

Harper Center Bulletin

May 2011 newsletter

The Williamstown Council on Aging rocks at our World Headquarters within the friendly confines of the Harper Center at 118 Church Street in town. We're open for business Monday through Friday from 8-4, and most Sundays at 11 for lunch. You can call us at 458-8250, fax to 458-5156 or email bogrady@williamstown.

We've been providing quality programs and services to Williamstown elders since 1966!

May is here, finally, and we can officially declare winter over. I didn't feel safe saying that last month, it's been wild, eh? Just never know what will happen down the road. Except that the flowers will bloom and soon we'll be planting our summer garden out back...anyone interested in weeding this year?

We have two gifts from Ida Patella at Berkshire Housing this month- the ukulele group and Vinnie Brandi will be here to play at the end of the month-the details are inside. There will be the usual assortment of bingo games and exercise classes and food-always food! Another full month!

Finally, the Williamstown League of Women Voters were here at the end of April talking about what they do and why. They left some materials about the impending town elections and town meeting on Tuesday May 10th and 17th respectively. I guess my point in bringing this one up is to remind everyone of the importance of voting and attending town meeting. Everyone has an opinion of something, now is the time to express it!



Friendship Club May

I'm told that there will not be a designated Friendship Club charity in May-the month will be busy enough and there are three Friendship Club events during the month as it is. The monthly meeting is scheduled for the 10th at 1:00 and the Friendship Club bingo session on the 17th. The biggest event of the month is, of course, the annual spring luncheon at the Williams Inn, that is scheduled for Tuesday the 24th at noon. See, I told you that it was a busy month! Anyway, anyone with any questions about any of these events can call us here at the Harper center and we'll get a message to the right person! 458-8250.

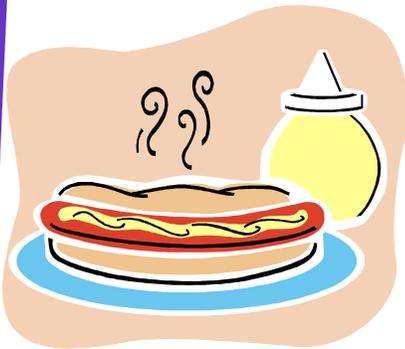
The Ladies Auxiliary Ukulele Orchestra



They're unique, they're different and they are coming back to the Harper Center on Monday afternoon May 23rd at 2:30 –yes, 2:30– in the afternoon to play. They were here back in October and boy were they good-remember? The group, composed of songwriter/educator Bernice Lewis, composer/arranger Cathy Schane-Lydon and artist Sarah McNair plays a great set of music from every era lavished with attention to harmony, humor and true originality! Those who were here back in October remember the unique sound produced by three ukuleles and the wonderful music the group produced. This will be another memorable afternoon!

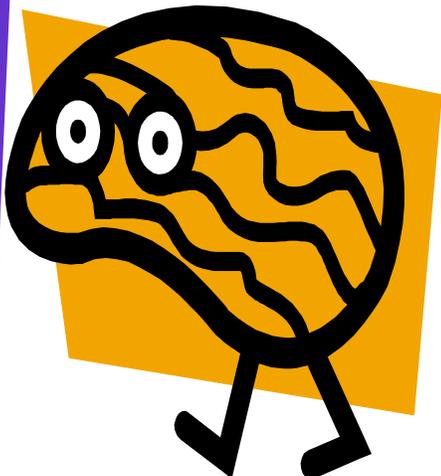
So here's the deal-the group will be here to set up around 2-ish. There is a Tai Chi exercise at from 1:00 to 2:00 so remember this when planning your arrival time. Those of you attending the tai chi class are most welcome to stay for the concert, we promise that it will be fun. There will not be an elaborate snack that afternoon, we don't want to spoil anyone's dinner but we'll definitely furnish some cool drinks! Thanks Ida!

Lunch alternates



Sometimes we just don't care for the suggested meal on the menu for lunch here at Harper, and sometimes we just can't eat whatever it is that's being offered. Hey-it happens, right? Still, I can't help but wondering exactly what would happen if we offered an alternate to the food on the daily lunch menu... so we will. Let's find out. If you discover that you don't like the menu offered by Elder Services during the week, tell Pat that you would like one of the following instead; a hot dog, pasta or a grilled cheese sandwich. Those are the choices folks, she will tell you what is available on any given day and as usual, you have to reserve in advance. This is an experiment for the month of May. If it works, we'll see about the long run...

