

Southampton Senior Scoop



Reminder: The Southampton Senior Center will be closed on Monday, May 25, in observance of Memorial Day. We hope to see you at the Southampton Memorial Day Parade and Ceremony.


**RAFFLES
& PRIZES!**




Annual
Southampton Council on Aging

PICKLEBALL CHALLENGE FUN(D)-RAISER**

a friendly, recreational event for intermediate players
to support Senior Center Programming and Facilities

 Saturday, May 16, 2026 (rain date May 17)
Warm up at 9:00 AM; Play begins at 9:30 AM

 Conant Park, Southampton MA

Cost: \$40.00 per person (includes lunch - please bring a chair)
Lunch is available (pre-order only) for spectators for \$12.00.

Each game (6 games total) will be 12 minutes or 11 points.
Teams will separate and move to the next court -
either "up the river" or "down the river."

**This event is sponsored by the Friends of the Southampton COA.
THANK YOU FOR YOUR SUPPORT!

Please register and pay online at: www.friendsofscosa.org/events
or at the Southampton Senior Center by May 9th.

Any questions contact southamptoncoapickleball@gmail.com

Important Southampton Town Voting Dates

Annual Town Meeting: Saturday, May 2, 2026
10 a.m. at Norris Elementary School

Annual Local Election: Tuesday, May 19, 2026
12 - 8 p.m. at the Southampton Senior Center.
(Senior Center will be closed for programming)

Additional voting information and deadlines can be
found on page 6.

Southampton Senior Scoop Features:

- COA Programs & Resources: Pg. 2 - 5
 - Community Connections: Pg. 6 - 7
 - HVES Wednesday Lunch Menus: Pg. 7
 - TRIAD & Outreach Initiatives: Pg. 8
 - Community Resources: Pg. 9
 - Staff & Board Information: Pg. 10
 - May Calendar of Events: Pg. 12 (Back Cover)
- 210 College Highway, Suite 3 - 413.529.2105

Music & Memories Café
featuring

PATRICK TOBIN

MONDAY, MAY 18, 2026
10:30 AM

INTERNATIONALLY ACCLAIMED,
PATRICK TOBIN IS ONE OF THE
PREMIER FRANK SINATRA
TRIBUTE

ARTISTS PERFORMING TODAY.
THIS SHOW CELEBRATES
SINATRA'S LEGENDARY LEGACY
AND WILL LEAVE AUDIENCES
FEELING LIKE THEY'VE
STEPPED BACK INTO MUSIC'S
GOLDEN AGE.

Space is limited and
registration is requested.

CALL 529-2105 TO SIGN UP

Southampton Senior Center, 210 College Highway, Suite 3





May 2026 Events

- May 5: FOSCOA Board Meeting
- May 6: COA Board Meeting
- May 11: Hip Hop Square Dance
- May 11: Cake Day!
- May 12: Hiking Group
- May 12: Free Hearing Clinic
- May 13: Representative Pease Office Hours
- May 14: Preventing Bank Fraud/Online Scams
- May 16: Pickleball Challenge
- May 18: Hiking Group
- May 18: Memory Café
- May 19: Election Day; COA Closed for Programming
- May 21: Veterans' Coffee Hour
- May 21: Senior Center Building Committee Mtg.
- May 21: Do Re Mi Choir Concert
- May 25: Closed for Memorial Day
- May 26: Card Making Class
- May 27: Public Health Nurse Visit
- May 27: Senator Velis Office Hours
- May 28: Hiking Group
- May 28: Resources Lunch & Learn

HAPPY RETIREMENT AND BEST WISHES TO BILL KALETA!

Sending heartfelt appreciation to our FRTA Van Driver, Bill Kaleta, for his dedication to our Southampton Senior Center community throughout the past three years.

Thank you, Bill, and cheers to your next chapter!



MUSIC Dance.edu PRESENTS ...

Hip Hop Square Dance for Seniors!

