November 2026

www.townofsouthampton.org

# Southampton Senior Scoop



SOUTHAMPTON VETERANS,
SURVIVING SPOUSES, AND A GUEST
ARE INVITED TO JOIN THE
SOUTHAMPTON COUNCIL ON AGING FOR A

## VETERANS DAY APPRECIATION BRUNCH

★ ★ ★

AN EVENT TO HONOR SOUTHAMPTON'S
VETERANS AND THEIR DEDICATION AND
SERVICE TO OUR COUNTY

**FRIDAY, NOVEMBER 6, 2026**
**10:00 A.M.**

SOUTHAMPTON COUNCIL ON AGING
210 COLLEGE HIGHWAY, SUITE 3

SPACE IS LIMITED AND REGISTRATION IS REQUESTED.
PLEASE CALL 413.529.2105 TO RSVP.

## Reminder

The Southampton Senior Center will be closed on Tuesday, November 3, 2026 for Elections.

The Southampton Council on Aging and Town Hall Offices will be closed on Wednesday, November 11, and Thursday, November 26, in observance of the Federal holidays.

## Southampton Senior Scoop Features:


- COA Programs: Pg. 2 - 5
- Community Connections: Pg. 6 - 9
- HVES Wednesday Lunch Menus: Pg. 7
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- COA Staff & Board Information: Pg. 10
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JOIN US FOR A

## FRIENDSGIVING LUNCHEON

HOSTED BY THE FRIENDS OF THE
SOUTHAMPTON COUNCIL ON AGING

**FRIDAY, NOVEMBER 20, 2026**
**12:00 PM**
FIRST CONGREGATIONAL CHURCH
OF SOUTHAMPTON, PARISH HALL
212 COLLEGE HIGHWAY

$15 PER PERSON

MENU INCLUDES THANKSGIVING MEAL
CATERED BY
SMITHSONIAN CAFE & CHOWDERHOUSE

REGISTER AND PAY AT THE
SENIOR CENTER OR ONLINE,
WWW.FRIENDSOFSCOA.ORG/EVENTS
BY THURSDAY, NOVEMBER 12.
CALL 413.529.2105 WITH QUESTIONS.

## NOVEMBER 2026 EVENT HIGHLIGHTS

November 3: Senior Center & COA Office Closed for Election Day
November 3: Hiking Group Outing
November 4: COA Board Meeting
November 6: Veterans Day Appreciation Brunch
November 9: Let's Celebrate! Cake Day
November 10: FOSCOA Board Meeting
November 10: Free Hearing Clinic (by appt.)
November 11: COA Closed in Observance of Veterans' Day
November 16: Medicare Open Enrollment Talk & Lunch
November 17: Card Making Class
November 17: FOSCOA Grocery Bag Distribution Begins
November 18: Rep. Pease Office Hours
November 19: Hiking Group Outing
November 19: Public Health Nurse Visit
November 20: FOSCOA Friendsgiving Luncheon
November 26: COA Closed for Thanksgiving
November 30: Holiday Decorating

# HIKING GROUP



Tuesday, November 3rd
Mineral Hills Conservation Area via Turkey Hill Road, Northampton
Meet at the Senior Center at 8:30 A.M.

Thursday, November 19th
The Summit of Pomeroy Mountain
Meet at the Senior Center at 8:30 A.M.

All hikes meet at the Southampton Senior Center to form carpools.
For more information or registration call 413-529-2105.

Southampton Senior Center
210 College Highway, Suite 3

## CHILDREN'S WINTER CLOTHING DRIVE

Help us keep local Children warm this winter.

We are collecting new or like-new winter clothing to benefit local childern and schools in local communities.

**We are looking for:**
**Children's Winter Coats, Hats, Gloves, Mittens & Warm Socks**

**DROP-OFF LOCATION:**
**SOUTHAMPTON SENIOR CENTER**
210 COLLEGE HWY,
SOUTHAMPTON, MA.

**Questions call 413-529-2105**

## Let's Celebrate Together!

**Monday, November 9 at 1 P.M.**

Birthday ?
Retirement ?
Anniversary?
New Friend ?
or
ANYTHING YOU'RE CELEBRATING IN November 2026





Please join us for cake!
RSVP:
413-529-2105

Southampton Senior Center
210 College Highway
Southampton, MA

# COA Programs

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

**Tuesday, November 10, 2026**
**10:30 a.m. - 12:30 p.m.**

Gary Winn, licensed hearing specialist, offers hearing screenings and testing, hearing aid checks, servicing and cleaning. Call 413-529-2105 for an appointment.

## FRIENDS OF THE SOUTHAMPTON COA ANNUAL GROCERY BAG GIVEAWAY

The Friends of Southampton COA Grocery Giveaway will take place at the Senior Center beginning on Tuesday, November 17. Items will include paper goods, canned goods, non-perishable foods and personal health items.

