



THE Cheshire Chatter

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

March / April • 2026

Cheshire COA To Hold Annual St. Patty’s Dinner With Entertainment; Tommy T & Black Velvet

The Annual COA St. Patty’s Dinner w/ Entertainment will be on Saturday, March 14th; beginning with dinner at 5:00pm, followed by the very popular and entertaining group “Tommy T & Black Velvet.”

Dinner will be composed of the traditional corn beef cabbage dinner and desserts which is prepared by Dawn Krutiak and served by the COA food service group and volunteers.

Tom is also known as The Berkshire’s Elvis and has been performing around the county for years. When not performing, he is fixing appliances and driving his wife

crazy at Alliance Appliance. In the little bit of spare time he has, he enjoys spending time with his granddaughters and golfing with his wife.

His favorite artists Elvis, Neil Diamond, Tom Jones, Roy Orbison and Dean Martin are often represented in the performances of the group.

While Tommy T. & Black Velvet is Berkshire County’s Premier Elvis Tribute Show, they perform a wide range of artists, including the aforementioned, but additionally, The Supremes, Patsy Cline, and Cher, to name a few.

Call the COA @ 413-743-1690 ext 107 to get more information, reserve tickets.



Tommy T & Black Velvet to perform at the Cheshire COA on Saturday, March 14th, 2026.

WHAT’S INSIDE

Brenda’s Thoughts	2
Library Makes Improvements.....	3
Historic Clock Restoration.....	4
Turning the Calendar	5-6
Annual Tag Sale Information	7
Advocating For Yourself.....	8
COA Picture Page	9
St. Patty’s Invite.....	10
Rabies Clinic Scheduled	11
Special Events	12
Community Notes.....	13
COA Activities	14
Calendars	15-16

Brenda's Thoughts

Oh boy, where to begin. The year has started off with informative sessions, fun crafts, games, good food..... and then there's the weather. Geez Louise, enough with the snow already! I know, I know; without the moisture we wouldn't be the beautiful Berkshires; we'd be a desert like those super dry states out west.

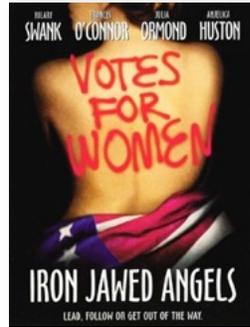
We are looking forward to having Tommy T & Black Velvet back again this year for the St. Patty's Dinner. They are SOOOO much fun; very entertaining.



There is a creative Spring Wreath Craft scheduled at the end of March and we will be doing card making with Lorraine at the end of April.

Something I really want to promote the the Movie that will be showing at the COA on April 8th. The name of the movie is Iron Jawed Angels and it is about

women's rights and women's suffrage. There will also be a brief talk/presentation by Whitney Flynn, Town Clerk, and Irene Bator regarding the importance of voting in our town; of making your



vote count. See the Special Events page for more information.

Another important presentation to be giving in March is about learning how to advocate for yourself when you go to the doctor's office or any medical facility.

Both of these presentations bring forth information worth discussing / talking about together within the community. Hope you plan to attend. If interested, give me a call at:

413.743.1690x107.

Before you know it, the weather will turn into sunny spring days with first of the year flowers pushing out of the ground. Some, like crocus, don't care about the snow. When it's time, it's time and there they come. Easter is coming 2 weeks earlier than last year, at the beginning of April instead of in the middle. Which means, all the holidays associated with it will also be earlier.

Don't forget about our usual activities, come join us for Bingo, MahJongg, aerobics, chair yoga. Check the calendar and events pages for dates and times.

Looking forward to seeing you!

COA Board Members

- Robert Balawender413.743.3356
- John Bianchi413.743.5723
- Suzanne Boyle413.743.5187
- Carol Francesconi413.743.5028
- Mal Gwozdz 413.743.9356
- Val Tyska413.743.3802
- Peter Traub413.743.3496

Alternate Board Members

- Doreen Aleshevich413.446.8212

Resources and Contacts

- Brenda Caufield.....413.743.1690x107
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 visit their establishments.



Cheshire Lions Club -

The Cheshire Lions Club remains an active contributor to the Cheshire 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:

Stacey Gurney coachlady@aol.com.

Library Makes Improvements to Facility, Expanding to Second Floor, Celebrating Dr. Seuss' Birthday

*Jennifer Luitjens, Library Director
Cheshire Public Library*

As Punxsutawney Phil boasts only a 35% accuracy rate, his winter forecast suggests that spring should be here momentarily! While it is common for libraries to see fewer in-person visitors during the cold winter months, we are anxious to welcome new and returning patrons as the warmer weather arrives. But don't presume we have been idle during the winter months - we have been busy making improvements to our physical space in order to better serve our community!

