

December 2014

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 of last month's raffle were Stacia Hogan for JaDuke tickets, Wilfred Miller for the basket and Bea Drew, Jill Norton-Lyons, Duane Brothers, Barbara Scott, and Dottie Harris for the \$20 Thanksgiving gift cards.

The meal this month will be roast beef 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 January 14, 2015 will be meat loaf.

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.

FOOT CLINIC

Next foot clinics will be January 7 and 14, 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.

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, December 9 and 30, 2014 and January 6, 2015 ~ 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.

DECEMBER PROGRAM

Would Mediation Help?

Are you a senior facing decisions about health care, living arrangements, inheritance or other problems? Or do you have a family member who is dealing with a consumer complaint, divorce or custody dispute, or other issues?

A brief presentation will be offered at our December 10 dinner, at 11am by The Mediation and Training Collaborative (TMTC), a program of Community Action.

Find out how a neutral mediator can help you discuss and resolve troubling conflicts. TMTC offers a variety of mediation services for free or on a sliding scale.

**The Colrain Council on Aging would like to thank everyone for helping
to make our programs such a success and wish everyone a very**

**MERRY CHRISTMAS
AND A
HAPPY NEW YEAR**

