

**Williamstown Council on Aging**

# Harper Center Bulletin

Harper Center Bulletin # 180      March 1st, 2010

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**The Williamstown Council on Aging rocks on at world headquarters at 118 Church Street within the cozy confines of the Harper Center. We are here Monday thru Friday from at least 8:00 to 4:00 and Sundays at 11:00 for lunch, as well as assorted Saturdays and evenings. Check our schedule! You can call us at 458-8250, fax to 458-5156 or email;[bogrady@williamstown.net](mailto:bogrady@williamstown.net)**

**Serving Williamstown seniors since 1966!**

## March 2010 Newsletter

**So we have arrived at March and is anyone surprised at the speed in which we got here? Seems like just yesterday it was October and we were still celebrating number 27. Well, here we are in March, baseball spring training starts and look out, there will be snow. We had a pretty quiet winter until the end of February and then, just as I predicted, wham! A snow storm. Since I bought new skis, I think it's wonderful, but for awhile I thought that it was my fault there wasn't any snow because I bought skis. Thought we'd have to play golf early this year. Now we got snow and we're all hearing about how bad it is! OK, you live in New England. You don't want to see snow, go to Florida. Oh, sorry, it snows there now too. Remember last month when I asked about global warming? Climate change? Anyone have thoughts?**

**March can really be a funky month weather wise but things are changing. Yeah, including your clock, daylight saving time starts again on the 14th so spring ahead! Oh and speaking of Spring, the vernal equinox is officially on March 20 at 1:32 P.M. Will we welcome spring or a little more winter?**



## A quick food survey

**Y'all know that we frequently offer burgers, dogs and chicken at cook-outs and various pasta combinations as meals at events thru the year. Now, these offerings were all either trial and error or popular demand i.e. someone asked for it and got it. We really hate to repeat the same stuff over and over again, it can be boring we think, so let's ask our friends what they would like!**

**So, here you go-tell us what you'd like to see as food offerings this season at events! Remember that simple is better than elaborate, though we'll try WITH HELP. So, what can we throw at you for food this year?**

**One more question:shall we do more potluck dates, such as at Friday bingo?**



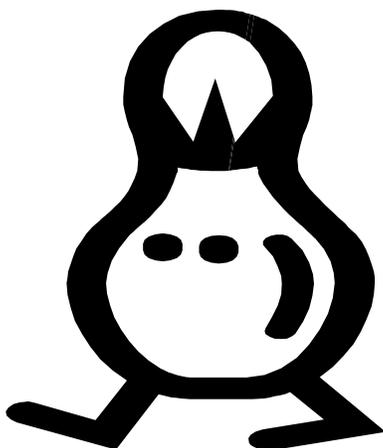
## New Horizons

**New Horizons is actually the formal title of a grant driven program the NBH REACH foundation received from Tufts University. We've been lucky enough to be chosen as a community site for this program and there will be lots of events and special program offerings appearing as the year progresses. We're talking about an entire years worth of conversations with all sorts of health professionals, classes, yup, including yoga, and clinics. Speaking of clinics, the first is scheduled for March 2nd, in our small room here at Harper. It's a simple finger stick blood test which will enable the screening team to tell you about your cholesterol and blood sugar levels on the spot. Of course, they'll be able to do a little explaining around what they find and can make sure that your Doctor gets results too, an added bonus. So, folks, it's an opportunity to learn some important numbers or track progress of a plan you've started already. And it's free, that's cool, right? Pre-registration is needed so call us, appointments last about 15 minutes, no time at all, right? For lunch, pizza, then maybe a little bowling...CALL US!**



## St. Patrick might show up

**Does anyone really believe that this dude Patrick drove all the snakes out of Ireland? You know what? There aren't any snakes in Ireland today either. Well, aside from zoos and I would imagine pets that is. Actually, there is a theory that there never were snakes in post ice age Ireland, they're cold blooded and cannot survive the Irish chill...but, well...anyway, yeah, believe it or not. And for March 17 as St Patty's day, know how they chose a winter day for this? Instead of a summer day? My grandmother told me that they had nothing better to do on that date but it appears that they were commemorating the day of his death...Anyway, on St Pats this year, we'll celebrate with ham and potatoes and cabbage and canned Irish music and pot o gold bingo...you know the Irish don't do corned beef right? Sign up out front!**



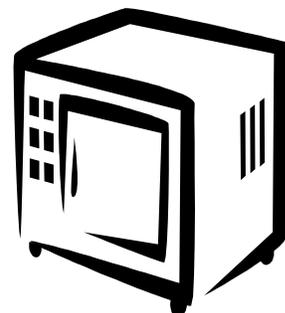
## Bowling

**Wii bowling has proven to be popular with the folks who have come in to play on Thursday afternoon. In case you aren't aware of the program, it's a computer animated bowling alley, projected upon the TV screen. We all created people from a menu of characteristics, all sorts of shapes, sizes, choices like eyes, noses, glasses, etc, program it to bowl either right or left handed and off we go! The program keeps score. We've had some decent scores and some really improved scores!**

