



Bernardston COA and Senior Center

MAY 2024



The Bernardston Town Crier

Franklin First Federal Credit Union will be presenting a FREE Lunch and Learn event on Elder Financial Exploitation and Scams on **Friday May 24th, at 11:00**. A hot lunch will be served by Stone Soup Café followed by a presentation by a panel of experts. Presenting speakers will include Sgt. John Richardson from the Bernardston Police Dept.

Representatives from the Elder and Persons with Disabilities Unit of the Northwestern DA's office as well as the Consumer Protection Unit. This event is designed to not only provide you with education on how to identify a scam and what to do if you believe that you have been the victim of a scam but also to encourage you to participate through asking questions and sharing your stories. The community members are the best resource the community has and by attending our event we hope that you will learn something new that will help protect you or a loved one in the future. **Please RSVP by May 17, 2024, to the Bernardston Senior Center at 413-648-5413.**



Bernardston Cultural Council



Evening Cafés & Music Sing Along with Sara Snyder



Monday, May 6th 3:00

Sing Along with Sara Snyder

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. Evening Café will be sloppy joe's, potato wedges, broccoli and cauliflower and mandarin orange. \$3.50 donation is suggested



Eli Elkus Musical Storyteller

Monday, May 13th 3:00

Eli Elkus is a Musical Storyteller,

Song Craftsman, and Folk Activist. Evening Café will be American chop suey, Tuscan vegetable blend and a dinner roll. \$3.50 donation is suggested



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

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 5/27/2024

Contact Us

Bernardston Senior Center

20 Church Street

PO Box 504

Bernardston, Ma 01337

coa@townofbernardston.org

(413) 648-5413 Main Line

(413) 768-1824 Van

(413) 768-1148 Outreach

(413)648-5319 Dining Center

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Updates

Special Insert

Open House

Sign up for our Enewsletter at coa@townofbernardston.org

Teddy Bears Picnic with Roger Tinknell & Bernardston Elementary Students

Thursday, May 30th at 11:00

Singing and dancing with kindergarten students! Bring your favorite teddy bear. Stay for lunch after!

Sponsored by the Bernardston Elementary School PTO & BSC COA



May 7th: 12:30-2:30 Open Painting

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!**



Nutrition Check Up Event

Friday, May 31 at 10:30

We invite you to attend a presentation by LifePath's Nutritionist Bi-sek Hsiao, PhD, MS, RD, LDN, which will include information about the signs of malnutrition, how to prevent malnutrition, eating a healthy diet, healthy snacks, etc. We will also conduct individual malnutrition risk screenings.




My Art Company presents:

Butterfly and Flower

May 21st & 28th 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.

Get the Lead Out Writing Group
Every Monday at 1:00

 BSC writing group provides a distraction-free time and space for writing. Dedicated to writing, they help writers establish and meet short- and long-term writing goals. Writing group members typically set their own schedules, and each group member sets their own writing goals.

Author Sara Campbell

Monday, May 20th at 3:00

Women have contributed to commerce, agriculture, social and religious life, education, and on the most basic level, raising each generation of citizens. Their achievements can inspire the current generation in many ways if we take the time to notice them. This book explores the lives of a dozen largely invisible women of the past to shine a light on their stories.

It is more difficult to document women in history than the men who left their names in many more public records. This book knits together the documentary "breadcrumbs" which started with a cache of Married Woman's Business Certificates in the City Hall vault in Greenfield. Who were the women who left their signatures on these forgotten pages?

All of us have a story to tell, as did our mothers and grandmothers. Ask yourself if you really knew them. Scrapbooks and ticket stubs, formal gowns, and treasured heirlooms in the attic whisper from the past. Creating a timeline starts to build a skeleton of a woman who can seem more alive with each new fact.



May Lunch with Chef Clare!

Wednesday, May 22 11:45


Roast Turkey, mashed potatoes, gravy and carrots. \$3.50 donation, make reservations at 648-5319.

Photography Camera Club

Friday, May 17th 11:00



Stop by and learn about our upcoming photography show. 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.

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.



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



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!



Shuffleboard!



Shuffleboard takes over Cushman Park! Round up a couple of your friends or come by yourself and join the ranks of the obscurest athletes in all of Franklin County! Come just play for the exercise! The Senior Center will supply the equipment and you provide the fun!

** Equipment also available at Antonio's*

Public Computer Use

Computers are available during all business hours!!!



48th Annual Gas Engine Show, Flea Market and Craft Fair

Friday, May 24th– Sunday May 26th
BSC is looking for volunteers to help at the gas engine show on Saturday call the center to sign up!

Living After Loss Bereavement Group

This group is for anyone who has experienced a recent loss and is looking for a supportive place to discuss the challenges grief brings. In addition to a bi-weekly meeting. We also have books on grief and coping with loss. This group will be facilitated by Donna DePretto, Outreach Coordinator. Call Donna at 768-1148 to pre-register.



