

# HARPER CENTER BULLETIN

JULY 1ST, 2009

## JULY 2009 NEWSLETTER

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Well, July has arrived in Williamstown and, if it ever stops raining, the sun may follow. I have been trying to paint a fence at my parents house since the first weekend in June. It rains every chance I get to paint. It's without fail, I pick up a paintbrush and it rains. Almost seems as though I can personally make it rain by threatening to paint outside. Now, if I were superstitious or something I could start to believe that I controlled the weather. Silly thoughts indeed!

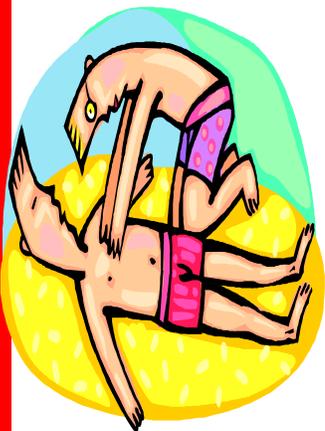


Anyway, July should also bring immense heat with it, and while its beneficial to have the heat [versus the cold] there are risks with it. Y'all know the drill; stay hydrated, drink plenty of non alcoholic fluids, stay in the shade during the hottest part of the day, wear sunscreen...I don't have to tell you this do I? We do have a collection of hot weather safety hints if you want them, ask and you shall receive!

Now about that painting business, how much are you willing to pay me to stay away from the paintbrush, huh?

### CPR CERTIFICATION CLASS

Yeah, we're doing it again, still part of the generous gift the First Congregational Church gave us back in October. On July 6th, folks from the Village Ambulance will be here at 9:00 to offer a FREE CPR certification course to interested and yes, concerned participants. I don't really know how much the course is when it's offered commercially but free is good and so are the results: CPR Certification and another potential lifesaver out there! Call us at 458-8250 for details!



## EXTRA! NO MORE SMOKING...ALMOST

On August 1st, 2009, the entire Proprietors Field campus will be a **SMOKE FREE ENVIRONMENT**. Smoking will be banned from the entire campus [the exception is current smokers who actually live here and who will be grandfathered and allowed to smoke in their apartments]. No one else, and that means nobody folks, can smoke here. There will **NOT** be designated smoking areas outside. Which means that those who once enjoyed a butt outside the doors at Harper won't be welcomed to do so any more. Sorry, progress is painful sometimes. Those of y'all who yelled at me about having to walk thru a cloud of smoke to get in here rejoice and, oh Clara, on August 1st you may throw that ashtray in the dumpster!



## ALADDINS AND A COOKOUT

The Alladins will be back at Harper for a return summer engagement on Tuesday, July 28, at 1:00. Of course, it's summer and with all that implies, we'll most likely be doing another cook-out format. Now, we have always been open to ideas to improve things and have adapted some of them in the past. As for the cookout programming, we're interested in what folks would like to see for food beside the standard issue and will incorporate appropriate-non extravagant suggestion, not lobster for example—into the mix. So, what do you think? We'll take suggestions right up to, let's say Friday July 24th and see what happens next!

We'll be showing the monthly movie after the potluck. What is it?

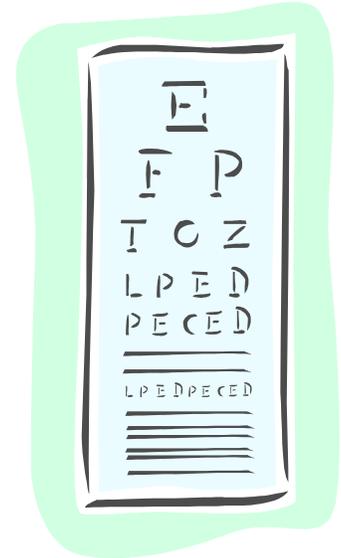
## POTLUCKY

So the June pot luck worked out well and thanks to Marilyn Wiley from elder services for her salad demonstration and words. I have to say that the pot luck concept is tempting and everyone [at least ]says that they enjoyed themselves. The question is posed when we're going to do it again so let's set a date now: Tuesday July 21. How about that? Now we'll put a list out so that everyone can see what others are doing so that we don't end up with duplicates all over and everyone can bring something— as long as there isn't too much, and I guess there wasn't this time, we'll be OK. Alright? Let's do it!



