



Bernardston COA  
and Senior Center  
JULY 2024



# The Bernardston Town Crier

**Summer Fiesta Taco Bar and Spanish with Nick Berte**  
**Monday, July 15th 3:00**

Come celebrate the season of summer and Spanish with BSC and Nick Berte! We will be learning about Nick's Spanish class, sampling some yummy cuisine and listening to Latin music. Reserve dinner by 7/11. \$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*

**Evening Café with Steve & Tom**  
**Monday, July 22 3:00**

Stop by the center and listen to this fun duo play some of the best of the 60's, 70's and 80's. Dinner will be chicken scallopini, buttered noodles, green beans, wheat bread and chocolate pudding.

Reserve dinner by 7/18. \$3.50 donation for dinner. Call Clare to reserve a dinner at 648-5319

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**Heritage River Cruise**  
**Thursday, August 22nd 11:00**  
**RSVP with \$13 payment**  
**by August 8th**

Climb aboard Northfield's scenic riverboat, **Heritage**, to enjoy a relaxing and informative journey down the Connecticut River. The French King Gorge is one of the most scenic stretches of the Connecticut River in Massachusetts. This 12 mile narrated cruise takes 1.5 hours.

While aboard Northfield's scenic riverboat guests can take in the picturesque sites and fascinating history of New England's great river, the Connecticut River.



**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 7/4/2024**

**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**

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## AARP Adapting & Transitioning as We Age

**Monday, July 29th 11:00**

**Adapting and Transitioning as we Age:** This presentation is about how we can best navigate constant change so that we can continue to enjoy our lives and our loved ones. We will discuss the importance of developing a personal management system that may make you feel more secure and comfortable and, therefore, have more time and energy to deal with the numerous aspects of rapid change in your life.



**AARP**

### **July 2nd: 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.**



### **Art with Robert "Bucky" Gallery From the Deerfield Valley Arts Association**

**Friday, July 12th 10:00**

**To Be Announced!**

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 **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. Class is full, waitlist only.

## **YMCA Walking Group Kick Off!**

**Tuesday, July 16th 10:00**

Join the BSC/ YMCA walking group on Mondays and Wednesdays at 9:00. Attend our kick off party and learn more about the group. Ready for a fun fact from the American Heart Association?

Walking boasts the lowest dropout rate of all physical activities! If you think a stroll won't make a difference, think again. Walking is gentle on the joints and much easier than running. It's safe for folks with orthopedic issues, heart conditions, and even those who are more than 20% overweight—just check with your doctor first. Plus, research shows you could add two hours to your life for every hour you spend walking regularly. That quick walk around the block just got a whole lot more appealing, didn't it?

### **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.



### **July Lunch with Chef Clare!**

**Thursday, July 18th 11:45**

Pot roast with gravy, mashed potatoes, peas and carrots and a chocolate chip cookie. \$3.50 donation, make reservations at 648-5319.

### **Photography Camera Club**

**Friday, July 19th 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!



**Calling All Tinkerers!**

If you practice the noble art of repair and if you like to help others repair their broken-but- beloved stuff rather than throw it away, contact the Dickinson Memorial Library dmem-lib@gmail.com 115 North Main Street so you can participate in skill sharing at the **Northfield Fix-It Fair, July 28th 1:00- 3:00**

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





**Touch of Sakura Reiki with Sheryl Sadler- Twyon**  
**Thursday, July 25th 12:00-3:00**

This is not meant to replace any medical procedures, other treatments, or advise. Reiki can be used effectively in conjunction with other therapies (alternative or standard). It takes into account the whole person and helps activate each client's natural healing processes as well as restoring their physical and emotional well-being. Call the center to schedule!

*Funding for this is provided by the Executive Office of Aging & Independence*



**Bonnie Robert , RRT Baystate Medical Manager Respiratory & Better Breathers Club**  
**Thursday, July 11 12:00- 12:30**

The most common triggers for chronic lung disease. Triggers such as infections, allergens, irritants, exercise and emotions. Knowing what causes your breathing symptoms is an important step towards controlling your symptoms. Monthly meetings also available at Franklin Medical, the 3rd Thursday of the month at 3:30 conference room A.

**Outreach**

International Self Care Day is July 24th. A day of self-care is a dedicated time to focus on your well-being. It involves activities that nurture your physical, mental, and emotional health. Some examples include meditation, exercise, reading, taking a relaxing bath, or spending time in nature. The goal is to recharge and prioritize yourself.

For more information to access programs call Donna at (413)768-1148.



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

**FRCOG Walk In Wellness Clinic**  
**Thursday, July 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.**



**Therapeutic Massages**  
**Wednesday, July 17th & Wednesday, July 31st**

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!

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**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, July 31st**  
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=ZU93UTZTZ2plaEZGcTIJMURBUhFCdz09)

[pwd=ZU93UTZTZ2plaEZGcTIJMURBUhFCdz09](https://us02web.zoom.us/j/89559411899?pwd=ZU93UTZTZ2plaEZGcTIJMURBUhFCdz09)

Meeting ID: 895 5941 1899

Passcode: 829028

#### **AARP Adapting & Transitioning as We Age Monday, July 29th 11:00**



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!**

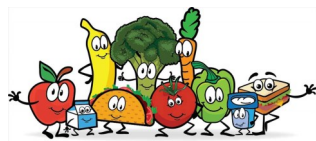
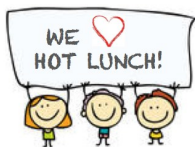
#### **Summer Fiesta Taco Bar and Spanish with Nick Berte Monday, July 15th 3:00**

#### **Evening Café with Steve & Tom Monday, July 22 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.



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### **Piper's Professional Foot Care**

**Wednesday, July 10th**

**Tuesday, July 16th**

\$20 donation is appreciated.