Public Health
Prevent. Promote. Protect.

FRCOG Walk In Wellness Clinic Thursday, May 9th

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 2nd 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



**“CLEAN SWEEP”
BULKY WASTE RECYCLING DAY**



Saturday, May 18, 9 a.m. to noon



Locations:

- Mohawk Trail Regional School, Rt. 112 South (TEMPORARY LOCATION, 5/18/19)
- Northfield Highway Garage, 49 Caldwell Rd. (off Rt. 142)
- Whately Transfer Station, 73 Christian Lane (off Rt. 5/10)

- No pre-registration necessary.
- Items will be recycled whenever possible.
- There is a disposal charge on most items.
- Cash only.

What To Bring:

- Tires
- Televisions
- Computers
- Scrap Metal
- Appliances: remove doors from refrigerators & freezers
- FREE: Bring **clean, dry** bagged textiles and books for reuse or recycling!
- Electronics
- Microwaves
- BBQ Grill Tanks
- Construction & Demolition Debris
- Furniture
- Mattresses
- Carpeting



PLEASE DO NOT BRING:

Yard Waste, Brush, Tree Stumps, Asbestos, Paint, Auto Batteries, Oil Tanks, Hazardous Materials, Fluorescent Light Bulbs, Trash

For residents and businesses of the following towns: Bernardston, Buckland, Charlemont, Colrain, Conway, Deerfield, Erving, Gill, Hawley, Heath, Leverett, Montague, New Salem, Northfield, Orange, Rowe, Shelburne, Sunderland, Warwick, Wendell, Whately

For more info and pricing: www.franklincountywastedistrict.org, 413-772-2438, or info@franklincountywastedistrict.org or see the back of this sheet.

MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD)
The District is an equal opportunity provider.

REMODELING? Used building materials can be donated to EcoBuilding Bargains in Springfield. Call first to confirm that they can accept your item: 413-798-6900, www.ecobuildingbargains.org.



**Therapeutic Massages
Wednesday, May 8th &
Wednesday, May 29th**

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 Older Americans Act Title III programs is provided by MA Executive Office of Elder Affairs and the Federal Administration for Community Living and LifePath

Pop- Up Food Pantry

Begins at **3:00 on Wednesday, May 29th**
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
2nd & 4th Thursdays at 10:00

Join Zoom Meeting

[https://us02web.zoom.us/j/89559411899?
pwd=ZU93UTZTZ2plaEZGcTIJMURBUUnFCdz09](https://us02web.zoom.us/j/89559411899?pwd=ZU93UTZTZ2plaEZGcTIJMURBUUnFCdz09)

Meeting ID: 895 5941 1899

Passcode: 829028

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!



virtual programming includes live zoom classes with your favorite instructors and pre-recorded videos (YouTube), all to help you achieve your goals no matter

Hybrid Events on Zoom!

Sara Snyder Sing Along
Monday, May 6th 3:00

Eli Elikus Musical Storyteller
Monday, May 13th 3:00

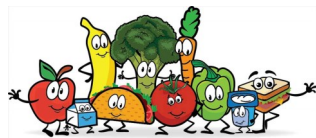
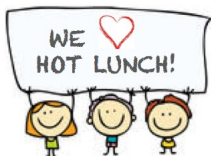
Franklin 1st Federal Credit Union
Friday, May 24th at 11:00



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 \$3.50 suggested voluntary donation.

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



2 Foot Care Clinics Now!

Piper's Professional Foot Care
Tuesday, May 21st
FootCare by Nurses
Thursday, May 16th

\$20 donation is appreciated.

Call 648-5413

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Brown Bag: Food for Elders

Thursday, May 2nd 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

May is powered by connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Connectedness plays a role in independence and aging in place by combatting isolation, loneliness, and other issues. For more information to access programs call Donna at (413)768-1148.

Caregiver's Support Meeting

Monday, May 20th 3:00

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.