**DISTRIBUTION BEGINS ON TUESDAY, NOVEMBER 17**

Only 50 bags are available and are first-come, first-served. Please sign up at the Senior Center or call 413-529-2105.

THANK YOU to Big E's Supermarket in Easthampton for their generous annual support of this program!




## *Greeting Card Workshop with Darlene & Carol*

**Come join the fun making beautiful handmade Greeting Cards**

**Tuesday, November 17th**
**10:30 AM - 12:30 PM**

**Call Southampton Senior Center to sign up 413-529-2105**

**Space is Limited and registration is requested**

**Southampton Senior Center**
**210 College Highway, Suite 3**

**2027 MEDICARE OPEN ENROLLMENT**
**OCTOBER 15 - DECEMBER 7, 2026**

## MEDICARE OPEN ENROLLMENT DISCUSSION & LUNCH

Learn about major updates for 2027 and ask questions about pricing, availability, and options for the upcoming year.

HOSTED BY:
**KATE DISANTO**
*Southampton COA Director & SHINE Counselor*

## MONDAY, NOVEMBER 16, 2026

**12:00 P.M.**




**SOUTHAMPTON COUNCIL ON AGING & SENIOR CENTER**

210 COLLEGE HIGHWAY, SUITE 3
SOUTHAMPTON, MA 01073

CALL 413-529-2105
TO RSVP.

## PUBLIC HEALTH NURSE & BLOOD PRESSURE CLINIC

**Walk-in appointments are welcome!**

**Thursday, November 19, 2026**
**11 AM - 12 PM**
**new date for November**

**Southampton Council on Aging & Senior Center**
**210 College Highway**
**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.**

TOWN OF SOUTHAMPTON

SENIOR CENTER

SHINE

Serving the Health Insurance Needs of Everyone

# 2027 OPEN ENROLLMENT

**October 15, 2026 - December 7, 2026**

Connect with your SHINE Counselor



## Michelle Murdock

**SHINE Counselor / Outreach Worker / DTA Liaison**

*I'm here to help you find the resources you need and deserve.*

**413-527-1715**

mmurdock@townofsouthampton.org

**Town of Southampton**
**Southampton Senior Center & Council on Aging**
210 College Hwy, Southampton, MA 01073

# COOKIES, COCOA & DECORATING!

**Monday, November 30, 2026**

**11:00 a.m.**



Join us for cookies, cocoa and music while we decorate the Southampton Senior Center and start the holiday season!



Southampton Senior Center
210 College Highway
Southampton, MA

413-529-2105

# Candy Train Workshop

Come join the fun making Holiday Candy Trains!

**Wednesday, December 2, 2026**
**10:30 AM**

Call the Southampton Senior Center
to sign up: 413-529-2105

Space is limited and registration is requested.



Southampton Senior Center
210 College Highway, Suite 3

# SAVE THE DATE

**FRIENDS OF THE SOUTHAMPTON COA**

# HOLIDAY BAZAAR

**DECEMBER 7-10**

SOUTHAMPTON SENIOR CENTER
210 COLLEGE HIGHWAY, SUITE 3

**CALL 413.529.2105 FOR ADDITIONAL DETAILS**

# COA Programs & Resources



## Fitness & Exercise

**Mindful Movement Chair Yoga Class**

There will be no Chair Yoga class from November 2 - November 25, 2026.
Classes will resume on Monday, November 30.

**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 November 3 & 26.

**Line Dancing with Myrna**

Tuesdays at 1:00 p.m. *No class on Nov. 3*
Location: Frist Congregational Church of Southampton

**Walking Club**

Mondays, Wednesdays & Fridays at 10:00 a.m. *new time*
Meet in the Clark St. parking lot of Conant Park.

**Hiking Club**

Upcoming Dates: November 3 & November 19
Call to sign up!
A waiver is required to participate.




## THANK YOU TO THE SOUTHAMPTON LIONS CLUB!

Our sincerest appreciation to the Southampton Lions Club for their generous donation of several cases of bottled water to the Southampton Senior Center. Thank you for supporting the Southampton Council on Aging and our program attendees!

