

Voice of Experience

WESTFIELD COUNCIL ON AGING • MARCH 2026

March 2026



Westfield Council On Aging

45 Noble Street
Westfield, MA 01085
413-562-6435
Fax: 413-562-1109
www.cityofwestfield.org

Westfield Senior Center/ Council On Aging Hours:

Monday through Friday:
8 a.m. to 4 p.m.



Staff and Students: New Roles and New Faces

Staffing changes are in the air at the Senior Center. Our former Food Service Coordinator, **Joann Boucher**, has officially transitioned to her new role as Assistant Director, which combines program planning with administrative responsibilities. Former Kitchen Assistant **George Sfakios** is our new Food Service Manager. Having handled every aspect of restaurant management, budgeting, food preparation, and customer service, George has been preparing delicious entrees at the Senior Center for more than seven years. **Pamela Mautino** recently joined our kitchen crew as the Assistant Food Service Manager. Pam brings with her ten years of experience in the Hartford school system's food service program. **Anna Collier** is an Occupational Therapy graduate student working on her capstone research project at the Senior Center this semester. She is facilitating a six-week educational series for older adults who have experienced a stroke. And we have five nursing students from Westfield State University joining us on Fridays through mid-May. **Finley Dunham, Damaris Escalon-Brizuela, Amanda Stankowski, Liliana Cohen, and Artem Artemov** are helping with our popular Friday breakfasts and with afternoon Bingo. In addition, the students are available to take blood pressures before and after breakfast as well as before Bingo, beginning at noon. We'll miss them on March 16 when they're on spring break. **Welcome students and congratulations to Joann, George, and Pam!**

Slainte! Our Two-Day St. Patrick's Celebration

Everyone is Irish in March! And Senior Center participants will be lucky leprechauns, wearin' the green, not once, but twice this month with special shenanigans. **On St. Patrick's Day, Tuesday, March 17, at 10 a.m., dancers from the Cassin Academy of Irish Dance, will perform at the Senior Center for the first time ever!** For just \$.50, you can join us for coffee, tea, bottled water, festive goodies, and amazing Irish entertainment. No advance sign-ups are necessary. If you've never experienced Irish step dancing up close and personal, you're in for a treat. **On Wednesday, March 18, George O'Sfakios and Pam McMautino will be cooking up a traditional St. Patrick's Day dinner.** Participants will feast on corned beef and cabbage, carrots, potatoes, and dessert. **The cost is \$5. Space is limited and we expect a sellout crowd, so make your reservations early. Please note, there will be no 'Coffee Connections' in the morning and no 'Grab and Go' lunches on March 18.**

AARP Hosts 'HomeFit' Workshop

Is your home safe, secure, and 'Homefit?' **On Monday, March 30 from 10 to 11 a.m.,** AARP will host a special educational workshop at the Senior Center. **Dr. Alexis Morin, Assistant Professor of Occupational Therapy** at Western New England University, will enlighten participants about the types of home modifications they can make to help them age in place in their house, condominium, or apartment, while staying comfortable, independent, and injury-free. Dr. Morin will provide ideas and inspiration for making those modifications and educate participants about home updates designed to simplify daily activities. This special educational session offers Westfield's older adults a unique opportunity to obtain ideas for making their home a safe haven, enabling them to remain as independent as possible for as long as possible. Advance registration is required because the total number of participants is limited. **Please call the Senior Center at 562-6435 to register.**

SERVICES AND PROGRAMS PROVIDED

- Information and Referrals
- Companion Program
- Health Insurance Counseling
- Outreach/Case Management
- Nutrition Program
- Wellness Nurse
- Fuel/Nutrition Assistance Applications
- Medical Equipment Loans
- Support Groups
- Educational Sessions
- Fitness, Painting, Computer Tutorials
- Themed Events and Parties
- Senior Citizen Property Tax Work-Off Program
- Tax Preparation Assistance (February to April)
- WCPC Cable Channel 15 Programming

No Indoor Meal at the Senior Center on March 10

Please note that no indoor lunch will be served at the Senior Center on Tuesday, March 10. The kitchen staff will be attending a food show that day. We apologize for the inconvenience. **Morning coffee will be available from 8 to 10:30.**

Our Apologies

February's Sunday afternoon swing band concert was cancelled because of illness among the band members. Unfortunately, the band has been forced to take a hiatus. We will do our very best to reschedule when the weather warms up and good health to band members has been restored.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Curbside Cuisine

Hot curbside meals are provided by Highland Valley Elder Services (HVES) Monday through Friday. Copies of the monthly curbside menu are available at the Greeter's Desk and are distributed curbside to those who generally participate in the program. The meals are free of charge, however, donations are gratefully accepted and given to HVES. You must register for a meal no later than noon on the previous business day. Once the HVES menu is published, you may register for meals for the entire month. Your meal will be available for curbside pick-up between 11 and 11:30 a.m. Completion of a short form is required just once for participation in the program.

Leisurely Indoor Dining

Lunches prepared on-site are served in the Great Room, Monday through Thursday, at 11:45 a.m., with breakfast served on Fridays at 9 a.m. The cost of indoor dining meals is \$4. Additional Grab & Go lunch and breakfast for those who are dining indoors or getting a Highland Valley Elder Services curbside lunch is \$5. You must register for a meal no later than noon on the previous business day. Once the newsletter is published, you may register for meals for the entire month. Payment is made in the Great Room prior to the meal being served.

