

CHARLEMONT COUNCIL ON AGING
New and Continuing Programs 2010

Blood Pressure Clinic – A registered nurse is available at the Senior Center, 175 Main St., Charlemont, every first Wednesday of the month from 10:30 to 12 Noon for blood pressure checks. Walk-ins-always welcome –any age – no charge.

Brown Bag Food Distribution – The Brown Bag Food Distribution is every third Wednesday of the month from 10:30 to 12 Noon at the Senior Center. This program is available to seniors over 60. Food is provided by the Western Massachusetts Food Bank of Hatfield. There is a suggested donation of \$3.00 a month or \$33.00 a year. However, no participant is turned away without a bag if unable to pay. Call Linda Reynolds (413) 339-4201 or stop in to the Senior Center any Wednesday from 9:30 to 1 P.M. to find out more about the program. Volunteers do assembly-line packing of the bags. The Food Bank and Franklin County Home Care Corporation provide timely printed handouts each month.

Foot Clinic -- Every other month (Jan., Mar., May, July, Sept., and Nov.) a registered nurse is available at the Senior Center to trim nails, assess seniors' feet for any foot problems that may need further attention from a doctor and to give a lovely foot massage. This service is by appointment from 9 A.M. to 4 P.M. on the third Wednesday of the months stated. To make or cancel an appointment call (413) 339-4201 and leave your name, telephone number and a message. There is no charge. Donations are welcome. A donation box is located at the Senior Center or send a check made out to the Charlemont COA, Box 243, Charlemont, MA 01339. Please indicate on the check or in a separate note that the donation is for the Title III Charlemont Foot Clinic. This program is supported by a Title III grant from Franklin County Home Care.

Home Repair Program – Handyman volunteers are available to do minor home repairs for seniors such as changing a ceiling bulb, fixing a jammed door or repairing a garage window to name a few. No job too small! The service is free; however, the senior is expected to purchase all needed parts and materials. Donations are accepted. This program is supported by a grant from Franklin County Home Care. A donation box is located at the Senior Center or you may send a check made out to the Charlemont COA, Box 243, Charlemont, MA 01339. Please indicate on the check or in a separate note that the donation is for the Title III Charlemont COA Home Repair Program. Call (413) 339-4201 and leave your name, telephone number and a message for this service.

Bus Transportation: Each Tuesday a bus provided by Big Y and Franklin Regional Transit Authority will leave the Charlemont Senior Center, Federated Church parking lot, for shopping at Big Y Plaza, phone FRTA 774-2262, ext. 105, 48 hours prior to pick up. Stops at a local bank and pharmacy may be included. Return trip from Big Y Plaza at 11:30 a.m.

Exercise Program: Every first and third Wednesdays, at 11:15 a.m. an exercise program "Fit after 50" will be led by Linda Comstock. Public invited, no charge.