"BOOTS on the Ground"

MUSIC Dance.edu would like to visit your Senior Center to present a dance master class entitled "Hip Hop Square Dance: Boots on the Ground." The workshop is about an hour. During the class, Seniors will receive basic dance instruction. Hip hop Square dance is a type of social, fun, dance activity where we perform the routines in four different directions. Instead of an in-person caller, hip hop square dance uses recorded instructions.

Evidence in current research suggests that physical activity can slow down the decline of cognitive disabilities and may improve the quality of senior life. The Hip Hop Square Dance Master class is fun and exciting, a perfect mix of mental stimulation, social interaction and low-impact physical activity. Grab your cowboy hat and cowboy boots and join in!

About the instructor:
Rondae Drafts is the former director of a hip hop dance company in Massachusetts. Professor Drafts has also instructed hip hop dance at MIT where her students were energetic, creative, and really enjoyed line dancing. This was one of the inspirations for this master class.

As the current Executive Director of MUSIC Dance.edu, Rondae is a Ph.D. candidate researching hip-hop's impact on contemporary music. She is a Pittsburgh, Pennsylvania native, who graduated from The Pennsylvania State University with a Bachelor of Arts degree in Speech Communication. She later moved to Massachusetts and received a Master's Degree in Education from Cambridge College.

For BOOKING information: MUSIC Dance.edu
617-429-2597 | musicdance.edu@gmail.com
P.O. Box 212, Randolph, MA 02368

BOOK NOW

Monday, May 11, 2026 at 11:30 a.m.

Call 413-529-2105 to RSVP.

Sponsored by a Cultural Council Grant.

Let's Celebrate Together!

Birthday ?
Retirement ?
Anniversary?
New Friend ?
or
anything you're celebrating
in
May 2026

Monday, May 11th
at 1 pm

Please join us!

RSVP: 413-529-2105

Southampton Senior Center
210 College Highway
413-529-2105



HIKING GROUP



Tuesday, May 12th
Clark Family Homestead
Cold Spring Road
9:00 AM

← →
Monday, May 18th
Summit of Pomeroy
Meadow
9:00 AM - 12:30 PM

← →
Thursday, May 28th
Clearwater Woodland
Glendale Road
9:00 AM - 11:30 PM

All hikes meet at 9 a.m.,
 Southampton Senior Center.
 For more information or
 registration call 413-529-2105

Free Hearing Clinic with Gary Winn, H.I.S.

Tuesday, May 12, 2026, 10:30 a.m. - 12:30 p.m.
 Gary Winn, licensed hearing specialist, offers hearing screenings and testing, along with hearing aid checks, servicing and cleaning. Call 413-529-2105 for an appointment.

VETERANS COFFEE HOUR



Join Veterans' Service Agent, Michelle Murdock, to learn about services available to Southampton's Veterans. Michelle assists Veterans, their families, and their survivors with eligibility to services, benefits, and entitlements from Federal, State, and local agencies. Veterans of all ages and their families are invited to attend.

Southampton Council on Aging
 210 College Highway, Suite 3
 Southampton, MA 01073

Email: mmurdock@townofsouthampton.org
 Office: 413.527.1715; Cell: 413.887.1622

NEXT COFFEE HOUR:
THURSDAY, MAY 21, AT 11:30 A.M.



Join the Southampton Senior Center and our friends at Easthampton Savings Bank for a presentation on

PROTECTING YOURSELF FROM BANK FRAUD & ONLINE SCAMS



THURSDAY, MAY 14, 2026
11:30 A.M.

Southampton Senior Center, 210 College Highway



Call the Southampton COA to RSVP: 413-529-2105

JOIN THE SOUTHAMPTON COA FOR A
DO RE MI CONCERT
 PERFORMED BY THE WESTFIELD CHOIR
 UNDER THE DIRECTION OF CATHERINE BERRY

THURSDAY, MAY 21, 2026
1:30 P.M.

