



# THE Cheshire Chatter

Cheshire Council on Aging  
PO Box 507 • Cheshire, MA 01225

November / December • 2022



*Sunrise over the Berkshires*  
Photo by: Pat Gebarowski

## Successful Annual Town Cleanup



**Cheshire Community Association** - The 7th Annual Town of Cheshire Clean-up Day, held on Saturday, September 17th, was another great success. A hearty group of volunteers enjoyed cider donuts and coffee; then cleaned up the downtown area and other hotspots including Wells Rd., West Mountain Rd., and the Cheshire Lake Causeway. Lunch was enjoyed afterward with warm sun and conversation shared.

Big thanks to all our sponsors including: Berkshire Outfitters, A-Z Lettering, Misty Blues, Whitney's, Cheshire Liquors, Dunkin Donuts, Stop & Shop, Northern Berkshire Solid Waste Management District, Art Kaufman, MASS DOT

See you next year!

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## Brenda's Thoughts

Happy BEAUTY OF FALL FOLIAGE everyone. I hope you all got a glimpse of those amazing colors. My family and I sure did while out fishing on Cheshire Lake and we captured these great shots. Yes, our pups love to join us for the fun.

We have many new things going on here at the Cheshire Senior Center. Be sure to check out both calendars to see if anything interests you. Lots of fun to be had! Call me anytime to sign up @ 743-9719.

Feel free to stop in as often as you like for a nice hot meal and a welcoming group of people; just call the day before to let me know you are coming. I look forward to hearing from you!

Reminder, the Van is available Monday, Tuesday, and Wednesday from 9-3 for appointments and shopping needs. Call Anne at 413-446-2559 if you need to schedule a ride.

“When you can't find the sunshine, be the sunshine” (By Unknown)



### COA Board Members

Robert Balawender ..... 413.743.3356  
 John Bianchi ..... 413.743.5723  
 Carol Francesconi ..... 413.743.5028  
 Mal Gwozdz ..... 413.743.9356  
 Liseann Karandisecky ..... 413.743.7244  
 Barbara Proper ..... 413.743.4945  
 Peter Traub ..... 413.743.3496

### Alternate Board Members

Suzanne Boyle ..... 413.743.5187  
 Val Tyska ..... 413.743.3802

### Resources and Contacts

Brenda Caufield ..... 413.743.9719  
 Director  
 Van Transport ..... 413.446.2559  
 Car Transport (Adams COA) ..... 413.743.8333  
 Medical appointments

The Cheshire Chatter is published by Beck's Printing in North Adams, MA and is partially paid with funding from the Executive Office of Elder Affairs.

Please let our advertisers know that you appreciate their support of the Cheshire Council on Aging whenever you patronize their establishments

## LEGAL NOTICE TOWN OF CHESHIRE CHANGE OF POLLING LOCATION

Pursuant to M.G.L. c 54, sec. 24, effective with the State Election on Tuesday, November 8, 2022 and until further notice, the voting location for Precinct 1 will be moved from the Cheshire Community/Senior Center to the

**Cheshire Elementary School**  
**191 Church Street, Cheshire, MA 01225.**

Questions: Please call the Elections Office at 743-1690 x 22

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# Cheshire History

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by Barry Emery

The area named New Providence was settled in the late 1760s. Most of the original inhabitants were Baptists who had moved from Rhode Island and southeastern Massachusetts. They were farmers and the land was similar to its namesake, Cheshire in England. Successful dairy farming developed and cheese was one of the area's greatest products. After seventeen years and several requests to state government, a township was formed on March 14, 1793. New Providence, along with parts of New Ashford, Lanesborough, and Windsor, were incorporated as Cheshire.

Joab Stafford was one of New Providence's settlers and his exploits along with those of the other patriots helped to win the Battle of Bennington during the War of Independence. A monument in town erected on Stafford Hill (formerly New Providence Hill) serves as Stafford's burial site and commemorates their contributions during the war. The monument, a stone tower, is a replica of one in New Port, RI and the site affords a beautiful scenic view.

