

Agawam



Senior Scene

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A Publication of the AGAWAM COUNCIL ON AGING

954 Main Street • Agawam, MA 01001-3128

Agawam Senior Theater
Presents
Haverston Mill Town Meeting
Directed by: Steve Henderson

Friday, May 17, 2013

2 GREAT Performances 2pm & 6:30pm ~ \$5.00

Agawam Senior Center
954 Main St., Agawam

Supported by FRIENDS of the
Agawam Senior Center



We would like to wish all
Mother's, Grandmother's,
Great-Grand Mother's &
Great-Great Grandmother's
a very HAPPY MOTHER'S DAY
Sunday, May 12, 2013.

ATTENTION ALL GAMERS: Looking for a new game to play?? Every Tuesday at 2:00pm come and play the Mexican Train Game!! This domino based game is easy to learn and fun for all!! Call Nancy King at 786-0556 for any questions or information.

FRIENDS TRIPS

We have some room available for our trip to Historic Philadelphia which is going to take place May 28-31, 2013. Some of the highlights and special stops on this trip are Longwood Gardens, the National Liberty Museum, Liberty Bell, Fairmount Park and a very special visit to the Mummer's Museum with a luncheon and show included. Thursday, June 13, 2013 join us at Tekoa Country Club for Elvis in Blue Hawaii starring Brian Weldon. This is a drive on your own luncheon trip and show. Cost is \$44pp. **If you are interested in any of the above trips, please contact Penny at 413-519-7223.** We would love to have you experience these trips with us!! **Don't forget about the monthly Mohegan Sun Trip, Monday, May 20.**

FRIENDS would like to remind you that all trips booked with Penny benefit the FRIENDS of the Agawam Senior Center, check your fliers to make sure you see the word **FRIENDS** at the top this will ensure that the **Agawam Senior Center is being supported. THANK YOU!!!!**



FRIENDS News

Just a reminder that the next FRIENDS meeting will be on Wednesday, May 1, 2013 at 10:00am, we look forward to seeing you there.

Hospice Life Center Presents
Monday, May 20, 2013 at 12:00pm
The Conversation Project

82% of people say it's important to put their wishes in writing. 23% have actually done it. 60% of people say that making sure their family is not burdened by tough decisions is "extremely important" 56% have not communicated their end-of-life wishes Source: Survey of Californians by the California HealthCare Foundation (2012)
Join us at the Senior Center for an informational discussion about this public campaign with a simple and transformational goal: to have everyone's end-of-life wishes expressed and respected.

Golden Age Club Chapter One

Sodom Mtn. picnic will be on 6/26/13, the Senior Center bus will be available for those who would like it, please sign up in advance or see Kristina. The bus will leave the Senior Center at 11:00am and return around 3:00pm. Picnic tickets will go on sale. Tickets will be on sale at the monthly meetings. The Picnic Menu is as follows: Hot dogs, Hamburgers, Fruit, Potato Salad, Beans, Sundaes, and Lemonade.

May 3 Board Meeting at the Senior Center 1:00pm.

May 8 1:30pm Regular meeting at the Senior Center, our entertainment will be the Harmonica Players.

May 22 1:30pm Regular meeting at the Senior Center. Birthdays will be celebrated, our monthly raffle, bingo, and our annual memorial service will take place.

Sincere thanks to David & Marilyn Campagnari for their most generous donation in memory of Celia Balboni.

Anyone 60 and over is welcome to come and see what Chapter One is all about. We meet the second and fourth Wednesday of each month at 1:30pm at the Senior Center. We are a friendly group always looking for new members. Contact Mary DelNegro at 786-5176 for more information.

Golden Age Club Chapter Two

Happy Spring Everyone!

May 1st Our first meeting of the monthly. Now that Spring is here, maybe we can get some new members to share some fun and entertainment and refreshments. Entertainment today will be provided by Laurie Festa a fine vocalist.

May 6th We are off to Twin River Casino in Rhode Island to seek our fortune. Hope we can bring back some of that out of state money. And don't forget the Kentucky Fried Chicken buffet.