## Classes & Activities

**Technology Support for Individuals**
Mondays at 9 am.; Appointments required.

**Card Games**
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.

**Bingo!**
Wednesdays at 1:00 p.m.
*Small cost for Bingo cards & games*

**Pitch Card Game**
Thursdays at 1:00 p.m.

**Spanish Classes**
Continuing Class - Wednesdays at 10:00 a.m.
Beginner Class - Wednesdays at 11:00 a.m.

## 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 National Line:** 800.633.4227
- **Social Security Holyoke Office:** 877.480.4989
- **Community Action** (LIHEAP/Fuel Assistance): 413.774.2310
- **S.H.I.N.E/Medicare Counseling:** 413.529.2105
- **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




**The Pioneer Valley Planning Commission is asking residents of Hampshire and Hampden counties to take a survey that will help shape an update of the region's housing plan, which was last adopted in 2014.**

The anonymous survey, open through Nov. 24, asks renters, homeowners and others about housing costs, conditions, neighborhood quality, climate resilience and zoning changes that could expand housing options. It takes about five to seven minutes to complete. Participants who provide an email address will be entered in a raffle for a $50 Visa gift card.

The survey is available in at surveymonkey.com/r/CX9NMCW.



## FOSCOA 4TH ANNUAL GOLF FUNDRAISER
## Thank you to our sponsors!

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**GOLD Supporter**

KENT BROTHERS EXCAVATING

**SILVER Supporter**

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**BRONZE Supporters**

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Andrea C. Fallon, DMD

Taylor Real Estate

The Polish National Credit Union

Easthampton Diner

The Package Store
Packing & Shipping Services

The Yellow Quilt Shop
Creating Memories

Janet Cain & Francine Tishman

Dana Litturi & Shawn Record

## Wednesday Lunches Provided by Highland Valley Elder Services (HVES)

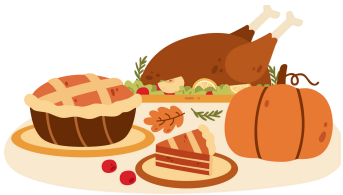
The Southampton Senior Center hosts fresh and healthy lunches provided by Highland Valley Elder Services each Wednesday to members of the community aged 60+. A $4 donation per meal is suggested, but not required, and proceeds are given directly to HVES. Lunch orders must be placed by 12:00 p.m. on Tuesdays. Please call 413-529-2105 to place your meal orders. There will be no lunch distribution on Wednesday, November 11.

**Wednesday, November 4**

**Chicken Cordon Bleu OR Salisbury Steak w/ Mushroom Gravy**

**Wednesday, November 18**

**Eggplant Parm OR Seafood Newburg**



**Wednesday, November 25**

**Butternut & Goat Cheese Quiche OR Roasted Turkey & Gravy Mashed Potatoes, Green Bean casserole, Stuffing, Cranberry Sauce & Pumpkin Bar!**

## 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

**There will be no November Office Hours for Senator Velis' Office.**

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

**November Office Hours**
Wednesday, November 18, 9:00 - 10:00 a.m.

Hello everyone,

I hope everyone has been enjoying the beautiful fall weather and all that October has brought to our communities across the district! It's been a busy month for Team Velis, with plenty of opportunities to connect with residents, community leaders, and local organizations.

It was great to see so many familiar and new faces at Stanley Park for the Pumpkin Giveaway my team and I hosted. Stanley Park is such a special place, and it's always a pleasure to spend time there, enjoy the fall scenery, and connect with members of the community. Thank you to everyone who came out and helped make the event such a success!

Last month, I had the absolute honor of attending the Magic for Maddie 5K Walk & Carnival and presenting a $20,000 in state funding that my office helped secure for the Magic for Maddie Foundation. Many of you in Southampton are likely familiar with the Foundation, and it was truly a privilege to be part of an event that brings so many people together in support of such an important cause. Thank you to everyone who continues to support the foundation and its mission. I'm grateful to have the opportunity to recognize and support the incredible work being done in our community.

Every month right here at the Southampton COA, my team holds office hours on the last Wednesday of each month from 9:30am to 10:30am; it's a great opportunity to share questions, concerns, or just drop by to say hello.

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

Best,
Senator John Velis

## TRIAD & Community Partnerships

### Resident Reassurance Program

The Resident Reassurance Program provides Southampton 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 Southampton Police Department will follow-up with a wellbeing check to ensure the participant is OK. Contact the Southampton Police Department (413.527.1120, non-emergency line) to sign up.

### Lock Boxes




Southampton 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 Southampton Senior Center to sign up: 413.529.2105.

### Reflective House Numbers

Reflective house numbers are available to Southampton 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 Southampton Senior Center to sign up: 413.529.2105.

### Sand for Seniors

Each year from November through May, buckets of sand are available to Southampton seniors to assist with slippery walkways, driveways, and stairs. Buckets are delivered through TRIAD and can be refilled upon request. Please call the Southampton Senior Center to sign up for the winter season.

## Fuel Assistance

Home Energy Assistance Program through Community Action

Fuel Assistance (Home Energy Assistance Program or HEAP) helps you pay some of your heating costs from November to April.