Elder John Leland was the town's Baptist minister in 1800 during the election between Jefferson and John Adams of Massachusetts. When Jefferson was elected president, Leland, who had lived in Virginia and knew Jefferson, influenced the farmers into contributing a full day's worth of curds to make a 'Mammoth Cheese' weighing 1235 pounds. After an arduous journey of a month, it was presented to President Jefferson at the White House on January 1, 1802. A full size monument of the cheese press and a replica of the cheese itself is placed in the center of town across from the post office. Elder Leland is also famous for his friendship with James Madison and it was Leland who convinced Madison there needed to be greater guarantees of personal freedoms in our constitution. This belief led Madison to propose the amendments known as the Bill of Rights.

Abundant streams for water-power led to early forges and saw mills, grist mills and tanneries. The Cheshire Crown Glass factory was the first in the Berkshires, but its operation along with other glass making was short lived. However, one factory, circa 1854, made the first piece of plate glass in America. The town also boasted the first factory in western

Massachusetts to manufacture cotton-making machinery. Daniel Brown put 14 water looms into his cotton factory in 1827.

When railroad service reached Cheshire in 1846, it fostered a transformation that saw the growth of a variety of new industries along with the continued production of cheese. The tonnage shipped from town included raw lumber, lime, iron, and sand for making glass and fire-bricks. During the last half of the nineteenth century the pure quartz sand was considered the best available in the country and it was shipped to glass factories in the United States and elsewhere. The Farnam brothers, after returning from the civil war, started a lime factory in the southern section of Cheshire. The lime company became very prosperous and after many expansions that part of town became known as Farnams. In the same area a small brook was dammed to produce a reliable water supply for companies downstream in Adams. The lime company is gone but the reservoir continues as a popular boating and fishing venue.

As with most industries in northern Berkshire, the local factories eventually closed or moved to other communities. When rail traffic ended, the rail bed was turned into a beautiful walking/bike trail called the Ashuwillticook Rail Trail. The trail runs along the shore of the reservoir and through the center of town before following the Hoosic River into Adams. America's most famous hiking path, the Appalachian Trail, also winds its way through the center of town before heading up to the summit of Mt. Greylock. The trails and the scenic beauty of the town continue to be valuable assets, attracting many visitors and new homeowners.

Cheshire continues to grow in community spirit and pride. Events such as Cruz Night with fireworks, summer block parties, community clean-up events, memorial day parades, and church functions bring people together.

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Town historian Barry Emery has given annual slide presentations on a variety of topics and his talks have been recorded and uploaded to YouTube. If you are interested in discovering more about Cheshire's past you can watch these historical videos at [youtube.com/user/emery395](https://youtube.com/user/emery395).

## The Lewis Legacy

by Pat Gebarowski

In 1960, George and Louise Lewis of North Adams purchased the Red Rose Garage. The Red Rose Garage was a long-standing business operated by Walter "Jimmy" Dziok for 17 years. If you were driving north over the hill by the Baptist Church, the garage was on the left.

It was a white structure, with three gas pumps, two auto repair bays and a residence. Jimmy Dziok was also a sportsman, so he had a fully equipped sporting goods store attached.



The Red Rose Garage

The Lewis family was already established in Cheshire. They had built a cottage on Cheshire Lake in 1957.

George was well prepared, having worked for 15 years as a mechanic for Brewer Brothers in North Adams, a large and well known truck and auto dealership.

George and his sons Bob, Harry and Charles "Chic" all worked there, including the sporting goods shop which was expanded to include toys and SK tools.

Harry soon decided to sell used cars. But first he had to apply for a permit, and he remembers well the public hearing that followed. He was very young then and was quite surprised when many of the neighbors turned out to protest enlarging the operation. The consensus among them was that there were already enough used car sales in town and Cheshire would become a used car Mecca, not a look any of them wanted. The license was approved by the selectmen, however, and Harry recalls that most of the objectors to that expansion would later buy a car from him.



