



Moving Forward

Westhampton Council on Aging
Programs and Services for Active Living at 60+



July 2017 ~ Calendar of Events

MON	TUES	WED	THURS	FRI
3 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	4 Fourth of July! 	5 Walking Group Town pk lot, 8 & 9am Coffee & Social Time Library, 10am	6 COA Picnic Elks Club, Florence, Noon Scrabble Library, 5:30pm	7 Walking Group Town pk lot, 8 & 9am
10 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	11 Board & Card Games, WW, 1:30pm Scrabble Games Library, 1:30pm	12 Walking Group Town pk lot, 8 & 9am Coffee & Social Time Library, 10am	13 Afternoon Movie Library, 1:15pm Foot Nurse WW, call for appt.	14 Walking Group Town pk lot, 8 & 9am
17 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	18 Board & Card Games, WW, 1:30pm	19 Walking Group Town pk lot, 8 & 9am Coffee & Social Time Library, 10am	20 Scrabble Library, 5:30pm	21 COA Breakfast WW, 8-9:30am Walking Group Town pk lot, 8 & 9am
24 Walking Group Town pk lot, 8 & 9am Knitting Group Library, 6:30-8pm	25 Board & Card Games, WW, 1:30pm Scrabble Games Library, 1:30pm	26 Walking Group Town pk lot, 8 & 9 am Coffee & Social Time Library, 10am	27	28 Walking Group Town pk lot, 8 & 9am
31 Walking Group Town pk lot, 8 & 9am Computer Class Library, 10am-12pm Knitting Group Library, 6:30-8pm				

July Picnic With the Jazz Bones Octet

Thursday, July 6th at Noon
Elks Club, 17 Spring St.
Florence, MA



The annual picnic to celebrate all of the many COA volunteers will be at the Elks Club on Spring St. in Florence again this year. It will begin at noon on July 6th with the food coming from Smithsonian Caterers. The Friends of COA would like to remind everyone that the 2017-'18 dues can be paid at the picnic. Deb Barthelette will be collecting \$5.00 for individuals and \$8.00 for couples.

Music will be provided by the Jazz Bones Octet, a performing group of the Western Mass. Trombone Association. This unique trombone ensemble has arrangements written for five part harmony. Whether they are playing a hard swing, fast jazz or a sweet ballad, this ensemble is backed by a first class rhythm section and is a real crowd pleaser. Their repertoire consists of swing, jazz standards, blues, rock, Latin and funk within a library consisting of more than 300 songs and appeals to all age groups.

Connecticut River Cruise

Roll out those lazy, hazy days of summer... The Friends of the Council on Aging has planned a 1 1/2 hour cruise down the Connecticut River onboard the Lady Bea Cruise Boat for **Thursday, August 17th**. The boat will set sail at 1pm. A luncheon in the Dockside Restaurant will be served beginning at 11:30am. The total cost of both the luncheon and the cruise is \$10.00 per person. Transportation to and from Brunelle's Marina located at 1 Alvord St. South Hadley, MA will not be provided. Carpooling is recommended. Pre-registration is necessary as the cruise boat has a capacity limit – please register early!

For more information regarding this trip or if you need assistance with transportation, please contact Deb Barthelette at 413-222-2050.



Summer Concerts

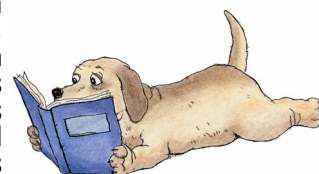
The Field of Dreams Summer Concert Series continues in July with a TBD band on **July 6th**. Then on **Saturday, July 29th**, after the Blueberry Festival at the church, you can enjoy the rockabilly, rhythm and blues of L'il BeeDee & the Doo-Rites. And save the date **August 17**, when the Lonesome Brothers (Hick Rock) will entertain. Head to the lawn behind the library where you can enjoy the music from your lawn chairs or blankets (or get up and dance!).

Library Events

Missing your weekly trip to the library? Did you know the Library will deliver books, magazines, audiobooks, and movies (DVDs) to your door? All library materials are available for delivery. If the Library does not have the book you want on the shelf, they can have it transferred from any Western Massachusetts library. Call the Library 413-527-5386 or email them at westhampton@cwmmars.org.

The Library is also offering an adult summer reading program that will run June 26-August 3. Complete a

book bingo card by reading a book, listening to an audiobook, and more and be entered to win a prize. Each of the six weeks we will be raffling off prizes from local businesses and themed baskets. Bingo cards will be available beginning June 20.



