
Harper Center Bulletin

Williamstown Council on Aging

Harper Center
Bulletin #181

April 1st, 2010

April 2010 Newsletter

April showers bring May flowers, or so the story goes. If it keeps raining like it has been the past two weeks we'll be building boats instead!

Actually, isn't it great that the warmer weather is coming back? The longer days, brighter, greener scenery outside! And golf! And the Yankees set to defend their World Championship, oh, you forgot about that part eh? Glad to be of service by jogging your memory...One thing which hasn't been too much fun

has been the crash and burn of my computer last week. Something about the hard drive committing suicide and derailing my schedule of "do's" for the week. OK, whatever. In any case, I was able to retain most of my "stuff" however it wiped my address book clean so if you normally get the newsletter electronically and didn't, or would like to receive it on line, let me know and I'll add you to the list! And sorry for the inconvenience!



New Horizons and first YOGA demonstration

It's a program offered to us from our friends at Northern Berkshire Health Systems REACH arm and is funded by a grant they received from the Tufts University Foundation. The idea is to offer a lots of programming designed to provide a ton of healthy living information and activity for everyone ranging from food seminars with nutritionists to yoga. Yup, I said yoga and THE FIRST YOGA CLASS WILL BE WED. APRIL 7 AT 9:00. SIGN UP FOR THE DEMONSTRATION, MORE INFO WILL FOLLOW! Other sessions will be on Wednesday mornings at 9:00 and last about an hour and a half including food— we will provide a series of breakfasts including eggs, etc. The rest of the schedule will follow soon, watch for it!

The Williamstown Council on Aging

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

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Family Feud

Remember the TV show which pitted a couple families against each other with a moderator reading questions and tallying points? And Richard Dawson "Survey Says"?

I kind of remember that don't you?...anyway, our friend Ida Patella from Berkshire Housing has arranged this program and will share with us! It's hosted by a gentleman named Gary Card who will moderate and mediate the game as it rolls thru an afternoon of fun and feuding. The actual TV game show rules will apply and we'll use the actual game you see on TV. Winner prizes? We'll see, but everyone will win because we'll be offering a pizza luncheon prior to the show, sausage, cheese or black olive and mushroom. The sign up sheet is located in its usual spot!

So get ready for an early April afternoon of fun and bring your appetite too! Looking for suggestions about beverages by the way so indicate soda or coffee too!



The end of taxes...

Well, another season of our AARP Tax Aide program will draw to an end in two weeks on April 13 and just two days later is the due date from the IRS. This program features trained and certified AARP volunteers who will assist you to complete and file your 2009 state and federal income taxes for FREE. You'll need to bring all applicable documentation, of course plus last years returns-we

have a full listing of everything you should bring here at the office and we'll tell you what you need to know when you call to make your appointment. There's still time, and space is available on Saturday morning from 9-noon and Tuesday eve 6-9. Time is running out, call us at 458-8250 to schedule your appointment before it's too late!



Knitting

Back when Brigita was here she started a knitting group in the back room on Thursday afternoon. They created hats for preemies, mittens for several local schools, lap robes for nursing home residents, even quilted a little for local homeless shelters. As time passed, the group lost members and focus and has fallen somewhat apart. That's not to say that there aren't people who knit out there, actually the opposite is true, there are actually quite a few knitting enthusiasts who recently approached me and asked about new projects and have ideas for group activities which will bring joy to the recipients. So, are you interested in new projects? As the knit group reforms, they'll welcome new members with ideas and happy hearts...grouching not allowed!