Chic, Harry and George

George retired in 1972. Bob went to work at the Post Office; in 1985 Chic started his own repair shop and Harry and Josie would continue to run the business now called Lewis Service Center, and Harry's Auto Sales. Harry's nephew Al came on as a mechanic. They worked together and grew the business, ultimately selling more than 10,000 cars, until the business changed hands.



Lewis Service Center and Harry's Auto Sales

Over the years, "Harry's Auto" stickers could be seen on cars in almost any random place if you were traveling around New England.

There were some hard times. The oil embargo of 1973-74, was targeted at nations who supported Israel during the Yom Kippur War. Gas became scarce, rationed and more expensive. Many of us remember having to line up for gas and only being eligible to purchase it if your license plate number



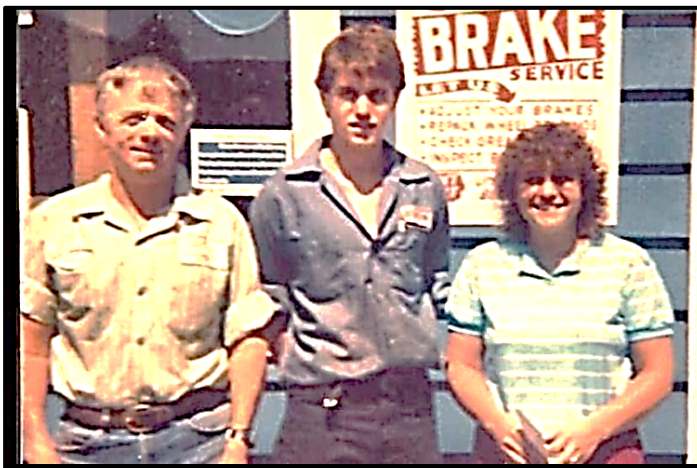
*Harry's Auto*

corresponded to an odd or even day, and the quantity was limited to under 10 gallons.

Later, adding to their woes, construction on the highway to lower the hill caused the traffic to be detoured around downtown and sales plummeted.

A third bay was added to do auto inspections and Harry and Josie decided to connect all the buildings.

In 1985, environmental regulations required a vapor recovery system to be installed on the gas pumps that would have cost \$30,000. Harry and Josie decided to stop selling gas at that point. Around that time, offers from Stewart's Ice Cream Shops and O'Connell's Oil Company came in. O'Connell's of Pittsfield's offer was accepted. Harry and Josie moved the business just down the road, buying property where Martin's Pool Sales was located. They continued to



*Harry, Billy and Josie Lewis*

offer personalized neighbor-to-neighbor service and had a loyal following.

In 2001, after a stellar career in the Army and the corporate world, their son, Bill and his wife Gloria decided to come home to run the business operation and raise their family. Bill was a huge influence in growing the business and took over buying the cars they would sell.

He volunteered in the Fire Department, he was an EMT, a pilot, a great sportsman and was very active in the community.

He quietly helped out those in need of reliable transportation if they were down on their luck. Bill passed away suddenly in April of this year. His loss was staggering for his family, his parents and the whole town reeled. For Harry and Josie, it seemed that selling Harry's Auto was the only course of action.



*Bill Lewis*

Recently, Dave and Gabrielle Murach and their family, of Cheshire, assumed operation. The new proprietors will continue on selling cars as Harry's Auto LLC, daughter Noelle as manager, auto detailing by

Landon Murach and Al Lewis doing repair work, as he has for many years.

The Lewis's worked with the Murachs to make the transfer as smooth as possible, and so family to family, it goes on. They will go back to wintering down south but with heavy hearts and many, many memories.

