

Harper Center Bulletin

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The Williamstown Council on Aging was founded in 1966 and has been providing quality programs to Williamstown seniors ever since! We're found in the Harper Center at 118 Church Street and are open for business from 8-4 Monday through Friday and Sunday at 11 for lunch. Call us at 458-8250 or fax to 458-5156.

February 2010 newsletter

February always brings good things to us, at least it has always been a decent month to me. Yeah, it's definitely a winter month, and yeah, we'll have our frigid days and snow and all that, but as they say, it's in season! We always choose soothing pink or red colors for this month obviously because of Valentines Day but that is OK. Valentines Day celebrates love and that's cool. Definitely the one thing we could use more of in this world we live in right? There's enough violence and baloney out there and a little more caring would be just fine with me. I'm not sure about the dude with the bow and arrow though. Kind of a jarring image, shooting someone with the arrows of love. I guess the ancient myth makers had a different take on things than we do. Kind of makes you think of the caveman clobbering someone with a big ole club! They obviously had dominance issues back then. Either that or they didn't know how to run away...



February SHINE

Our SHINE Counselor, Peg Jenks will be here on Wednesday February 17 to assist anyone with questions concerning their health insurance. She is also available for individual consultations and can be contacted by calling the office here at the Harper Center-458-8250. I know that she's been rather busy of late, lots of people have been calling and I have been sending her referral email like crazy. The funny thing -it appears that everyone has a different problem which needs resolution. Yup, we're different, no patterns here!

So, you used to bowl?



So, you've all seen the commercials on television where the two guys show up at someone's door and announce that We wants to play? Yeah, actually, it's spelled Wii and we now have one, I purchased one with funding from Massachusetts Elder Affairs and we'll be introducing the game formally next Tuesday following a pizza luncheon. It's really an easy game to play, is also very aerobic and actually some of the programs in the Wii galaxy can actually tell you how many calories you burnt during a particular exercise. The game itself has programs for tennis, baseball, golf, boxing and bowling. You can make your own character and the machine will keep track of your scores and your average- it's great fun and we can even start a league. Or challenge the "other" towns in Northern Berkshire to a bowling match. We beat them in walking, why not bowling too? So, pizza first, sign up with preference- cheese, sausage or pepperoni and then fun and games. Noon on Tuesday February

Income taxes

The 2010 version of our AARP Tax Aide tax assistance program begins on Tuesday February 2nd at 6:00 and continues on Tuesday evenings [6:00 to 9:00] and Saturday mornings [9:00-noon] thru April 13. This program is free and open to anyone of any age who would like assistance to complete and file their 2009 state and federal income taxes. Appointments are required for estimated 1 hour sessions, participants are asked to bring their 2008 tax returns as well as any pertinent 2009 paperwork along to their session. Call us here at Harper at 458-8250 for information or to schedule an appointment with a trained and certified AARP tax volunteer!



Book discussion schedule 2010

Actually, it's the rest of the 2010 Book discussion schedule. Wouldn't make any sense to publish January or February...So here we go! "Life Class" by Pat Barker is the selection for March followed by "Lazy B" by Sandra Day O'Connor in April and the "Art of Racing in the Rain" by Garth Stein in May. June brings us "Night" by Elie Wiesel, Geraldine Brooks and "March" are for July and Charles Dickens "Our Mutual Friend" follows in August. Per Petterson is "Out Stealing Horses" in September, Bryce Courtney is the "Power of One" in October and November brings "One Thousand White Women" by James Fergus. We round out the year with "Book Thief" by Marcus Zusah. The group meets at the Milne Library on the first Friday of the month at 10:00. Call us at 458-8250 for information!

Massage Therapy

What is your perception of therapeutic massage? Is it lying naked on a table under a sheet while someone with big hands gives you a rubdown? Nah, that ain't it folks. Well, maybe in some places, but it won't be here. On Tuesday February 16 Licensed Massage Therapist [LMT] Yvonne Andrews will be here at Harper to talk about massage, what it is, how it can be helpful and maybe even demonstrate a technique or two. Yvonne was referred to us by our friend Donna Hartlage, the director of our sister COA in Florida. Yvonne's relatively new on the scene, practicing professionally for 5 years but I'll bet she knows how to release that kink in your neck or ease the stiffness in your shoulder. So stop by at noon on the 16th, we'll be cooking out first, the menu will be attached to the sign up sheet and we'll eat and then hear about how massage might work for us.



Berkshire Dance Theatre

It really is an annual Valentines Day tradition. The Berkshire Dance Theatre and all those dancers of different size and age groups arrive at Harper and perform a whole series of dances ranging from the traditional to more modern stomp it ups. Nah, I couldn't begin to tell you what the names of any of the dance techniques are, but man, they're good. They start off with the little mice making their first appearances in the public eye all the way to HS seniors of experience, poise and skill. What a show! They'll be here at 1:00 on Saturday February 13 so mark your calendars. It will, as usual, be fun! Of course the dancers are choreographed by you know who: our own Karyn O'Toole!



Fooding

Last month I wrote a little blurb about the Healthy Eating series we're offering with Kim from the Food Bank and Jennifer from REACH. The whole idea behind this effort is to do a little educating about food and cutting edge nutritional ideas- as well as reading the cans which I personally believe should be a prerequisite before you graduate from high school...the program is full of good stuff you can really use every day. It will run thru March 4th, meets every Thursday at 10:30 and yeah, we'll provide lunch too...there's still room so c'mon in! And we're not talking hot dogs either!!!



Williamstown Council on Aging

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Lots of people have wondered aloud about the Friendship Club, its future and declining membership within the organization. I couldn't help but hear, and while I'm not a member [nor anywhere old enough to join, thank you very much] I do have a suggestion. Why don't you form a small committee and call the members who haven't renewed their memberships or don't participate anymore. I'm willing to bet you that everyone you speak with will have a legitimate reason and that a lot of the reasons will be very similar and maybe even a easily remedied series of issues. Rumors and gossip aside, you won't know until you ask and that's a fact!

Back Page Story Headline

Kip Moeller, our foot care nurse, will be here clipping and scrubbing those toes and calluses on Tuesday the 16th during the monthly clinic. She's accepting appointments for April as this is being written so if you're interested, act on it!!!

The monthly Brown Bag distribution from the Food Bank of Western Massachusetts is currently scheduled for Friday the 26th, provided of course that the Nature Spirits cooperate...it is winter you know! Brown Bag is literally a brown paper sack filled with seasonal fruits and veggies as well shelf staple items. Contact us here at Harper if you're interested in Brown Bag!

The monthly Blood Pressure Clinic sponsored by our friends at Premier Health Care will be at noon on February 9th, right before the monthly Friendship Club meeting. We all know that BP is really an important number so don't forget to come and get it checked! Really, we'd hate to lose anyone because of something like high blood pressure, a life factor which can USUALLY be controlled!

