Annual Picnic
Monday, June 11
12:00 p.m. @ Conant Park
Catered by Hamel’s Creative Catering!
Hot Dogs, Hamburgers, BBQ Chicken, Corn on the Cob, Tossed Salad, Assorted Desserts, and Cold Drinks
Tickets are $12.00 p.p.
Featuring Linda O’Neill & Tom Boido Guitar & Song
Gift basket raffle too!
Sign up at the Senior Center by Mon. June 4. Cash or checks.
Friends of Southampton Council on Aging.

Daniel Clark
The Singing Trooper will provide us with a wonderful afternoon of song.

TUESDAY, JUNE 12, 2018
Lunch at 11:30 a.m.
Show at 12:30 p.m.

Schuetzen Verein
Barton’s Cove - Rte 2 in Gill
$10.00 per ticket
Lunch is included!

For tickets, contact:
Franklin TRIAD Office at (413) 774-4726
Hampshire TRIAD Office at (413) 320-1490
Candace at (413) 658-4203

All proceeds to benefit Franklin & Hampshire County Sheriffs’ TRIAD Units.
**SOUTHAMPTON COA VAN FARES**

<table>
<thead>
<tr>
<th>Category</th>
<th>Fare Details</th>
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<tbody>
<tr>
<td>In Town</td>
<td>$1.00 one way/$2.00 round trip .25 increase</td>
</tr>
<tr>
<td>Senior Center</td>
<td>$0.50 one way/$1.00 round trip Starting July 1, 2018</td>
</tr>
<tr>
<td>Adjacent Cities/Towns</td>
<td>$1.50 one way/$3.00 round trip (Easthampton, Holyoke, Westfield, Westhampton and Montgomery)</td>
</tr>
<tr>
<td>All other Cities/Towns</td>
<td>$2.00 one way/$4.00 round trip</td>
</tr>
<tr>
<td>Additional Stops</td>
<td>One way fare for that town for each stop</td>
</tr>
</tbody>
</table>

**And remember NO tipping the drivers, it is against regulations**

The van is owned and principally owned and funded by (FRTA) Franklin Regional Transit Authority. The Franklin Regional Transit Authority (FRTA) requires that all new van riders, 60+, complete an application and be approved by them before riding the van. Call 529-2105 with any questions.

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**Assistance Available to Our Seniors**

We have volunteers paid and unpaid available for many services

- Basic Carpentry
- Housework
- Handyman Jobs
- Bookkeeping
- Basic Electrical
- Hair Care
- Yard Work
- And more...

Please call Flo @ Our Center for more information.

(413) 529-2105 The coordination of this program is made possible by a grant from the Executive Office of Elder Affairs

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**SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY**
Southampton Council on Aging
210 College Highway, Suite 3
413-529-2105

We are here for you….

Monday - Thursday  8:30 a.m. – 3:00 p.m.

Joan Linnehan  COA Director  - coadirector@townofsouthampton.org
Darlene Matyoka - Administrative Assistant  coaaa@townofsouthampton.org
Florence Collins - Volunteer Coordinator - coavolunteer@townofsouthampton.org
Richard Homan - Mon-Thurs Van Driver   Hank Senecal - Friday Van Driver
Richard Bauman - SHINE Coordinator – call 527-8199 for an appointment

FY 18 COA Board Members
Chair- Janet Cain , Vice Chair -Elizabeth Plouffe, Treasurer -Josie Alderman
Secretary—Lori Loiselle, Nilda Cohen, Dorothy Putnam, Katherine Lorigan

Wednesday, June 6, 2018 @ 9:30am upstairs meeting room

Board Applications are available outside the Town Administrators office.

Resources:
Highland Valley Elder Services:  800-322-0551
Executive Office of Elder Affairs:  800-243-4636
Elder Abuse Hotline:  800-922-2275
Mass Senior Legal Helpline (Free):  866-778-0939
Medicare:  800-633-4227
Social Security: 800-772-1213 / Holyoke Office:  877-480-4989
Community Action (Fuel Assistance):  800-370-0940

Northampton Main Office: 413-582-4230
SNAP (Supplemental Nutrition Assistance Program):  866-950-3663
Hatfield Office: 413-247-9738 #142
Golden Moments Adult Day Health Spa

Discover the benefits for seniors and their caregivers!
Our comprehensive day program is half the cost of in home care, while providing a safe, holistic environment!