**EDMUND R. ST. JOHN, III**  
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## Cheshire Pantry: From Concept to Completion

Food distribution from the Cheshire Pantry is offered on the first Saturday of every month from 11 am until noon at the former Cheshire Elementary School located at 191 Church Street, Cheshire, MA.

The pantry project was established in 2019 by two residents of Cheshire, and it assisted seven families with food insecurities. Due to the pandemic, early retirements, under employment, etc., as of Saturday,



October 1, 2022 the project assisted 96 families with healthy, quality grade foods, paper products, and fresh farm products from Whitney's Farm Stand. Presently, there

are 246 individuals who have completed the In-Take process.

The Cheshire Pantry volunteers are amazing. They are a great group of dedicated folks who purchase the products, stock the shelves, pick up fresh products, pack the pantry bags, carry the bags to the cars, and



most importantly offer a friendly, welcoming attitude. The pantry is fortunate to have a family that drives from Boston to allow their 8 year old to volunteer to help. He clearly understands the concept of helping ones neighbor.

The sponsors who donate financially, on a monthly basis, are greatly appreciated. The Cheshire Pantry has been fortunate in being awarded several grants and is always ready to apply for new ones.

The project started in 2019 with a \$0 budget. All monies received go directly to the purchase of products. All donations are greatly appreciated and can be mailed to:

Cheshire Pantry  
PO Box K, Cheshire, MA 01225

### Become a Friend of the Cheshire Council on Aging

The Friends of the Cheshire Council on Aging provide financial and other support serving the needs of the senior population of Cheshire. By become a "Friend" and paying a ten-dollar annual membership fee, you will be supporting the activities of our seniors.

All non-profits are receiving less money from the government so the need to provide financial support from other sources has become critical. The "Friends" support activities that the Town is unable to finance. Here is a partial list of activities the "Friends" have helped financially support this past year:

- Presentations by local authors, speakers and entertainers.
- The annual nonagenarian birthday party.
- The monthly birthday lunches.
- The Cheshire Food Pantry.
- Cultural events such as plays at local theatres and trips to area museums.
- The purchase of ice cream certificates in support of the annual flag ceremony.

As a "Friend," any monetary support provided is most appreciated. For further information, please contact Ed or Pam St. John in one of the following ways:

Mail: 4 Edmunds Street, Unit N101,  
Adams, MA 01220

Phone: 413.743.5183

E-mail: estjohn1@roadrunner.com

### ADVERTISE IN THE CHATTER

An ad this size is only \$200<sup>00</sup> for the year and will be seen 6 times.

*Other ad sizes/prices are also available.*

**WANT TO TEST THE WATERS? TRY A ONE-TIME AD!**

To get your business ad featured in the Chatter, contact Carole Francesconi at

**413.743.9719**

# Events

## November ~ December

### Thursday, November 3<sup>rd</sup>, 9-1

Two Members of the Shine Program will be on hand to help those in need of assistance or have questions about the Medicare/Insurance Open Enrollment period which runs through December 7<sup>th</sup>. Call 413-743-9719 to see if any slots are available.

### Wednesday, November 9<sup>th</sup>, Noon

Wooden Flower Magnet Class with Stephanie. The cost is \$5 for making 2 magnets. All supplies are included.



### Wednesday, November 16<sup>th</sup>, Noon

Doctor Jason Kittler, M.D. will be doing an information session on MOLST (Massachusetts Medical Orders for Life Sustaining Treatment) & HEALTHCARE PROXY. He will have the forms ready for anyone who wishes to utilize them.

### Wednesday, November 16<sup>th</sup>, 10:00 - Noon



CHP Mobile Health Van will be at the Community Center. With flu season on the way, utilize this easy access to get vaccinated for the flu and covid/covid boosters, as well as, non-emergency medical attention. No Appointment needed.

### Thursday, November 17<sup>th</sup>, 8:30 - 1:00

Foot Clinic - No walk-ins - appointments only. Held inside the Center. Call Brenda @ 413-743-9719 to schedule an appointment and for protocol. There is a fee for this clinic.



