



Harper Center Bulletin

Williamstown Council
on Aging

Harper Center Bulletin #165

January 1st, 2009

January 2009 Newsletter

Happy New Year! And believe me folks, I mean every word of it! There has been too much badness out there lately and I think that it will probably continue for awhile. Unfortunately, there isn't much we can do about it, the big money people screwed up and as a result, we all suffer. On a local level, we can do much better, we all need support and here at the Harper Center we can try to be supportive to each other and not snipe and crab too much...life ain't that bad, right?



Really, folks, I don't know what will happen this year. The rumbling out of Boston isn't good and nobody can really say what will happen when the legislature returns in January. I can say that we'll continue to tighten the belt, try and save on utility costs—hey, our gas and electric bill are down from last year! That's a big deal, believe me, and, with the price of gas low, we should be OK there too. We'll just do what we can to keep going and persevere as we always do. In the end, the sun will rise each morning, the birds will fly and we'll still be here. There's no reason why we can't really have a happy new year, right? The days are getting longer, the sun is on its way back, it will be brighter soon. Keep the faith!

Blood Pressure Clinics are on hold

It's some bad news which hopefully will have a silver lining. I received a call on December 22 from the VNA telling me that after many years of providing the service, that particular Monday would be their last. It would appear that our clinic, the Spruces clinic and some others have been cut and I don't doubt that financial considerations have impacted the decision. We're grateful that they were around for so long, it was a small but valuable service and we thank them for having come around and been part of us. We'll all miss our friend Joyce who tells me that she ran the clinic here for 19 years. What's next? I have made contact with another entity and asked about getting some help from them I can't tell you who, yet, but I'm hopeful. Stay tuned!

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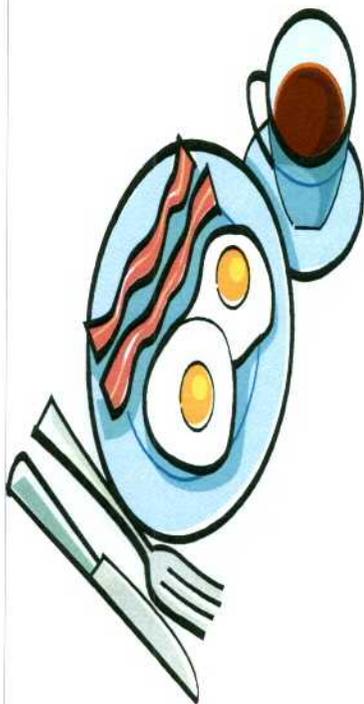
The Williamstown Council on Aging has been serving town seniors and their families since 1966! We're located in the Harper Center at 118 Church Street and we're open for business from 8-4, Monday thru Friday and at 11 on Sunday for lunch. You can call us at 458-8250, fax to 458-5156 or email us via; bogrady@williamstown.net We're dedicated to providing service, information, referral and advocacy to Williamstown seniors and have been for 42 years!



Temari Workshops

Temari is an ancient Japanese craft featuring some amazingly colored and intricately stitched balls. That's right, balls. Perhaps you've seen the display in the North Adams and Williamstown libraries?

Well, anyway, as I've said, it's a traditional craft which originally began as children's simple toy balls, now these spectacularly designed objects have become beautiful and collectible works of art. The best part is that anyone can create a Temari ball, they make wonderful gifts or display items, all you need is a little patience and time! Ruth Fresia and Louise Thompson, two members of our Thursday afternoon knitting group have offered to teach Temari to interested folks here at Harper during a few Tuesday afternoons starting on January 6. We'll have a luncheon on the 6th and they'll demonstrate the art and tell you what's needed. We'll take the rest from there. See you on the 6th!



Breakfast with Margie

There are always changes in the wind and this year will undoubtedly be much the same. Our friend Margie Ware, the SHINE Regional Coordinator will be here on Friday January 16 to talk about changes in Prescription Advantage and how they'll affect those of you who subscribe to the plan.

As an added bonus, our friends at Williamstown Commons will be catering breakfast at 9:00, French toast, fresh fruit, bacon, we'll have bagels and cream cheese with beverages available too. We'll start breakfast at 9:00 so please let us know if you're coming, we need an accurate food count! Thanks!

Music and more

On January 30, the Aladdin's will be here to celebrate the end of January and yet another day closer to Spring. There's a pretty good Elder Services lunch that day, we'll be adding to it so watch for the menu!

There will be a luncheon on the 20th, and most likely a front room event but as this is written it's all up in the air. Everyone is on vacation and it's difficult to get answers! The Temari group appears to be a smaller group and will be meeting in the back room. It's all a work in progress! At worst, well, we'll eat!



Taxes for everyone!