OPEN
Mon-Fri
8am-5pm

- Nursing oversight
- Home like environment/Big screen TVs
- Daily yoga/exercise
- Activities, games, special outings
- Walk in shower and assistance with activities of daily living
- Musical programs/singing
- Pet therapy
- Massage option
- Salon services (hair, nails and feet)
- Case management for caregivers

FOR DETAILS CALL 413-727-3094
190 Nonotuck Street • Suite 106 • Florence • www.goldenmomentsspa.com
LOBSTER FEAST!
DIXIELAND, BIG BAND SWING, GOLDEN STANDARDS

June 14, 2018 at the Log Cabin Banquet and Meeting House, Holyoke, MA

Internationally renowned Jeff Barnhart and his Riverside Ramblers are a quintet that promise great versatility and virtuosity, with selections ranging from Dixieland and Big Band Swing to Golden Standards, hilarious parodies and audience participation numbers. These internationally sought-after entertainers have played for thousands of audiences in over 100 countries! Pianist/vocalist Jeff Barnhart will have you feeling years younger as he leads his group through the decades with well-known favorites played with the perfect beat. You’ll laugh, sing, dance and have the best afternoon of the year with this rambunctious band. Don’t be disappointed and hear about this one later! Come and bring friends!

MENU

Hors d’oeuvre Welcome Platter
Complimentary Glass of Wine
Rolls and Butter
Our Award-winning Clam Chowder
New England Boiled Lobster Double lobsters available upon request (market price)
Barbecued Ribs and Chicken
Corn and Baked Potato
Strawberry Ice Cream Sundae
Coffee, Tea, Decaffeinated Coffee

Self Drive, Jitney or Motorcoach
Attention
Pitch
Players!!
Thursdays @ 1 pm
We know you are out there.
Meet new people, visit with friends.
Come join Us!!

Healthy Bones & Balance Class
Tuesdays
9am-10:15 am
&
Thursdays
11am-12:15pm

Gentle Chair Yoga Classes
Taught by Michele Morales-Wolk
Thursdays @ 9:30am
$30 for a 6 wk session

FOSCOA & Friendly Socials
Meeting Tues. June 5, 2018 @ 10:30am
Wed. June 6 @ 11am Free Karate Demo w/ Dave
Wed. June 13 @11:30am Soup Social $3.00
Tues. June 19 @ 12noon Ice cream & Frozen Yogurt social $1.00
Thurs. June 28 @ 12noon Strawberry Shortcake $1.00

3 Summer Day Bus Trips:
Sign up for a day trip with us!
All Trips are leaving from Tractor Supply, Southampton.

1. Tuesday, June 26th $87/pp, @ 8:30am
Heading to Thomaston, CT, a train ride along the Naugatuck River with a stop at Fascia’s Chocolate Shop. Lunch is at San Marino’s Restaurant.

2. Tues. July 17th, $103/pp, @ 7am
Travel to Galilee RI and take a Ferry to Block Island with lunch at the National Hotel.

3. Tues. Aug. 21st, $83/pp, @ 8:45am
Off to Plymouth MA the Pilgrim Belle Paddle Wheeler. Lunch at Isaac’s on the Waterfront.
Happy June Birthday to our Friends

Darlene Matyoka 6/2
Shirley Szczypta 6/6
Edward Palmer 6/7
Mary Robinson 6/11
Bill Aherin 6/14
Margaret Lampson 6/19
Eileen Bourque 6/21
Betty Schaefer 6/22
Rosemary Stone 6/23
Celia Garstka 6/25
Nancy Gwinner 6/26
Ann Weisse 6/26
Frank Sigda 6/29

From the Director’s Chair

“And what is so rare as a day in June? Then, if ever, come perfect days...Joy comes, grief goes, we know not how; Everything is happy now, Everything is upward striving”…Southampton is a beautiful place to live and work! So many beautiful farms, orchards, parks and scenery! Our Council on Aging was granted $600. by MCOA to develop a Walking Club two days a week. We average about 7 people on Mondays and Wednesdays at 10am and they walk a little over a mile south on College Highway and turn left at the baseball field and continue back down East St. to the Town Hall. Take advantage of the great Spring weather to be out and about! The Relay for Life is at Look Park on June 15-16. Our COA Administrative Assistant, Darlene Matyoka and Friends Secretary Andrea Sullivan are both walking as Cancer Survivors! Please support this worthwhile cause!
American Cancer Society
Relay For Life
Of Hampshire County

We Can Do It!

Join the Fight!

www.RelayForLife.org
HampshireCountyMA
Register Online
Or
At Relay II

Look Park
300 N Main St, Florence, MA 01062

Friday & Saturday June 15th & 16th 3PM-3PM

Twenty-four hour event to fight Cancer by fundraising for local programs and cancer research to find a cure.

---------- Celebrate - Remember - Fight Back!!! ----------

Presenting

Mass General Cancer Center
at Cooley Dickinson Hospital
TRIAD House Numbering Program
A reflective house number on a metal post can be installed next to your driveway so that emergency personnel may be able to easily locate your home.
A $5.00 donation is appreciated. Please call 529-2105 to request.

Calling All Bingo Lovers
Come play with Us!
Every Wednesday @ 12:30 p.m.