**Now, we'd like to form league play and team versus team with prizes at the end. I have a challenge out to another senior center with bowling too. Maybe a tournament? Stop by Thursday afternoon and we'll talk!**

## Cooking with a microwave

I have always heard that you can prepare a full meal from scratch with a microwave. Its proponents say that it's easy to do and are adamant about a simple microwave being an efficient tool to cook with. Personally, I have used the old microwave a lot, but I have never actually cooked something with it. I have found it a really handy tool to heat, reheat or defrost food quickly and usually without a big mess, though I do get yipped at for failing to cover a dish I'm reheating and splattering the inside of the thing here and there. Let's investigate this; on March 23 our friend Ida from Berkshire housing has arranged a "Lunch and Learn" with Sharon Antwell who will provide a cooking demonstration using a microwave and stove top cooker. I don't know what a stove top cooker is, but I do know the microwave. She thrilled an audience at Holy Family last year with her incredible knowledge and delicious food. This program will start at 11 and she'll prepare a chicken dish, butternut squash soup and dessert right before your eyes. Curious? Me too. Reservations are required but alas, only 25 slots are available so act soon!



## Taxes

That distant thumping you hear is the sound of the tax man getting ever so near as the days wear away. April 15 creeps closer with each passing second and for those who need to file their 2009 state and federal income taxes the days are growing shorter. Our FREE AARP tax aide program is available every Tuesday evening from 6:00 to 9:00 and on Saturday morning from 9:00 to noon. Appointments for each session, which, by the way, take about an hour, are available by calling the office here at the Harper Center[458-8250] and simply asking for a slot to call your own. Trust me when I tell you that as this is written, we're starting to fill March slots... there is still time but we'd hate to see anyone left out. If you're coming, be sure to bring all your 2008 tax returns and any paperwork you'll need for this year!

We have a list of all necessary paperwork you'll need during your tax aide appointment and we're happy to tell you what to bring with you if needed!

## Creating Monday

In case you were not aware, the Rhythm Belles, our own home grown line dance group has become dormant. Line dancing just ain't what it used to be. I hear that they'll be back, after the winter is gone and the weather is warmer. Some of their members winter in Florida as well-literally eh? So we'll be doing different things on Mondays for awhile. The Aladdin's will lead the new alignment off with an assortment of great music and special snacks on the 8th. Movie afternoon returns at 1:00 on the 15th with popcorn and soda, we have movie ideas but there's time to suggest yours, we'll let you know what the movie is on the 8th. We'll have a bowling tournament on the afternoon of the 22nd with prizes for the top scores. Come by and check out our reinvented Mondays!



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## **Williamstown Council on Aging**

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One of the real “things” we’re sharing if you’re reading this article is life. At least I think we’re all alive though there have been times when I was convinced that it was not so. We’ve all had those days. We’ve also had our share of watching ambulances come and go, bringing people out and usually back home again, but not always. And, occasionally, we are on the spot when something happens to someone we know and value. Wouldn’t it be nice to help? Y’all remember last year when we offered free CPR classes thru a grant from the First Congregational Church for CPR and we cancelled a couple classes because of weather concerns and other emergencies? We have one final shot at this and thanks to a deal we’ve made with the Village Ambulance, we can offer **FREE** combined CPR/First Aid class here, at Harper on March 26 at 10:00. We’re limited to 10 people so it’s first come, first serve, sign up not. Wouldn’t it be great to know what to do if you had to?

## **Page 4 news and notes**

**Kip Moeller will conduct our monthly foot clinic on Tuesday the 9th beginning at 9, she’s available by appointment only and you can arrange to have your nails clipped, calluses filed and feet massaged by calling us here at Harper and scheduling yourself. There is a moderate charge for this service.**

**The monthly Blood Pressure clinic, brought to you by our friends at Premier Health Care is scheduled for noon on the 9th, right before the Friendship Club meeting. Need to know that number right?**

**The monthly Brown Bag food supplement, literally a brown paper sack filled with fruits and veggies in season and shelf staple food items will be delivered to eligible recipients on Friday the 26th in the afternoon. Interested? Call us!**

**Peggy Jenks, our SHINE Counselor extraordinaire will be in the house on Wednesday morning March 17th at 11:00 to assist anyone who has issues or questions with their health insurance. I know she has gotten a lot of calls lately so something’s happening out ther! She’s available for individual consultations with those who need it by calling the office at Harper and we’ll refer you!**

**Finally, the senior Caregiver Group will meet on the 18th at 1:00  
This is one busy month!**

