

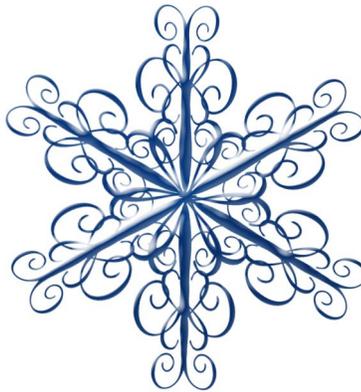


# HARPER CENTER BULLETIN

## WILLIAMSTOWN COUNCIL ON AGING

### December 2015 Newsletter

The leaves are gone, or at least hiding in the corners of our yards or in the bushes where they are difficult to get at with a rake. I have piles of leaves strategically located about the edges of my yard in compost areas-I live on a hill composed of gravel and lots of clay so I have help from nature making soil from decayed leaves. Works wonders in the summer gardens, currently asleep and waiting for the season to roll back around.



In the meanwhile, the absence of leaves has improved the view from my windows at home and I'm sure that it's helped yours as well. There are magnificent vistas all around us and there is plenty to appreciate visually even if there is no green and it's a bit cold! Soon enough the snow will fall and cover all the debris fall has left us until we can get to it in the Spring. There's no sense in complaining about it, winter comes and if you have chosen to remain in New England during the cold season, enjoy it! Snow creates marvelous landscapes. There are snowmen to build and hills to conquer on skis. And yes, shoveling. So it goes! Have a safe, happy and fun holiday season, above all, enjoy!

**The Williamstown Council on Aging**  
**The Harper Center**  
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**Hours: Mon-Fri, 8-4**

### Coats and Food.

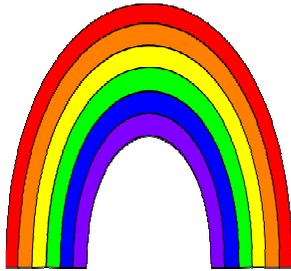
As the weather turns, we ask you to remember those who are facing winter battles with a less than suitable coat to fend off the cold or the daily grind to find sustenance on limited resources. Last week we delivered a decent collection of gently used coats to our friends at the Village Ambulance Company who will get them into the hands of those who really need them. We won't be doing a set day collection this year, you can just drop any gift off at the Harper center or Village and they'll be truly appreciated! You all know that we have an ongoing food collection to support the St Patrick Food pantry and we're happy to pass along any donations to help fight hunger-the gift box is in the "back room".

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## Rainbow Seniors



Ed Sedarbaum has lived in Williamstown for several years. Some of you may know him in a previous role as the Communications Coordinator of the Northern Berkshire Community Coalition. Now he's the organizer of the fairly new Rainbow Seniors of Berkshire County.

Rainbow Seniors is an organization to offer support to the many Gay, Lesbian, Bisexual and Transgender seniors living among us. The guesstimate for this population is that there are about 700-1200 LGBT seniors living here in the Berkshires. We know the sexual orientation for some of our friends and neighbors, others have lived quietly in the shadows for years hiding themselves from fear of the harassment we all know was a part of institutional life just a few years ago. Truth is, fear is still a major factor in some folks lives today.

Ed will be here at Harper at 12:30 on December 1 to talk with us about why LGBT seniors need a place to gather and reminisce-he'll also answer any questions you might have on the subject. Ed will be speaking at 12:30, chicken dinner with smashed potatoes, veggies and rolls at noon. Bring your appetites and questions!



## Jack Frost coming to town!

It's true, but he will in fact be here in reality soon. On Friday afternoon, December 4, Jack Frost, Suzie Snow Flake and the Snow Queen will be here to celebrate all the things which make winter special! It's a musical variety show folks, we'll celebrate all the winter holidays- Hanukah, Christmas, New Year, Kwanza all throughout history! Fabulous costumes, professional vocals, prizes- in short, a good time for all!

Jack and friends will play at 12:30, food, pizza, will be at noon. What's a party with out food and pizza has plenty of holiday colors in it right?

## Food Events

Lots of food in the month. As it should be. Or I guess we should say "what else is new"?

We can't really do too many breakfast events this month, we're running into the end of the year vacation cycle and there will be spaces in scheduling-not to mention everything else! So let's do one breakfast on December 14, a Monday version of FTF and that will be the end for the year 2015. there are other food events, shrimp and pasta on the 18th, chicken on the 1st, pizza on the 4th and of course a bang out cookout on the 22nd to welcome winter. Kira has her big party on December 2nd and the place will be crawling with snacks all month. Food on the 15th too. TBD. Forget the diet! Eat baby, eat!





