



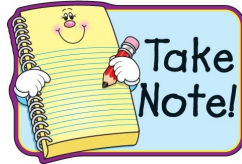
December 2019

Adams Council on Aging

The Informer

3 Hoosac Street • (413) 743-8333 • Monday-Friday 8:30 a.m.— 4 p.m.

Due to weather, these meetings will be suspended for months of Jan, Feb, and March, and will resume on the following dates:



- Friends of the COA Meeting - 04/01
- Senior Club Meeting - 04/02
- No "Art with Donna" til Spring



ANNUAL HOLIDAY PARTY

When: Tuesday, December 10, 2019, 4:00 - 7:00 p.m.

Where: Bounti Fare Restaurant

Menu Choices: Sliced Roast Beef Sirloin Au Jus
Chicken Vermont,
Baked Stuffed Haddock
Eggplant Parmesan

Meal includes: pasta course, salad, coffee and dessert

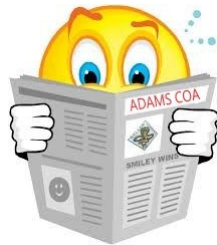
Tickets are available at the COA office. The price of the ticket will be \$23.00. "Friends of the COA" receive a \$5.00 discount and only pay \$18/ticket.

Join us for this year's annual gathering where we will have DJ Entertainment, 50/50, basket raffle, and wine toss raffle! A special guest from the North Pole will join us again to help distribute raffle winnings.

Door to door transportation available at no cost to you!

Did you know our newsletter is online?

You can read the current and previous editions by visiting the following website:



www.ourseniorcenter.com/find/friends-of-adams-coa

Remembering those who will be here in spirit.

Rose Belisle
Rolland Samson
Felica Clarke
In our thoughts.





MOVIES OF THE MONTH

Yes! You read that correctly...this month we have two movies for your viewing pleasure.

Wednesday, Dec 11th 12:30 p.m.

The Grinch

PG | 1h 25min | November 2018



The Grinch and his loyal dog, Max, live a solitary existence inside a cave on Mount Crumpet. His main source of aggravation comes during Christmastime when his neighbors in Whoville celebrate the holidays with a bang. The Grinch realizes there is one way to gain peace and quiet. With help from Max, the green grump hatches a scheme to pose as Santa Claus, steal Christmas and silence the Whos' holiday cheer once and for all.

Thursday, December 19th 12:30 p.m.

The Christmas Chronicles

TV-PG | 1h 44min | November 2018

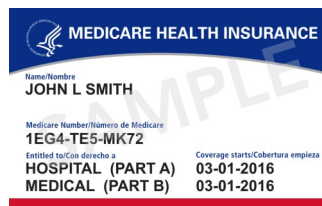


Siblings Kate and Teddy Pierce hatch a scheme to capture Santa Claus on Christmas Eve. When the plan goes awry, the kids join forces with a somewhat jolly Saint Nick and his loyal elves to save the holiday before it's too late.

Health Insurance **SCAM!**

What they'll say: "Open enrollment has passed, but luckily that doesn't mean you'll be without coverage this year. New laws in place still allow you to get an affordable health insurance plan from an A-rated insurer at a price that you and your family can afford. Press 1 now to speak to an agent."

Use good sense: Do not respond to inquiries like this over the phone. Instead, if you're looking for lower-cost health insurance, our resident insurance specialist, Karen, is here to help you., 743-8333.



COA Board Members

Pam St. John, Chairperson
Aleta Moncecchi, Vice Chair
Bob Joppich
Bruce Shepley, R.N.
Debbie Wineberg, R.N.
Mary Whitman
Leona Meczywor
Barbara Fiske
Barbara Lagowski
Selectman Jim Bush, Liaison
Next Meeting: January 27, 2020 at 2pm

COA Director

Erica Girgenti

Outreach Worker

Barbara Proper

Administrative Assistant

Vacant

Van Drivers

John Naughton, Chuck Gebauer,
Jolene Droschen, Neal Crosier
Joe Sloane & Bruce Shepley

Custodian

Kyle Wilson & Jim Shea

Community Lunch Volunteers

BFAIR, Louise Charron, Barb Ziemba
Kathy Jordan, Joseph Mouller,
Don & Corey Prosser, Bob Joppich

SHINE Counselor (Medicare)

Karen DeOrdio

THE INFORMER Editor

Barb Lagowski, Deb Wineberg,
Pam St. John & Marsha Mikuszewski.



Sponsored by Bane Care
Wed, December 18th,
12:30 p.m.

Community Lunches

Catered by ESBC

A \$2.00 Donation per meal for 60 yr old and older

Monday – Friday Serving Time: 11:30 AM

Adams Council on Aging/Visitor Center

To order a meal, call 48 hours in advance at 743-8333.