Call 648-5413

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### **Brown Bag: Food for Elders**

**Monday, July 15th 1:00**

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

### **S.H.I.N.E. Serving the Health Insurance Needs of Everyone**

Medicare is health insurance for people 65 or older. You're first eligible to sign up for Medicare 3 months before you turn 65. You may be eligible to get Medicare earlier if you have a disability. We are very lucky to have LifePath, Chris Maguire and Meg Ryan for SHINE counseling. Call to schedule an appointment with Chris Maguire.



### **Caregiver's Support Meeting**

**Monday, July 1st & 29th 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.









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# JULY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 11:00 Grab & Go Lunch 1:00 Get the Lead Out Writing 1:00 Pitch <b>3:00 Caregivers</b>	<b>2</b> 9:00 Enhanced Fitness 10:00 HBB 11:45 Lunch <b>12:30 Open Painting</b> 	<b>3</b> 9:00 Cribbage 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga 	<b>4</b> <b>Closed</b> 	<b>5</b> 9:00 Enhanced Fitness 9:00 Hand & Foot Game 10:00 Chair Yoga 11:00 Grab & Go Lunch
<b>8</b> 11:00 Grab & Go Lunch 1:00 Get the Lead Out Writing 1:00 Pitch 	<b>9</b> 9:00 Enhanced Fitness 10:00 HBB 11:45 Lunch	<b>10</b> 9:00 Cribbage <b>9:00 Foot Clinic</b> 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga	<b>11</b> 9:00 Enhanced Fitness 9:00 Quilting <b>9:30 Walk In Wellness</b> <b>10:00 Spanish Zoom</b> 11:00 Romeo's 11:45 Lunch <b>12:00 COPD Group</b> 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</b> 11:00 Grab & Go Lunch <b>1:00 Brown Bag</b> 1:00 Get the Lead Out Writing 1:00 Pitch <b>3:00 Fiesta</b>	<b>16</b> 9:00 Enhanced Fitness <b>9:00 Foot Care By Piper</b> <b>10:00 Walking Group Kick Off</b> 10:00 HBB 11:45 Lunch	<b>17</b> 9:00 Cribbage <b>9:00 Massage Clinic</b> 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga	<b>18</b> 9:00 Enhanced Fitness 9:00 Quilting 11:00 Romeo's 11:45 Lunch 12:30 Bingo	<b>19</b> 9:00 Enhanced Fitness 9:00 Hand & Foot 10:00 Chair Yoga 11:00 Grab & Go <b>11:00 Photography Club</b>
<b>22</b> 11:00 Grab & Go Lunch 1:00 Get the Lead Out Writing 1:00 Pitch <b>3:00 Steve &amp; Tom</b> <b>4:00 Evening Cafe</b>	<b>23</b> 9:00 Enhanced Fitness <b>9:30 COA Meeting</b> 10:00 HBB 11:45 Lunch 	<b>24</b> 9:00 Cribbage 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga 	<b>25</b> 9:00 Enhanced Fitness 9:00 Quilting <b>10:00 Spanish Zoom</b> 11:00 Romeo's 11:45 Lunch <b>12:00 Reiki</b> 12:30 Bingo	<b>26</b> 9:00 Enhanced Fitness 9:00 Hand & Foot Game 10:00 Chair Yoga 11:00 Grab & Go 
<b>29</b> <b>11:00 AARP Talk</b> 11:00 Grab & Go Lunch 1:00 Get the Lead Out Writing 1:00 Pitch <b>3:00 Caregivers</b>	<b>30</b> 9:00 Enhanced Fitness 10:00 HBB 11:45 Lunch	<b>31</b> <b>9:00 Massage Clinic</b> 9:00 Cribbage 10:00 Quiddler 11:45 Lunch 1:00 Chair Yoga <b>3:00 Pop Up Pantry</b>	<b>Powers Institute Museum Open on Sunday, August 4 1:00– 4:00</b>	 <b>Call the center for links to hybrid programming.</b>

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

**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, July 23rd 9:30**



**Bernardston Senior Center Staff**

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



**Bernardston/ Northfield Senior Centers  
Travel Club**

**Friday, July 19th 11:30**

**Lunch at the Wagon Wheel and a trip to the  
Fiddleheads Gallery.**

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 \$3.00 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 7/17**

Call Shannon at 768-1824 to  
reserve a space!



The Powers Institute  
Museum at 20 Church  
Street in Bernardston,  
will be open Sunday  
**July 7, 2024 from  
1-4PM.** Attendants  
Brandon Staiger,  
Kristina Streeter and  
Celt Grant will be there  
to assist guests. Ample  
parking is located at  
the rear of the building  
and an elevator (and  
stairwell) take you to the second floor museum.

**All are welcome!**

Bernardston Senior Center  
PO Box 504  
Bernardston, Ma 01337