Monday, March 2
HVES Curbside Cuisine, Separate Menu
Indoor: Zuppa Toscana
(Hearty Creamy Italian Soup)
Garlic Cheese Bread
Salad
Reservation by noon, February 27

Tuesday, March 3
HVES Curbside Cuisine, Separate Menu
Indoor: Bacon Macaroni & Cheese
Chef's Choice: Soup or Salad
Reservation by noon, March 2

Wednesday, March 4
HVES Curbside Cuisine, Separate Menu
Indoor: Honey Glazed Salmon
Rice
Reservation by noon, March 3

Thursday, March 5
HVES Curbside Cuisine, Separate Menu
Indoor: Sweet Glazed Meatloaf
Mashed Potatoes
Reservation by noon, March 4

Friday, March 6
HVES Curbside Cuisine, Separate Menu
Indoor 9 a.m. Breakfast:
Corned Beef Hash
Cheese Omelet
Home Fries, Fruit
Reservation by noon, March 5

Monday, March 9
HVES Curbside Cuisine, Separate Menu
Indoor: Huli Huli
Barbequed Pineapple Chicken
Rice
Reservation by noon, March 6

Tuesday, March 10
HVES Curbside Cuisine, Separate Menu
NO INDOOR LUNCH TODAY
Coffee Connections: 8 to 10:30

Wednesday, March 11
HVES Curbside Cuisine, Separate Menu
Indoor: Eggplant Parmesan
Pasta, Salad
Reservation by noon, March 10

Thursday, March 12
HVES Curbside Cuisine, Separate Menu
Indoor: Stuffed Pepper
Salad
Reservation by noon, March 11

Friday, March 13
HVES Curbside Cuisine, Separate Menu
Indoor 9 a.m. Breakfast:
French Toast
Sausage, Fruit
Reservation by noon, March 12

Monday, March 16
HVES Curbside Cuisine, Separate Menu
Indoor: Guisado Stewed Chicken
Rice
Reservation by noon, March 13

Tuesday, March 17
HVES Curbside Cuisine, Separate Menu
Indoor: Manicotti
Meat Sauce
Reservation by noon, March 16

Wednesday, March 18
HVES Curbside Cuisine, Separate Menu
Reservation by noon, March 17
Indoor: \$5.00
'Slainte! Irish Corned Beef Dinner'
Corned Beef, Cabbage, Potatoes,
Carrots
*No Morning Coffee Today
*No Grab and Go Meals Today

Thursday, March 19
HVES Curbside Cuisine, Separate Menu
Indoor: Chicken Marsala, Gravy
Reservation by noon, March 18

Friday, March 20
HVES Curbside Cuisine, Separate Menu
Indoor 9 a.m. Breakfast:
Ham & Cheese Omelet
Home Fries, Fruit
Reservation by noon, March 19

Monday, March 23
HVES Curbside Cuisine, Separate Menu
Indoor: Chicken Pot Pie
Puff Pastry
Reservation by noon, March 20

Tuesday, March 24
HVES Curbside Cuisine, Separate Menu
Indoor: Stuffed Flounder
Rice
Reservation by noon, March 23

Wednesday, March 25
HVES Curbside Cuisine, Separate Menu
Indoor: Homemade Combo Pizza
Hamburg, Pepperoni, Peppers
Salad
Reservation by noon, March 24

Thursday, March 26
HVES Curbside Cuisine, Separate Menu
Indoor: Pam's Italian Sausage Lasagna
Salad
Reservation by noon, March 25

Friday, March 27
HVES Curbside Cuisine, Separate Menu
Indoor 9 a.m. Breakfast:
Broccoli-Bacon-Cheese Quiche
Fruit
Reservation by noon, March 26

**Menu Subject to Change Without Notice

MARCH 2026 Fitness Room Calendar

**Please note that the number of participants in individual fitness classes is limited. Remember that all participants utilizing the Fitness Room for classes and dance sessions are required to change their footwear before walking on the hardwood floor. Chair Yoga is taught by YMCA Instructor, Teri Somers. Totally FUN Fitness is taught by COA Group Exercise Instructor, Carol Palmer.

Monday, March 2
10-11 Zumba Gold with Becca
11:15-12:15 Beginner Line Dancing
1:15-2 Progressive Chair Yoga
2:15-3 Gentle Chair Yoga

Tuesday, March 3
8-9 a.m. Male Call! Fitness Class
9:30-10:15 Totally FUN Fitness
10:30-11:15 Totally FUN Fitness
1:30-2:15 In-and-Out Chair Yoga

Wednesday, March 4
1:15-2 Progressive Chair Yoga
2:15-3 Gentle Chair Yoga

Thursday, March 5
8-9 a.m. Male Call! Fitness Class
9:30-10:15 Totally FUN Fitness
10:30-11:15 Totally FUN Fitness
1:30-2:15 In-and-Out Chair Yoga

Friday, March 6
10-11:30 Line Dancing
2-3 Yoga for Strength

Monday, March 9
10-11 Zumba Gold with Becca
11:15-12:15 Beginner Line Dancing
1:15-2 Progressive Chair Yoga
2:15-3 Gentle Chair Yoga

Tuesday, March 10
8-9 a.m. Male Call! Fitness Class
9:30-10:15 Totally FUN Fitness
10:30-11:15 Totally FUN Fitness
1:30-2:15 In-and-Out Chair Yoga

Wednesday, March 11
10-10:45 Zumba Gold with Milli
1:15-2 Progressive Chair Yoga
2:15-3 Gentle Chair Yoga

Thursday, March 12
8-9 a.m. Male Call! Fitness Class
9:30-10:15 Totally FUN Fitness
10:30-11:15 Totally FUN Fitness
1:30-2:15 In-and-Out Chair Yoga