**YOUR EYES AND VISION**

**On Friday July 24 we'll be talking about eyes, vision and all sorts of low vision awareness issues and looking at some devices you can use to help. Dawn Perotti from the UCP organization—you know her, she has been here before—will bring eyesight toys for you to look at and thru. We'll also be talking with an Ophthalmologist, Dr. Neal Ginsberg from the Berkshire Ophthalmologists group about specific vision related issues. He'll be available for questions too. And, if it all works out, we'll have the Lions Eyemobile too. Anyway, Elder Services is providing Salads, specifically potato, Antipasto and chicken salad, we'll grill some burgers and dogs as well. Yup, you gotta sign up for the food, you know where!**



**BINGO**

**Yeah, yeah, we all want more right? Apparently not. Looking at attendance totals for those other Friday events we had a full house for the bird watching presentation and for the trivia game as well as a good crowd on the day the Aladdins came. While this is true, the bingo crowd gets smaller and there are more problems finding willing callers. As my mother would say, whatever. We'll still play bingo and we've scheduled a bunch of games for July and probably August, but, as many have suggested and indeed voted with their presence, there are other interesting things to do and we'll arrange a happy medium, OK?**

**In the meanwhile, your assignment is to find a stream of willing bingo callers. Can't play without one! And no, it won't be Kim!**

**KIMS KORNER**

**549,287 steps and we won the REACH Great Spring Tune Up!!! Thanks to all who participated!**

**Would anyone be interested in a couple outings, on to the Park-McCullough House in Bennington and the other to Lenox for the Rockwell Museum? We're planning trips for August and these were two good suggestions for local travel. Any ideas?**

**I hope you all enjoyed the potluck! There'll be another in July so let me know if you want to bring a dish! And Happy Fourth of July!!!**



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

**WILLIAMSTOWN COUNCIL  
ON AGING**

**The Harper Center  
118 Church Street  
Williamstown, Massachusetts, 01267**

**Telephone 413-458-8250**

**Fax 413-458-5156**

**Email bogrady@williamstown.net**

**Hey everyone!!! Remember that walking competition we got ourselves embroiled in for the last two months with our sister senior centers? Well, guess what:**

**We Won!!!**

**And we get to take home the Golden Sneaker Award representing our championship and hold it until next year! We'll have it on display soon!**

**The individual winner was Florence Armstrong from Florida and I don't know ya but congratulations to you! Our own Kathy Vareschi was runner up with the second most steps and how about that sports fans! A great effort by all indeed! Our message for you other competitors; Come and get us!**

#### **PAGE 4 NEWS AND NOTES**

**Kip will be here on July 21st to work her magic with your tired and sore feet, those lucky enough to have made an appointment for July will be happy, the rest of y'all need to ask what this is about.**

**Our friends at Williamstown Commons will be hosting their annual senior community picnic on the grounds of the Commons on Thursday July 23 from 11:30 to 1:00. We've all had a good time in the past and are surely in for one again so mark your calendars!**

**Our new friend Janet Richardson from Premier Health Care will be here on July 14th at 1:00 to conduct the monthly blood pressure clinic. That's right before the Friendship club meeting so y'all get that pressure checked and say Hi!**

**The Florida Council on Aging is sponsoring a "Christmas in July" crafts bazaar at the Florida Senior Center from 9-4 on July 25th, tables are available and information available at 662-2811.**

**Our SHINE Counselor Peg Jenks will be here at 11:30 on July 15th to help anyone with questions or problems with their health insurance issues. Appointments recommended but not always necessary!**