When is the last time you visited the library? Did you know that our physical footprint covers two floors of the former Town Hall Building? We have occupied our main floor location since 1898, but we have re-designed our space and now have additional room upstairs. In fact, we just engaged local contractor Nick Mirke to build and install new bookshelves so that we could move some of our youth collection upstairs. It is now easier to browse through our adult collection, as our fiction has more space on the shelves, and non-fiction is organized by genre.

While being home to many of our children's books and events, the 2nd floor also serves as space

for adult programs. The picture provided here shows the fun we had at our Paint Pouring and Mocktails event on a cold January night, right after our big snow storm. (Thanks again to Jill Reynolds for sharing her creative talents!)

On March 9 (Monday night), we welcome back Lorraine Faucher for an all-occasion card-making program, and registration is required to secure your spot.

With planting season on the horizon, we will host a gardening information session on April 14 (Tuesday night), where members of the Cheshire Garden Club will share tips about container gardens and more.

In addition to our weekly storytime, upcoming youth events include a birthday celebration for Dr. Seuss in March and a family game night during April school vacation. For more information about these and other programs and services, please visit our website

<https://www.cheshirepubliclibrary.org/>) or follow us on social media (links on website).

23 Depot Street / PO Box 740
Cheshire, MA 01225
(413) 743-4746



Paint pouring art class presented by Jill Reynolds.

Historic Clock Chimes Again!

By Jason M. Kittler

The historic mantel clock at the Cheshire Public Library is once again running and chiming! The clock is back in its home on the top of the New Books shelf, sitting between the plaster busts of William Shakespeare and an unidentified ancient Greek or Roman 'man of importance' (Plato? Socrates? Aristotle? Euripides?)

We have no information on how the clock became a library fixture. Asking patrons

clock very heavy and, according to clock restorer and horologist Eric Christensen, this base is what gives the chimes such a pleasant and rich reverberating sound. The clock strikes once on every half hour, and on the hours of the day with the appropriate number of strikes.

No one knows when the clock was last cleaned and serviced.

The top of the clock's casement is splattered with drops of paint that match the color on the library walls. Whoever last painted the library walls did not bother to move or cover the clock.

The Library Board of Trustees and patrons of the library are extremely thankful to Eric Christensen for his work on the clock restoration. Visitors to the library can now enjoy the lovely sounds of the ticking clock as it marks the hours and half hours.

(If anyone can identify the Greek or Roman bust that sits to the right of the clock on the top of the bookshelf, please tell Jennifer.)

(The pictures show Horologist Eric Christensen showing librarian Jennifer Luitjens how to wind the clock. He also showed her how to advance the hands when daylight savings time necessitates adjusting the time).



who have been visiting the library for decades, no one remembers when the clock was last running and cheerfully chiming the hours. Searches for the keys to wind the mechanisms have been fruitless.

The clock was made sometime between 1890 and 1920 by the Ansonia Clock Company of Ansonia, CT. The original purchase price was probably between \$6 or \$7 dollars. It is an eight-day clock, that requires a key for winding. Both the clock timing mechanism and the chiming mechanism require separate winding, with the same clock key.

The clock's casement is cast metal with a Greek facade comprised of Doric columns and a bas-relief impediment. It has metal hands, and a paper face, and brass workings. A glass lens covers the face and hands. The base is made of slate, which makes this



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Turning Calendar Pages

By Marylou Burdick

Here we are in another new month in a new year on a new day. New beginnings bring various feelings, experiences and situations. Some of us are more than happy to start again. Some people are not particularly pleased at all to keep walking in the direction our feet take us. Most of us have settled in for our long winter season here in our beautiful Berkshires, like it or not.

In January as usual we had conversations on making new beginnings or resolutions. Resolution or resolving could lead anyone to using too much effort on often useless thoughts which typically leads us to looking back and not ahead. At this season of my life, somehow the promises or decision making seems to be meant for those in the summer or spring of life. As I turn this March calendar page I accept being in our winter both outside and inside of my self. I join with Eleanor Roosevelt who said, "the future belongs to those who believe in the beauty of their dreams." No matter which way we think about it we can all believe in the future. And believe in the beauty of dreams. Why not focus sometimes on turning new pages with belief and hope. And yet I do occasionally reminisce a bit. In other words there is room for it all. Mostly I remind myself to be content to be who I am in this moment.

