resident on Medicare with limited income, you may qualify for help paying your Medicare costs through Medicare Savings Programs (MSPs), previously known as MassHealth Buy-In (MHBI). This new program helps lower your Medicare premiums and other healthcare costs, including prescriptions. Call (800) 841-2900 or consult with SHINE (413)773-5555 to see if you qualify!

**Blotted Line with Ginny Rockwood**

Come join us on **Friday, April 12 from 10:00-12:00** to learn the "Blotted Line" technique, a technique once used by Andy Warhol that utilizes drawing, printing, and painting. Once printed, your designs will be colored with watercolors. Bring some photos or drawings around 5" x 8" to serve as your subjects and to work from, however images will be provided for use. Bring a smock or apron as you will be working with India ink. The fee is \$6.00.

Funded by the Massachusetts Cultural Council and the Bernardston Cultural Council



**My Art Company presents:**  
**Hummingbird and Cone Flower**  
**April 23 & 30 12:30- 2:30**

Come learn and practice basic water color techniques like wet on wet, half wet, damp and dry brush, mixing colors, creating values, composition and using brushes and other tools. Painting participants can sign up for **one class**, limited to 10 participants each class. New participants are welcome. Make it an afternoon and sign up for lunch! Artists can bring their own paints and brushes. Most supplies will be available. **\$5 per class** to offset the cost of the program.



**GCC Tech Help**  
**Collaborative**

**Monday, April 22nd 1:30**

One on one tech help with the GCC "Cyber Mentors". We offer basic computer skill, using the internet, email support, setting up a new device, library resources, health portals and entertainment. Call the center to pre-register.

This service is made possible by a grant from the EOE and in partnership with the Jon Zon Senior Center

**Open Painting April 9th 12:30-2:30**

Participants should **bring a painting they have been working on** and want to complete like the fox and snow scene. Some supplies and limited help are available. Participants will need to set up and clean up their workspace. **Sign up is advised. \$3.00 Donation to cover the cost of supplies!**



**Photography Camera Club**  
**Friday, April 19th 11:00**

Stop by and share your photography, share tips and latest trends. Learn about our assignments and partake in the fun, it's not too late to join! This class is free and pre-registration is not required.



**BSC Men's Group**

**Thursday, April 25th 10:00**

Stop by and chat with Ed Gregory, local historian. Hope to see you there!



**GSB with Linda Ackerman**

**Tuesday, April 2nd 11:00**

Learn about skimming devices & tap to pay.

**Quilters Coterie**

**Thursdays 9:00-12:00**

Open quilting and sewing in the center's sewing room. The Center has a great space with 4 sewing machines, 1 serger, many supplies and large tables to work on your own project or help someone else with their project.

**BEGINNERS ARE WELCOME!**





**Healthy Bones & Balance**  
**Tuesdays at 10:00**

RSVP volunteer, Kathie Curnick, will be leading the program. Increase participant's strength, mobility, flexibility, and balance. Healthy Bones & Balance classes are a free, fun way to exercise and socialize.



**Chair Yoga with Lara**  
**Wednesdays 1:00 &**  
**Fridays 10:00**

In this ALL-Levels class we will use the chair in poses to stretch, strengthen, and relax in safe and effective ways! Lara is very skilled in being able to adapt the practice to most any participant's needs, providing many modifications as well as ways to challenge. You will leave class feeling a ton of feel-good endorphins. **\$3 per class!**

**YMCA Programs**

**Enhanced Fitness Tuesday, Thursday and Fridays 9:00** led by Linda Allis, Grayson & Sandy Kosterman. Each class session includes cardiovascular, strength training, balance and flexibility exercises and the fostering of strong social relationships between participants. \$1 donation suggested.



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**YMCA Blood Pressure Self Monitoring** with Kathie Curnick 1st and 3rd Tuesday at 11:00.

**Blood Pressure Self-Monitoring** is one part of Y-USA's suite of evidence-based chronic disease prevention programs. Since 2005, the Y has worked to become a leading provider of chronic disease prevention programs to communities across the U.S.

**Participants will:**

- Take and record their blood pressure at least two times per month.
- Attend two consultations a month with a Healthy Heart Ambassador *at the Senior Center on the 1st and 3rd Tuesday of the month at 11:00*



**Cribbage Games**

Come play modified ACC cribbage with a fun group of people! Every **Wednesday at 9:00**. Email Rick Roy rickroyvwa@gmail.com for questions or beginner training. **Free to play for all ages!**

**Games with Donna Newton!**  
**Pitch Mondays 1:00**

**Wednesdays 10:00 Quiddler**

In this game the object is to combine all the cards in your hand into words. High score wins!