### Tuesday, November 29<sup>th</sup>, 1:00

Wreath Making with Nancy. Cost for activity is \$10 with all supplies are included.

### Sunday, December 4<sup>th</sup>, 6:00 pm

Tree Lighting at Town Hall, followed by hayrides to the former elementary school for the Festival of Trees.

### Sunday, December 11<sup>th</sup>, 2:00 pm

Christmas Tea - An afternoon of tea, friendship, and Christmas songs. Meet at the Community Center.

### Monday, December 12<sup>th</sup>, Noon

Candy Christmas Tree Making. This is a free event, just let Brenda know if you plan to attend. All supplies are included. A fun, easy (edible) table decoration!



### Tuesday, December 18<sup>th</sup>, 2:00

Colonial Theatre... Theatrical presentation of "Come Home for the Holidays." You are invited to a very special concert for the whole family. There is no better way to celebrate the spirit of the holidays than with the Berkshire tradition of story and song; presented by respected artists from the Berkshire Music Community and the theater group youth chorus. Tickets are limited. Call Brenda at 743-9719.

For the **CHP Medical Van** date and time for December, checkout the COA facebook page, or call Brenda at 413-743-9719 for more information.



### Cheshire Lions Club -

The Cheshire Lions Club remains an active contributor to our community during these trying times. We are always looking for new members.

Among our contributions, we support ongoing eye research efforts. We have also supported numerous local organizations such as the Youth Center, the Friends of the Cheshire Council on Aging, the Cheshire Fire Department and various charitable organizations and athletic teams. We donate annual scholarships to Cheshire graduates from Hoosac Valley High School, McCann Technical School and BART. Every year, during the Christmas season, we conduct our Give A Gift program to provide those in need, local families and seniors, with Christmas gifts. Our club also installs and cares for the American flags located throughout the town. If you are interested in joining or would like more information or have any questions, please contact Ed St. John at 413-743-5603 or email to estjohn1@roadrunner.com.

# ~ Community Notes ~

**Cheshire Pantry In collaboration with the Cheshire Fire Department** - The Cheshire Pantry is located in the kitchen of Cheshire Elementary School.

We are open to any Cheshire resident of any age on the first Saturday of every month from 11 am to 12 noon. Pick up will occur in the circle in front of Cheshire School. Delivery is available to anyone without transportation.

Emergency food is also available by calling 743-5028.

Monetary donations and nonperishable food items can also be left at the Senior Community Center for later pick-up by pantry personnel.

**Cheshire Ladies' Reading Club** - Since 1879, the Cheshire Ladies Reading Club has met on a regular biweekly schedule, electing our officers, reading entertaining and enlightening works at the meetings, increasing our knowledge of history, and sharing favorite poems. As we are a reading club, books are read by the members at the meetings.

With the surge in viral activity lately, we have resumed meeting remotely via Google Meet. It's quite user friendly and anyone with email can join. This allows us to continue the long standing club tradition while assuring safety for our members.

If you are interested in learning more about our group, please contact Pat Gebarowski at patandgene@gmail.com, 413-743-2177 or 413-242-4663 for more information.

**Historical Commission** - The Cheshire Historical Commission is accepting donations of items or documents relating to our town's history. Please call 743-5423 for details.

## Volunteers Needed

From time-to-time vacancies exist on Town boards and committees that must be filled by appointment by the Board of Selectmen. You can find a complete list on the [www.cheshire-ma.gov](http://www.cheshire-ma.gov) and click employment and volunteer opportunities at the top. Two elected positions need to be filled until the next Annual Town Election in May.

**Board of Assessors** - One member needed to serve on the Board of Assessors which is an elected, three-member board. The Cheshire Board of Assessors provides fiscal stability by promptly, fairly, and equitably determining the valuation of all real and personal property located in the Town of Cheshire. Additionally, the Board also administers motor vehicle tax, real, personal, and motor vehicle tax abatement, and all statutory tax exemptions as allowed by law. The Board of Assessors have a certified administrative assistant and typically meets bi-monthly. If appointed, the position requires successful completion of Course 101 within one year, this is an online course.