Jackie Lemieux

Williamstown Animal Control Officer Jackie Lemieux will be here on Tuesday April 20 to talk with us about the world of animals here in Williamstown and abroad. Got pesky animals in your yard? Raccoons? Opossums? Coyotes? Think you can catch 'em and move them away to a safe spot in the woods? How about rabid animals? Know what to do if you should suspect one, other than run that is? Stray cats, dogs, cows, deer? Jackie has the answers. She has many years experience and is familiar with the wildlife and domesticated beasts we've all come to love watching, feeding and enjoying as they move thru our lives every day. She has stories to tell and is happy to share them with us. Jackie will speak at 1:00. We'll feed the masses before then; how about open faced ham or roast beef sandwiches with potatoes and veggies? Or ravioli with sauce and veggies as the option for the non carnivores?

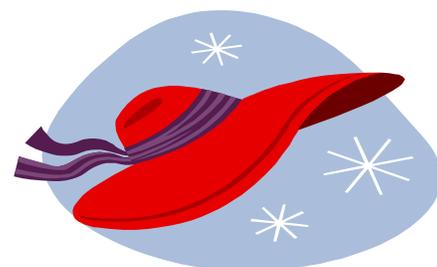


Red Hats 2010

OK, here's the Hot Harper Hatters Red Hat Society schedule for their luncheon dates for the rest of the year. Well, at least thru November...

April 21, May 19, June 16, July 21, August 18, September 15, October 20 and November 17. All these dates are Wednesdays, you'll meet at 12:45 and luncheon venues will be announced in

advance of the monthly gathering. For information on the red Hats group, ask here in the office at the Harper Center or call us at 458-8250 and we'll make sure that a representative from the group contacts you!



Kid concerts

The Williamstown Elementary School music department offers children a wide variety of opportunities to learn an instrument and perhaps develop a love for music which extends beyond their years in Williamstown. That's what schools do, right? My daughter Elizabeth learned how to play her violin as a member of the Suzuki strings way back when and carried her love for performance music thru her college days. On April 9th and 27th, the young musicians from the school will be here to perform for a half hour or so to share a little music and entertainment. They'll be here about 11:45 on both days-Pat will be serving Egg salad sandwiches on the 9th, we'll cookout on the 27th, signup will follow. Oh, and guess whose kid will be among the performer? Hint-SHE is not mine, nor Ann's nor Kathy's...

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Those of you who participated in our first round of the "Twinges" arthritis class at the Northern Berkshire YMCA have told me that it was a great experience and well worth the trip to North Adams. Guess what? We're going to offer a second round of Twinges with the Y starting in April on Monday the 26th. Sessions are at 11 or 1, you can go to either class. The COA will partially subsidize the class with a grant from Massachusetts Elder Affairs, participants must pay the Y \$15 to cover the remaining portion. And you have to provide your own transportation to get there...car pool anyone?

Here's the deal: we're limiting it to 10 persons again and we really would like 10 different people so if you are already taking the course with us-sorry. [I strongly encourage you to talk to the Y about basic senior memberships-it's about \$280 for the year and you get the pool, weight rooms, etc. Good deal] Interested? Call us and sign up; 458-8250.

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Kip Moeller, our Foot Care RN has become very popular. So popular that she's had to add a clinic for May, so there will be two foot care clinics next month. More about that next month. Her clinic for this month is scheduled for Tuesday April 20 and as this is written there are 2 slots available for anyone interested in a toenail clipping and wonderful foot massage. Call us here at Harper to schedule your appointment! Hurry, they won't last!

Speaking of massage, Yvonne Andrews, LMT will be in the house on April 16 from 10-noon to provide neck shoulder and back massage-\$10. for ten minutes and \$20 for twenty minutes. Call us for an appointment.

SHINE Counselor Peggy Jenks will be here at 11:30 on Wednesday April 21 to meet with anyone who has a need for assistance or questions about their health care coverage. She is, of course, available for individual consultations by calling the office here at Harper and we'll make arrangements!

The monthly Brown Bag for April will be delivered on Friday afternoon, April 23rd. Brown Bag is a monthly delivery of veggies and fruits in season and shelf staple food stuffs provided thru the Food Bank of Western Massachusetts. Interested? Call us here and we'll complete an application for you!



Tee 'em up!!!