

Frontier Senior Center
67 North Main Street
South Deerfield, MA 01373-1012
413 665 9508

JUNE 2009 SCHEDULE

Monday, Wednesday and Friday 9 A.M. – 1 P.M.
Tuesday and Thursday Closed

Karen Herold, Director, manages daily operations and programming. Karen DeSantis, Social Worker, provides counseling and helps seniors to access social services. Anyone interested in volunteering at the Center is invited to visit the Center.

Lunch is served at noon on Monday, Wednesday and Friday. Call Becky, at the Frontier Meal Program (665 5063), by 11 A.M. two days in advance to make a meal reservation.

ACTIVITIES

Mon/Wed/Friday	Cards are played daily before lunch	9 A.M. – 12 P.M.
6/10 Wednesday	Frontier COA Consortium Meeting	10:00 P.M.
6/17 Wednesday	Brown Bag Distribution	10 - 11:30 A.M.
6/18 Thursday	TRIAD Meeting	10:30 A.M.
6/18 Thursday	Lyle Pierce (free reservation - 665 2141)	1:30 P.M.
6/24 Wednesday	Foot Clinic (by appointment)	8 - 11:30 A.M.
6/24 Wednesday	TRIAD 911 Cell Phone Distribution (665 2141)	10 A.M. - 12 P.M.
6/26 Friday	Drop-in Blood Pressure Clinic	10:30 - 11:30 A.M.
6/26 Friday	Frontier Senior Citizens Association Meeting	11:30 A.M.
Every Friday	Medical Qigong with Marcia Gobeil	10 A.M.
Every Friday	BINGO	10 A.M.

SPECIAL EVENT: LYLE PIERCE

Lyle Pierce, noted Nashville recording artist and Country Western singer, will perform at Deerfield Elementary School on Thursday June 18, 2009 at 1:30 P.M. The performance is FREE for seniors from Deerfield, Sunderland and Whately. This program is supported in part by a grant from the Sunderland Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

TRIAD PICNIC

6/30 Tuesday TRIAD annual picnic at Hatfield Lions Pavilion 10 A.M. - 2 P.M.

The Center accepts cell phone donations for TRIAD to be reprogrammed for emergency use by seniors.

*The Frontier Senior Center serves seniors from Deerfield, Sunderland, and Whately.
New visitors are welcome to all activities at the Center.*