

Harper Center Bulletin

September 2010 Newsletter

There's a definite coolness in the air these days, a true hint of things to come. My cats have picked it up- they've begun to sleep on the furniture and not sprawled on the floor under it, a true sign that there's been a temperature change. Soon they'll be back to the floor but in front of the heat units. Let's not go there... The leaves are still verdant green as I write this but alas, not for much longer. I do like fall weather, crisp, clean and great for sleeping. And, oh, the colors! Of course falling leaves always pile up at the approach to the greens on golf courses, makes it hard to find balls, not a good thing! Oh well...



September is a month of senior focused celebrations. For one, it's National Senior Center Month! We celebrate that one every day though. It's also Active Aging Month and in honor of this, our friend Jennifer from REACH will offer a raffle prize to anyone who participates in any physical activity program sponsored by the COA in September. Stay tuned for details!

Yoga-size

Hey, listen, yoga is a great way to loosen stiff joints and stretch out a bit and as we've stated before, this special kind of yoga is designed to be performed from a chair. It is appropriate for all levels of experience so try it! There are no headstands here. We've been offering this class on Wednesday mornings but **THE TIME AND DAY HAVE CHANGED!!!**

That's right, Yoga-size will now be offered on Thursday afternoon, the first class in the new time zone will be on Thursday, September 16th at 1:00. We've had to limit class size to 20 but I think there will be wiggle room for a few more...

Williamstown
Council on
Aging

Harper Center Bulletin
#188

September 1st, 2010

The Williamstown Council on Aging rules from World Headquarters in the Harper Center at 118 Church Street in Williamstown. You can call us at 458-8250 or fax to 458-5156. We're open for business from 8:00 a.m. to 4:00 p.m. on Monday through Friday and Sundays at 11:00 for lunch. We've been serving Williamstown elders with quality programs since 1966!

Inside this issue:

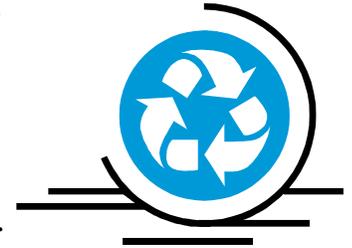
Leftovers	2
New Horizons with Kristen	2
Welcome Fall!	2
Can u hear me?	3
Crafts and knitting	3
Mystery Tour	3
Page 4 news and notes	4

Crafty leftovers

And I don't mean food either, surprise, surprise! Our friend, Sandy Totter, from the Northern Berkshire Solid Waste District has been here before and has always put on a good show. This time, she'll be coming to do a "Recycled Crafts Show" and will be demonstrating the art of using everyday items you might discard to make useful items. Uh, yeah, that's technically recycling...

Anyway, she'll demonstrate how to make book safes from old hardcover books, refrigerator magnets, napkin rings and other useful articles. She'll tell you how to use all sorts of cast-off materials to create new items worthy of display or heck, maybe even sell? She'll provide all the materials necessary to the program, but we need to know who's coming. So, for those who have been asking about crafting again, here you go. A ready made seminar.

Anyway, Her Majesty the Garbage Queen will be here on Tuesday September 7, program at 1:00; pizza at 12; sign up, you know where!



New Horizons with Kristin

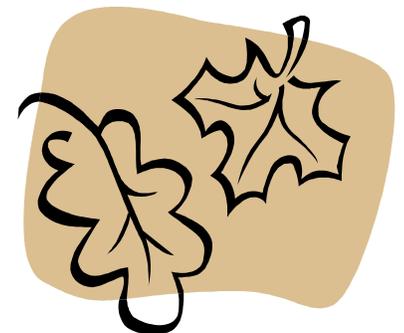
Our friend Kristin Irace, a nutritionist at NB Health, will be returning to the Harper Center on Thursday afternoon, September 30th at 1:00 to address the issue of "Portion Distortion". Americans tend toward large everything: cars, houses, and, not in the least, food. Go to a restaurant and see what kind of "Hungry Man" specials they're offering...you know what I mean.

Anyway, are you actually aware of what a portion really is? I'm not really certain that I do, I can read what it says on the labels; but, c'mon, who ever heard of 12 potato chips equaling a serving? Where do they come up with this? How do I figure this out? I'll bet Kristin can tell us. Stop in at 1:00 on that new date, THURSDAY, September 30, and find out. We'll have hot fudge sundaes in honor of her coming...



Welcome Fall Party

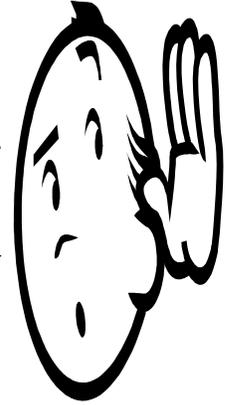
Tuesday September 28th is not the first day of Fall. Actually it's like the 6th day of the season. I know, we all really hate to see the passing of Summer, but just remember, Fall is a glorious time with brilliant color and less intense heat. It also marks the return of outside activity for many who felt the summer to be oppressive with heat and humidity. Think cooler nights and better sleeping weather! Doesn't work for you? How about getting those air conditioners out and cutting your electric bills? Better? OK, then! We'll be celebrating the true arrival of Fall because it doesn't arrive until we party. There will be a cookout at noon, and the Aladdin's will perform at 1:00. We're working out the menu as this is written, so watch for it soon!



