



Bernardston COA and Senior Center

JUNE 2024



The Bernardston Town Crier

Becky Walton & John Fuller Formally known as Swift Kicks

Monday, June 10th at 3:00

Headliners from the days of the Hollywood, come join Becky & John take a trip down memory lane playing the best of country and dance music. Stay after for evening café. Dinner will be chicken souvlaki, seasoned orzo, green beans, multigrain bread and a oatmeal raisin cookie.

Reserve dinner by 6/6. \$3.50 donation for dinner. 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



Premier Brass Quintet & Evening Cafe

Monday, June 17th at 3:00

Join us for an enchanting concert featuring swing, Broadway classics, ragtime, and modern hits! After the show, linger and enjoy a cozy evening café atmosphere. Indulge in a delicious dinner of chicken and rice bake, accompanied by Italian green beans, a warm dinner roll, and decadent chocolate brownies. We kindly suggest a donation of \$3.50 per person. Reserve your spot by June 12th. This musical journey is made possible by the support of the Bernardston Cultural Council and Mass Cultural Council.

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 6/19/2024

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

What's Inside

Page 1-2 Programming
Page 3 Exercise & Games
Page 4-5 Zoom Only
Programming & Wellness
Page 6 Calendar of Events
Page 7 LifePath Lunch Menu
Page 8 COA & Staff & Other
Updates
Special Insert
Open House

Sign up for our Enewsletter at coa@townofbernardston.org



David Brule from Nolumbeka Project
Monday, June 3rd 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 therwas given to veterans of that Falls fight of 1676.



June 4th: 12:30-2:30 Open Painting

Participants should **bring a painting they have been working** on and want to complete in either watercolors or acrylics. Some supplies and limited help will be available. Participants will need to set up and clean up their workspace. **Sign up is advised.**



Motif #1 with Robert “Bucky” Gallery From the Deerfield Valley Arts Association

Friday, June 14th 10:00

This engaging activity entails piecing pre-cut wood together, securing them with non-toxic adhesive, and adding vibrant colors through painting. Catering to individuals of varying skill levels, enhancing both fine and gross motor skills." Most supplies will be available. **\$5 per class** to offset the cost of the program.



My Art Company presents:

Explore the world of watercolor and self-expression in our **"Heart to Art Watercolor Journaling"** series! Join us on **June 18th and 25th, as well as July 9th**, from 12:30 to 2:30 for a delightful and therapeutic journey. In this engaging program, we blend basic watercolor techniques with journaling prompts to spark creativity and introspection. By attending all three sessions, participants will develop a deeper understanding of the symbolic meanings behind lines and colors. To ensure your spot, please sign up for all sessions promptly, as class size is limited to 12. The cost of supplies, which participants will get to keep, is \$20 and includes a convenient travel-sized watercolor journal along with a watercolor kit featuring a water brush/brushes.

Attorney Sarah E. Dolven

2024 Elder Law Education Guide & Talk

Monday, June 24th at 3:00

Planning for incapacity--health care proxies, HIPAA releases, MOLSTs, and powers of attorney, guardianships and conservatorships. Planning for death--wills and trusts, and a quick lesson on probate. Taxes--a quick lesson on gift and estate taxes. Sponsored by the Mass Bar Association.



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

The BSC writing group offers a serene environment conducive to focused writing sessions. Committed to nurturing the writing process, our group assists writers in setting and achieving both immediate and future writing objectives. Members have the flexibility to tailor their schedules, and each individual defines their own writing aspirations within the supportive framework of the group.



June Lunch with Chef Clare!

Thursday, June 27th 11:45

Beef pot roast with gravy, Italian roasted potatoes, roman blend vegetables and peaches. \$3.50 donation, make reservations at 648-5319.

Photography Camera Club

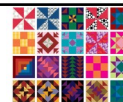
Friday, June 21st 11:00



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



Explore the art of quilting and sewing in the sewing room at the center. Equipped with four sewing machines, one serger, ample supplies, and spacious tables, it's an ideal space to either pursue your own project or lend a hand to others. **Beginners, don't hesitate to join us!**



Healthy Bones & Balance
Tuesdays at 10:00

Kathie Curnick, our dedicated RSVP volunteer, will be spearheading this program aimed at enhancing participants' strength, mobility, flexibility, and balance. Join us for our Healthy Bones & Balance classes, where you can enjoy complimentary exercise sessions while socializing and having fun.