**Cemetery Commissioner** - One member needed to serve as a Cemetery Commissioner, which is an elected, three-member board. The Cemetery Commission is responsible for the management of the Towns cemeteries including pricing of lots and burial services, financial plan for the Perpetual Care Fund/Other Trust fund, cemetery capital improvement plans and establishing policies and regulations.

Those interested in serving should contact the Town Administrator at 413-743-1690 ext.18 or email [admin@cheshire-ma.gov](mailto:admin@cheshire-ma.gov).



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## Cheshire COA Center for Active Living (Senior/Community Center)

**The Café at 119 School Street, Cheshire - Hot Lunch for Seniors** - The Elder Services lunches will be served Mondays, Tuesdays, and Wednesdays inside at 11:30am with the Grab n Go meals to continue five days a week if there is a need. To reserve your meal, call 743-9719 at least 24 hours in advance. Suggested Meal Donation of \$3.00 for those 60 and over.



**Cheshire COA Van** -The COA Cheshire Center for Active Living van is available Mondays, Tuesdays, and Wednesdays. Please call 24 hours before to schedule a ride. A \$3.00 donation is appreciated. Call: (413) 446-2559.

**CHP Mobile Health Van** - The CHP medical van is scheduled for Cheshire. Please follow our Facebook page for dates and times. If you need any non-emergency medical attention or have medical questions stop by and ask the CHP Mobile Health Unit staff. No appointments needed and open to anyone. You may also call Brenda with any questions at the COA office @ 413-743-9719



**Blood Pressure readings** - Blood pressure readings with Mal and Carol offered Mon, Wed, Fri 10-11

**Foot Clinic** - The Foot Clinic will be scheduled for Thursday Nov 17th 8:30-1:00. Sorry, no walk-ins - appointments only. Held inside the Center. Call Brenda @ 413-743-9719 to schedule an appointment and for protocol. There is a fee for this clinic.

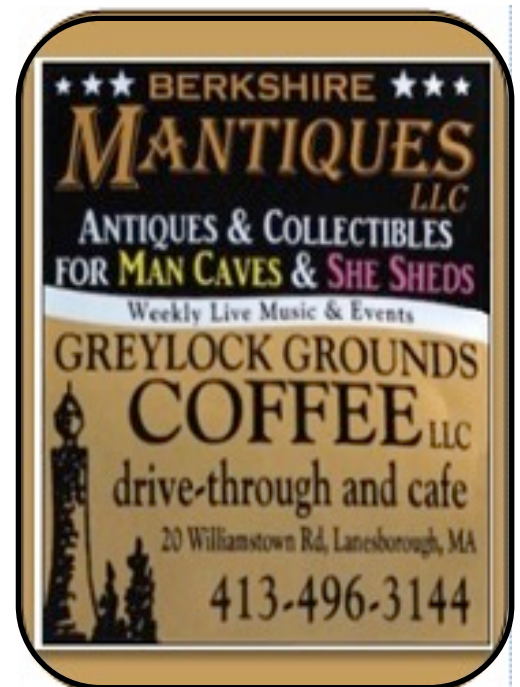
**Brown Bag** - Free paper bag of food available on Monday, November 21st and Friday, December 23rd between 11:30am and 12:30pm. Contact Brenda to sign up.

**Bike Loans** - Bikes can be taken out Mon-Thurs 9-1  
(Bikes returned by 1)

**Morning Exercise** - 9am -10am Mondays and Wednesdays led by Jane Bryce, and Fridays

**Chair Yoga** - 10am - 11am Fridays led by Maryanne Kuffs

**Book Club** - Six individuals attended the last book club. The book was *The Violin Conspiracy* by Brendan Slocumb. We plan to meet at the Community Center every second Thursday of the month at 6:30 PM. Next book: *Never Caught* by Erica Armstrong Dunbar, November 10. We have selected *A Man Called Ove* by Fredrik Backman for the December 10 meeting.