And don't forget Book Club on **Tuesday, July 25, 2017 at 7pm**. The July book is "Dreamland Burning" by Jennifer Latham. The novel brings to life the 1921 Tulsa race riots as well as present-day tensions. All are welcome to join. Please ask us to reserve you a copy!

Historic Deerfield Talk

On Monday, July 31, 2017 at 6:30pm at the Westhampton Library, Phil Zea, the President and CEO of Historic Deerfield, will discuss the romance and realities that surround the 1704 raid on Deerfield and the early Colonial wars in western Massachusetts. How were those events then remembered over the centuries and how were they later used to raise public awareness about the quintessential New England village as a symbol invoked to fight the Cold War? Made possible thanks to the Friends of the Library and the Lyn Keating Programming Fund.

Foot Care

You have 26 bones and 33 joints on each foot, inviting a host of problems and contributing to your risk of falling. Foot nurse Diane Roeder will be at Westhampton Woods, Unit F, on **July 13th** (Thursday), then again on **September 14th**. Call her to schedule an appointment. 413-374-0457.

Board and Card Games

The games are still taking place at WW **every Tuesday afternoon at 1:30pm**. Anyone who'd rather play Scrabble can find that at the library at 1:30 pm on July 11 and 25. Scrabble will also be played at the library at 5:30 pm on July 6 and 20. Any and all seniors are welcome to join in.

Summer Vacation

You will have to keep your tapping fingers and toes in shape with your friends and family. Our computer class and seated yoga are taking a summer break and will return in September. Likewise, there are no scheduled hikes for the summer months but you might get an email over the summer for an impromptu trek through the woods.

Ticks Everywhere!

It's tick season here in Westhampton. This summer we have a bumper of these little but serious pests and whether you are gardening, hiking, or just walking out to your car, you need to make a habit of checking yourself every day for ticks.



Here is some important information about ticks and Lyme Disease (courtesy of the Lancaster, MA *Senior Moments* newsletter).

It's Lyme Time (or Lyme 101)

Lyme disease is the most common tick-borne illness in North America. Lyme disease is caused by the bacterium, *Borrelia burgdorferi*. Deer ticks, which feed on the blood of animals and humans, can harbor the bacteria and spread it when feeding.

You're more likely to get Lyme disease spending time outdoors where ticks thrive. Take precautions in areas where Lyme disease is prevalent as it is in this area; wear light colors, use spray and check for ticks when you get inside. Gardeners, see below!

Symptoms of Lyme disease are variable, often involving more than one:

Rash. A few days/month before other symptoms, a small, red bump may appear at the site of the bite. Then redness may expand, forming a rash in a bull's-eye pattern, (a red outer ring). Some people have multiple bulls eyes, a few have none.

Flu-like symptoms. Fever, chills, fatigue, aches and headache may signal Lyme.

Migratory joint pain. If infection isn't treated, you may develop joint pain and swelling long after the bite. Knees are likely to be affected, but the pain may shift.

Neurological problems. Long after infection, inflammation of membranes surrounding the brain (meningitis), temporary paralysis of your face (Bell's palsy), numbness or weakness in your limbs, and impaired muscle movement may occur.

Less common signs and symptoms. Some experience heart problems (e.g. irregular heartbeat) after infection, this rarely lasts. Possibly eye inflammation, hepatitis and fatigue.

When to see a doctor? If you know you've been bitten, and experience symptoms of Lyme, contact your doctor immediately. Treatment for Lyme (antibiotics) is most effective if begun early; typically people fully recover if caught early. Only a minority of bites leads to Lyme disease. The longer the tick remains attached, the greater your risk.

Lyme resources online:

www.cdc.gov
www.state.ma.us/dph
www.lymenet.org
www.medlineplus.gov
www.lymediseaseassociation.org
www.ilads.org

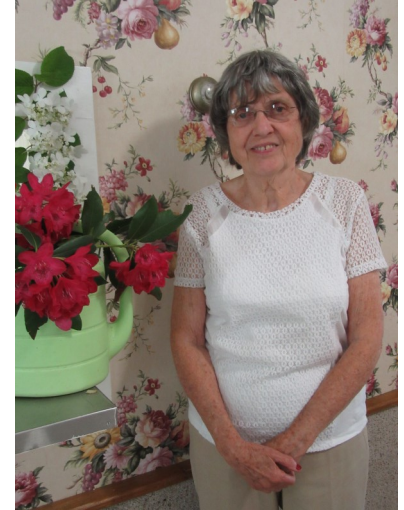
COA Breakfast

On Friday, July 21st, join friends and neighbors for breakfast or for a coffee break. Seniors can drop in to unit F at Westhampton Woods between 8:00 and 9:30 for homemade coffee cake or quick breads along with lots of coffee, tea, cocoa and milk.