Can you hear me?

Helen Keller said “Blindness separates you from things; deafness separates you from people”. A true quote if ever there was one. We all have seen the effects that hearing loss has on our friends and relatives. We live and work among people who cannot hear every day; we’ve had friends who have stopped doing things and including activities here because they could no longer hear what was going on. Inability to hear clearly is a factor for some people becoming isolated. For others, it’s an additional blow to the pride and sense of self. How many people with some hearing loss do you know who deny the existence of a problem?

Pamela O’Bert is a Certified Clinical Audiologist. She visited us once before, a few years ago, to speak about hearing related issues. She will be returning to the Harper Center on Tuesday September 21st at 1:00 to talk about hearing and adaptive equipment such as hearing aides and other treatments which might be able to improve communication with someone with a deficit. She knows lots about hearing, so come by to listen and ask questions. We’ll be providing lunch at noon: pasta and we’ll try eggplant parmesan, and if not something other than meatballs so stay tuned.



Crafts and knitting

On September 16 at 2:00, immediately following Yoga-size, there will be a gathering for people who are interested in knitting and/or crafts to come together and figure out what to do about it. There has been a lot of talk and questions about this particular subject, and so here we go. Potential projects actually abound, and really, the only thing which is separating us from actually producing many fine crafts is ourselves, right? When you stop to think of all the years of experience out there, you know that the potential to create some great work exists! So bring your thoughts and ideas; stop at 1:00 to stretch and limber up; and at 2:00 get the ball rolling! What do you think? You can use the new ideas you get from Sandy Totter on the 7th! Refreshments? Of course!



Magical Mystery Tour

This was the title of a Beatles movie and record album back in the 1960’s. Who remembers it? “I am the Walrus”, “Fool on the Hill”, “Penny Lane”? Great tunes from the album...Anyway, the plot was, I think, the Beatles and a whole group of actors on a magic bus touring about the English countryside while strange and magical things happened. We’re going to do our own version of the magical Mystery Tour on September 15th. That’s a Wednesday. We have room for eight people leaving Harper Center at 9:00 a.m. and returning about 4:00 p.m. We’re accepting sign-ups from anyone who’s interested, though we are only able to accommodate eight. So, those who sign up will get a ticket from Kathy and we’ll draw numbers to fill out the eight. Where are you going? I’m not telling. The drawing for the lucky trippers will be Friday, September 10 at noon. Sign up now!



Williamstown Council on Aging

The Harper Center
118 Church Street
Williamstown Massachusetts,
01267

Phone: 413-458-8250

Fax: 413-458-5156

E-mail:

bogrady@williamstown.net

**We're on the web:
www.williamstown.net**

We have had an opportunity to bring some really talented people through the Center during the last two months and I know that most, if not all of you, enjoyed yourselves. Still there are some rumblings about folks who talk during the presentations and shows, making it uncomfortable for neighbors who want to listen and enjoy. The Friendship Club President addressed the issue during the last club meeting when she asked people to be aware of themselves, and respectful of others by not talking during programs. I had an opportunity to sit in on a couple of recent performances and noted several people around me talking, totally oblivious of the stares of those who were listening, not purposefully being noisy, but definitely impairing others ability to enjoy themselves without distractions. We all know that this happens; this is a plea to be aware of other people and not talk while others are trying to listen!

Another item of change, Fall is a season of change, right? When we line up for food at events- let's say at the serving table during a cookout, think it a good idea to allow the folks using walkers, wheelchair and canes to go first. Don't you agree? I thought you would! Thank you all so much for cooperating with this!

Page Four News and Notes

Kip Moeller, our most excellent foot-care nurse, is offering two foot-care clinics in September: the first on the 14th, the second on the 21st, both beginning at 9:00. There are still available openings for the afternoon of the 21st, so if you're interested, ask and we'll fit you in. They fill up very quickly, so don't wait!

SHINE Counselor Peg Jenks will be in the house to help anyone with health insurance issues and questions on the morning of Wednesday September 15th at 10:30. She is also available for private consultations on an individual basis through the office here; call us at 458-8250 and we'll let her know you need her.

Our monthly Blood Pressure Clinic, brought to you by our good friends at Premier Health Care, will be at noon on September 14. Stop by and have these important numbers checked.

The monthly Brown Bag offering of shelf stable foods and seasonal fresh fruits and veggies will be on Friday, September 24th. Brown Bag is a program of the Food Bank of Western Massachusetts and is available to folks who meet some modest eligibility criteria; contact us for information and we'll be glad to get the simple one-page application process started!

Finally, if you'd like to receive this newsletter via email, get us your address and we'll be happy to oblige! Less paper, more green, right?