Friday, March 13
10-11:30 Line Dancing
2-3 Yoga for Strength

Monday, March 16
10-11 Zumba Gold with Becca
11:15-12:15 Beginner Line Dancing
1:15-2 Progressive Chair Yoga
2:15-3 Gentle Chair Yoga

Tuesday, March 17
8-9 a.m. Male Call! Fitness Class
9:30-10:15 Totally FUN Fitness
10:30-11:15 Totally FUN Fitness
1:30-2:15 In-and-Out Chair Yoga

Wednesday, March 18
10-10:45 Zumba Gold with Milli
1:15-2 Progressive Chair Yoga
2:15-3 Gentle Chair Yoga

Thursday, March 19
8-9 a.m. Male Call! Fitness Class
9:30-10:15 Totally FUN Fitness
10:30-11:15 Totally FUN Fitness
1:30-2:15 In-and-Out Chair Yoga

Friday, March 20
10-11:30 Line Dancing
2-3 Yoga for Strength

Monday, March 23
10-11 Zumba Gold with Becca
11:15-12:15 Beginner Line Dancing
1:15-2 Progressive Chair Yoga
2:15-3 Gentle Chair Yoga

Tuesday, March 24
8-9 a.m. Male Call! Fitness Class
9:30-10:15 Totally FUN Fitness
10:30-11:15 Totally FUN Fitness
1:30-2:15 In-and-Out Chair Yoga

Wednesday, March 25
10-10:45 Zumba Gold with Milli
1:15-2 Progressive Chair Yoga
2:15-3 Gentle Chair Yoga

Thursday, March 26
8-9 a.m. Male Call! Fitness Class
9:30-10:15 Totally FUN Fitness
10:30-11:15 Totally FUN Fitness
1:30-2:15 In-and-Out Chair Yoga

Friday, March 27
10-11:30 Line Dancing
2-3 Yoga for Strength

Monday, March 30
10-11 Zumba Gold with Becca
11:15-12:15 Beginner Line Dancing
*No Chair Yoga Today

Tuesday, March 31
8-9 a.m. Male Call! Fitness Class
9:30-10:15 Totally FUN Fitness
10:30-11:15 Totally FUN Fitness
*No Chair Yoga Today

Retire the Fire! ~ Safety Checklist

Fire and personal safety for Westfield's older adults is an individual, family, and community effort. With support from the Westfield Fire Department and the Westfield News, the Westfield Council On Aging is once again launching its annual *Retire the Fire!* fire prevention and safety campaign for the City's older adults. The following checklist might be helpful in assessing an older adult's overall basic safety. Please note that a special Safety Checklist for Those Living With Dementia or Memory Loss is available in the Senior Center Fireside Lounge.

- Are there house numbers on the home that are easily visible to first responders in case of an emergency? Are there smaller house numbers on the mailbox?
- Are there smoke and carbon monoxide detectors on each level of the home?
- Does each older adult in the home have a completed and updated *File of Life*?
- Are rooms and stairs free of excessive clutter which creates a fire hazard and hinders clear pathways for first responders?
- Are the stove and oven used only for cooking and not storage of kitchen items and the display of knickknacks?
- Are electrical outlets used properly without overload?

Westfield Council On Aging Presents

'Retire the Fire! ~ Resources for Westfield's Older Adults'

The Senior Center has an entire section in the Fireside Lounge devoted to Westfield's *Retire the Fire!* program. *Retire the Fire!* is a safety program specifically designed for older adults. In the next segment of our monthly cable television series, 'Westfield Council On Aging Presents' hosted by Harry Rock, COA Special Projects Coordinator, Tina Gorman will provide the background for developing the *Retire the Fire!* program and outline the plethora of informational fire safety and falls prevention handouts and brochures available at the Senior Center. Tune in to Channel 15 at 2:45 p.m. on any or all of the following dates for 'Retire the Fire! ~ Resources for Westfield's Older Adults': Tuesdays, March 3, 10, 17, 24, 31 and Thursdays, March 5, 12, 19, 26. If you don't get cable Channel 15, but you have internet service, simply go to www.cityofwestfield.org and under 'Community,' click on Community Access TV, CH 15 Live Stream. OR... the program is available on YouTube anytime. Simply go to www.cityofwestfield.org and under 'Community,' click on Community Access TV. Scroll down to View Archived Broadcasts Online and click Westfield Community Programming on YouTube. Scroll to Senior Center and click 'Retire the Fire! ~ Resources for Westfield's Older Adults'.

'G & P's 2 for 2' Breakfast Sandwich and Coffee

Beginning on March 19, the kitchen crew is adding a breakfast sandwich option on Tuesday and Thursday mornings. During specific hours that coffee, tea, and bottled water are available, 8:30 to 10:30 a.m., participants can also purchase an egg and cheese breakfast sandwich. The cost is \$2 for the sandwich and a cup of coffee. As with our other food options, preregistration is required. You must register for 'G & P's 2 for 2' no later than noon on the previous business day. Once the newsletter is published, you may register for 'G & P's 2 for 2' for the entire month. Payment is made at the Greeter's Desk when you pick up your coffee mug.

Reusable Bags Available to New and Current Friends Members

The Friends of the Westfield Senior Center half-price fall membership drive was a huge success! The Friends group provides enhancements to the programs, services, and activities of the Westfield Senior Center through fundraising, advocacy, and facility improvement. New members are now a part of that effort. In addition, all current members and all new members are entitled to a reusable 'Friends' grocery bag as a gift. Those who have not yet received a bag can stop at the Senior Center Greeter's Desk any Thursday or Friday while Friends Treasurer/Clerk Kathy Millas is volunteering. Kathy will distribute the bright red bag with the Friends logo to any member who has not received one. We hope to see the bags all over town and beyond!