Welcome Interim Health Care!



You met them at their April meeting of the Friendship Club and now know that they have taken over conducting the monthly blood pressure clinic. Kira and Darlene will be back here at Harper on May 10th for the clinic right before the Friendship Club meeting and again on May 26th for another in the "Here's to Your Health" series that Interim is sponsoring for us. The next installment will be on activities we can do to improve our brain fitness, and I think we may very well have special food for the event, though not necessarily "brain food", heh-heh! Stay tuned for that announcement.

"Here's to your health" will be a monthly program of interesting topics and issues relevant to senior health. We'll try to get you a complete schedule soon!

Riding the van

Man, I really hate having to write this article. It seems as though it's a once annually scribble on my part and really it's a drag. But here we go, lets reiterate the rules for riding the van shall we?

Ok, the vehicle operates Monday through Friday from 8:00 a.m. till 4:00 p.m. and it's on the road almost everyday, snow sometimes impedes our travels but...

The van is busy with travels to the Adult Day Health facility in North Adams first thing and last in each day, there are scheduled grocery trips on Tuesday morning. Actually, life support trips such as doctor visits and grocery trips take precedence. These are priorities folks, we're not changing them. We travel mostly in North Berkshire and we don't go to Vermont.

Reservations are requested. We are becoming increasingly busy and while we can accept "real time" requests for travel- we prefer 24 hour notice. We try to accommodate all requests but without advanced notice, there can't be guarantees. Sorry.



Croquet

This was one of the singularly most difficult programs we ever tried to set up. First we laid the court out and David stopped us to cut the grass. Then we laid the court out and it rained. Then it was too hot. Then rain, then heat and on and on. Finally we gave up. Egad, what a drag that was! Anyway, this is a new year and we'll try it again. We have a croquet set, we purchased it last year when we thought we were going to play the game...it had been a popular request when we were asking for input last year. So here we go-we'll take a stab at croquet at 12:30 on Thursday afternoon, May 12th. Lemonade and cookies as the snack. Oh, and in case anyone is interested, I actually acquired the croquet rules last year, so... If it works out well, we'll form a team or two and see who we can challenge to a whooping!



Vinnie Brandi

We all remember Vinnie, he has been here on 2 separate occasions to entertain and what a magnificent job he has done. Everyone enjoyed him and in fact, a couple of our members actually sought to have their pictures taken with him... but enough of that. Vinnie, a talented guitar player with a great voice brings a lot of energy and creativity to each show so come on in and enjoy his performance. There's a slight twist with this show-it's at noon, 12:00 O'clock high, not the usual start time of 12:30. All this means is that we have the monthly allotment of pizza at 1:00 instead of noon. Confused? Come in and sign up and we'll answer all your questions in person! Thanks Ida!



Williamstown Council on Aging

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As I mentioned earlier, May is the month when we replant the garden out back. Late May. We know all about frost in late May, I lost some plants of my own last year. We are seriously leaning toward more flowers this year than veggies. We have been more than generous in sharing squash, tomatoes, what ever we grow, not to mention adding it to the menu here at Harper. Still, there are people among us who feel free to help themselves-so please don't take from our garden! Thank you in advance!
Flowers or veggies. What do you think? It would be real pretty out there! Let's talk about it.

Page Four news and notes



Our foot care nurse Serena Merrill will be here on Tuesday May 17 to trim those toe nails and massage those aching feet. As everyone knows, appointments for foot care require advanced notice and as this is written, we're accepting appointments for June...I guess the message is-plan appropriately!

SHINE Counselor Peg Jenks will be here on Wednesday morning May 18th at 10:30 to help anyone with health insurance questions and issues. She is also available for private consultations as well-contact the office here at the Harper Center and we will help to make those arrangements!

The monthly brown bag offering from the Food Bank of Western Massachusetts will be here on Friday May 27th. For those of you unfamiliar with the Brown bag, it's a monthly offering of shelf stable food items and an assortment of fresh fruits and veggies in season. Last month we had Romaine lettuce, cherry tomatoes and some decent chocolate milk. Interested? We can help you with the minimal application process-give us a call at 458-8250 and we'll talk!