Teacup Auction Delights Takers

Competing with graduations and other June events, the annual Tea Cup Auction drew the stalwart and the hungry. Puzzles, household goods and other knick-knacks delighted takers.

Happy Birthday, COA Board member and HEN Coordinator, Lilly Baxter!



Carol Magrone checks out the offerings.

I might bid on it if I knew what it was ...



Assistance for Seniors

There are several sources for support for seniors living in Westhampton. Please feel free to take advantage of any of these services!

Transportation: If you need a ride to an appointment or the like, or if you're in need of other transportation, please call Louise Jasionkowski at 527-5134.

Equipment: The COA has a variety of medical equipment available to loan to anyone who needs it (including at least 3 wheelchairs). In addition to walkers, there are shower stools, crutches, canes, and other equipment to use in the bathroom. Please note that there are some bed pads and packages of disposable undergarments available for anyone who could use them. Please call Jean Webster, 527-5077, if you'd like to borrow or use any of these items.

HEN Program: If you are age 60 or over and need help with cleaning, laundry, etc., we can help. The Hilltown Elder Network (HEN), of which Westhampton is a member, matches elders with caregivers at no cost to the elder. This program does have some income guidelines. Call Lilly Baxter at 527-1532 for information.

Handyman Services: If you need handyman services, we have two willing gentlemen who have offered their services (at reasonable rates) to Westhampton seniors. Call Bob Pajak at 529-0905 or Paul McCutcheon at 203-3149.

Interesting Information about Aging in America

We know there are more of "us" than ever. After all, 10,000 people turn 65 in America every day! The Administration on Aging, Administration for Community Living, has released the Profile of Older Americans: 2016. The data findings draw primarily from the U.S. Census Bureau, the National Center for Health Statistics, and the Bureau of Labor Statistics. Several findings are highlighted below. For the full Profile, visit:

https://www.giaging.org/documents/A_Profile_of_Older_Americans__2016.pdf

Over the past 10 years, the population 65 and over increased from 36.6 million in 2005 to 47.8 million in 2015 (a 30% increase) and is projected to more than double to 98 million in 2060.

The 85+ population is projected to triple from 6.3 million in 2015 to 14.6 million in 2040.

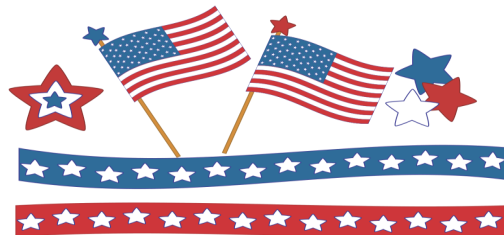
Persons reaching age 65 have an average life expectancy of an additional 19.4 years (20.6 years for females and 18 years for males).

About 29% (13.6 million) of non-institutionalized older persons live alone (9.3 million women, 4.3 million men).

The median income of older persons in 2015 was \$31,372 for males and \$18,250 for females.

Over 4.2 million older adults (8.8%) were below the poverty level in 2015.

Racial and ethnic minority populations have increased from 6.7 million in 2005 (18% of the older adult population) to 10.6 million in 2015 (22% of older adults) and are projected to increase to 21.1 million in 2030 (28% of older adults).



The Westhampton Council on Aging counts on YOUR support to continue our important programming for local seniors!

I would like to contribute to the Westhampton COA. My contribution of \$_____ is attached.

(Please write your check to The Westhampton Council on Aging, write "program support fund" in the memo line, and mail to Westhampton COA, 3 South Rd. Westhampton, MA 01027.)

Name _____

Address _____

Thank You for Helping to Support Your Neighbors!

Westhampton Council on Aging



Regional News

Seniors Aware of Fire Education



Summer is finally here!

Besides the hot, hazy, humid "dog days" of summer, July is best known for the Fourth of July parade, picnics and fire works. Here are a few S.A.F.E. things to consider as you get ready for this year's 4th:

- Keep hydrated
- Stay out of the hot sun
- Use sunscreen when you have to be out in the sun
- Never leave the pool or beach unattended when children are present
- Leave all the fireworks to the professionals; for good reasons the non-professional use of fireworks is illegal in Massachusetts.