## Holiday Party with Champaign Jam

Another excuse to have ourselves a party dontcha think? On Friday December 18 we'll offer a special holiday meal featuring sautéed shrimp with pasta, or meatballs as an alternate, and appropriate sides. There will be red sauce so that will make it sort of holiday-ish right? We did fish at the holiday a couple years ago and Friday is absolutely the best day to do these-the shrimp smell tends to linger for a couple days! We'll have the meal at noon sharp but as the fare is popular-you'll definitely have to reserve ahead of time and there will be a 44 person limit for the meal.

Then we'll party- our friend Robin from Berkshire Housing has arranged for a return visit by Champaign Jam at 12:30 so bring your appetite and your dancing shoes!



## Welcome Winter cookout.

We all know that there cannot be a change of season unless we all say so! So, as it will chronologically be winter as of 11:00 something the night before, let's gather for a final cookout for 2015 and welcome Winter officially to the "Shire! Bring it on! Burgers and Dogs and Brats off the barbie at noon and maybe a side salad or two-you know, June cookout fare! It's right before the big man in red comes to town so we'll gift our selves with this bang out ending cookout before he even hooks the deer up!

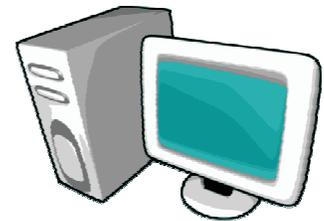
Then-at 1:00, the final COA sponsored bingo game of the year. Yup. it's the end! The next two holidays are on Friday so rather than lose it-one more game OK?



## Technology rules!

Cell phones, iPods, laptops...even if you don't have one, you know what they are. The presence of electronic media is astounding. Some of us who grew up without these things in our lives have readily embraced the technology and the enhancement in lifestyle this brings. Others not so.

Here's a piece of technology which should pique everyone's interest; Google earth. Ever wonder what the place your grand parents came from looks like? Some place you visited 40 years ago? The neighborhood 800 miles away where your grandchildren live? We can show you from the computer lab at Harper. The whole world is literally at your finger tips. Our computer instructor, Elaine Keyes will be offering to show anyone how to tour the world without an airline ticket. Interested? Tell us!





Kira has invited us to a party at Sweetbrook on Wednesday December 2nd, 11:30-1:30. They're going to have carving stations for ham and Turkey, veggies, salad, bread and a choice of Rhubarb or banana cream pie! She says that space is actually limited for this event so you should RSVP by calling Sweetbrook at 458.8127. Sounds like this will be a memorable event!

Aimee Boesse is a new player in our world coming to visit us from a familiar friend-Amedisys Home Care. She's planning on coming here on December 10th, a Thursday and doing a little holiday wreath decoration creating session with interested folks. I'm sure that there will be snacks so come in and meet Aimee at 1:00 on the 10th!

Bingo players note on the schedule that we have plugged a couple bingo events in Tuesday slots when your usual Friday had been booked. There is food involved. 'Tis the season...



## Page Four News and Notes

Serena Merrill, our foot care provider will be here at the Harper Center on Tuesday, December 15th to clip those toenails and rub those aching feet. That's the good news. The bad news is that there's one appointment left open for the month. She's accepting appointments for her next trip through town on January 19, 2016 but here she has a mere four openings left. Her next trip through town will be in February. Want to see her? Be quick like a bunny folks, she'll fill up soon.

SHINE Counselor Peg Jenks will be here at the Harper Center on Wednesday, December 16th at 10:30 to help anyone who has issues with their health care insurance. Appointments are appreciated. Peg is also available for individual consultations at other times by scheduling her through the COA office at 458-8250. Also of note; open enrollment ends on December 7th. The meter's running!

The monthly Blood Pressure for December is postponed. The next clinic will be at the usual time on January 12th 2016 immediately preceding the Friendship Club meeting. Magic Cookie Day!!!

Finally, the December Brown Bag offering—sponsored by our friends from the Foodbank of Western Massachusetts—will be on Monday December 21st. The holiday is wreaking havoc with our schedule... Oh well!

Brown Bag is a monthly offering of shelf stable foods and fruits and veggies in season. Interested in the details? Call us here at Harper, 458-8250 and we'll be happy to help!