Therapeutic Watercolor Painting

The creative process of art combined with aromatherapy can be a soothing escape for those who are stressed or overwhelmed with caregiver responsibilities, personal health issues, family problems, or grief and loss. Donna Carmel will lead a small group of participants in two stress-free therapeutic watercolor painting sessions. On Monday, March 16, 9:30 to 11:30, participants will paint a still life of oranges with the scent of orange. On Monday, April 13, participants will create a tropical scene with the scent of coconut oil. The emphasis is on the process and not the finished product. Thanks to a grant from the Westfield Cultural Council which is supported by the Massachusetts Cultural Council, there is no charge for the sessions and all supplies will be provided. Advance registration is required because the total number of participants for each session is limited. Please call the Senior Center at 562-6435 to register.

Note Card Creation

Join Director of Veterans Services, Julie Barnes, as she puts on her after-hours creativity hat. Julie will lead a class in making two springtime note cards on Wed., March 11 from 4 to 5 p.m. Participants will watercolor paint a vase of tulips as well as a bunny. All supplies, including envelopes for the cards, will be provided. The cost is \$5 for the session. Advance registration is required because the total number of participants is limited. Please call the Senior Center at 562-6435 to register.

'Art Unlimited' March Projects

This month the 'Art Unlimited' group will meet on Thursday, March 5 and Thursday, March 19 from 1:30 to 3:30 p.m. Instructor Carole Sieron will lead participants in a step-by-step project designed to be completed in one session. Materials for each session project are provided through a grant from Sarah Gillett Services for the Elderly, Inc. The project for March 5 will be 'rock painting' using acrylic paint pens. On March 19, the group will create 'terracotta planters' using paint and decoupage. Advance registration is required for each session. Please call the Senior Center at 562-6435 to register.

'Diabetes Dialogue' ~ The Importance of Fiber

Did you know that a diet rich in fiber can lower blood sugar, weight, cholesterol, and help you to feel full longer? Join Jennifer Giffune, Registered Dietician and Licensed Nutritionist, for a discussion of this topic on March 31. The 'Diabetes Dialogue' Support & Education Group meets on the last Tuesday of every month from 1:30 to 2:30 p.m. and offers you and your family information and camaraderie in a relaxed and informal atmosphere.

Technology Support ~ Retrieving Voicemails

As a cost-saving measure, many of our Senior Center participants have given up their landlines in favor of a cell phone. A cell phone can be an amazing communication tool once the owner has learned how to use it. Some of our participants struggle with retrieving voicemails, including robo-calls from us. For those who have 'Caller ID,' the Senior Center number, 413-562-6435, should appear if it has been programmed into your phone. If you receive a call from the Senior Center, it is very important that you retrieve and listen to the message, in its entirety. Sound complicated? Fear not! Students from Westfield Technical Academy offer in-person one-to-one computer/smartphone assistance every month. If you would like tutorial assistance, please call the Senior Center at 562-6435 to schedule an appointment. This month, the students will be at the Senior Center on Thursday, March 26 from 9 to 11 a.m.

FRIEND Forms Available

The *First Responder Informative Extra Needs Directive* or FRIEND form provides information to first responders about the person in need, prior to their arriving on the scene. It is helpful for first responders to know ahead of time if the person in distress has a dementia diagnosis, memory loss, or cognitive limitations as well as hearing, visual, or mobility challenges. Completed FRIEND forms are given to Westfield's Public Safety Department so that information on the form can be entered into the 9-1-1 data system. FRIEND forms are available at the Senior Center in the Fireside Lounge.

Consumer Cellular®

BIG WIRELESS COVERAGE, WITHOUT BIG WIRELESS COST.

Plans start at \$20/Month.



PREMIUM NATIONWIDE 5G COVERAGE.

Get the exact same nationwide coverage as the largest carriers, including 5G for up to half the cost.

AWARD-WINNING CUSTOMER SUPPORT 16 TIMES IN A ROW.

We've been ranked "#1 in Customer Service among Wireless Value MVNOs, 16 Times in a Row."

100% U.S. BASED CUSTOMER SERVICE.

All of our support teams are just a call or click away.

Switch & Save Today. 855-344-3253

© 2024 Consumer Cellular Inc. Terms and Conditions subject to change. For J.D. Power 2024 Wireless Customer Care Value Mobile Virtual Network Operator Study award information, visit jdpower.com/awards. Plans shown above include \$5 credit for AutoPay and E-billing. Taxes and other fees apply. Credit approval required for new service. Cellular service not available in all areas and is subject to system limitations.

MARCH 2026 ACTIVITY CALENDAR

MONDAY

Monday, March 2

8-10:30 'Coffee Connections'
 8:30-4 p.m. Games Room Open
 8:45-4 p.m. Curbside AARP Tax Assistance, Pre-registration Required
 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on February 27
 1-2:30 Do Re Mi Singers
 1-3 Bridge
 1:30-3 'Write From The Heart' Group

Monday, March 9

8-10:30 'Coffee Connections'
 8:30-4 p.m. Games Room Open
 8:45-4 p.m. Curbside AARP Tax Assistance, Pre-registration Required
 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on March 6
 12:30 p.m. Council On Aging Board Meeting, Senior Center
 1-2:30 Do Re Mi Singers
 1-3 Bridge
 1:30-3 'Write From The Heart' Group