Featuring music of the 40's, 50's, 60's, 70's and 80's, music of Broadway, folk music, pop music, and classics from the Great American Songbook.



THIS EVENT IS FREE AND OPEN TO THE PUBLIC.
 PLEASE CALL 413-529-2105 TO REGISTER.

SOUTHAMPTON SENIOR CENTER
 210 COLLEGE HIGHWAY, SUITE 3

Greeting Card Workshop with Darlene & Carol

Come join the fun making
beautiful handmade
Greeting Cards.



**Tuesday, May 26, 2026
10:30 AM**

**Space is limited and
registration is requested.**

Call 413-529-2105 to sign up.

Southampton Senior Center

PUBLIC HEALTH NURSE & BLOOD PRESSURE CLINIC

Walk-in appointments
are welcome!

**WEDNESDAY, MAY 27, 2026
11 AM - 12 PM**

Southampton Council on Aging
210 College Highway, Suite 3
Southampton, MA

Call 413-529-2105 for more information.

Southampton is a member community of the
Regional Public Health Excellence Shared
Services Collaborative, administered
through the Northampton Health Department.



The First of May By Annette Wynne

If I could stay up late no doubt
I'd catch the buds just
bursting out;
And up from every hidden root
Would jump a tiny
slender shoot;
I wonder how seeds learn
the way,
They always know the
very day
The pretty, happy first of May;
If I could stay up then,
no doubt
I'd catch the buds
just bursting out.

You're invited to a **Senior Options & Solutions Lunch and Learn**

with **CHRISTIANNE MYLOTT**

Your Life, Your Options, Your Choice

Age in Place

Hospital to Home

Rehab to Home

**Thursday, May 28, 2026
11:30 AM**

Space is limited and registration is requested.
Call 413-529-2105 to sign up.



Southampton Senior Center, 210 College Highway, Suite 3

Fitness & Exercise

Mindful Movement Chair Yoga Class

Mondays at 10 a.m.; Wednesdays at 1:30 p.m.
Cost is \$5 per class.

No Class on Monday, May 25.

Healthy Bones and Balance

Tuesdays at 9:00 a.m.; Thursdays at 10:00 a.m.

A waiver is required to participate in class.

No Class on Tuesday, May 19.

Line Dancing with Myrna

Tuesdays 1 - 2:30 p.m.; Cost is \$3 per class.

No Class on Tuesday, May 19 & May 26.

Walking Club *new time*

Mondays, Wednesdays & Fridays at 9:00 a.m.

Meet in the Clark St. parking lot of Conant Park.

Hiking Club

Upcoming Dates: Tuesday, May 12, Monday, May 18,
and Thursday, May 28. Call to sign up!

A waiver is required to participate.

Pickleball

Beginner & Intermediate: Thursdays 9 - 10:30 a.m.

Conant Park - A waiver is required to participate.

Community Resources

- Highland Valley Elder Services: 413.586.2000
- Executive Office of Aging & Independence:
800.243.4636
- Elder Abuse Hotline: 800.922.2275
- MassHealth: 800.841.2900
- Medicare: 800.633.4227
- Social Security Holyoke Office: 877.480.4989
- Community Action (LIHEAP/Fuel Assistance):
413.774.2310
- LifePath (including S.H.I.N.E): 413.773.5555
- SNAP: 413.529.2105 or 877.382.2363
- Southampton Fire Department: 413.527.1700
(non-emergency line)
- Southampton Police Department: 413.527.1120
(non-emergency line)
- TRIAD: 413-584-5911

Classes & Activities

Technology Support for Individuals

Mondays at 9 am.; Appointments required.

Board Games & Hearts Card Game

Mondays at 1:00 p.m.

Mahjong

Mondays at 1:30 p.m.

Cribbage Card Game

Tuesdays at 2:00 p.m.

Free Coffee & Tea; Hand Crafts

Wednesdays at 9:00 a.m.

Continuing Spanish Class

Wednesdays at 10:00 a.m.