**Thursdays 12:30 Bingo**

\$4.50 to play, \$3.00 for cards and \$1.50 for specials.



**Fridays 9:00**

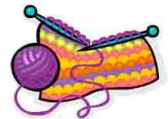
**Hand and Foot Card Game, Call for details**

**The Romeo's!!!**

Every Thursday at 11:00 the Romeo's will be pickin and grinnin. Come to listen or come to sing along!



**Spooling Around**  
**Every Tuesday**  
**10:00- 12:00**



If you would like to do any level of general sewing, quilting, knitting or other activities that involve a needle and thread. Come join us!

**Powers Institute Museum Opening**  
**Sunday, April 7th 1:00- 4:00**

Stop in and see the Powers Institute Museum. Learn about the history of Bernardston, see an old classroom and much more! Open seasonally the first Sunday of each month April- October 1:00- 4:00.





### Reiki Wellness

**Mondays at 3:15**

Student Jennifer Beckwith of Reiki Master Terri Dodge is offering free 20 minute reiki sessions. Reiki is an energy healing technique that uses gentle hand movements with the intention to guide the flow of healthy energy to reduce stress and promote healing. Call for an appointment!

### Public Computer Use



Computers are available during all business hours!!!



**Public Health**  
Prevent. Promote. Protect.

### FRCOG Walk In Wellness Clinic **Thursday, April 11th**

Public health nurses will be available monthly on the second Thursday of the month at the Senior Center from **9:30 to 11:30**. Everyone is welcome, no appointment needed. Confidential services at these "walk-in wellness" times include blood pressure and/or blood glucose checks, support with managing chronic health conditions and self-management of medications, sharps disposal and container exchange. FRCOG public health nurses can assist residents to access vaccinations, call 413-774-3167 ext. 156.

**Walk-in Wellness times:**  
**Bernardston the 2<sup>nd</sup> Thursday from 9:30-11:20am at the Senior Center.**

### Bernardston/ Northfield Van Service

Rides for persons 60 and older and eligible Lifepath clients.

We provide rides to medical appointments, rides to meal sites, grocery trips and other shopping. Available Monday-Friday starting at 9:00am. Medical appointments take priority, morning appointments are appreciated. We make every attempt to accommodate each request!

For More information call Shannon at (413)768-1824



### Earth Day with Amy Donovan

**Wednesday, April 17th 12:15**



### **Where Is "Away?" (Composting is Local!)**

When you throw something away, where does it go? What happens to the materials we put in trash, recycle and compost bins? Do recyclables really get recycled? How can households reduce trash and save money through composting and recycling? Amy Donovan, Program Director at Franklin County Solid Waste Management District, will answer these questions and more.

The Solid Waste District manages recycling, composting, and hazardous waste programs for 21 member towns, including 17 municipal transfer stations. Over the past 17 years Ms. Donovan has started over 25 school compost programs and launched 14 municipal compost programs.

She serves on the Advisory Board of the Springfield Materials Recycling Facility (MRF), where recyclables from Franklin County are sorted, baled and marketed for reuse.



### Therapeutic Massages

**Wednesday, April 10th & Wednesday, April 24th**

Licensed Massage Therapist, Alex Tremblay, is scheduling full body massages or specialty massages tailored to your needs for caregivers and seniors at the Bernardston Senior Center. 30 minute sessions will be offered and a \$20 donation is appreciated but not required.

Call the Senior Center to book an appointment!

*Funding for this is due in part to the Caregivers grant provided by LifePath*

### Pop- Up Food Pantry

Begins at **3:00 on Wednesday, April 24th** If you're new to the program call 648-5413 to sign up for the Food Pantry.

This program is made available through a partnership of the Franklin Area Survival Center, the Food Bank of Western Mass, donations and grants.





**Virtual Programming on Zoom!**

**Spanish Class with Nick Berte  
April 11th & 25th 10:00  
2nd & 4th Thursday**



Virtual YMCA programming allows you to stay healthy & connected from wherever you are. Our virtual programming includes live zoom classes

with your favorite instructors and pre-recorded videos (YouTube), all to help you achieve your goals no matter where you are! Call the center for instructions on how to sign up!