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



In this inclusive ALL-Levels class, we'll incorporate the chair into poses to facilitate safe and effective stretching, strengthening, and relaxation techniques. Lara's expertise lies in tailoring the practice to accommodate various participant needs, offering abundant modifications and opportunities for progression. Expect to depart from each session infused with an abundance of feel-good endorphins. Join us for just \$3 per class!

YMCA Programs

Join us for **Enhanced Fitness** sessions every **Tuesday, Thursday, and Friday at 9:00**, guided by the expertise of Linda Allis, Grayson, and Sandy Kosterman. Each session is meticulously crafted to encompass cardiovascular workouts, strength training, balance exercises, and flexibility routines, fostering not just physical vitality but also strong social connections among participants. While a \$1 donation is suggested, everyone is welcome regardless of their ability to contribute.

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

Join Kathie Curnick for Self-Monitoring sessions on the **1st and 3rd Tuesday at 11:00**. Blood Pressure Self-Monitoring is a vital component of Y-USA's suite of evidence-based chronic disease prevention programs. Since 2005, the Y has been at the forefront of providing these programs to communities across the U.S. Participants will monitor and document their blood pressure readings at least twice a month.

Engage in two consultations per month with a Healthy Heart Ambassador at the Senior Center, conveniently scheduled on the 1st and 3rd Tuesday at 11:00.



Cribbage Games

Come play modified ACC cribbage with a fun group of people! Every **Wednesday at 9:00**. Email Rick Roy rickroypvwa@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!



Get ready for Shuffleboard at Cushman Park! Whether you're rounding up a few friends or flying solo, come join the ranks of the most underrated athletes in Franklin County! It's not just about the competition; it's about enjoying the game for the sake of exercise and fun. The Senior Center will provide all the equipment; all you need to bring is your enthusiasm.

** Equipment also available at Antonio's*

Wifi & public computer use available when we are open 5 days a week!





Living After Loss Bereavement Group

This support group is open to individuals who have recently suffered a loss and seek a compassionate environment to navigate the complexities of grief. In addition to our bi-weekly gatherings, we offer a resource library stocked with books on grief and coping strategies.

Facilitated by Donna DePretto, our Outreach Coordinator, this group provides a safe space for sharing and healing. To secure your spot, please reach out to Donna at 768-1148 for pre-registration.

Juneteenth, a portmanteau of "June" and "nineteenth," marks the historic day on June 19, 1865, when Union General Gordon Granger arrived in Galveston, Texas, and proclaimed General Order No. 3, officially ending slavery in Texas. This announcement came two and a half years after President Abraham Lincoln's Emancipation Proclamation, which had declared the freedom of all enslaved people in Confederate states. However, due to various factors including the distance from the Union's control and resistance from slaveholders, enforcement of the proclamation was delayed in Texas until General Granger's arrival. Juneteenth celebrations began the following year, initially centered in Texas but later spreading across the United States as African Americans migrated. Today, Juneteenth is recognized as a day to commemorate the end of slavery, celebrate African American culture and achievements, and promote equality and justice for all.



Public Health
Prevent. Promote. Protect.

FRCOG Walk In Wellness Clinic Thursday, June 13th

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.**



Therapeutic Massages **Wednesday, June 12th & Wednesday, June 26th**

Alex Tremblay, a licensed Massage Therapist, invites caregivers and seniors to experience rejuvenating body massages or specialized treatments tailored to individual needs at the Bernardston Senior Center. Sessions lasting 30 minutes will be available, and while a \$20 donation is appreciated, it is not obligatory. Contact the Senior Center to schedule your appointment today!

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

Bernardston/ Northfield Van Service

Transportation services are offered to individuals aged 60 and older as well as eligible Lifepath clients. We assist with transportation to medical appointments, meal sites, grocery stores, and other essential errands. Our services operate Monday through Friday starting at 9:00 am.

Priority is given to medical appointments, especially those scheduled in the morning. We strive to accommodate all requests to the best of our ability. For further details, please contact Shannon at (413) 768-1824.



Pop- Up Food Pantry

Begins at 3:00 on Wednesday, June 26th
This program provides a bag of healthy groceries once a month. 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?](https://us02web.zoom.us/j/89559411899?pwd=ZU93UTZTZ2plaEZGcTIJMURBUncFcDz09)

[pwd=ZU93UTZTZ2plaEZGcTIJMURBUncFcDz09](https://us02web.zoom.us/j/89559411899?pwd=ZU93UTZTZ2plaEZGcTIJMURBUncFcDz09)

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!

Hybrid Events on Zoom!