Why not allow and gift ourselves moments of memories good and bad. In February each year as I turn the calendar I remember the love story my parents shared. Space will only allow me to share a few moments of their time here. They met because my Nana Nellie ran a boarding house in Pittsfield. My dad had graduated from college and was hired as a Draftsman at the General Electric Company. He rented a room from my Nana. I loved to tease him that he lived with my mom before they were married. Even though I knew full well there was no hanky panky going on. They saved that for after the vows. He was a truly romantic man who



proposed to her on Valentine's Day one year. He was a French Canadian who spoke occasionally of his upbringing which included losing his mother at a young age. He was moved back to Canada as well as through several States as a child. As a teen, before the term was put into print, he was a "latch key kid" in Chicago. If you went to Wrigley

Field back then you might have seen a lad shouting out "peanuts and popcorn". That would be him. He joined the Navy and was given the first scholarship from the Navy to the University of Massachusetts. For many years growing up we heard him quote the beautiful poem written by Elizabeth Barrett Browning to her husband Robert. "How do I love thee, let me count the ways." That love is described as free and eternal even beyond death. Years later when I was raising my children the phone would ring sometimes in the evening. It was dad calling us to tell us where the stars and planets would be found in the night skies. And be sure to look for them.

Mom was an Irish woman through and through. Her mom was a lass who lived in County Clare, Ireland before coming to America. My Nana raised three daughters and one son alone because she lost her husband at a young age. We heard stories of her generation stepping in sheep dung on the way to school in the winter because it was the only way to keep their feet warm since they had one pair of shoes saved for their Sunday best. Our Mom was a

Continued on page 6

Turning the Calendar

Continued from page 5

young woman when she met dad. She had recently graduated from St. Margaret's Nursing School in Troy. My parent's first home together was part of their story in a special way. She had been asked to care for a gentleman with difficult life circumstances for several years. She assisted him, helping him spend his final days with pride and peace. Because of this, after his death the family offered the farm house for a price that could not be refused to my parents. By now they had birthed three of their thirteen children. As her children, in that beautiful house which they had made a home, we were given the quality of care love and devotion she had learned at the nursing school. Like most families in those days dad was the disciplinarian and mom cooked, cleaned and did all the things a stay at home mom did. That is such a simple way to express all she was and did. There is just much, too much to share here. But it needs to be said that we grew up knowing every word to many, many songs that we sang year after year every March on the 17th when we celebrated her Irish heritage.

In March 2003 my mother began her next season of her life. She died on the 15th of the month. I remember my mom telling me about the day in history when a seer warned Julius Caesar this date would be called the "Ides of March". It was a warning he dismissed. A group of senators including Brutus and Cassius stabbed Caesar in the year 44 B.C. because they were afraid of his dictatorial leadership. His death led to civil wars. It may have been a lesson for anyone in leadership trying to be in complete control, gaining economic influence and attaining unchecked ambition. "Beware the Ides of March" became an expression mom and I shared from time to time over the years to be more aware of the fact that bad things can happen in life. Somehow knowing that, we can tolerate the unpleasantness that occurs when we are forced to face it. Sometimes we have warnings. Sometimes we do not.

We had a true Irish wake on the 17th of March that year. There were many tears but also Irish songs playing and people coming to tell stories. My own daughter put her Nana to bed that night with a blanket she purchased in Ireland for her. A few years later dad joined her among the stars. He had been living content and happy with his youngest son and

his family. Those few years when I took him out to lunch or to the St. Patrick's Day Supper at my church he would take a picture out of his shirt pocket and show it to anyone who would look at "his wild Irish Rose."

This year as I turn the page to March on my calendar here in our dear Cheshire I do not look back with resolution nor did I in January. I do reminisce with gratitude those memories of the blessings shared with Roland and Claire. Maybe one day this month I will visit with them again in my dreams. Maybe one day this month you will think about the future and believe in the beauty of dreams.

The Cheshire Community Center transformed into a magical place for the annual Valentines Dinner & Dance.



Annual Cheshire Bazaar & Tag Sale Date Has Been Set

On Saturday, May 9th the 4th annual Cheshire Bazaar & Tag Sale will be held at the Cheshire Community House from 8:30AM until 1:30PM. This event is open to a variety of vendors, from folks who sell their own hand-made or crafted items to those who sell vintage and 2nd hand treasures, as well as small businesses that market foods and niche items. The Mason's Lodge will have their food trailer open and running from breakfast through lunch in the back courtyard Bring your mom or find her a gift - Mother's Day is Sunday the 10th!



The Cheshire Bazaar & Tag Sale is organized by Jennifer Gadbois, who has partnered with the Cheshire Food Pantry, LLC to make the event a fund-raiser for this important local organization. One hundred percent of vendor registration is awarded to the food pantry. There will also be an event raffle with generous prizes - the ticket proceeds support the pantry and winners need not be present to win.