Monday, March 16

8-10:30 'Coffee Connections'
 8:30-4 p.m. Games Room Open
 8:45-4 p.m. Curbside AARP Tax Assistance, Pre-registration Required
 9:30-11:30 Therapeutic Watercolor Painting
 Pre-registration Required
 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on March 13
 12:30-1:30 Representative Kelly Pease/Legislative Aide, Office Hours
 No appointment necessary
 1-2:30 Do Re Mi Singers
 1-3 Bridge
 1:30-3 'Write From The Heart' Group

Monday, March 23

8-10:30 'Coffee Connections'
 8:30-4 p.m. Games Room Open
 8:45-4 p.m. Curbside AARP Tax Assistance, Pre-registration Required
 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on March 20
 12:30-1:30 Senator John Velis/Legislative Aide, Office Hours
 No appointment necessary
 1-2:30 Do Re Mi Singers
 1-3 Bridge
 1:30-3 'Write From The Heart' Group

Monday, March 30

8-10:30 'Coffee Connections'
 8:30-4 p.m. Games Room Open
 8:45-4 p.m. Curbside AARP Tax Assistance, Pre-registration Required
 10-11 AARP 'HomeFit' Workshop
 Advance Registration Required
 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on March 27
 1-2:30 Do Re Mi Singers
 1-3 Bridge
 1:30-3 'Write From The Heart' Group

TUESDAY

Tuesday, March 3

8-10:30 'Coffee Connections'
 9-12 Cribbage
 9:30-12:30 Games Room Open
 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on March 2
 12:30-4 Singles Billiards Tournament

Tuesday, March 10

8-10:30 'Coffee Connections'
 9-12 Cribbage
 9:30-12:30 Games Room Open
 11 a.m. Curbside Cuisine (HVES)
 Reservation by noon on March 9
 11-Noon Representative Michael Finn/Legislative Aide, Office Hours
 No appointment necessary
 12:30-4 Singles Billiards Tournament
 12:30-1:15 Curbside Brown Bag Food Distribution
 *Please Note: THERE IS NO INDOOR DINING TODAY

Tuesday, March 17

8-10:30 'Coffee Connections'
 9-12 Cribbage
 9:30-12:30 Games Room Open

 10 a.m. Cassin Academy, Irish Step Dancers

 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on March 16
 12:30-4 Singles Billiards Tournament

Tuesday, March 24

8-10:30 'Coffee Connections'
 8:30-10:30 'G & P's 2 for 2'
 Reservation by noon on March 23
 9-12 Cribbage
 9:30-12:30 Games Room Open
 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on March 23
 12:30-4 Singles Billiards Tournament
 1:30-3:30 Ballroom Dancing

Tuesday, March 31

8-10:30 'Coffee Connections'
 8:30-10:30 'G & P's 2 for 2'
 Reservation by noon on March 30
 9-12 Cribbage
 9:30-12:30 Games Room Open
 10-Noon Baystate Hearing Aid Service, By Appointment
 (last Tuesday of the month)
 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on March 30
 12:30-4 Singles Billiards Tournament
 1:30-2:30 'Diabetes Dialogue' Support & Education Group
 (last Tuesday of the month)

WEDNESDAY

Wednesday, March 4

8-10:30 'Coffee Connections'
 8:30-4 p.m. Games Room Open
 9 a.m. 'Sassy Stitchers' Knit & Crochet Group
 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on March 3
 1 p.m. Chess with Les
 1-4 'Mah Jongg Play Along'
 1-2 BINGOcize

Wednesday, March 11

8-10:30 'Coffee Connections'
 8:30-4 p.m. Games Room Open
 9 a.m. 'Sassy Stitchers' Knit & Crochet Group
 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on March 10
 1 p.m. Chess with Les
 1-4 'Mah Jongg Play Along'
 1-2 BINGOcize
 4-5 Note Card Creation

Wednesday, March 18

8:30-4 p.m. Games Room Open
 9 a.m. 'Sassy Stitchers' Knit & Crochet Group
 11 a.m. Curbside Cuisine (HVES)
 Reservation by noon on March 17

 11:45 ST. PATRICK'S DINNER, \$5
 RESERVE EARLY! SPACE IS LIMITED!

 1 p.m. Chess with Les
 1-4 'Mah Jongg Play Along'
 1-2 BINGOcize

Wednesday, March 25

8-10:30 'Coffee Connections'
 8:30-4 p.m. Games Room Open
 9-10:30 'Stand By Me' Support Group
 9-2 SNAP Application Assistance
 9 a.m. 'Sassy Stitchers' Knit & Crochet Group
 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on March 24
 1 p.m. Chess with Les
 1-4 'Mah Jongg Play Along'
 1-2 BINGOcize

THURSDAY

Thursday, March 5

8-10:30 'Coffee Connections'
 8:45-4 p.m. Curbside AARP Tax Assistance, Pre-registration Required
 9:30-2:30 'Happy Feet' Footcare, By Appointment
 9:30-12:30 Games Room Open
 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on March 4
 12:30-4 Singles Billiards Tournament
 1-3 Mexican Train Dominoes
 1:30-3:30 'Art Unlimited' Group
 Advance Registration Required

Thursday, March 12

8-10:30 'Coffee Connections'
 8:45-4 p.m. Curbside AARP Tax Assistance, Pre-registration Required
 9:30-12:30 Games Room Open
 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on March 11
 12:30-4 Singles Billiards Tournament
 1-3 Mexican Train Dominoes

Thursday, March 19

8-10:30 'Coffee Connections'
 8:30-10:30 'G & P's 2 for 2'
 Reservation by noon on March 18
 8:45-4 p.m. Curbside AARP Tax Assistance, Pre-registration Required
 9:30-12:30 Games Room Open
 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on March 18
 12:30-4 Singles Billiards Tournament
 1-3 Mexican Train Dominoes
 1:30-3:30 'Art Unlimited' Group
 Advance Registration Required