**You may be eligible if:**

- You are a homeowner or renter in Franklin or Hampshire Counties
- You meet the income guidelines. (Available on the Community Action website)

If you were approved last year, Community Action will mail your application to you between September and December. Applications can be submitted online, www.communityaction.us, in person at the Greenfield Community Action office, or by mail. A limited number of paper applications are available at the Southampton COA. Please call Community Action at 413-774-2310 or the Southampton COA at 413-529-2105 for application assistance or with questions.

# Community Connections

## 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

# COA Staff & Board Information



## 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**
Direct Office Line: 413-527-1715
mmurdock@townofsouthampton.org

**Program Coordinator: Pamela Connett**
pconnett@townofsouthampton.org

**Volunteer Coordinator: Andrea Barouxis**
abarouxis@townofsouthampton.org

**FRTA Van Drivers**
**Brian Foy:** Monday, Wednesday, Friday mornings
**Tim Huber:** Tuesday & Thursday

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

## Southampton Senior Center Hours

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

**The Southampton COA is currently searching for Van Drivers for weekly transportation service. Please visit www.townofsouthampton.org or call 413.529.2105 for additional information.**

## Senior Center Building Committee

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

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

## Southampton Council on Aging Board

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

**The next COA Board Meeting will be on Wednesday, November 4, 4:00 p.m., Southampton Senior Center.**

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

## Friends of the Southampton COA Board

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

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

**Website and Online Membership Registration: www.friendsofscoa.org**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2<br><br>9 AM Tech Support<br>10 AM Walking Club<br>1 PM Board Games, Card Games<br>1:30 PM Mahjong | 3<br><br>***Southampton Senior Center & COA Office Closed for Election Day***<br><br>8:30 AM Hiking Group | 4<br><br>9 AM Coffee/Crafts<br>10 AM Walking Club<br>10 AM Spanish Class<br>11 AM Spanish Class<br>11:45 AM HVES Lunch<br>1 PM Bingo<br>4 PM COA Board Mtg. | 5<br><br>10 AM Healthy Bones & Balance<br>1 PM Pitch | 6<br><br>10 AM Walking Club<br><br>10 AM Veterans Day Appreciation Brunch |
| 9<br><br>9 AM Tech Support<br>10 AM Walking Club<br>1 PM Cake Day!<br>1 PM Board Games, Card Games<br>1:30 PM Mahjong | 10<br><br>9 AM Healthy Bones & Balance<br>10:30 AM FOSCOA Board Meeting<br>10:30 AM Hearing Clinic (by appt.)<br>1 PM Line Dancing<br>2 PM Cribbage | 11<br><br>***COA and Town Hall Offices Closed in Observance of Veterans Day***<br> | 12<br><br>10 AM Healthy Bones & Balance<br>1 PM Pitch | 13<br><br>10 AM Walking Club |
| 16<br><br>9 AM Tech Support<br>10 AM Walking Club<br>12 PM Medicare Open Enrollment Talk & Lunch<br>1 PM Board Games, Card Games<br>1:30 PM Mahjong | 17<br><br>9 AM Healthy Bones & Balance<br>10:30 AM Card Making Class<br>1 PM Line Dancing<br>2 PM Cribbage | 18<br><br>9 AM Coffee/Crafts<br>10 AM Walking Club<br>9 AM Rep. Pease Office Hours<br>10 AM Spanish Class<br>11 AM Spanish Class<br>11:45 AM HVES Lunch<br>1 PM Bingo | 19<br><br>8:30 AM Hiking Group<br>10 AM Healthy Bones & Balance<br>11 AM PH Nurse & BP Clinic<br>1 PM Pitch<br>**No Veterans' Coffee Hour in November** | 20<br><br>10 AM Walking Club<br><br>12 PM FOSCOA Friendsgiving Luncheon<br>First Congregational Church of Southampton |
| 23<br><br>9 AM Tech Support<br>10 AM Walking Club<br>1 PM Board Games, Card Games<br><br>1:30 PM Mahjong | 24<br><br>9 AM Healthy Bones & Balance<br>1 PM Line Dancing<br>2 PM Cribbage | 25<br><br>9 AM Coffee/Crafts<br>10 AM Walking Club<br>10 AM Spanish Class<br>11 AM Spanish Class<br>11:45 AM HVES Lunch<br>**Senior Center Closing at 12 PM** | 26<br><br>***Southampton Council on Aging & Town Hall Closed***<br><br>Happy Thanksgiving!<br> | 27<br><br>10 AM Walking Club |
| 30<br><br>9 AM Tech Support<br>10 AM Walking Club<br>10 AM Chair Yoga Returns $5<br>1 PM Board Games, Card Games<br>1:30 PM Mahjong | | | | |

# November 2026

Southampton Senior Scoop Newsletter

210 College Highway, Suite 3 • Southampton, MA 01073