Continued on page 10

*Continued from page 9*

**Pickle Ball** is set up in the St. Mary's Church parking lot (Mon-Thurs) - Every Tuesday at 12:30

**Cheshire Senior Club** - The Cheshire Senior Club meets every Wednesday at 12:30 after lunch at the Community Center. Please feel free to drop in and join us.

Our group goes out to lunch once a month, usually on the third Thursday of the month, to different area restaurants. We also sprinkle in a few side trips during the year, including apple picking, farm tours and shopping trips.

We are just a bunch of friends that enjoy hanging out and doing fun things. If this sounds interesting to you call Gene at 743-2177 for more information.



*The Senior Club hayride at lakeside Orchard in October; underwritten by the Friends of the Cheshire COA.*

**Quilting** - will be on November 10<sup>th</sup> and December 8<sup>th</sup> and 22<sup>nd</sup> from 1-3:30. \$5 donation to attend. The group meets on the second and fourth Thursday of the month, 1pm-3pm led by Betty King.

**Channel Your Inner Writer / Photographer**

In this day and age, EVERYONE packs a camera... their phone! If you have been out and about clicking that camera and have some interesting photos to share, we would love to see them. Your photo could end up on one of the calendar pages or featured on the front!

How about a little known story? If you are a storyteller and not a writer, we can help you with putting your story into written word.

**We would love to hear/see your story!  
413.743.9719**

**HOOSAC VALLEY MIDDLE & HIGH**  
★ INVITE YOU TO A ★



**VETERANS DAY**  
**SHOW OF RESPECT AND APPRECIATION**

We invite our local veterans, active military, and their support person to a show of respect for their brave service.

At Hoosac Valley, November is our month of "Respect," in reflection to our P.R.I.D.E. curriculum and we couldn't think of a better way for our students to learn than by teaching them to show appreciation for our community's veterans.

|      |                        |      |
|------|------------------------|------|
| NOV  | HOOSAC VALLEY          | THUR |
| 10   | MIDDLE & HIGH SCHOOL   | 1:30 |
| 2022 | RT. 116, MAIN ENTRANCE | P.M. |

Please RSVP to [egirgenti@hoosacvalley.org](mailto:egirgenti@hoosacvalley.org) or by calling 743-2939 ext. 1109 or by filling out this form: <https://forms.gle/KKYqrDIANK1UHJj58>