May 13th We return to Mohegan Sun Casino to try our luck. Hopefully we will all return with some money this time.

May 15th Second regular meeting of the monthly and of course refreshments will be served. Join us for a fun afternoon.

May 21st Today is board meeting day at the senior center at 1:00 PM. Please try to attend. A Memorial donation was made in memory of Jim Anderson by Mr. & Mrs. William Anderson.

See you in June.

Volunteer Dinner

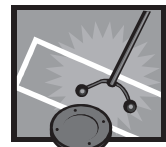
The annual Volunteer Dinner will take place Friday, May 3 at 5:00pm. This event is by invitation only. We like to take an evening to recognize and thank the volunteers at the Senior Center who put in countless hours. Without you our Senior Center wouldn't run as smoothly as it does. A wonderful menu has been prepared by Chef Carol and our musical guest will be Alex on the piano. We look forward to being able to honor all of you who do so much for the center. THANK YOU!!!

Also, just a reminder for those of you who are volunteers, you must record your volunteer hours on the My Senior Center computer system. If you are not sure of how to do this, just ask Joan or Kristina. Starting next year, only those who have volunteer hours recorded on the computer will be invited to the dinner. This is your responsibility to keep track of your hours. We will be more than happy to show you how, just ask!!

MOTHER'S DAY PLANT SALE!!
Agawam Senior Center Dining Room
Begins at 9:00am
Tuesday May 7-Thursday May 9
Or until supplies last!!!

Shuffleboard Anyone??