Have a S.A.F.E. summer!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.

Fall Prevention Tip of the Month

By John Yount, PT, MS, GCS

The consequences of a fall become much greater as we age. Twenty percent of falls in older adults result in serious injury. Every year, over 27,000 older Americans die from fall-related injuries.

Falls are Preventable! Each month I'm going to provide you with a tip on preventing falls. **Add Grab Bars** to your shower, bathtub, and toilet. Remember that towel racks are not grab bars! But grab bars can be towel racks. Don't wait until you "need" the grab bar: that's too late. If it's there, you will use it. You can contact your local COA for a list of folks that can safely install them. While we're thinking about bathroom safety, be sure to have a non-skid rubber mat or rubber self-stick strips on the bottom of the shower or tub.

John Yount is a Physical Therapist and Falls Prevention Coordinator for Cooley Dickinson VNA & Hospice. John is also a geriatric physical therapist and member of the Massachusetts Statewide Coalition on Falls Prevention. You can contact John at: JYOUNT@Cooleydickinson.org.

DID YOU KNOW?

Most Senior Centers & COAs have Assistive Equipment that you can borrow for **free!**

If you are planning to have surgery or are recovering from an illness or a procedure, you may need equipment to help you, or you may know someone who needs a little help. Most items are expensive and often hard to find. Call your local Senior Center or COA Coordinator to find what you need—walkers, wheelchairs, commodes, bed rails, canes, crutches, and lots more. The senior centers may also have resources for beds and specialized equipment. Call the Williamsburg Senior Center, at 268-8407, if you don't find what you need. We may be able to help!



A Matter of Balance

A **free** eight week workshop!

Tuesdays, July 18 - September 5, 2017
10am - 12pm

Linda Manor Assisted Living
345 Haydenville Rd., Leeds, MA

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

Learn to: View falls as controllable, set goals for increasing activity, make changes to reduce the risk of falling, and exercise to increase strength and balance.

Leaves are supposed to fall.
People aren't.

Who should attend: Anyone concerned about falls, anyone who has fallen in the past, anyone who has restricted activities because of falling, and anyone interested in improving balance, flexibility and strength.

For more info or to register, call Stephanie Zelazo, Director of Marketing at Linda Manor, at 413-588-3316 or email: szelazo@bhs1.org.

Sponsored by Highland Valley Elder Services

July Outreach Report

by Peg Whalen,
Regional Outreach Coordinator for the
Northern Hilltowns COAs Consortium

Overall, activities that have been underway are continuing and expanding. We have seen growth in senior needs for supports, such as transportation, access to food, housing, and healthcare. Your local COA is aware of these issues and existing resources and is your "go to" information source.

Last month marked the end of 24 months of regional outreach grant activity by the Consortium. The three-year grant from the Executive Office of Elder Affairs was awarded in 2015 to the seven northern Hampshire County hilltowns to assist in with establishing or expanding outreach to seniors. Enhanced outreach is important because of the growing numbers of seniors in each community. In Plainfield and Worthington, 40% or more of the population is already 60 or over. The other towns are close behind.

At the same time our senior population grows, there is an increase in needs for information and services. Despite resource limits, area Councils on Aging continue planning for increases in outreach. All town COAs actively are pursuing outreach to community residents age 60+. Each COA is systematically seeking to understand town seniors' needs beginning with the oldest to the youngest seniors (90s, 80s, 70s, 60s). Outreach teams are reaching out to them, when pertinent. COAs also are encouraging people to reach out to their local outreach team or contact COA staff and board members if they have needs for information or assistance or know of people who do.

We have learned in the first 2 years of the grant that the hilltown COAs are knowledgeable about many seniors that already have sought them out. This finding reflects the benefit of small town rural living. Everyone knows each other and helps everyone. Likewise, in each town, many residents are familiar with their COA coordinator or senior center director and/or board members. Seniors report being familiar with their town COA newsletter and regional newsletter content.

We have seen changes in coordinators and directors in Councils on Aging in Plainfield, Westhampton, Cummington, and Goshen. COAs also have had new residents join the boards in Westhampton, Cummington, Plainfield, Goshen, Worthington & Williamsburg. In several towns, there still are unfilled board positions. To find out if your town needs more board members, contact your COA.

