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## **Hinsdale/Peru COA Newsletter**

### **June 1, 2024 Volume 5 No 6**

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**Hinsdale/Peru Council on Aging**  
39 South Street, Hinsdale, MA 01235  
Email: [COA@HinsdaleMA.gov](mailto:COA@HinsdaleMA.gov) Tel: 413-655-2929

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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.*

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**Board Members:** Cathy Spinney, Janet Verge (co-chairs), Marion Tinney (secretary), Jill Cole, Eve Grippaldi, Jennifer Stark (accountant), Joanne Larmon, Linda Schermerhorn, Margi Roussin (editor) and Jim Alden (photographer)

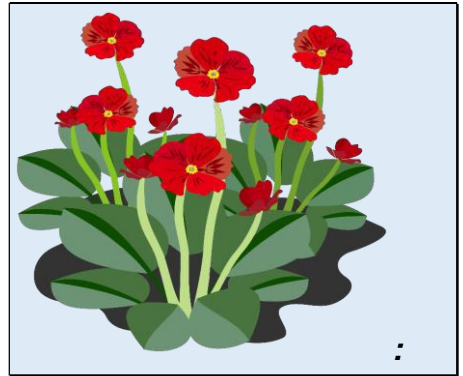
**Chuck Danforth of The Berkshire Eagle** is our newsletter publisher following the retirement of Zip n'Sort. Thanks to both.

**A note from the COA Board:** The Hinsdale/Peru COA holds **Monthly Luncheons** for seniors on the 2<sup>nd</sup> 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 Contact and dessert. Come join the fun!

**March 4<sup>th</sup> Luncheon** Following a delicious roast pork dinner with all the trimmings from OZZIs, seniors were treated to a fascinating talk by **Dawn Collins from Berkshire Wildlife** where most of the wild animals that share this beautiful terrain with us go when they need care. Her 12-page brochure, a copy of which was passed to all, featured in vibrant color many of the patients treated at Berkshire Wildlife. We are grateful to Dawn and her volunteers for the talk and for their service.

**Words of Wisdom:** "Life is either a daring adventure or nothing." Helen Keller

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



### **Mark Your Calendar**

**June 13<sup>th</sup> 2024** [Chef's Salad](#)

**July 11<sup>th</sup>** [Fire Station Picnic](#)  
[Hot dog and hamburgs](#)

**August 15<sup>th</sup>** [Grinders](#)  
[Meat ball or cold cut](#)

**Food Donations Basket**

**June 23 MacHadyn \$90**  
[West Side Story](#) Bus Show Dinner

**July 12 \$100**  
[Lake George Luncheon Cruise](#)

**August 17 \$TBD**  
**Drag Brunch Comedy!**  
**Music! Singing At the**  
**Goldenrod Inn**  
**in Worthington**

Cathy Spinney for reservations & info  
Call 655-2929

**April 11<sup>th</sup> Luncheon** Following a Chicken Parm and Ziti meal catered by Ozzi's, Kristen Tool introduced seniors to her "Heart and Soil" program which supplies produce from area farms and homemade soup from farm vegetables to several municipalities in Berkshire County. **Please call 655-2929 if you'd like produce.**

**May 9<sup>th</sup> Super Senior Party**



Eleven seniors (age 90 and over) and their guests enjoyed a delicious COA sponsored turkey dinner prepared and served by Dylan Brewer and his staff at OZZIE's restaurant in Hinsdale.

## Services Sponsored by the Hinsdale/Peru Council on Aging

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



Delivered to Berkshire Medical Center on April 11, 2024 were 85 newborn baby hats knitted by this group.

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



### Shine Program



Cathy Spinney invites anyone seeking information about anything Medicare to call first and come to her office on the ground floor of Hinsdale Town Hall. Her phone number is 413-655-2929.

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

**Foot Care Clinic** every other month \$40 fee (not covered by Medicare) Call 413-655-2929

**Annual Events:** **May** "Super Sr." Celebration, **October** Flu shots;**December** Christmas Party



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James Russell Lowell was born in Cambridge, Mass. in 1819. He attended Harvard and earned a B.A. but gave up Law for Literature. In 1838 he married Maria White. Lowell **wrote many articles and poems upholding the principles of abolitionism.** His poems may have been inspired by his wife, Maria White Lowell, who strongly opposed slavery as well.

And what is so rare as a day in June?  
Then, if ever, come perfect days;  
Then Heaven tries earth if it be in tune,  
And over it softly her warm ear lays;  
Whether we look, or whether we listen,  
We hear life murmur, or see it glisten;  
Every clod feels a stir of might,  
An instinct within it that reaches and towers,  
And groping blindly above it for light,  
Climbs to a soul in grass and flowers;

***The Hinsdale/Peru Council on Aging has its own page on the Hinsdale Website ([www.HinsdaleMass.com](http://www.HinsdaleMass.com)). By clicking on "Contacts" and scrolling down to "Council on Aging", you can access all COA Announcements, Newsletter, Agendas, and Minutes.***