# November

# 2022



## COA / Community Calendar

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |
|---|---|--|---|--|---|---|
| Blood pressure readings available M-W-F 10-11 |   | 1<br>Lunch 11:30<br>Bingo 12:30                    | 2<br>Exercise 9-10<br>Coffee Hour 10-11<br>Lunch 11:30<br>Senior club 12:30           | 3<br>Shine Open Enrollment 9-1<br>Grab-n-Go<br>Lunches 10-12 | 4<br>Exercise 9-10<br>Chair Yoga 10-11<br>Grab-n-Go<br>Lunches 10-12  | 5<br>Cheshire Pantry 11-12<br>Elementary School |
| 6   | 7<br>Exercise 9-10<br>Lunch 11:30                     | 8<br>Lunch 11:30<br>Bingo 12:30                    | 9<br>Exercise 9-10<br>Coffee Hour 10-11<br>Lunch 11:30<br>Making Flower Magnets 12    | 10<br>Grab-n-Go<br>Lunches 10-12<br>Quilting 1-3:30          | 11<br>Exercise 9-10<br>Chair Yoga 10-11<br>Grab-n-Go<br>Lunches 10-12 | 12  |
| 13  | 14<br>Exercise 9-10<br>Lunch 11:30                    | 15<br>Lunch 11:30<br>Bingo 12:30                   | 16<br>Exercise 9-10<br>Coffee Hour 10-11<br>Lunch 11:30<br>MOLST Info Presentation 12 | 17<br>Grab-n-Go<br>Lunches 10-12<br>Foot Clinic 8:30-1       | 18<br>Exercise 9-10<br>Chair Yoga 10-11<br>Grab-n-Go<br>Lunches 10-12 | 19  |
| 20  | 21<br>Exercise 9-10<br>Lunch 11:30<br>Brown Bag 11:30 | 22<br>Lunch 11:30<br>Bingo 12:30                   | 23<br>Exercise 9-10<br>CHP Van 10-12<br>Lunch 11:30<br>Senior club 12:30              | 24<br>Happy Thanksgiving                                     | 25<br>Exercise 9-10<br>Chair Yoga 10-11<br>Grab-n-Go 10-12            | 26  |
| 27  | 28<br>Exercise 9-10<br>Lunch 11:30                    | 29<br>Lunch 11:30<br>Wreath making with Nancy 1:00 | 30<br>Exercise 9-10<br>Coffee Hour 10-11<br>Lunch 11:30<br>Senior club 12:30          |  |   |   |

# December

# 2022



| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday                                 | Friday  | Saturday  |
|--|---|---|--|--|---|---|
| Blood pressure readings available M-W-F 10-11                          |   |   |  | 1<br>Grab-n-Go 10-12                     | 2<br>Exercise 9-10<br>Chair Yoga 10-11<br>Grab-n-Go 10-12                     | 3<br>Cheshire Pantry 11-12<br>Elementary School |
| 4<br>Town Tree Lighting, Hayride, & Festival of Trees Starts @ 6:00 pm | 5<br>Exercise 9-10<br>Lunch 11:30                             | 6<br>Exercise 9-10<br>Lunch 11:30<br>Bingo 12:30  | 7<br>Exercise 9-10<br>Coffee Hour 10-11<br>Lunch 11:30<br>Senior club 12:30  | 8<br>Grab-n-Go 10-12<br>Quilting 1-3:30  | 9<br>Exercise 9-10<br>Chair Yoga 10-11<br>Grab-n-Go 10-12                     | 10  |
| 11<br>Christmas Tea at Community Center 2:00 pm                        | 12<br>Exercise 9-10<br>Lunch 11:30<br>Candy Tree making 12:00 | 13<br>Exercise 9-10<br>Lunch 11:30<br>Bingo 12:30 | 14<br>Exercise 9-10<br>Coffee Hour 10-11<br>Lunch 11:30<br>Senior club 12:30 | 15<br>Grab-n-Go 10-12                    | 16<br>Exercise 9-10<br>Chair Yoga 10-11<br>Grab-n-Go 10-12                    | 17  |
| 18<br>Trip to Colonial Theatre 2:00                                    | 19<br>Exercise 9-10<br>Lunch 11:30                            | 20<br>Exercise 9-10<br>Lunch 11:30<br>Bingo 12:30 | 21<br>Exercise 9-10<br>Coffee Hour 10-11<br>Lunch 11:30<br>Senior club 12:30 | 22<br>Grab-n-Go 10-12<br>Quilting 1-3:30 | 23<br>Exercise 9-10<br>Chair Yoga 10-11<br>Grab-n-Go 10-12<br>Brown Bag 11:30 | 24  |
| 25   | 26<br>Exercise 9-10<br>Lunch 11:30                            | 27<br>Exercise 9-10<br>Lunch 11:30<br>Bingo 12:30 | 28<br>Exercise 9-10<br>Coffee Hour 10-11<br>Lunch 11:30<br>Senior club 12:30 | 29<br>Grab-n-Go 10-12                    | 30<br>Exercise 9-10<br>Chair Yoga 10-11<br>Grab-n-Go 10-12                    | 31  |