**David Brule from Nolumbeka Project
Monday, June 3rd 3:00**

**Becky Walton & John Fuller Formally known as
Swift Kicks
Monday, June 10th at 3:00**

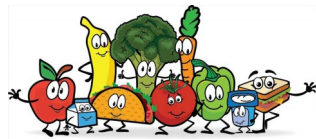
**Premier Brass Quintet & Evening Cafe
Monday, June 17th at 3:00**

**Attorney Sarah E. Dolven
2024 Elder Law Education Guide & Talk
Monday, June 24th at 3:00**



BSC Lunch with Clare

Join us for lunch at 11:45 on Tuesdays, Wednesdays, and Thursdays. For those on the move, grab-and-go options are available on Mondays and Fridays starting at 11:00. This nutritious meal is open to adults aged 60 and above, their spouses of any age, or individuals with disabilities. While a \$3.50 voluntary donation is suggested, all are welcome. Kindly provide a week's notice to reserve your delicious meal. Contact Clare at (413) 648-5319 to secure your spot.



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, June 18th**

FootCare by Nurses

Thursday, June 20th

\$20 donation is appreciated.

Call 648-5413

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



Brown Bag: Food for Elders

Thursday, June 6th 1:00

This program provides a free bag of healthy shelf stable groceries to eligible seniors once a month at local senior centers.

Call the Senior Center to apply!

Outreach

June is Elder Abuse Awareness Month and all month Adult Protective Services (APS) is working with community partners and professional groups around the state to raise awareness about adult abuse, neglect, and financial exploitation. To report elder abuse call 1-800-922-2275. For more information to access programs call Donna at (413)768-1148.

Caregiver's Support Meeting

Monday, June 24th 3:00

In our community, there's a significant number of caregivers, all with similar needs: acknowledgment, guidance, support, access to information, the opportunity to discuss challenges, and, frequently, social interaction with peers. While caregivers are invaluable, their own needs often take a backseat to those of the individuals they care for. Consequently, establishing a space where caregivers can freely express themselves, exchange experiences and insights, and benefit from the support of their peers is crucial. We host an informal gathering for those directly or indirectly impacted by caregiving responsibilities. Feel free to drop by alone or with the person you're caring for.










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





JUNE 2024



Monday	Tuesday	Wednesday	Thursday	Friday
3 11:00 Grab & Go Lunch 1:00 Get the Lead Out Writing 1:00 Pitch 3:00 David Brule	4 9:00 Enhanced Fitness 10:00 HBB 11:45 Lunch 12:30 Open Painting	5 9:00 Cribbage 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga 	6 9:00 Enhanced Fitness 9:00 Quilting 11:00 Romeo's 12:30 Brown Bag 11:45 Lunch 12:30 Bingo	7 9:00 Enhanced Fitness 9:00 Hand & Foot Game 10:00 Chair Yoga 11:00 Grab & Go Lunch
10 11:00 Grab & Go Lunch 1:00 Get the Lead Out Writing 1:00 Pitch 3:00 Swiftkicks 4:00 Evening Cafe	11 9:00 Enhanced Fitness 10:00 HBB 11:45 Lunch	12 9:00 Cribbage 9:00 Massage Clinic 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga	13 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	14 9:00 Enhanced Fitness 9:00 Hand & Foot Game 10:00 Chair Yoga 10:00 Painting 11:00 Grab & Go Lunch
17 11:00 Grab & Go Lunch 1:00 Get the Lead Out Writing 1:00 Pitch 3:00 Brass Quintet 4:00 Evening Cafe	18 9:00 Enhanced Fitness 9:00 Foot Care By Piper 9:30 COA Meeting 10:00 HBB 11:45 Lunch 12:30 Painting	19 CLOSED 	20 9:00 Enhanced Fitness 9:00 Quilting 9:00 Foot Clinic 11:00 Romeo's 11:45 Lunch 12:30 Bingo	21 9:00 Enhanced Fitness 9:00 Hand & Foot Game 10:00 Chair Yoga 11:00 Grab & Go 11:00 Photography Club
24 11:00 Grab & Go Lunch 1:00 Get the Lead Out Writing 1:00 Pitch 3:00 Caregivers 3:00 Atty. Dolven	25 9:00 Enhanced Fitness 10:00 HBB 11:45 Lunch 12:30 Painting 	26 9:00 Massage Clinic 9:00 Cribbage 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga 3:00 Pop Up Pantry	27 9:00 Enhanced Fitness 9:00 Quilting 10:00 Spanish Zoom 11:00 Romeo's 11:45 Lunch 12:30 Bingo 	28 9:00 Enhanced Fitness 9:00 Hand & Foot Game 10:00 Chair Yoga 11:00 Grab & Go 
 Call the center for links to hybrid programming.				31 See Special Open House Insert For Schedule of Events on Page 9