Bingo!

Wednesdays at 1:00 p.m.

Small cost for Bingo cards & games

Pitch Card Game

Thursdays at 1:00 p.m.



Southampton Lions Club
RUN WITH THE LIONS
 5K Road Race and 2K Walk

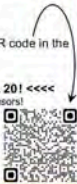


Race Date: Saturday, May 9, 2026 at 9 am
 Early bib pickup: Friday, May 8, 4 pm-6 pm
 Race day registration and bib pickup: 7:30 am-8:45 am
 Location: 30 East Street (Lions Club Pavilion at Conant Park), Southampton, MA 01073

See the registration website <https://runsignup.com/Race/MA/Southampton/runwithlions5k2k> or (scan the QR code in the lower right corner with your phone camera).

>>>> REGISTER EARLY! PREMIUM T-SHIRT OPTION FOR REGISTRANTS WHO REGISTER BY APRIL 20! <<<<
Awards for top Male & Female Finishers. Raffle ticket with all registrations for chance to win prizes from our generous sponsors!
 Contact a Southampton Lions Club member or email hoppocat@hotmail.com with questions.

Event proceeds fund Lions Club initiatives!



SOUTHAMPTON WOMAN'S CLUB
 ANITA SMITH MEMORIAL DRIVE

PLANT SALE



SATURDAY, MAY 16 • 8 AM – 1 PM

OLD SCHOOLHOUSE • CONANT PARK
 COLLEGE HIGHWAY • RTE 10 • SOUTHAMPTON

☒ SOUTHAMPTON'S 250th ANNIVERSARY MUGS ☒
 AVAILABLE FOR SALE

UPCOMING VOTING AND ELECTION INFORMATION

ANNUAL TOWN MEETING
 SATURDAY, MAY 2, 2026, at 10:00 A.M.
 (9:30 A.M. Check-In)
 NORRIS ELEMENTARY SCHOOL

ANNUAL TOWN ELECTION
 TUESDAY, MAY 19, 2026
 12:00 - 8:00 P.M.
 SOUTHAMPTON TOWN HALL
 SENIOR CENTER

Mail-In Voting Applications: Due to the Town Clerk's Office by Monday, May 11th. Applications are available at the Town Clerk's Office and the Senior Center.

ADDITIONAL INFORMATION, INCLUDING EARLY VOTING DATES/TIMES CAN BE FOUND ONLINE:

www.townofsouthampton.org/government/administration/town-clerk



VETERANS & FAMILY OUTREACH EVENT

JUNE 6, 2026
11 AM - 3 PM

CONANT PARK EAST ST. Entrance
 Behind the Library
 Southampton, MA



FREE HAMBURGERS & HOT DOGS!

FUN GAMES & ACTIVITIES!

LIVE MUSIC BY

BARRY SEARLE & FRIENDS

MEET LOCAL NON-PROFITS ORGANIZATIONS HERE TO HELP YOU

ALL VETERANS & FAMILIES WELCOME!
SUPPORT OUR COMMUNITY.

VSO 413-552-9047

Wednesday Lunches Provided by Highland Valley Elder Services (HVES)

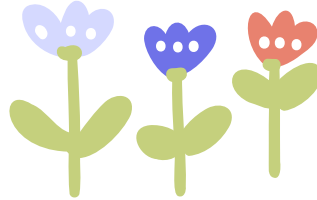
The Southampton Senior Center hosts fresh and healthy lunches provided by Highland Valley Elder Services each Wednesday to members of the community aged 60+. A \$4 donation per meal is suggested, but not required, and proceeds are given directly to HVES. Lunch orders must be placed by 12:00 p.m. on Tuesdays. Please call 413-529-2105 to place your meal orders.