Thursday, March 26

8-10:30 'Coffee Connections'
 8:30-10:30 'G & P's 2 for 2'
 Reservation by noon on March 25
 8:45-4 p.m. Curbside AARP Tax Assistance, Pre-registration Required
 9:30-2:30 'Happy Feet' Footcare, By Appointment
 9-11 WTA Technology Tutorials
 Advance Registration Required
 9:30-12:30 Games Room Open
 11 a.m. Curbside Cuisine (HVES) or 11:45 Indoor Dining
 Reservation by noon on March 25
 12:30-4 Singles Billiards Tournament
 1-3 Mexican Train Dominoes

FRIDAY

Friday, March 6

8-10:30 'Coffee Connections'
 8:30-4 p.m. Games Room Open
 9 a.m. Indoor Dining Breakfast
 Reservation by noon on March 5
 9-Noon 'Piecemakers' Quilting Group
 11-11:30 'Curbside Cuisine' HVES Meal
 Reservation by noon on March 5
 1-3 Bingo (Dessert Courtesy of Armbrook Village)

Friday, March 13

8-10:30 'Coffee Connections'
 8:30-4 p.m. Games Room Open
 9 a.m. Indoor Dining Breakfast
 Reservation by noon on March 12
 9-Noon 'Piecemakers' Quilting Group
 10:30-Noon Novel Ideas Book Group
 11-11:30 'Curbside Cuisine' HVES Meal
 Reservation by noon on March 12
 1-3 Bingo (Dessert Courtesy of The Arbors at Westfield)

Friday, March 20

8-10:30 'Coffee Connections'
 8:30-4 p.m. Games Room Open
 9 a.m. Indoor Dining Breakfast
 Reservation by noon on March 19
 9-Noon 'Piecemakers' Quilting Group
 11-11:30 'Curbside Cuisine' HVES Meal
 Reservation by noon on March 19
 1-3 Bingo
 (Dessert Courtesy of Westfield Gardens Nursing and Rehabilitation)

Friday, March 27

8-10:30 'Coffee Connections'
 8:30-4 p.m. Games Room Open
 9-11 'Side By Side' Support Group
 9 a.m. Indoor Dining Breakfast
 Reservation by noon on March 26
 9-Noon 'Piecemakers' Quilting Group
 11-11:30 'Curbside Cuisine' HVES Meal
 Reservation by noon on March 26
 1-3 Gift Card Bingo
 (Dessert Courtesy of Vantage Health & Rehabilitation at Westfield)
 (Gift Cards Sponsored by Westfield Pride)

****Please note that 'Happy Feet' footcare and all blood pressure clinics are suspended until further notice.**

CARRIERS WANTED

- **LONGMEADOW - All Hook Delivery - Thursday**
- **WILBRAHAM - All Hook Delivery - Thursday**

CALL HOLLY AT: 413.788.1316

(We are offering a BONUS Incentive to New Carriers after completing 4 weeks)



reminder
publishing

EAST OFFICE:
443 Shaker Road
East Longmeadow, MA

WEST OFFICE:
181 Root Road
Westfield, MA

We are also looking for Part-Time Summer Substitute Carriers!

All carriers have a chance to cover other routes when needed; but not required.



FREE Equipment and Wi-Fi | FREE Standard Install | No Contracts

UNLIMITED HIGH-SPEED INTERNET
\$69.95 A MONTH



WG+E whipcityfiber.com
413-485-1251

No data cap with regular residential use. See Terms and Conditions for additional information.

Monthly Message for Our Military Members: 'Westfield Service Member ID Card'

The Westfield Veterans Service Office offers a Veteran/Prior Service Member Identification Card to prior military members who are Westfield residents. The application is available in the Veterans Office. A copy of your DD214 showing an honorable discharge is required. Your photo will be taken, and the ID card issued within two weeks. The ID card will allow you discounts at a wide variety of local businesses. For a complete listing, go to www.cityofwestfield.org and under 'Departments,' click on 'Veterans Services.' Then click 'Veteran/Prior Service ID Cards.' For more information contact Julie Barnes, Westfield Veteran Services at 413-572-6247 or email julie.barnes@cityofwestfield.org

COA CABLE CHANNEL 15 'TV GUIDE' AND LIVE STREAMING

Please note that priority must be given to any City, Board, or Commission meeting as mandated by the Open Meeting Law. So there may be occasions when the Channel 15 schedule is altered at the last minute. If you don't get cable Channel 15, but you have internet service, simply go to www.cityofwestfield.org and under 'Community,' click on **Community Access TV, CH 15 Live Stream.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 a.m. Yoga with Renee Rix	10:30 a.m. 'Totally FUN Fitness!' with Carol Palmer 2 p.m. Movin', Groovin' and Improvin' with Dr. G and Grace 3 p.m. Line Dancing Senior Center Line Dancers	10:30 a.m. 'Get Fit' Tool Kit with WSU Movement Science Students 2 p.m. Chair Yoga with Teri Somers 2:45 p.m. Westfield Council On Aging Presents: 'Retire the Fire! ~ Resources for Westfield's Older Adults' Guest: Tina Gorman COA Special Projects Coordinator	6 to 8 a.m. 'Wake Up Wednesday' Health & Wellness Talk Show Host: Tina Gorman 10:30 a.m. 'Totally FUN Fitness!' with Carol Palmer 2 p.m. Movin', Groovin' and Improvin' with Dr. G and Grace 2:40 p.m. '2026 WHS Choir Cabaret performance' Directed by Corey Bruno	10:30 a.m. Zumba Gold with Becca Perron 2 p.m. Chair Yoga with Teri Somers 2:45 p.m. Westfield Council On Aging Presents: 'Retire the Fire! ~ Resources for Westfield's Older Adults' Guest: Tina Gorman COA Special Projects Coordinator	10:30 a.m. Line Dancing Senior Center 1 p.m. Line Dancers 1 p.m. Yoga with Renee Rix 2 p.m. 'Get Fit' Tool Kit with WSU Movement Science Students	Noon Yoga Dance with Renee Rix 6 p.m. '2026 WHS Choir Cabaret performance' Directed by Corey Bruno