**Page 7 is
intentionally
left blank
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
Marcella Hebert
Ingrid Skiff

Next meeting Tuesday, June 18th 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

Bernardston Senior Center Open House

Friday May 31st & June 1st

Stop by our Open House and sign up for membership and learn about the programs we provide like healthy meals, fun activities, classes, fitness programs and social services. We strive to keep members active and engaged through fitness and exercise programs, as well as proven effective evidence-based classes. We also provide help to our members with resources and referrals, like accessing benefits including Medicare/Medicaid, SHINE, LIHEAP and SNAP. BSC offers fun activities, in addition to classes that teach new skills and learning. Some of the classes and activities, you can see in our center include arts & crafts, quilting, painting, music, computer skills, bingo, pitch, recreational day trips, and much more!
**Schedule is subject to change, some programs may be added as we get closer to the event!*

Friday, May 31st

Informational Exhibitors

10:00– 12:00

10:00 Blue Cross Blue Shield

10:00 Veterans Agent Stacey Geneczko

10:00 RSVP Volunteer

10:00 SHINE Serving the Health Insurance Needs of Everyone

10:00 Virtual YMCA Demo

10:00 FRTA Information

Raffle all weekend!!

Activities All Day

9:00 AM -8:00 PM

9:00 YMCA Enhance Fitness

10:00 Gentle Yoga

10:00– 2:00 Quilt Show

10:30 Nutrition Check Up Talk

12:00 Lunch by Charlene Manor

12:00– 3:00 Free Reiki by appointment

1:00 Music by Don Lacoy

5:30 Cribbage Tournament & Pizza

Saturday, June 1st

10:00– 1:00 Powers Institute Museum

10:00 Community Engagement with Town Coordinator

10:00– 2:00 Quilt Show

11:30 Learn about the Old Cemetery Tour and how you can get involved

10:30 “Spirit & Spa” Book Talk with
Author David James & Sheryl Sadler– Twyon

12:00– 3:00 Free Reiki by appointment

12:00 Falltown String Band

1:00 COA Lunch

3:00 Cruise Night

**Schedule is subject to change, some programs may be added as we get closer to the event!*

Friday, May 31st

9:00 Enhance Fitness with the YMCA

In person exercise class with Linda Allis

10:00 Gentle Yoga with Lara Wahl

In this ALL-Levels class we will use the chair in poses to stretch, strengthen, and relax in safe and effective ways!

10:00– 2:00 Quilt Show

Come meet our quilting group and learn about what projects are in the works.

10:30 LifePath Nutrition Talk

Get 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.

12:00– 3:00 Reiki

Free 20 minute reiki session with Sheryl Sadler– Twyon, schedule with the senior center.

12:00 Lunch by Charlene Manor

Soup, salad, sandwich and dessert. Call to reserve by 5/27.

1:00 Music with Don Lacoy

Don LaCoy is a talented local musician who performs both as a solo and a duo. He puts together a great acoustic mix of everyone's favorite songs.

5:30 2nd Annual ACC Cribbage Tournament

Come play modified ACC cribbage with a fun group of people! \$15.00 per person includes pizza, a drink and dessert. Many prizes will be awarded. Pre-register with Rick Roy at (413)512-0137 or rickeroyvwa@gmail.com

Saturday, June 1st

10:00– 1:00 Powers Institute Museum

10:00 Community Engagement with Town Coordinator

10:00– 2:00 Quilt Show

Come meet our quilting group and learn about what projects are in the works.

10:30 “Spirit & Spa” book talk with Author David James & Sheryl Sadler– Twyon

Part of the 150th Anniversary celebration in 2024 of the organized arrival of Spiritualism in Montague and the resulting birth of the Village of Lake Pleasant.

11:30 Learn about the Old Cemetery Tour

12:00– 3:00 Reiki

Free 20 minute reiki session with Sheryl Sadler– Twyon, schedule with the senior center.

12:00 Falltown String Band

Roots rock, folk, country, bluegrass and blues!

1:00 COA Lunch

American Chop Suey, salad, garlic bread and dessert. Call to reserve by 5/27

3:00 Cruise Night

Swing by in your motorcycle, classic car or hot rod and enjoy cruise night! Fun to be had by all! Raffle prizes, 50/50 raffle tickets and food will be available. No Rain Date ~ Spectators please park on Church St. or the Cushman Park Parking Lot next to Verizon

****Schedule is subject to change, some programs may be added as we get closer to the event!***