Wednesday, May 6

Baked Fish & Dill Sauce OR
Sweet & Sour Pork

Wednesday, May 20

Chicken Salad OR
Tabbouleh



Wednesday, May 13

Turkey Casserole OR
Chicken Piccata

Wednesday, May 27

Broccoli & Cheese Quiche OR
Chicken Alfredo

LOCAL LEGISLATOR CONTACT INFORMATION

John Velis, State Senator
94 North Elm Street, Suite 301P
Westfield, MA 01085
413-572-3920 (local)
617-722-1415 (state house)
john.velis@masenate.gov

May Office Hours:

Wednesday, May 27, 9:30 - 10:30 a.m.

Kelly Pease, State Representative
382 Montgomery Road
Westfield, MA 01085
413-875-8787 (local)
kelly.pease@mahouse.gov
ethan.flaherty@mahouse.gov

May Office Hours

Wednesday, May 13, 9:00 - 10:00 a.m.

Hello everyone,

We hope you all are enjoying this springtime weather! Over the last month our office has been hard at work securing critical funding for our entire district.

Throughout Senator Velis's deployment with the Massachusetts National Guard, he has continued to remain vigilant on all matters affecting the Hampden and Hampshire Senate district, including the notable budget concerns facing Southampton and local taxpayers. The Senator and our office were proud to secure \$200,000 in earmark funding for the Town of Southampton in the Senate's recently passed Fair Share supplemental budget last month. As required by law, Fair Share funding must go toward educational or transportation purposes, which is why it will be directed to the Norris Elementary School to help ease overall budget concerns while enhancing educational opportunities for our local students.

Additionally, our office is proud to share that the Southampton Fire Department has been awarded \$15,500 in a firefighter safety equipment grant thanks to our support!

Every month right here at the Southampton Council on Aging, our team holds office hours; it's a great opportunity to share questions, concerns, or just drop by to say hello. This month, we will be here on Wednesday May 27th from 9:30 a.m. to 10:30 a.m.

Should you be unable to make our office hours or need assistance sooner, please do not hesitate to reach out to our office. You can continue to reach us by email: john.velis@masenate.gov or by phone: (413) 572-3920 and online at senatorjohnvelis.com where you can also sign up for our newsletter!

Best,
Team Velis

TRIAD & Community Partnerships



Resident Reassurance Program

The Resident Reassurance Program provides Southamptton residents, including individuals aged 60 and older, individuals with disabilities, and individuals who live alone or are at increased risk in their homes, with an opportunity for a daily telephone check-in. If a check-in isn't made, the Southamptton Police Department will follow-up with a wellbeing check to ensure the participant is OK. Contact the Southamptton Police Department (413.527.1120, non-emergency line) to sign up.

Lock Boxes



Southamptton residents over the age of 60 are eligible to receive a free lock box through the TRIAD program. The lock box is a small, secure box installed outside of the residence with a copy of the house key. This box allows first responders to access the home in case of an emergency. Please call the Southamptton Senior Center to sign up: 413.529.2105..

Reflective House Numbers

Reflective house numbers are available to Southamptton residents with a suggested \$5 donation to TRIAD. Reflective house numbers are installed at the end of the resident's driveway and can assist emergency responders find addresses easier. Please call the Southamptton Senior Center to sign up: 413.529.2105.

Need help buying groceries? SNAP can help!



SNAP can help you buy healthy food.

- It is fast & easy to apply
- Buy food in stores & online (multiple retailers)
- SNAP is not considered in a "public charge" test
- If you are not a US citizen or eligible immigrant, it is safe for you to get SNAP for an eligible family member (like your US citizen child)

Am I Eligible for SNAP?

Household Size	Your Monthly Income (before taxes)*	Monthly Maximum SNAP Amount*
1	\$2,660	\$298
2	\$3,607	\$546
3	\$4,553	\$785
4	\$5,500	\$994
5	\$6,447	\$1,183
8+	+\$947	+\$218

*Effective 2/1/2026

*Effective 10/1/2025

For more information or to apply for SNAP:

Southampton Council on Aging & Senior Center
413-529-2105
210 College Highway, Suite 3 – Southampton, MA 01073
In person and phone appointments available.
Contacts:
Kate DiSanto: Director & SHINE Counselor
Michelle Murdock: Outreach Worker, SHINE Counselor & Veterans' Service Officer

DTA's SNAP Outreach Program is a partnership between DTA, UMass Chan Medical School and community organizations to help households apply for and receive SNAP.