Cable Channel 15, Live Streaming, and Senior Center YouTube Programming

Westfield's Media Systems Specialist, Peter Cowles, works closely with Senior Center staff on taping and scheduling a variety of fitness, educational, and entertainment programs for the City's older adults. The days and times are listed in the calendar on Page 6 of the *Voice of Experience* newsletter. If you don't get cable Channel 15, but you have internet service, simply go to www.cityofwestfield.org and under 'Community,' click on **Community Access TV, CH 15 Live Stream.** In addition, a wide array of both Senior Center and Westfield community programming is available on YouTube. Simply go to www.cityofwestfield.org and under 'Community,' click on **Community Access TV.** Scroll down to **View Archived Broadcasts Online** and click **Westfield Community Programming on YouTube.** At the top, click 'Playlists' and then under 'Senior Center,' click 'View Full Playlist.' You can select any of the Senior Center fitness classes as well as various sessions from the educational 'Council On Aging Presents' series. Enjoy!

Thank You!

Thank you to the following people and businesses for all of the wonderful things that they do and the generous donations that they make:
Food Items: The Arbors; Armbrook Village; Big Y; Stop & Shop; Vantage Health & Rehabilitation; Westfield Rehabilitation & Health Center; Westfield Food Pantry.
Medical Equipment and Supplies: Dianne English, Clive Lawrence, Mary Principe. **Anyone wishing to donate an item, should call the Senior Center at 562-6435 in advance to see if there is a need.** Medical equipment must be clean and in good to excellent condition when donated and when returned after use. (See article, Page 7)
Revolving Gift Fund Donations: Ellen Caldwell, Sandra Klem, Richard Hilbert, Curtis Tuttle.
Bingo Gift Cards: Westfield Pride
In Appreciation of Front Desk Staff by Ellen Caldwell
In Memory of William Caldwell by Ellen Caldwell

WESTFIELD COUNCIL ON AGING STAFF

- Executive Director** Michael Squindo
michael.squindo@cityofwestfield.org
- Assistant Director** Joann Boucher
j.boucher@cityofwestfield.org
- Special Projects Coordinator** Tina Gorman
t.gorman@cityofwestfield.org
- Principal Clerk** Carol Shannon
c.shannon@cityofwestfield.org
- Senior Benefits Coordinator** Lynn Hills
l.hills@cityofwestfield.org
- Outreach Coordinator** Joanne Ortigas
joanne.ortigas@cityofwestfield.org
- Food Service Manager** George Sfakios
george.sfakios@cityofwestfield.org
- Assistant Food Service Manager** Pamela Mautino
- Intake & Referral Specialist** Fran St. Peter
fran.stpeter@cityofwestfield.org
- Front Desk Receptionist** Sandra Fisher
sandra.fisher@cityofwestfield.org
- Building Maintenance Craftsman** Alex Hibert
- Group Exercise Instructor** Carol Palmer
- Wellness Nurse** Evelyn Bristol, BSN, RN

In partnership with the City of Westfield's Health Department

REVOLVING GIFT FUND

The COA Revolving Gift Fund is used to pay for services for older adults, entertainment, equipment and programs for the Senior Center. Monies donated to the Gift Fund remain in this account and are not considered part of the City Budget. Anyone wishing to make a donation may do so by

making checks payable to "Westfield Revolving Gift Fund." Donations may also be made in honor of, or in memory of a friend or relative. Contributors will be listed in our newsletter unless they wish to remain "anonymous." Contributions are always greatly appreciated!

Westfield Council On Aging

45 Noble Street, Westfield, MA 01085

In Honor Of _____ or
 In Memory Of _____ or
 In Appreciation Of _____
 Donated By _____
 Address _____
 Anonymous Yes _____ No _____ Amount Enclosed: _____

Important Numbers for Westfield's Older Adults

- Mass Options (Elder Affairs): 1-800-243-4636
- Highland Valley Elder Services: 1-413-586-2000
- Westfield Housing Authority: 568-9283
- PVTA Paratransit (Van) Service: 739-7436
- Home Delivered Meals: 562-0249
- Medicare: 1-800-633-4227
- Social Security: 1-866-964-5061
- Valley Opportunity Council (Fuel Assistance): 552-1548
- Westfield Veteran's Office: 572-6247

Westfield Council On Aging, Board of Directors

Meetings are held the second Monday of each month and are open to the public. Westfield Senior Center, 12:30 p.m.

- Chair: James Liptak
- Vice Chair: Eric McDowell
- Secretary: Trudy Knowles
- Treasurer: Edward Ekmalian
- Justice John Greaney
- Barbara Martone
- Robert O'Brien

Friends of the Westfield Senior Center, Board of Directors

- President: Tom Keenan
- Vice President: Mike Parent
- Clerk/Treasurer: Kathy Millas
- Kevin Bard
- Tina Gorman
- Lesley Lambert
- Christina Lovelace
- Harry Rock

"How Do I Get the Voice of Experience Newsletter?"

