

Frontier Senior Center
67 North Main Street
South Deerfield, MA 01373-1012
413 665 2141

JULY 2009 SCHEDULE

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

Karen Herold directs the daily operations and programming of the Center. Karen DeSantis, Social Worker, provides counseling and helps seniors access social services. Volunteers are welcomed to apply.

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.
7/3 Friday	CLOSED: no Home Care meal	
7/13 Monday	Video: Polish Life Documentary	10 A.M.
7/15 Wednesday	Brown Bag Distribution	10 - 11:30 A.M.
7/22 Wednesday	Foot Clinic (by appointment)	8 - 11:30 A.M.
7/31 Friday	Drop-in Blood Pressure Clinic	10:30 - 11:30 A.M.
7/31 Friday	Frontier Senior Citizens Association Mtg	11:30 A.M.
Fridays	Medical Qigong with Marcia Gobeil	10 A.M.
Fridays	BINGO	10 A.M.

WGBY VIDEO: "POLISH LIFE"

The screening of the documentary video, entitled: "POLISH LIFE," will be followed by a facilitated discussion with Karen DeSantis, social worker at Frontier Senior Center. Free and open to the public.

Event: Video Documentary: Polish Life
Date: Monday July 13, 2009
Time: 10 A.M.
Place: Frontier Senior Center

911 Cell Phones

Used telephones may be donated to the TRIAD/S.A.L.T program to be reprogrammed for emergency use by seniors.

Frontier Senior Center Annual Picnic

Frontier Senior Center's annual picnic will be held on Friday August 28, 2009. It will be attended by our legislative representatives and officials from Deerfield, Sunderland and Whately. TRIAD will provide prizes for the BINGO game. Volunteers are welcomed to contact Sharyn Paciorek to arrange to help with all aspects of planning for the event.

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