

Hinsdale/Peru COA Newsletter

March 1, 2024 Volume 5 No 5

Hinsdale/Peru Council on Aging
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It is the Mission of the Hinsdale/Peru Council on Aging to encourage participation, to provide services available to seniors and to promote activities that will enhance their quality of life.

Board Members: Cathy Spinney, Janet Verge, Marion Tinney, Jill Cole, Eve Grippaldi, Jennifer Stark, Joanne Larmon, Linda Schermerhorn, Margi Roussin

A note from the COA Board: The Hinsdale/Peru COA holds **Monthly Luncheons** for seniors on the 2nd Thursday of the month at the Hinsdale Town Hall. Seniors age 60+ are welcome to all events. The menus provided by Dylan Brewer of OZZIE's are varied and nutritious with seniors paying only \$4.00 for the lunch. Meals include beverages and dessert. Come join the fun!

Annual Christmas Party It took a village to produce this annual Christmas Party. 75 H/P seniors enjoyed a free turkey dinner at the fire station in Hinsdale, December 8, 2023. Thanks to those who came and those who made it possible including:

Mass COA	funding
Cathy Spinney & COA	all planning & prep
Larry Turner & Co	fire station set up
Dick Roussin	music
Jim Manning	welcome
Al Lussier OZZIEs	delicious turkey dinner

Festival of Trees Co-sponsorship Hinsdale Dayz & Hinsdale/Peru COA. Carol Forward (Hinsdale Dayz) began planning this Fantasy Land delight which took place December 16/17, 2023, in October of 2023. Twinkling lights, giant inflated characters, singing deer, decorated trees and free hot chocolate & cookies greeted all.

Words of Wisdom: "To succeed in life you need three things a wishbone, a backbone and a funny bone."

Reba McIntire

This newsletter is paid for, in part, by the Executive Office of Elder Affairs.



MARK YOUR CALENDAR:

March 14, 2024
Senior Luncheon
Speaker: Dawn Collins

April 11, 2024
Senior Luncheon
Speaker: TBA

May TBA 2024
Super Senior Party

Hilltown Travelers
March 11th \$60
[Encore Casino in Boston](#)

May 19th Procter's \$90
[Menopause The Musical](#)
Sold out

June 23 MacHadyn \$TBA
[West Side Story](#)

Contact Cathy Spinney for
reservations & info
413-655-2929

January 11th Luncheon Thanks to Mae Afriam, Hinsdale Library Director, for lively discussion and informative brochure following delicious meatloaf meal from OZZIE's.



February 15th Luncheon Comfort food Mac and Cheese, ham and carrots from OZZIE's soothed bodies before Bethany Ebeling from Berkshire Environmental Action Team (BEAT) described her organization's purpose and location.



Marion Tinney, Margi Roussin, Jim Alden, Cathy Spinney,
Janet Verge, Linda Schermerhorn and Jennifer Stark await seniors on February 15, 2024

Ways to survive (even thrive) winter months:
(From a knitting blog accessed by Marion Tinney)

Sociability: What do knitters love about their knitting club?

“If you join or start a knitting group, you’ll get much more than what you anticipate. What was found in all groups interviewed was that what they love about their clubs actually has nothing to do with knitting. **They love the relaxing time they have and the stories they share while they are together.** The knitting strand that brings them together allows them to knit through life’s ups and downs: marriages, children, divorce, job challenges, children, and even deaths of loved ones. Getting together with a group of like-minded individuals allows you to share and work through life’s challenges and create friendships that last a lifetime.”

Other clubs that promote this kind of togetherness sponsored by the Council on Aging:

Yoga Classes: every Monday morning at Old Town Hall. \$3 a session. Call 413-655-2929

Knitting & Crocheting Group: meets every Wednesday at Old Town Hall 655-2292

Quilting Group: meets every Monday at Hinsdale Town Hall. Call 413-655-2929

Other Services Sponsored by the Hinsdale/Peru Council on Aging

Monthly Senior Luncheon: 2nd Thursday of month. RSVP necessary, \$4 payable at door

SHINE Program: Information concerning Medicare. Call 413-655-2929

Foot Care Clinic: every other month. \$40 fee (not covered by Medicare) Call 413-655-8367

Annual Events: May “Super Sr. Celebration; October Flu shots; December “Christmas Party.”

Plus the COA is considering providing computer training for individuals at the Hinsdale Library. Interested? Call Margi at 655-9951.

The Hinsdale/Peru Council on Aging has its own page on the Hinsdale Website

(www.HinsdaleMass.com). By clicking on “Contacts” and scrolling down to “Council on Aging”, you can access all COA Announcements, Newsletter, Agendas, and Minutes.



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“The serene vista of the Westfield River Valley served as lifelong inspiration for William Cullen Bryant, who was editor and publisher of the New York Evening Post for many years, and whose meditative verse influenced the 19th century land conservation movement that included Frederick Law Olmsted and Charles Eliot, founder of the Trustees.”

Bryant’s home in Cummington, Massachusetts on 207 Bryant Road is closed in the winter but the grounds and trails are open all year and are free to visit.

Excerpts from **To a Waterfowl** by William Cullen Bryant

Whither, ‘midst falling dew,
While glow the heavens with the last steps of day,
Far through their rosy depths, dost thou pursue
Thy solitary way?

There is a Power, whose care
Teaches thy way along that pathless coast,---
The desert and illimitable air
Lone wandering, but not lost.

He, who, from zone to zone,
Guides through the boundless sky thy certain flight,
In the long way that I must trace alone,
Will lead my steps aright.