The SCOA newsletter & calendar can be viewed on our Website
townofsouthamptonma.org
(Refresh Page to view)

Health Fair
Wed. June 20, 2018
10am-12noon
20 vendors
Free Blood Pressure Clinic
Provided by our local Fire Department

Gary Winn
Hearing Clinic
New Ears Affordable Hearing Care
Tuesday, June 26, 2018
9:30am-11:30am
Hearing Test and Advice
Senior & Pet of the Month

Introducing Cindy Walsh
formerly Cindy Olson. Welcome! Cindy just turned 60 in April and moved from Monson to become a new Southampton resident. She loves animals! Her cat’s name is Shatz, her horse is Reba, and is staying at the Kaniecki Farm. Cindy grew up in Springfield and graduated Cathedral High School with Joan Linnehan. She worked at Mt. Tom Ski Resort and retired as a Language teacher at E. Longmeadow High. She loves photography, travelling and skiing with Leo. She will be a great asset to our community!

Sip & Paint Art Class
First 10 people
Mon. June 25, 2018 @ 3pm
$20.pp 8x10 Sunflowers
Cold Beverages including
Beer & Wine available

Sarah the Fiddler

Old-time · Irish · World

WED, JUNE 27 @7 pm
Conant Park Pavilion
30 East St. I Southampton, MA 01073
(Off College Highway / Behind Edwards Library)
This concert will be Rain or Shine under covered pavilion.

Bring your own seating!
Admission: FREE
our SENIOR CENTER

A convenient source for local services

FIND AN ADVERTISER NEAR YOU
SEARCH SUPPORTERS OF OUR CENTER to find trusted services in our area!

ourseniorcenter.com

PLUS Sign up to have our newsletter emailed to you!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Van Rides</td>
<td>9am Tai Chi DVD</td>
<td>10am Walking Club</td>
<td>9:30am COA Meets</td>
<td>9:30am Chair Yoga</td>
<td>1-</td>
</tr>
<tr>
<td>9-10:15am Healthy Bones &amp; Balance</td>
<td>10:30 FRIENDS Meeting</td>
<td>10am Walking Club</td>
<td>11am Karate Demo</td>
<td>11-12:15 Healthy Bones &amp; Balance</td>
<td>2</td>
</tr>
<tr>
<td>10am Walking Club</td>
<td>11am Lunch BYO</td>
<td>11:30 Lunch BYO</td>
<td>12:30 Lunch BYO</td>
<td>12:30 Bingo</td>
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<tr>
<td>10:30 TRIAD</td>
<td>12:30 Bingo</td>
<td>12:30 Bingo</td>
<td>1pm Holy Rollers</td>
<td>1pm Pitch</td>
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<tr>
<td>1:00pm Line Dance</td>
<td>2:30 Bingo</td>
<td>2:30 Shower</td>
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<tr>
<td>Van Rides</td>
<td>Trip to GILL TRIAD Picnic</td>
<td>9:30am Free Coffee</td>
<td>9:30am Chair Yoga</td>
<td>Van Rides</td>
<td>Richard &amp; Sandy's Wedding</td>
</tr>
<tr>
<td>9am Tai Chi DVD</td>
<td>9-10:15am Healthy Bones &amp; Balance</td>
<td>10am Walking Club</td>
<td>11am Log Cabin Trip</td>
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<tr>
<td>10am Walking Club</td>
<td>11:30 Soup Social $3</td>
<td>11-12:15 Healthy Bones &amp; Balance</td>
<td>11-12:15 Healthy Bones &amp; Balance</td>
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<td>12 Noon POSCOA Picnic</td>
<td>12:30 Bingo</td>
<td>1pm Pitch</td>
<td>1pm Pitch</td>
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<tr>
<td>Conant Park</td>
<td>1pm Holy Rollers</td>
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<td>$12. &amp; Music</td>
<td>Happy Summer!</td>
<td>12pm Chair Yoga</td>
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<td>RELAY for LIFE Look Park</td>
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<tr>
<td>Van Rides</td>
<td>9am Tai Chi DVD</td>
<td>10am Walking Club</td>
<td>9:30am Chair Yoga</td>
<td>Van Rides</td>
<td>A Look @ July</td>
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<tr>
<td>9am Tai Chi DVD</td>
<td>12 noon Ice cream &amp; Frozen Yogurt Social</td>
<td>10-12 noon HEALTH FAIR</td>
<td>11-12:15 Healthy Bones &amp; Balance</td>
<td>&amp; Grocery shopping</td>
<td>7/4 Holiday</td>
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<td>12:30pm Town Hall Pot Luck Lunch</td>
<td>10am Walking Club</td>
<td>11am Log Cabin Trip</td>
<td>12 noon Volunteer Appreciation by invitation Luau Theme</td>
<td>12 noon Volunteer Appreciation by invitation Luau Theme</td>
<td>7/10 Food Bank</td>
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<td></td>
<td>11:30 Lunch BYO</td>
<td>11-12:15 Healthy Bones &amp; Balance</td>
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<td>7/17 Block Island</td>
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<td>12:30 Bingo</td>
<td>1pm Pitch</td>
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<td>7/24 Ice Cream</td>
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<td>1pm Holy Rollers</td>
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<td></td>
<td>12pm Chair Yoga</td>
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