It is about that time to dust off the cues and the disks and meet us at St. Johns Field for an exciting game of Shuffleboard!! The group will meet on Tuesday, May 21 at 9:30am at St. Johns Field. All are welcome to join us!! If you have any questions please call Caroline Sett at 786-2430. See you there!!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FOR THE MONTH OF MAY THE OPEN ART CLASS WILL HAVE THEIR ART WORK ON DISPLAY AND SOME FOR SALE IN THE VETERANS HALL. THEY HAVE WORKED HARD ALL YEAR, TAKE A LOOK AT THEIR INCREDIBLE DISPLAY. MAY 9-MAY 23rd. SOME OF THE ART PIECES ARE ALSO FOR SALE.</p>	<p>MAY 2013</p>	<p>8:15 YOGA 8:15 WEIGHT TRAINING 9:45 GENTLE YOGA 10:00 FRIENDS MEETING 12:30 BRIDGE 1:00 BALLROOM LESSONS 1:30 GOLDEN AGERS CHAPTER 2 MEETING 3:30 THEATER GROUP PRACTICE 6-8PM WEST. MASS. GENEALOGY</p>	<p>9:00 EXERCISE 9:30 QUILTING 10:00 LINE DANCING 12:30 BRIDGE 1:00 PITCH 1:30 OPEN ART CLASS 2:00 MELODY BAND PRACTICE 6:30 PITCH</p>	<p>8:30 TAP CLASS 9:15 OIL PAINTING 9:30 INTERNET COMPUTER CLASS 9:30 HAND & FOOT CARD GAME 10:00 TAI CHI 11:15 YOGA 12:00 CANASTA 1:00 PITCH 1:00 BEGINNER COMPUTER CLASS 1:00 CRIBBAGE 5:00 ZUMBA WITH DONNA 5:00 VOLUNTEER DINNER by INVITATION ONLY</p>
<p>8:00 CHAPTER TWO TWIN RIVERS CASINO TRIP 8:15 WEIGHT TRAINING 8:15 YOGA 9:30 PAINTING CLUB 9:30 LINE DANCING 9:30 FALLON INSURANCE MTG. 10:30 OFFICE HOURS W/ SENATOR KNAPIK 11:30 GENTLE YOGA 1:00 BINGO 5:00 ZUMBA WITH DONNA</p>	<p>9:00 S.H.I.N.E. BY APPT. 9:00 EXERCISE / 10:00 PACE 9:00 KNITTING / SEWING 12:30 LADIES BILLIARDS / MOVIE 12:30 MAH JONGG 2:30 CHORUS 4:30 YOGA 6:00 BEGINNER LINE DANCE 6:30 EVENING SEWING CLASS</p>	<p>8:15 YOGA 8:15 WEIGHT TRAINING 9:45 GENTLE YOGA 12:30 BRIDGE 1:00 BALLROOM LESSONS 1:30 GOLDEN AGERS CHAPTER 1 MEETING 3:30 THEATER GROUP PRACTICE 5:00 ZUMBA WITH DONNA</p>	<p>9:00 EXERCISE 9:30 QUILTING 10:00 LINE DANCING 12:30 BRIDGE 1:00 FREE BLOOD PRESSURE CHECK 1:30 OPEN ART CLASS 2:00 MELODY BAND PRACTICE 6:30 PITCH</p>	<p>8:30 TAP CLASS 9:15 OIL PAINTING 9:30 HAND & FOOT CARD GAME 10:00 TAI CHI 11:15 YOGA 12:00 CANASTA 1:00 PITCH 1:00 BEGINNER COMPUTER CLASS 5:00 ZUMBA WITH DONNA 5:00 VOLUNTEER DINNER by INVITATION ONLY</p>