This institution is an equal opportunity provider.

Get Help Paying Medicare Costs

Apply to Medicare Savings Programs (MSPs) **now** to save thousands a year on Medicare costs.

What are Medicare Savings Programs?

Medicare Savings Programs (MSPs) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSPs will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

Who qualifies?

Medicare beneficiaries who meet the following income limits:

You are	Your 2026 income is at or below
Single	\$2,993 per month
Married	\$4,058 per month

There is no asset limit. Income limits change each year on March 1.

Call
(800) 841-2900,
TDD/TTY: 711
to receive
an application.



Learn more at [Mass.gov/MedicareSavings](https://www.mass.gov/MedicareSavings).

Southampton Community Cupboard

The Community Cupboard is located at the First Congregational Church of Southampton and is open the 2nd and 4th Saturday of each month from 10:00 A.M. - 12:00 P.M.

Southampton residents and members of the surrounding communities are welcome and food will be provided to all who participate.

Contact Information:

413.527.1173
212 College Highway
Southampton, MA 01073
www.shcong.org



Easthampton Community Center

Distributions of food at the Easthampton Community Center are made each week on Monday and Wednesday from 9:00 A.M. - 12:00 P.M. and 4:00 P.M. - 7:00 P.M. Emergency distributions can also be made upon contacting the ECC.

Senior Brown Bags are distributed on the first Tuesday of each month from 10:30 A.M. to 1:00 P.M.



EASTHAMPTON COMMUNITY CENTER

Contact Information:

413.527.5240
12 Clark Street
Easthampton, MA 01027
www.easthamptoncommunitycenter.org

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Southampton Council on Aging Staff

Director & SHINE Counselor: Kate DiSanto
kdisanto@townofsouthampton.org

Administrative Assistant: Darlene Matyoka
dmatyoka@townofsouthampton.org

Outreach Worker, SHINE Counselor & VSO:
Michelle Murdock
mmurdock@townofsouthampton.org

Program Coordinator: Pamela Connett
pconnett@townofsouthampton.org

Volunteer Coordinator: Andrea Barouxis
abarouxis@townofsouthampton.org

FRTA Van Driver
Tim Huber: Tuesday & Thursday

The Southampton COA is currently searching for a Van Driver for Monday, Wednesday, and Friday transportation service. Please visit www.townofsouthampton.org or call 413.529.2105 for additional information.

Southampton Senior Center Hours

Monday – Thursday: 8:30 a.m. – 4:00 p.m.
The Senior Center is closed on Fridays.

FRTA van rides are available Monday – Friday
Please call 413-529-2105 to schedule.

Senior Center Building Committee

Co-Chairs: Janet Cain & Dennis Vogel
Members: Elizabeth Baldwin, Kate DiSanto, Chris Fowles, Darcie Gasperini, Karle Kushi, Ted Palmer, Scott Szczebak

The next SCBC Meeting will be on
Thursday, May 21, 12:30 p.m.
Southampton Town Hall,
2nd Floor Conference Room.

Website: www.townofsouthampton.org
Confirmed meeting dates, agendas and minutes are available at
www.mytowngovernment.org/01073

Southampton Council on Aging Board

Chair: Ted Palmer
Vice Chair: Janet Cain
Secretary/Clerk: Susan Seybolt
Treasurer: Stephen Carrere
Members: Dana Litturi, Donna Lynn, Dennis Vogel
Select Board Liaison: Chris Fowles

The next COA Board Meeting will be on
Wednesday, May 6, 3:30 p.m.,
Southampton Senior Center.
****Please note the change in meeting time.****

Meeting agendas and minutes
are available at
www.mytowngovernment.org/01073.