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MAY 2024



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p>HAPPY Mother's DAY</p>  | <p>48th Annual Gas Engine Show 5/24-5/26</p>  | <p>1 9:00 Cribbage 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga</p>  | <p>2 9:00 Enhanced Fitness 9:00 Quilting 11:00 Romeo's 12:30 Brown Bag 11:45 Lunch 12:30 Bingo</p> | <p>3 9:00 Enhanced Fitness 9:00 Hand & Foot Game 10:00 Chair Yoga 11:00 Grab & Go Lunch</p> |
| <p>6 11:00 Grab & Go Lunch 1:00 Get the Lead Out Writing 1:00 Pitch 3:00 Sara Snyder 4:00 Evening Cafe</p> | <p>7 9:00 Enhanced Fitness 10:00 HBB 11:45 Lunch 12:30 Open Painting</p> | <p>8 9:00 Cribbage 9:00 Massage Clinic 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga</p> | <p>9 9:00 Enhanced Fitness 9:30 Walk In Wellness 9:00 Quilting 10:00 Spanish Zoom 11:00 Romeo's 11:45 Lunch 12:30 Bingo</p>  | <p>10 9:00 Enhanced Fitness 9:00 Hand & Foot Game 10:00 Chair Yoga 10:00 Painting 11:00 Grab & Go Lunch</p> |
| <p>13 11:00 Grab & Go Lunch 1:00 Get the Lead Out Writing 1:00 Pitch 3:00 Eli Elikus 4:00 Evening Cafe</p> | <p>14 9:00 Enhanced Fitness 10:00 HBB 11:45 Lunch</p>  | <p>15 9:00 Cribbage 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga</p> | <p>16 9:00 Enhanced Fitness 9:00 Quilting 9:00 Foot Clinic 11:00 Romeo's 11:45 Lunch 12:30 Bingo</p> | <p>17 9:00 Enhanced Fitness 9:00 Hand & Foot Game 10:00 Chair Yoga 11:00 Grab & Go 11:00 Photography Club</p> |
| <p>20 11:00 Grab & Go Lunch 1:00 Get the Lead Out Writing 1:00 Pitch 3:00 Author Sara Campbell 3:00 Caregivers</p> | <p>21 9:00 Enhanced Fitness 9:00 Foot Care By Piper 9:30 COA Meeting 10:00 HBB 11:45 Lunch 12:30 Painting</p> | <p>22 9:00 Cribbage 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga</p>  | <p>23 9:00 Enhanced Fitness 9:00 Quilting 10:00 Spanish Zoom 11:00 Romeo's 11:45 Lunch 12:30 Bingo</p> | <p>24 9:00 Enhanced Fitness 9:00 Hand & Foot Game 10:00 Chair Yoga 11:00 Grab & Go 11:00 Franklin 1st Lunch & Learn</p> |
| <p>27 MEMORIAL DAY</p>  | <p>28 9:00 Enhanced Fitness 10:00 HBB 11:45 Lunch 12:30 Painting</p> | <p>29 9:00 Massage Clinic 9:00 Cribbage 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga 3:00 Pop Up Pantry</p> | <p>30 9:00 Enhanced Fitness 9:00 Quilting 11:00 Teddy Bear 11:00 Romeo's 11:45 Lunch 12:30 Bingo</p> | <p>31 See Special Open House Insert For Schedule of Events on Page 9</p> |

LIFEPATH Congregate Lunch Meals- May 2024

PLEASE CALL YOUR MEAL SITE BEFORE 9:30 AM ONE SERVING DAY AHEAD TO ORDER OR CANCEL A MEAL.

Athol 978-249-9001, Bernardston 413-648-5319, Charlemont 413-834-7413, Greenfield 413-772-1517 Ext 2, New Salem 978-575-0116, Petersham 978-821-5549, Phillipston 978-652-5797, Royalston 978-249-9656, Shelburne 413-625-6266, South County 413-665-5063.