Here we go again, the Taxman is sniffing around and we'd better be ready...hey, any of y'all remember the Beatles tune "Taxman"? And we will be! We're pleased to announce that Pim Goodbody and the AARP tax aide service will return to the Harper Center again starting next month and will run thru the entire tax season. Our sessions will be in the same time zones as the last couple years; Tuesday evenings from 6-9 and Saturdays from 9 to noon. As usual, this is a free service open to anyone of any age with a need to get their taxes in on time. I know some folks who fit that description!

Anyway, I can't tell you exactly how many appointments we can schedule on each day yet but we will start taking appointments in about two weeks. We'll have it all sorted out by then. Start gathering your paperwork and don't delay—the slots will go quickly!



2009 Book Discussion group Schedule

The group begins the year on January 2 with E.L. Doctorow's tale of "The March". February features Fawn Brodie's "No Man Knows My history:the life of Joseph Smith" followed by Khaled Hosseni's "Thousand Splendid Suns". We burst into spring with Sara Gruen's "Water For Elephants", Andrea Barrett's "Air We Breath" is May's selection and June brings Richard Russo and "Bridge of Sighs". When summer comes Annie Proux "That Old Ace in the Hole" is in July followed by Brad Meltzer's "Book of Lies" for August and Russell Shorto with "Island at the Center of the World" for September. October is a double header with Virginia Woolf and "Mrs. Dalloway" and "Hours" by Michael Cunningham, Marilee Robinson's "Gilead" in November and we end the year with Greg Mortenson and "Three Cups of Tea" in December.

What a year! The group meets in the Milne Library on the first Friday of the month at 10:00 a.m., is informal and fun. New members are always welcome, ask at the Library or call us at Harper for information if you're interested.

Hey y'all with drivers licenses; watch out!

In the face of the current economic situation facing Massachusetts everyone is making changes and tightening belts, the registry of Motor Vehicles is no different and they will be making some changes which may affect you. Listen up; please look at your license and be aware of the date upon which it expires. Why? Well, it's because the RMV will no longer be sending courtesy notices to tell you that you need to renew, now it's up to you! Your drivers license is valid for 5 years and always expires on your birthday. It will be easy to track, all you have to do is LOOK AT IT! Let's not have un-necessary fines for driving with an expired license, OK?

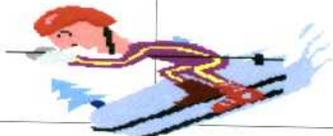




January



2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Van trips to Stop and Shop each Tuesday at 9:45 and 10:45, to Price Chopper at 9:00 on Wednesday</p>	<p>Computer lessons, beginner or a little more advanced, every Wednesday at 9:15.</p>			<p>1 Harper Center Closed</p> 	<p>2 10:00 Book discussion group meets at Milne Library 10:30 Exercise 11:30 Lunch 1:00 Bingo</p>	<p>3</p>
<p>4 11:30 Lunch</p> 	<p>5 10:30 Exercise 11:30 lunch 1:00 Line Dance</p>	<p>6 9:00 Oil Painting 12:00 Luncheon 1:00 Temari Workshop</p>	<p>7 10:30 Exercise 11:30 Lunch 1:00 Bridge</p>	<p>8 9:30 Tai Chi 11:30 Lunch 1:00 Crafts 3:30 Knit Group</p>	<p>9 10:30 Exercise 11:30 Lunch 1:00 Bingo</p>	<p>10</p> 
<p>11 11:30 Lunch</p>	<p>14 10:30 Exercise 11:30 Lunch 1:00 Line Dance</p>	<p>13 9:00 Oil Painting and Foot Care Clinic 1:15 Friendship Club</p>	<p>14 9:30 SHINE 10:30 Exercise 11:30 Lunch 1:00 Bridge</p>	<p>15 9:30 Tai Chi 11:30 Lunch 1:00 Crafts 3:30 Knit Group</p>	<p>16 9:00 SHINE Breakfast presentation 10:30 Exercise 11:30 Lunch 1:00 Bingo</p>	<p>17</p>
<p>18 11:30 Lunch</p>	<p>19 Harper Center Closed— Martin Luther King Day</p> 	<p>20 9:00 Oil Painting 12:00 Luncheon 1:00 Temari Workshop</p>	<p>21 10:30 Exercise 11:30 Lunch 1:00 Bridge</p>	<p>22 9:30 Tai Chi 11:30 Lunch 1:00 Crafts 3:30 Knit Group</p>	<p>23 10:30 Exercise 11:30 Lunch 1:00 Bingo</p> 	<p>24</p>
<p>25 11:30 Lunch</p>	<p>26 10:30 Exercise 11:30 Lunch 1:00 Line Dance</p>	<p>27 9:00 Oil Painting 1:00 Temari Workshop, Friendship Club Bingo</p>	<p>28 10:30 Exercise 11:30 Lunch 1:00 Bridge</p>	<p>29 9:30 Tai Chi 11:30 Lunch 1:00 Crafts 3:00 Knit Group</p>	<p>30 10:30 Exercise 11:30 Lunch 1:00 Aladdins</p>	<p>31</p>