Nationally and regionally aging service providers are acknowledging the unique needs of seniors with specific experiences and identities. Recognizing local needs, the Consortium has voted to reach out to two senior groups in the northern hilltowns to determine needs and interests. These groups are widows/widowers and LGBTQ seniors. These two groups of seniors are particularly at risk for isolation and unmet needs. The Consortium is planning for supports to COAs for these and likely other groups of seniors in the coming year.

Hilltown CDC
announces launch of

Hilltown Easy Ride Service

The Hilltown Easy Ride is a new van service available to transport eligible seniors and veterans in the towns of Chesterfield, Cummington, Goshen, Plainfield and Worthington to medical appointments, shopping and social outings this summer, starting July 1st. The Hilltown Easy Ride is a program of the Hilltown CDC in partnership with the Franklin Regional Transit Authority.



Easy Ride Coordinator Fran Goebel is happy to help local seniors fill out an application form for eligibility and assist riders with booking trips and signing up for outings. **Fran can be reached at 413-296-4232 or ride@hilltowncdc.org.** Her hours are part-time, so please feel comfortable leaving her a message with the details of your request and she will get back to you as soon as possible. Weekly trips to Big Y in Northampton and the mall in Pittsfield are available, in addition to medical trips and social outings. If you have never tried the van service before, Fran and the Easy Ride drivers are ready to make you feel welcome.

Got SNAP? Get HIP!

by Peg Whalen,
Regional Outreach Coordinator
for the Northern Hilltowns COAs
Consortium



SNAP recipients are now included in a new nutrition program. SNAP/HIP provides additional SNAP dollars for purchasing and consuming more local produce.

The Healthy Incentives Program (HIP) is a way to **EARN** extra money on your SNAP card by **BUYING** fruits and vegetables.

Here is how it works: What you spend on produce at participating sites is added back automatically to your card and can be used to buy non-HIP eligible foods. You buy eligible fresh produce at participating farmers' markets, mobile markets, farm stands, or membership-based CSA farm shares programs. SNAP automatically matches dollars spent on eligible fresh fruits and vegetables up to a maximum monthly amount that varies by household size. For households of 1-2, get \$40, 3-5 member households get \$60, and 6+ households get \$80 every month.

How can you benefit if you don't have SNAP?

APPLY! Many people would love \$32 more a month for groceries. When you apply for SNAP and receive the minimum monthly amount of \$16 (most seniors are eligible for the minimum), you can double your SNAP dollars by spending all \$16 on produce and still have \$16 for other foods.

Interested in participating? If you have SNAP, you already are included in HIP. If you are interested but have not applied for SNAP yet, contact your town Council on Aging, an area Senior Center, the Hilltown Community Health Center, or SNAP website to apply online. This program helps participating local farmers!

The Chesterfield Council on Aging joins the Chesterfield Public Library in inviting Hilltowners of all ages, from preschoolers to seniors, to:

Yo-Yo People

**11am
Wednesday, July 5th 2017**

**Chesterfield Community Center
400 Main Rd., Chesterfield, MA**



Who would have thought you could make an entire show out of yo-yos? This husband and wife duo bring back that nostalgic toy, reminding you of old favorite tricks such as Walk the Dog and Rock the Baby, then amazing you with new and bizarre tricks, such as Boingy-Boingy and The Human Rollercoaster.

Yo-yos attached to bouncy balls, yo-yos with 10-foot strings, and unicycling are just some of their finely tuned feats. High skill and deft timing to swingin' music coupled with high energy and sarcastic humor make the Yo-Yo People a favorite for every age.

As seen on David Letterman, they hold 4 Guinness World Records and a 2008 Yo-Yo World Champion title.

FREE and open to the public! All ages welcome!

Funded in part by the Friends of the Library, and a multigenerational grant from Highland Valley Elder Services to the Chesterfield and Westhampton COAs, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Davenport Childcare, and the New Hingham PTO.

MahJongg Classes!