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | |
|---|---------------------------------|--|-----------------------|--|-----------------------|---|-----------------------|--|-----------------------|-----------------------|
| ALL MEALS INCLUDE: 8 OZ 1% MILK containing: 130 mg Sodium, 110 Calories, & 13 g Carbohydrates AND 1 pat of Margarine Containing 30 mg Sodium & 30 Calories | | Sodium, Calories, & Carbs included in daily totals | | Sodium, Calories, & Carbs included in daily totals | | Sodium, Calories, & Carbs included in daily totals | | Sodium, Calories, & Carbs included in daily totals | | |
| 6 | Carb Sod | 7 | g mg | 8 | g mg | 9 | g mg | 10 | g mg | |
| Sloppy Joe 8oz Sweet Potato Wedges Broccoli & Cauliflower Hamburger Roll Mandarin Oranges | | Wild Salmon 3oz w/ Teriyaki Sauce 2oz Lo Mien Noodles Asian Blend Veg LS Multigrain Bread Tapioca Pudding | | Beef Burgundy 8oz Mashed Potatoes Zucchini Dinner Roll Mixed Fruit | | Chicken 3oz w/ Gravy & Apple Bread Stuffing* 0.5 c Cranberry Sauce Jardiniere Style Veg Wheat Bread Ambrosia Pudding | | Broccoli Egg Bake 6oz Italian Roasted R Potatoes Stewed Tomatoes Dinner Roll Fresh Fruit | | |
| Total Sodium (mg): 791 Carbs (g): 100; Calories: 697 | | Total Sodium (mg): 926 Carbs (g): 106; Calories: 747 | | Total Sodium (mg): 584 Carbs (g): 102; Calories: 720 | | Total Sodium (mg): 997 Carbs (g): 113; Calories: 810 | | Total Sodium (mg): 1070 Carbs (g): 93; Calories: 731 | | |
| 13 | Carb Sod | 14 | g mg | 15 | g mg | 16 | g mg | 17 | g mg | |
| American Chop Suey 10oz Tuscan Blend Veg Dinner Roll Peaches | | Frittata 8oz w/ Spinach & Red Pepper Potato Wedges Brussels Sprouts Wheat Bread Vanilla Pudding | | Chicken Marsala 7oz Buttered Noodles Scandinavian Blend Veg Wheat Bread Fresh Fruit (Orange) | | Beef Pot Roast w/ Gravy Mashed Potatoes Carrots Multigrain Bread Chocolate Chip Cookie | | Potato Crunch Pollock Lemon Wedge Quinoa Pilaf Spinach & Mushrooms Wheat Bread Mandarin Oranges | | |
| Total Sodium (mg): 844 Carbs (g): 131; Calories: 943 | | Total Sodium (mg): 642 Carbs (g): 97; Calories: 789 | | Total Sodium (mg): 728 Carbs (g): 102; Calories: 791 | | Total Sodium (mg): 621 Carbs (g): 97; Calories: 725 | | Total Sodium (mg): 802 Carbs (g): 92; Calories: 718 | | |
| 20 | Carb Sod | 21 | g mg | 22 | g mg | 23 | g mg | 24 | g mg | |
| Chicken Scallopini 7oz Buttered Noodles Green Beans Wheat Bread Chocolate Pudding | | Unstuffed Pepper Casserole w/ Beef 8oz Italian Blend Veg Dinner Roll Fresh Fruit (Orange) | | Rst Turkey w/ Gravy* 5oz Mashed Potatoes Carrots Wheat Bread Pears | | Macaroni & Cheese* 11oz Broccoli & Cauliflower Multigrain Bread Peaches | | Alaskan Breaded Pollock Lemon Wedge Herbed Rice Brussels Sprouts Multigrain Bread Cupcake | | |
| Total Sodium (mg): 777 Carbs (g): 102; Calories: 831 | | Total Sodium (mg): 583 Carbs (g): 75; Calories: 707 | | Total Sodium (mg): 1016 Carbs (g): 105; Calories: 634 | | Total Sodium (mg): 880 Carbs (g): 134; Calories: 761 | | Total Sodium (mg): 710 Carbs (g): 74; Calories: 621 | | |
| 27 | Memorial Day Holiday | | 28 | Carb Sod | 29 | g mg | 30 | g mg | 31 | g mg |
| No Meals Served | | Stuffed Shells w/ Tom* 5oz Chicken Meatball Cauliflower Wheat Bread Vanilla Pudding | | Chicken w/ Sautéed Vegetables 7oz Jasmine Coconut Rice Dinner Roll Brownie | | Salmon w/ Dill Sauce 5oz Orzo Pilaf Broccoli & Carrots Wheat Bread Pears | | Hot Dog* Baked Beans Coleslaw Hot Dog Roll Relish & Mustard Peaches | | |
| Total Sodium (mg): 1142 Carbs (g): 102; Calories: 779 | | Total Sodium (mg): 992 Carbs (g): 96; Calories: 870 | | Total Sodium (mg): 826 Carbs (g): 97; Calories: 742 | | Total Sodium (mg): 826 Carbs (g): 96; Calories: 870 | | Total Sodium (mg): 1249 Carbs (g): 90; Calories: 763 | | |



Sodium and Carbohydrate Levels are listed next to each individual menu item. Meals are based on a No Added Salt (3000 - 4000mg sodium diet) for healthy older adults.

If you have a concern regarding the sodium, contact the Nutritionist for guidance on managing your intake to meet your diet requirements at 413-773-5555, Ext. 2415

*Indicates higher sodium items greater than 500mg. Due to availability, menu subject to change without notice.

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
Marcella Hebert
Ingrid Skiff

Next meeting Tuesday, May 21st 9:30



Bernardston Senior Center Staff

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



Bernardston & Leyden Lock Box Program for Homebound Elders

A lock box is a small secure box with a combination (that you choose) that holds your house key.

The location and combination will be on file with the Bernardston Police Department and Bernardston Fire Department. When an emergency call goes to the police department, the dispatcher will inform the responding officer or paramedic (via secure format) of the lock box location and combination which will allow the officer quicker entry to offer assistance. The lock box will be installed by a qualified volunteer. The Council on Aging would appreciate any donation to help with the costs of running this program. Call 648-5413 for more information!

**Bernardston Senior Center Open House
Friday, May 31st & Saturday, June 1st**

Stop by and sample some of our programs, sign up for membership, transportation, enjoy a meal and meet new people!



Bernardston Senior Center
PO Box 504
Bernardston, Ma 01337