

August 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 July door prize was Mary Parsons.

The meal this month will be the Macaroni and Cheese 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 September 9, 2015 will be the Chicken and Biscuits.

## FOOT CLINIC

Next foot clinics will be and September 2 and 9, 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.

## TRIP

First Choice Tours will be having a trip to the Big E on Thursday, Sept. 24th with pick up in Gill 8:55am returns approximately 7:05pm. See fliers for more details or call Richie Herzig at 624-3417.

## Shelburne Falls Military Band Concert

The Colrain COA is sponsoring a free band concert at the Colrain Community Church on August 19 at 7pm. All are welcome rain or shine. If raining the concert will be held inside. The East Colrain Chapel Committee will be selling homemade peach shortcake. Free popcorn and cider will also be available from the Colrain COA.

## Apple Day at Pine Hill

The Colrain COA and the Friends of West County Seniors have scheduled apple day at Pine Hill for September 22 with the rain date on September 23 from 11am to 1pm. Starting at 11 there will be free coffee or cider and donuts for any senior age 55 and older. Seniors from Colrain will get a free ½ peck bag and wagon ride into the orchard to pick their own apples (paid for by Colrain COA). Seniors from the towns of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Plainfield, Rowe and Shelburne will get free bags paid for by The Friends of West County Seniors. **All seniors are welcome for cider or coffee and donuts.**

## SHINE

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your

plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to **review, understand and save this information!***

During **Medicare Open Enrollment, from October 15<sup>th</sup> to December 7<sup>th</sup>**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help you: call your local senior center **now!**

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.

## **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 August, 4:45 - 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. Call Kathy at 624-3709 for more info.