Transportation Available

For a full listing, obtain a menu at the Council on Aging

- 12/02 Goulash, Mixed Greens, Veggies
- 12/03 Spanish Rice, Spinach, Cauliflower
- 12/04 Chicken Divan, Potatoes, Carrots
- 12/05 Veal w/Peppers & Onions, Potatoes, Peas
- 12/06 Roast Pork w/gravy, Sweet Potatoes, Sprouts
- 12/09 Baked Pollock Loin, Potato Salad, Beets
- 12/10 Salisbury Steak, Mashed Potatoes, Squash
- 12/11 Stuffed Shells & sauce, Italian Wedding Soup
- 12/12 Bone-in Chicken, Sweet Potatoes, Cauliflower
- 12/13 Sweet n Sour Meatballs, Brown Rice, Cabbage
- 12/16 BBQ Pork Patty w/Onion & Peppers,
Potatoes, Peas and Carrots
- 12/17 Chicken Bruschetta, Egg Noodles, Mixed
Greens
- 12/18 Calico Beans & Sausage, White Rice, Broccoli
- 12/19 HOLIDAY MEAL Roast Beef, Mashed
Potatoes, Veg Medley
- 12/20 Baked Breaded Pollock, Veggies, Potatoes
- 12/23 Chicken Sorrento, Brown Rice, Veggies
- 12/24 Vegetable Pinwheel, Tuscan Blend Veggies
- 12/25 CHRISTMAS DAY - CLOSED
- 12/26 Macaroni & Cheese, Tomato Soup, Peas
- 12/27 Beef Burgundy, Egg Noodles, Carrots
- 12/30 Sloppy Joe, Potatoes, Veggies
- 12/31 Chicken Almondine, Potatoes, Mixed Veggies

Mobile Food Bank

THIS MONTH

10am - 11 am

DEC 10th

ONLY!

*Questions? Contact the Adams COA 413-743-8333.
This program is generously funded by Our Family
Foundation by Stop & Shop and managed by The
Food Bank of Western MA and Community Health*



“One of the tiniest instruments around is making a big impact in the Berkshires, helping residents find and expand their musical voices. “acclaimed The Berkshire Eagle.

Come in from the cold, and join us for another performance. We can pretend we are on an island in the Pacific Ocean!

Northern Berkshire Ukelele Band

December 20th at 11:00 a.m.

Always accepting new members too!



Alzheimer's Caregiver
Support Group

Alzheimer's Info and Caregiver Support Group

Meets every 2nd Tuesday of every month from 6pm—7:30pm., upstairs in the Visitor's Center/Council on Aging. You are not alone!

Next meeting will be held on **December 10th**. See you there.

DECEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:30 - 12:00 SHINE Counsel 11:30 Lunch</p>	<p>3 9:00 Chair Yoga 9:15 Tai Chi ? 11:30 Lunch 12:00 Adams Market Transport 1:00 Quilt, Crochet, Knit</p>	<p>4 9:30 - 12:00 SHINE Counsel 10:00 Transport to Wal-Mart 11:30 Lunch 12:30 Bingo 3:00 Friends of the COA Mtg</p>	<p>5 9:00 Chair Yoga 11:30 Lunch 12:30 Crafty Card Making  7:00 pm Quilt, Crochet, Knit</p>	<p>6 9:30-12:00 SHINE Counsel 11:30 Lunch</p>
<p>9 9:30 - 12:00 SHINE Counsel 11:30 Lunch 12:30 Brown Bag</p>	<p>10 9:00 Chair Yoga 9:15 Tai Chi ? 10:00 Mobile Food Bank 11:30 Lunch 12:00 Adams Market Transport 1:00 Quilt, Crochet, Knit 6:00 Alz Support Group</p>	<p>11 9:30 - 12:00 SHINE Counsel 10:00 Transport to Wal-Mart 11:30 Lunch 12:30 Movie: The Grinch</p>	<p>12 9:00 Chair Yoga 11:30 Lunch 7:00 pm Quilt, Crochet, Knit </p>	<p>13 9:30-12:00 SHINE Counsel 11:30 Lunch</p>
<p>16 9:30 - 12:00 SHINE Counsel 11:30 Lunch</p>	<p>17 9:00 Chair Yoga 9:15 Tai Chi ? 11:30 Lunch 12:00 Adams Market Transport 1:00 Quilt, Crochet, Knit Foot Clinic by App Call 743-8333 to Book</p>	<p>18 9:30 - 12:00 SHINE Counsel 10:00 Transport to Wal-Mart 11:30 Lunch 12:30 Bingo </p>	<p>19 9:00 Chair Yoga 11:30 LINEN LUNCH 12:30 Movie: Christmas Chronicles 7:00 pm Quilt, Crochet, Knit</p>	<p>20 9:30-12:00 - SHINE Counsel 11:00 Ukelele Concert 11:30 Lunch </p>
<p>23 9:30 - 12:00 SHINE Counsel 11:30 Lunch</p>	<p>24 9:00 Chair Yoga 9:15 Tai Chi ? 11:30 Lunch</p>	<p>25 </p>	<p>26 9:00 Chair Yoga 11:30 Lunch 7:00 pm Quilt, Crochet, Knit</p>	<p>27 9:30-12:00 - SHINE Counsel 11:30 Lunch </p>
<p>30 9:30 - 12:00 SHINE Counsel 11:30 Lunch</p>	<p>31 9:00 Chair Yoga 9:15 Tai Chi ? 11:30 Lunch</p>	<p style="text-align: center;">Tai Chi is a question because we're not sure if a new location will be available.</p>		