For those who subscribe to The Westfield News, the Council On Aging Voice of Experience newsletter is an insert in their newspaper on the last Saturday of the month. Two days later, the newsletter is distributed to local pharmacies and senior housing complexes. Newsletters are also available in the large tan and green covered box located outside near the Senior Center front door. Simply drive to the entrance anytime other than during lunch distribution and take a copy. For those who are computer savvy, the Voice of Experience newsletter is available on-line. Just go to www.cityofwestfield.org and under 'Departments', click on 'Council On Aging'. Then simply click on 'Voice of Experience Newsletter' for the most current edition.

Durable Medical Equipment Loan Program

The Westfield Council On Aging loans out durable medical equipment at no cost to the borrower for up to six months. All of the equipment has been donated to the Senior Center. It is cleaned and sanitized between borrowers. Those needing medical equipment should call the Senior Center at 562-6435. Drop-in visits and on-the-spot requests cannot be accommodated. A staff member will review options over the telephone. Sometimes the COA staff will request measurements of doors, tubs, and the area around the bathroom toilet to assure that the requested item will fit in a specific space. The staff may also ask for the approximate height and weight of the person who will use the equipment because wheelchairs, walkers, canes, and commodes come in various sizes. All paperwork is done in advance over the phone. Equipment is picked up on a scheduled day within a specific timeframe that is convenient for both the family as well as the COA staff.

Benefits Basics

Senior Benefits Coordinator, Lynn Hills, coordinates a number of benefit programs for Westfield's older adults. The SHINE Program provides free one-on-one health information, counseling, and assistance to Medicare beneficiaries of all ages. A SHINE Counselor is trained and certified by the Massachusetts Executive Office of Aging & Independence on topics pertaining to Medicare, Supplemental plans, Prescription Drug Plans, and MassHealth. Counselors can also help beneficiaries with limited income and resources enroll in programs that help pay health insurance costs. Lynn also helps clients to apply for SNAP (Supplemental Nutrition Assistance Program) benefits, the Brown Bag program, and Fuel Assistance. All information is kept confidential. For more information or to schedule a consultation, please contact Lynn Hills at the Council On Aging at 562-6435.

Medicare Advantage Enrollment Period

The Open Enrollment period for Medicare Advantage runs through March 30, 2026. During that time, Medicare beneficiaries may change from their current Medicare Advantage plan to another Medicare Advantage plan. This enrollment period is also designed for those who want to leave their current Medicare Advantage plan (HMO or PPO) and go back to Original Medicare and a Stand-Alone Prescription Drug Plan. Those members who choose to dis-enroll from their Medicare Advantage plan (HMO, PPO) to revert to Original Medicare and a Prescription Drug Plan may also add a Medicare supplement/Medigap at any time. For assistance with a Medicare Advantage plan, call Lynn Hills at the Council On Aging at 562-6435.

SNAP Application Assistance

Is your grocery budget tight? SNAP (Supplemental Nutrition Assistance Program), formerly known as Food Stamps, may be helpful. Income guidelines are \$2,608 gross monthly income for a household of one, and \$3,525 for a household of two. A SNAP Associate will be at the Westfield Senior Center on Wednesday, March 25 to assist with the application process. To schedule an appointment, please call the Senior Center at 413-562-6435. Walk-ins can only be accommodated if there is availability in the schedule. Please note that a SNAP Associate is at the Senior Center monthly to assist with the application process. Feel free to call and get on the list for a future appointment if you have a conflict with this month's date.

Inclement Weather Closings

During the stormy winter months, please note that in case of inclement weather, the Senior Center follows the same schedule as the City's public schools regarding closure. If the schools are closed, then the Senior Center is closed as well with meals, classes, and programs canceled for the day. If the Westfield Public Schools have a 'delayed' opening, then the Senior Center will open at Noon. In such an event, indoor meals will be served upon opening. Curbside meals will be served subject to the HVES meal policy (ask staff for a copy of the policy). All other programming will resume as normal following our opening. Closings and delayed openings are announced on the following local television stations: WGGB News 40, WWLP TV 22, WSHM CBS3, and WCPC cable Channel 15; WSFD radio 107.5 FM; and on our Facebook page at www.facebook.com/WestfieldCOA

Brown Bag Food Distribution

Brown Bag is held curbside on the second Tuesday of the month, from 12:30 to 1:15 p.m. (Please do not arrive prior to 12:30 p.m.) No Brown Bags will be distributed outside of the designated timeframe, so plan accordingly. Brown Bag participants should enter the Senior Center parking lot via Murphy Circle, turn left and follow the signs for meal pickup, and remain in their vehicle at all times. A staff member will put the groceries in the vehicle backseat. Vehicle doors should be unlocked. The upcoming schedule is Tuesday, March 10 and Tuesday, April 14. Please note that the Brown Bag program is income based. In order to receive a Brown Bag, you must submit a completed application to the Western Massachusetts Food Bank and get their approval for participation. Applications are available at the Senior Center. Call Lynn Hills, Senior Benefits Coordinator, at 562-6435, for assistance.

Attention Westfield Families We invite you to play!

GAME ON!

This unique board game features businesses, points of interest and landmarks all over the town of Westfield, Massachusetts.

Westfield-OPOLY board games are available at:

Westfield News

181 Root Road, Westfield, MA

Greater Westfield Chamber of Commerce

166 Elm Street, Westfield, MA

Reminder Publishing, LLC

443 Shaker Rd, Suite B, East Longmeadow, MA



TO PURCHASE ONLINE VISIT:
WESTFIELD-OPOLY.COM