**Saturday July 8, 15, 22, and 29, 10:30 to 12:30
Chesterfield Community Center,
400 Main Rd. Chesterfield**

(A light snack will be provided.) 6 Bam... pair of green dragons... kong 9 crak... 4 flowers no joker... some of the words you'll hear during a game of American Mah-jongg! Come learn one of the most intriguing games to hit our shores. Originating in China in the 1800's, Mahjongg is a game of tiles, beautifully painted with old Chinese symbols and pictures, Americanized with English numbers and "joker" tiles. The game draws you in with a little strategy, the visual and physical appeal of the chunky tiles, and the pleasure of mastering the rules of play. Join us to learn the "ins and outs" of a game you'll want to play for many years to come. Participants will need to purchase a required paperback text for homework and in-class participation: "The Beginner's Guide to American Mah-jongg" by Elaine Sandberg, ©2007. Available at Barnes and Noble, or Amazon. To sign up for the class please contact either Nan Clark 413 296-4743, or Beth Altimari 413 527-9599 by July 6th, 2017.



The classes are funded in large part by a grant to the Chesterfield COA from Highland Valley Elder Services, but participants are asked to contribute \$10/person to the COA for the classes payable to the Town of Chesterfield.

The Chesterfield Council on Aging joins Davenport Child Care in inviting Hilltowners of all ages, from preschoolers to seniors, to:

A Community Concert and Family Picnic with Roger Tincknell

**2pm
Saturday, July 8th 2017**



**Russell Memorial Park
South Street, Chesterfield, MA (Across from PO)
Rain site: Chesterfield Comm. Ctr, 400 Main Rd.**

Roger has been performing for over 40 years to groups of all ages. He is a two-time Parents' Choice award-winning recording artist, and people can't help but get into the music as he sings everything from ballads to swing to bluegrass. Food will be available to purchase from the snack shack, run by the Chesterfield Rec. Committee.

FREE and open to the public! All ages welcome!

Sponsored in part by a grant from the Chesterfield Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. Also funded in part by a multigenerational grant from Highland Valley Elder Services to the Chesterfield and Westhampton COAs, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Davenport Child Care, and the New Hingham PTO.



The Chesterfield Council on Aging joins Davenport Child Care in inviting Hilltowners of all ages, from preschoolers to seniors, to:

Little Roots

Music Experience

**10am on Thursdays:
July 20th, Aug. 17th & Sept. 21st**



**Chesterfield Community Center
400 Main Rd., Chesterfield, MA**

As a professional musician and educator, Little Roots co-founder, Annie Stevenson, recognizes the value of quality live music for people of all ages. Annie selects and writes songs rooted in a variety of musical traditions, including American Folk and Irish Traditional. The repertoire is fun and accessible, including elements of storytelling and exposure to a variety of instruments. Each song offered has an instrument or movement activity to engage children. Come to one, some, or all four Thursday programs!

**FREE and open to the public!
All ages welcome!**

Funded in part by a multigenerational grant from Highland Valley Elder Services to the Chesterfield and Westhampton COAs, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Davenport Childcare, and the New Hingham PTO.

Westhampton Council on Aging
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PRSRT STD
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Greenfield MA

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HEN Representative

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Kristen Estelle,
Newsletter Designer

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

The Chesterfield Council on Aging joins the Chesterfield Public Library in inviting Hilltowners of all ages, from preschoolers to seniors, to:

**Amazing Magical
Potter's Wheel**
Pottery Demonstration



10:30am
Wednesday, July 19th 2017

Chesterfield Community Center
400 Main Rd., Chesterfield, MA

Please join Rick Hamelin, Master potter, as he presents an all ages, family-friendly pottery wheel demonstration program with a focus on the arts, the exploration of creativity and techniques with a touch of history.

Each participant will make their own pinch pot!

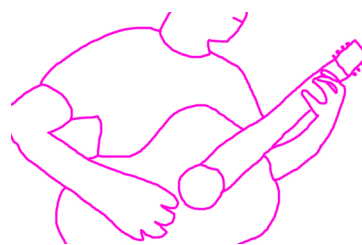
FREE and open to the public!
All ages welcome!

Funded in part by a multigenerational grant from Highland Valley Elder Services to the Chesterfield and Westhampton COAs, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Davenport Child-care, and the New Hingham PTO.

The Goshen Council on Aging invites you to:

Sidetracked Sunday

Saturday, July 29th 2017 at 2pm
Tilton Recreational Field, Goshen, MA



Sidetracked Sunday Band, a group that began at home and evolved into a popular musical troupe, will play longtime favorites. Refreshments - ALL AGES INVITED - HP accessible. Hope you can join us. You're sure to have a good time and lots of fun! Please bring your own lawn chairs.

*Sponsored by the Goshen Council on Aging,
the Goshen Cultural Council and the
Massachusetts Cultural Council.*