**Call for Zoom link on Hybrid Programming**

**Monday, April 8th 3:00  
David Brule from Nolumbeka Project**

**Monday, April 22nd 3:00  
Dusti Dufresne**

**Thursday, April 25th 10:00  
BSC Men's Group**

**Monday, April 28th 3:00  
NMH & Ron Smith**



**BSC Lunch with Clare**

Lunch is served at 11:45 on Tuesday, Wednesday and Thursday. Grab and go is available on Monday and Friday at 11:00. This meal is available to adults 60 years old and older, their spouse of any age or any disabled person. There is a \$3.00 suggested voluntary donation.

A weeks notice to reserve a tasty lunch is very much appreciated! Call Clare at (413) 648-5319.



**HOT  
LUNCH**



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**2 Foot Care Clinics Now!**

**Piper's Professional Foot Care  
Tuesday, April 16th  
FootCare by Nurses  
Thursday, April 18th**

\$20 donation is appreciated.

Call 648-5413

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**Brown Bag: Food for Elders**

**Thursday, April 4th 12:30**

This program provides a free bag of healthy groceries to eligible seniors once a month at local senior centers. Call the Senior Center to apply!

**Outreach**

April is the month we recognize volunteers. Volunteerism has grown into a national value and helps to improve our communities through providing support for much needed services and causes. If you are interested in volunteering or for more information or resources to access these programs call Donna at (413)768-1148.

**Caregiver's Support Meeting**

**Friday, April 26th 12:00**

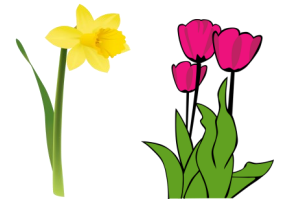
There are many caregivers in the area and they all have common needs: recognition, counseling, support, information, problem sharing and, in many cases, peer socializing. Caregivers are valuable assets, but often their needs are lost in the care recipients' problems. Therefore, having a place where caregivers can be themselves, share experiences and insights and have the positive input of their peers is critical. We have an informal gathering of people whose lives are directly or indirectly affected by the caregiving needs of another. Please stop by yourself or with your person you care for.



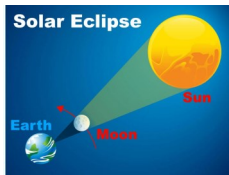
*Funding for this is due in part to the Caregivers grant provided by LifePath*





