

April 2015

Colrain COA Newsletter

Dinners held at Colrain Community Church, 306 Main Rd., Colrain on the second Wednesday of each month.

Foot Clinics held at Colrain Community Church on the first and second Wednesdays of each month.

The winners for the free March door prizes were Pat Shea for the basket, Fred Eldridge for the Chocolates and Larry Lesure, Duane Brothers, Ron Kolinko, B. Wallace and Barb Scott for the \$20 gift cards. **THANK YOU FOR THE GENEROSITY OF ALL OUR DONORS FOR THE DOOR PRIZES.**

The meal this month will be roast pork by Chef Sharon Call and served at noon. There is a suggested \$2.00 donation for the dinner. There will be coffee and socializing at 10am and Cider and donuts donated by Pine Hill. **Please be sure to sign up for the meal by the Monday before the meal if you wish to attend.**

Next month's dinner on May 13, 2015 will be lasagna.

Kathy Devine, Outreach Coordinator will be at our June dinner at 11:00 to speak to us about **Prescription Advantage** and how it works with your Medicare or other prescription drug coverage. If you are taking some of the more expensive drugs and approaching the Donut Hole you should plan to attend.

MEMORIAL CONTRIBUTIONS

The Colrain COA would like to thank the following people for their memorial contributions in memory of Arlene Gwosch: Lillian and Harold Brigham, Pam Veith, Winifred and Maria Kelley, Ruth Root, Muriel Graveline, Robert and Candis Stickle, and Cortis and Debra Burnett.

FOOT CLINIC

Next foot clinics will be May 6 and 13, 2015.

Foot clinic appointments with Kip Moeller, RN may be made by calling our COA number at 624-5120 or 624-3417 and leave a message and someone will get back to you. There is a suggested donation of \$4.00. This program is funded in part by Franklin County Home Care/Area Agency on Aging and by the Executive Office of Elder Affairs and the Colrain Council on Aging.

SHINE

Larry Bezio is available monthly for SHINE appointments starting at 10am. SHINE is serving health insurance needs of Elders and is a program of the Executive Office of Elder Affairs in conjunction with local Councils on Aging. Questions can be addressed to Lorraine York-Edberg, SHINE Program Director, 413-773-5555 Ext. 2275 or you may speak with Larry at any of our dinners.

TRIP

First Choice Tours presents "In the Mood", Thursday May 14, 2015, in Boston. Includes the bus, driver gratuity, tour escort, escort gratuity, luncheon at Phillips, and orchestra matinee seats to the show. See Richard Herzig for more information or to sign up or call him at 624-3417. Seats are limited.

TRANSPORTATION

At present the FRTA has a contract with the Shelburne Senior Center to manage the transportation needs of nine West County towns, including Colrain. If you are in need of transportation you should call Bob Szafran at 413-625-2502. FRTA provides trips to the Big Y in Greenfield on Tuesdays and a monthly trip to Wal-Mart in Hadley. Call FRTA at 413-774-2262 Ext.163.

EXERCISE AT COLRAIN CENTRAL SCHOOL GYM

Tuesdays in April, 5:00 - 6:00 PM Colrain Central School Gym **Gentle Zumba exercise/dance with Kathy Steinem** all ages, men and women, no need to sign up, free but donations accepted. This and the class below will continue as long as there is interest. Format tailored to participants' needs and interests.

6:15 PM More **Challenging Zumba class** - Call Kathy at 624-3709 for more info.

Present members of Colrain COA are: Larry Bezio Chairman, Janice Barnes Vice Chairman, Valeda Peters Secretary, Bing Waldsmith Treasurer, Richard Herzig Assistant Treasurer, Russell Barnes, Audrey Brown, Kevin French, Amy Herzig, Carl Herzig, Joan McQuade, Kathleen Phelps, and Mary York.