Friends of the Southampton COA Board

Chair: Francine Tishman
Vice Chair: Cindy Palmer
Clerk: Donna Coleman
Treasurer: Angie Duquette
Directors at Large: Mary Aherin, Florence Collins, Darcie Gasperini

The FOSCOA Board meeting will be on
Tuesday, May 5, 10:30 a.m.
2nd Floor Conference Room,
Southampton Town Hall.



Website and Online Membership Registration: www.friendsofscosa.org

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our community
forward.



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Southampton COA, Southampton, MA

06-5285

Monday	Tuesday	Wednesday	Thursday	Friday
		<h1>May 2026</h1> <h2>SOUTHAMPTON SENIOR SCOOP</h2>		
				1 9 AM Walking Club
4 9 AM Tech Support 9 AM Walking Club 10 AM Chair Yoga \$5 1 PM Board Games, Hearts Card Game 1:30 PM Mahjong	5 9 AM Healthy Bones & Balance 10:30 AM FOSCOA Board Meeting 1 PM Line Dancing \$3 2 PM Cribbage	6 9 AM Coffee/Crafts 9 AM Walking Club 10 AM Spanish 11:45 AM HVES Lunch 1 PM Bingo 1:30 PM Chair Yoga \$5 3:30 PM COA Board Mtg.	7 9 AM Pickleball 10 AM Healthy Bones & Balance 1 PM Pitch	8 9 AM Walking Club <i>FRTA VAN RIDES by appointment</i>
11 9 AM Tech Support 9 AM Walking Club 10 AM Chair Yoga \$5 11:30 AM Hip Hop Square Dance 1 PM Board Games, Hearts Card Game 1 PM Cake Day! 1:30 PM Mahjong	12 9 AM Healthy Bones & Balance 9 AM Hiking Group 10:30 AM Free Hearing Clinic (by appt.) 1 PM Line Dancing \$3 2 PM Cribbage	13 9 AM Coffee/Crafts 9 AM Rep. Pease 9 AM Walking Club 10 AM Spanish 11:45 AM HVES Lunch 1 PM Bingo 1:30 PM Chair Yoga \$5	14 8:30 AM Foot Care (by appt.) 9 AM Pickleball 10 AM Healthy Bones & Balance 11:30 AM Fraud/ Scams Presentation 1 PM Pitch	15 9 AM Walking Club
18 9 AM Tech Support 9 AM Hiking Group 9 AM Walking Club 10 AM Chair Yoga \$5 10:30 AM Memory Café 1 PM Board Games, Hearts Card Game 1 PM Cake Day! 1:30 PM Mahjong	19 Annual Town Election 12:00—8:00 PM COA Programming Cancelled	20 9 AM Coffee/Crafts 9 AM Walking Club 10 AM Spanish 11:45 AM HVES Lunch 1 PM Bingo 1:30 PM Chair Yoga \$5	21 9 AM Pickleball 10 AM Healthy Bones & Balance 11:30 AM Veterans' Coffee Hour 12:30 PM SCBC Mtg. 1 PM Pitch 1:30 PM Do Re Mi Choir Concert	22 9 AM Walking Club <i>FRTA VAN RIDES by appointment</i>
25 Senior Center Closed in Observance of Memorial Day Southampton Memorial Day Parade & Ceremony	26 9 AM Healthy Bones & Balance 10:30 AM Card Class 2 PM Cribbage No Line Dancing	27 9 AM Coffee/Crafts 9 AM Walking Club 9:30 AM Sen. Velis 10 AM Spanish 11 AM PH Nurse 11:45 AM HVES Lunch 1 PM Bingo 1:30 PM Chair Yoga \$5	28 9 AM Pickleball 9 AM Hiking Group 10 AM Healthy Bones & Balance 11:30 AM Senior Options Lunch & Learn 1 PM Pitch	29 9 AM Walking Club