# April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 11:00 Grab & Go Lunch 1:00 Pitch <b>3:15 Reiki</b> 	<b>2</b> 9:00 Enhanced Fitness 10:00 HBB 10:00 Spooling Around <b>11:00 GSB Scam Talk</b> 11:45 Lunch	<b>3</b> 9:00 Cribbage 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga 	<b>4</b> 9:00 Enhanced Fitness 9:00 Quilting 11:00 Romeo's <b>12:30 Brown Bag</b> 11:45 Lunch 12:30 Bingo 	<b>5</b> 9:00 Enhanced Fitness 9:00 Hand & Foot Game 11:00 Grab & Go Lunch 
<b>8</b> 11:00 Grab & Go Lunch 1:00 Pitch <b>3:00 David Brule</b> <b>3:15 Reiki</b> <b>4:00 Evening Café</b>	<b>9</b> 9:00 Enhanced Fitness 10:00 HBB 10:00 Spooling Around 11:45 Lunch <b>12:30 Open Painting</b>	<b>10</b> 9:00 Cribbage <b>9:00 Massage Clinic</b> 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga	<b>11</b> 9:00 Enhanced Fitness <b>9:30 Walk In Wellness</b> 9:00 Quilting <b>10:00 Spanish Zoom</b> 11:00 Romeo's 11:45 Lunch 12:30 Bingo	<b>12</b> 9:00 Enhanced Fitness 9:00 Hand & Foot Game 10:00 Chair Yoga <b>10:00 Painting</b> 11:00 Grab & Go Lunch
<b>15 Closed</b> <b>Patriot's Day</b> 	<b>16</b> 9:00 Enhanced Fitness <b>9:00 Foot Care By Piper</b> <b>9:30 COA Meeting</b> 10:00 HBB 10:00 Spooling Around 11:45 Lunch	<b>17</b> 9:00 Cribbage 10:00 Quiddler 11:45 Lunch <b>12:15 Earth Day Talk</b> 1:00 Chair Yoga 	<b>18</b> 9:00 Enhanced Fitness 9:00 Quilting <b>9:00 Foot Clinic</b> 11:00 Romeo's 11:45 Lunch 12:30 Bingo	<b>19</b> 9:00 Enhanced Fitness 9:00 Hand & Foot Game 10:00 Chair Yoga 11:00 Grab & Go <b>11:00 Photography Club</b>
<b>22</b> 11:00 Grab & Go Lunch 1:00 Pitch <b>1:30 GCC Tech Help</b> <b>3:00 Dusti Dufresne</b> <b>3:15 Reiki</b> <b>4:00 Evening Cafe</b>	<b>23</b> 9:00 Enhanced Fitness 10:00 HBB 10:00 Spooling Around 11:45 Lunch <b>12:30 Painting</b>	<b>24</b> 9:00 Cribbage <b>9:00 Massage Clinic</b> 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga <b>3:00 Pop Up Pantry</b>	<b>25</b> 9:00 Enhanced Fitness 9:00 Quilting <b>10:00 Men's Group</b> <b>10:00 Spanish Zoom</b> 11:00 Romeo's 11:45 Lunch 12:30 Bingo	<b>26</b> 9:00 Enhanced Fitness 9:00 Hand & Foot Game 10:00 Chair Yoga 11:00 Grab & Go <b>12:00 Caregivers</b>
<b>29</b> 11:00 Grab & Go Lunch 1:00 Pitch <b>3:00 Veteran's</b> <b>3:00 NMH &amp; Ron Smith</b> <b>3:15 Reiki</b> <b>4:00 Evening Cafe</b>	<b>30</b> 9:00 Enhanced Fitness 10:00 HBB 10:00 Spooling Around 11:45 Lunch <b>12:30 Painting</b>	<b>Powers Institute Museum Opening!</b> <b>Sunday, April 7th</b> <b>1:00– 4:00</b> 	<b>Solar Eclipse Viewing at BES Monday, April 8th at 3:15</b> 	<b>Wednesday, April 24th</b> <b>Administrative Professionals Day! We have the BEST staff!</b>

Sign up for our Enewsletter at [coa@townofbernardston.org](mailto:coa@townofbernardston.org)

**Page 7 is  
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for LifePath  
Lunch Menu**

**Bernardston Council on Aging**

Chair -Nancy Bordewieck (413) 834-5733  
Vice Chair- Leah Gibson  
Secretary- Donna Giard  
Kathy Porrovecchio  
Donna Newton  
Chris Beaulieu  
Nancy Pride  
Deb Allen  
Marcella Hebert  
Ingrid Skiff

**Next meeting Tuesday, April 16th 9:30**



**Bernardston Senior Center Staff**

Jennifer Reynolds.....Director  
Lou Guillette Shannon Wissman-Hoar &  
Sandy Holzauer...Transportation  
Donna DePretto & Matt Aversa.....Outreach  
Mikki Telega.....Administrative Assistant  
Bev Boykan.....Program Assistant  
Donna Newton.....Program Assistant  
Clare Maguire.....Dining Center Manager



**Solar Eclipse 2024**

Get ready for a natural phenomenon not to be missed! **On April 8th** we get to experience a solar eclipse; an awe-inspiring event in which our sun and moon will cross paths and create a view unlike any other! PVRSD invites you to join us for a Solar Eclipse Viewing Party at Northfield and Bernardston Elementary from 3:15-4:00pm in the field behind the school. We will have activities, games, and a chance to experience this fascinating celestial experience together! Volunteers welcome, just email Jordan Cummings (PVRSD Environmental Education Program Coordinator - [cummingsjo@pvrsdk12.org](mailto:cummingsjo@pvrsdk12.org)). Bring your eclipse viewing glasses and we hope to see you there!

**Bernardston/ Northfield Senior Centers  
Travel Club**

**Friday, April 26th**

**Hadley WalMart & Lunch pick up at 9:00**

Sign ups are limited to 6 people from each town. There will be a wait list in case one town has spaces open. The cost for the van is \$6.00 for a round trip. Pick up is at the Bernardston Senior Center or pick up at home is available. **Deadline to reserve a space is 4/23** Call Shannon at 768-1824 to reserve a space!



Bernardston Senior Center  
PO Box 504  
Bernardston, Ma 01337