<p>8:15 WEIGHT TRAINING 8:15 YOGA 9:30 PAINTING CLUB 9:30 LINE DANCING 11:30 GENTLE YOGA 1:00 BINGO 1:30 5 WISHES SEMINAR 5:00 ZUMBA WITH DONNA</p>	<p>9:00 EXERCISE / 10:00 PACE 9:00 KNITTING / SEWING 10:00 COMPUTER CLUB MEETS 12:00 MONTHLY BIRTHDAY 12:30 LADIES BILLIARDS 12:30 MOVIE 12:30 MAH JONGG 2:30 CHORUS 4:30 YOGA 6:00 BEGINNER LINE DANCE 6:30 EVENING SEWING CLASS</p>	<p>8:30 MEET THE MAYOR 8:15 YOGA 8:15 WEIGHT TRAINING 9:45 GENTLE YOGA 12:30 BRIDGE 1:00 BALLROOM LESSONS 1:30 GOLDEN AGERS CHAPTER 2 MEETING 3:30 THEATER GROUP REHEARSAL 5:00 ZUMBA WITH DONNA</p>	<p>9:00 EXERCISE 10:00 LINE DANCING 1:00 PITCH 12:30 BRIDGE 1:30 OPEN ART CLASS 2:00 MELODY BAND PRACTICE CLASS 6:30 PITCH</p>	<p>8:30 TAP CLASS 9:15 OIL PAINTING 9:30 HAND & FOOT CARD GAME 10:00 TAI CHI 11:15 YOGA 12:00 CANASTA 1:00 CRIBBAGE 1:00 BEGINNER COMPUTER CLASS 1:00 PITCH 2:00 THEATER GROUP SHOW \$5.00 5:00 ZUMBA WITH DONNA 6:30 THEATER GROUP SHOW \$5.00</p>
<p>FRIENDS MOHEGAN SUN TRIP 8:15 WEIGHT TRAINING 8:15 YOGA 9:30 LINE DANCING 9:30 PAINTING CLUB 10:00 OFFICE HOURS WITH REP. NICK BOLDYGA 11:30 GENTLE YOGA 1:00 BINGO 5:00 ZUMBA WITH DONNA</p>	<p>9:00 S.H.I.N.E. BY APPOINTMENT 21 9:00 EXERCISE / 10:00 PACE 9:00 KNITTING / SEWING 9:30 SHUFFLEBOARD BEGINS 12:30 LADIES BILLIARDS / MOVIE 12:30 MAH JONGG 2:30 CHORUS 4:00 DISABILITY MEETING 4:30 YOGA 6:00 BEGINNER LINE DANCE 6:30 EVENING SEWING CLASS</p>	<p>8:30 FOOT NURSES BY APPT. 9:00 EXERCISE 9:30 QUILTING 10:00 LINE DANCING 12:30 BRIDGE 1:00 PITCH / 6:30 PITCH 1:00 FREE BLOOD PRESSURE CHECK 1:30 OPEN ART CLASS 2:00 MELODY BAND PRACTICE 3:00 COA MEETING 6:00 GENEALOGY COMPUTER CLASS</p>	<p>8:30 TAP CLASS 9:15 OIL PAINTING 9:30 HAND & FOOT CARD GAME 10:00 TAI CHI 11:15 YOGA 12:00 CANASTA 1:00 CRIBBAGE 1:00 BEGINNER COMPUTER CLASS 1:00 PITCH 5:00 ZUMBA WITH DONNA</p>	<p>8:30 TAP CLASS 9:15 OIL PAINTING 9:30 HAND & FOOT CARD GAME 10:00 TAI CHI 11:15 YOGA 12:00 CANASTA 1:00 PITCH / 1:00 CRIBBAGE 1:00 BEGINNER COMPUTER CLASS 5:00 ZUMBA WITH DONNA</p>
<p>SENIOR CENTER CLOSED MEMORIAL DAY OBSERVED BUS LEAVES FOR PARADE AT 9:30 FROM THE SENIOR CENTER-SEE KRISTINA TO SIGN UP</p>	<p>9:00 EXERCISE / 10:00 PACE 9:00 KNITTING / 9:00 SEWING 12:30 LADIES BILLIARDS / MOVIE 12:30 MAH JONGG 2:30 CHORUS 4:30 YOGA 6:00 BEGINNER LINE DANCE 6:30 EVENING SEWING CLASS</p>	<p>SENIOR FITNESS DAY 8:15 YOGA 8:15 WEIGHT TRAINING 9:00 FITNESS WALK WITH JOAN 9:45 GENTLE YOGA 12:00 MUSIC WITH BARBARA 12:30 BRIDGE 1:00 BALLROOM LESSONS 5:00 ZUMBA WITH DONNA</p>	<p>9:00 EXERCISE 9:30 QUILTING 10:00 LINE DANCING 10:30 COFFEE WITH A COP 12:30 BRIDGE 1:00 PITCH / 6:30 PITCH 1:30 LAST OPEN ART CLASS 2:00 MELODY BAND PRACTICE</p>	<p>8:30 TAP CLASS 9:15 OIL PAINTING 9:30 HAND & FOOT CARD GAME 10:00 TAI CHI 11:15 YOGA 12:00 CANASTA 1:00 PITCH / 1:00 CRIBBAGE 1:00 BEGINNER COMPUTER CLASS 5:00 ZUMBA WITH DONNA</p>