Mary Lou is Back,
just in time for Christmas!



Crafty Card Making

This is just a sampling of the cards YOU could create. Come join us to make a few special cards for those very special folks in your life.

Please let us know if you will attend this class. We want to ensure that we have all the supplies available. Call now to reserve your spot ...743-8333.

Thursday, Dec 5, at 12:30



Buckets of Sand

Avoid falls this winter with a FREE bucket of sand provided to homebound seniors by the Adams COA.

Have your buckets ready for pickup, and we will pick up, refill, and deliver.

Please call (413) 743-8333 for more information

You may be eligible for the Supplemental Nutrition Assistance Program (SNAP). SNAP provides a monthly **benefit** to buy nutritious foods. You



must be low-income and be a U.S. citizen or legal noncitizen (restrictions apply). Call Barbara; she will help you determine if you are eligible, and if you are, she will be more than happy to help you apply.

100 CUP COFFEE CHALLENGE CONTINUES



So many unforeseen circumstances, but Barb did a great job of juggling! However, some appointments had to be postponed, but now, she's ready, willing, and able to continue her quest. She's waiting for YOUR call and needs YOUR help to complete this challenge! You'll leave with a nice parting gift, a personalized coffee mug from the Adams Council on Aging.

This program is in part sponsored by the Friends of the Adams COA

Become "Friends of the Adams Council on Aging"

Annual Membership is \$10 and in itself is a fundraiser for the Council on Aging and its programming. The Friend Group can help to raise the dollars needed for programming that the Center isn't allowed to generate. Did you know that municipal departments cannot fundraise? Well the Friends can! Support your senior center TODAY and become a "Friend" by mailed check to 3 Hoosac St, Adams MA. You can pop in too and pay cash. Being a Friend can get you discounts on COA programming throughout the year.

You could be eligible for \$250 towards your heating bill through the Salvation Army's Good Neighbor Energy fund, starting January 1, 2020.

Household Size Minimum / Maximum

- 1 : \$37,361—\$49,815
- 2 : \$48,856—\$65,141
- 3 : \$60,352—\$80,469

Call COA Outreach at 743-8333 to inquire or
For more information please visit
www.magoodneighbor.org



**DOING
THE MOST
GOOD®**

Very few months present the multicultural "teachable moments" that December does! The following multicultural events and celebrations are among those that will happen this year:



- Saint Nicholas Day (Christian)
- Fiesta of Our Lady of Guadalupe (Mexican)
- St. Lucia Day (Swedish)
- Hanukkah (Jewish)
- Christmas Day (Christian)
- Three Kings Day/Epiphany (Christian)
- Boxing Day (Australian, Canadian, English, Irish)
- Kwanzaa (African American)
- Omisoka (Japanese)

HAPPY HOLIDAYS TO ALL!



Did you Know that 1 in 9 children in Massachusetts is food insecure? Food insecurity describes a household's inability to provide enough food for every person to live an active, healthy life. Project 351 is a grassroots, youth-led, school-based movement for positive change.

The COA has partnered with an energetic local teen, who has accepted the challenge of Project 351, to help those who need to supplement their diet with nutritious food.

The Council on Aging will accept donations of non-perishable foods from December 2nd through Dec 13th. These items will be forwarded to the St. John Paul II Parish Food Pantry.

Next time you go grocery shopping, pick up a few extra items and drop them off at the COA!

Tai Chi Classes

The Adams COA is looking for a new location for our Tai Chi Classes, usually held every Tuesday at 9:15am

'Adams COA Friends' are seeking donations in the form of stamps or unused birthday cards.

Thank you in advance!