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

May 2013

If you are unable to make lunch, please call and cancel your meal 821-0605 ext. 0

6
Western Quiche *
 (low sodium ham, peppers, onions)
 Hash Browns
 Orange Juice
 Apples

13
 Chicken Stir Fry
 Stir Fry Vegetables
 Brown Rice
 Bananas

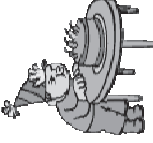
20
 Chicken Parmesan
 Pasta with Extra Sauce
 Bread Stick
 Cantaloupe

27
Senior Center Closed
Memorial Day Observed

whole grain bread served unless otherwise noted
 2% & Skim Milk Available
 *==High Sodium
 Meal Suggested donation \$2.50
 Lunch Served @ 11:30
 Menu subject to change

7
 Shepards Pie
 Spinach Salad
 Pudding

14
BirthDay Party
 Stuffed Shells w/ Meatballs
 Garden Salad
 Birthday Cake



21
 Taco Salad
 Taco Meat, Rice, & Beans
 Diced Tomatoes & Onions
 Tortilla Chips
 Diced Pears

28
 Salisbury Steak
 Mashed Potatoes
 Carrots
 Oranges

1
 Chicken Gratin
 Scalloped Potatoes
 Green Beans
 Pudding

8
 Roast Pork
 Roasted Potatoes & Carrots
 Applesauce
 Mixed Fruit

15
 Pork Chops
 Mashed Potatoes, Gravy
 Peas & Carrots
 Applesauce **\$3.00**

22
 Roast Turkey
 Stuffing & Cranberry Sauce
 California Blend Vegetables
 Pudding

29
 Roast Chicken Marsala
 Baby Potatoes
 Broccoli
 Baked Good

2
 Hot Dogs *
 Cole Slaw
 Baked Beans
 Jello

9
 Cheeseburger topped
 Baked Potato
 Cucumber & Tomato Salad
 Apricots

16
 Beef Stew
 Mixed Vegetables
 Homemade Biscuits
 Beet Salad
 Pudding

23
 Meatloaf
 Mashed Potatoes, Gravy
 Green Beans
 Baked Good **\$3.00**

30
 Baked Macaroni & Cheese
 Stewed Tomatoes
 Corn Muffins
 Mixed Fruit

3
 Baked Fish
 Rice Pilaf
 Mixed Vegetables
 Diced Pears

Mother's Day Luncheon 10
Prosciutto & Spinach
Stuffed Chicken Breast
Confetti Rice
Green Bean Casserole
Banana Cream Tartlet \$5

17
 Linguini & Red Clam Sauce
 Ceasar Salad
 Peaches

24
 Potato Crusted Baked Fish
 Au Gratin Potatoes
 Spinach
 Stewed Prunes

31
 Tomato Florentine Soup
 Tuna Salad on Wheat
 Lettuce & Tomato
 Pudding



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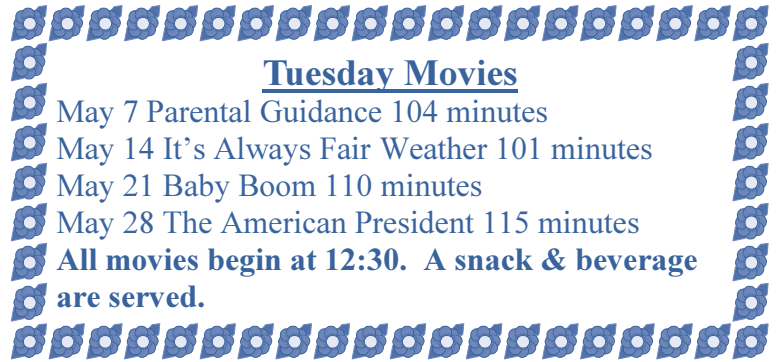
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Don't forget the Senior Center will be closed on Monday, May 27th in observance of Memorial Day. If you want to join us in the town parade, the van will leave the Senior Center at 9:30am.



Tuesday Movies

May 7 Parental Guidance 104 minutes
 May 14 It's Always Fair Weather 101 minutes
 May 21 Baby Boom 110 minutes
 May 28 The American President 115 minutes
All movies begin at 12:30. A snack & beverage are served.

FRIENDS Donations

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 Travelers Community Connections
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 Judith Ann Bouchard –Kusyk

In Memory of Paul Brusseau

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 Marcia Tangredi

In Memory of Jim Anderson

Linda Balakier
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 Janet Perlmutter
 Alma Girard
 Marcia Tangredi
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 Mary Jo & Kenneth Santucci
 Betty Bury

In Memory of Chick Maniscalchi

Agawam Golden Age Club Chapter 1
 Alma Girard
 Janet Perlmutter
 Bill & Becky Washburn
 Betty Bury



In Memory of Paul Russell

Gary Arnold & Linda Lewis

In Memory of Lawrence Pisano

Norma & Kenneth Kindle
 Mr. & Mrs. Charles Calisti
 Joann & James Willis
 Agawam Golden Age Club Chapter 1
 Peter Milanese
 Fay Langevin

In Memory of Lorraine Daley

Laura Laurino

In Memory of Ted Lisak

Baystate Table Tennis Club

In Memory of Elizabeth Sheridan

Ann & George Liptak

In Memory of J.J. McCarthy

Jenny Usifer

5 Wishes Seminar

5 Wishes meets the requirements under the law, in 42 states, Ma. is one of them. It was written with the help of The American Bar Association's Commission on Law and Aging, and the nation's leading experts in the end-of-life care. It is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for your self. The 5 Wishes is not a medical model it is a person to person model. This states your wishes as well as directs your appointed person to see that you are treated with dignity and as you would want. **If you are interested in learning more about the 5 Wishes, please join us on Monday, May 13 at 1:30pm at the Senior Center.**

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