Vendors can rent 10 foot booth spaces for \$25 and rent tables for \$10. Local residents may participate by renting a booth at the Community House or by registering their at-home tag sale with the event for \$10. The event is marketed through local media sources, including newspaper, radio and social media sites. If you would like to participate, contact Jennifer Gadbois at 413-841-0844 or email her at jljadbois@icloud.com

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 becoming a "Friend" you will be supporting the activities of our seniors. The fee for joining in 2025 will remain at \$10 and will be due in January of 2025.

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. Among the activities the "Friends" have financially supported in the past are:

- Cultural events such as a play at Barrington Stage and Millionaire Dollar Quartet at the Colonial Theatre.
- Sponsorship and funding for Sheryl Faye's presentations.
- The annual nonagenarian birthday party.
- Apple picking at Lakeview Orchard.
- Financial support of the Cheshire Food Pantry.
- Other social and craft activities.

Any support which you are able to provide would be most appreciated.

Please fill out the bottom portion and return to
Ed St. John at 4 Edmunds Street, Unit N101, Adams, MA 01220
or call at 743-5603
or email to estjohn1@roadrunner.com.

If mailing, cut here, fill out and return to address above.

NAME: _____

ADDRESS: _____

TELEPHONE NUMBER: _____

EMAIL ADDRESS: _____

Please remember to enclose your membership fee of \$10, if by check payable to the Friends of the CCOA.

Thank you.

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TUESDAY, MARCH 10TH @ 11:45 AM

Cheshire Council on Aging
119 School Street
Cheshire, MA 01225



BRPC

Berkshire Regional Planning Commission



Dr. Estela Ogiste held an information session about Macular Degeneration on Wednesday, January 28th @ Noon

Dr. Ogiste is an Associate of Advanced Eye Care. She gave a digital presentation which showed and explained macular degeneration of the eyes.

*Dr. Estal Ogiste
Advanced Eye Care
Specialist*



That's a lot of pie! Yum! A sweet treat for sweethearts!



As it turns out, building a snowman can be fun at any age. So similar, yet so different; facial expressions, scarf colors, methods of creating the hat. Everyone was happy with their results.



YOU ARE INVITED TO A

ST. PATRICK'S DAY

CORNERED BEEF & CABBAGE DINNER WITH LIVE MUSIC

Saturday, March 14th, 2026
5:00 PM Dinner
6:00 PM Entertainment
119 School Street, Cheshire
\$20 per person

Join in celebrating St. Patrick's Day with friends, food and live music with Tommy T & the Black Velvets.

Everyone is welcome!

Call Brenda @ 413.743.1690x107 to sign up.
Payment due with sign up.



Rabies Clinic

Wednesday April 8, 2026, 5 – 6 pm

Cheshire Police Department
90 Church Street, Cheshire, MA

\$15.00 CASH for each cat or dog

Bring a past rabies certificate, even if expired and your pet will receive a 3-year vaccination.

Otherwise, only a 1-year vaccination will be given.

Vaccinations can be done at your car for multiple or difficult dogs (with help of owner).

Please bring cats in a carrier.

The clinic is open to all regardless of residency

The Cheshire Town Clerk will be on site issuing Cheshire dog licenses.

BERKSHIRE HUMANE SOCIETY'S PET FOOD BANK

will be there with food for anyone who needs it

Sponsored by the Cheshire Pantry

Made Possible by the Generosity of Dr Keith Beebe, Wahconah Vet Services, Hinsdale, MA 01235

& the Cheshire Police Department

Clinic Questions? Contact Gene Gebarowski: 413- 212-1076

Dog licensing questions? Contact Whitney Flynn 413-743-1690 Ext 104

Special Events

MARCH

Monday, March 2nd • 9 - Noonish

Senior Haircuts @ COA Center

Stylists from Meraki Salon of Adams. Discounted Senior cost is \$20. Call 413-743-1690 ext 107

Tuesday, March 3rd • 11:30am

Homemade Soup & Sandwich @ COA Center.

Call ahead to reserve a plate and for grab-n-go dinner. 413-743-1690 ext 107

Tuesday, March 10th • 11:15 - 11:45

Come join in a talk on how to advocate for yourself at the doctor's office

Presentation to senior residents, with a question and answer session about how to prepare for a visit to the doctor. Call 413-743-1690 ext 107

Wednesday, March 11th • 11am

Pop-up Library with Jennifer Luitjens @ COA Center.

A variety of books will be available to be "checked out" with the books to be returned next month, as this is a monthly event.

Wednesday, March 11th • 11:15am

Blood Pressure Screening Clinic is being provided by the Berkshire Public Health Alliance. FREE. No pre-registration required. Call Brenda @ 413-743-1690 ext 107 with questions.

Saturday, March 14th • 5pm start time

Tommy T and the Black Velvets

Corned Beef and Cabbage Dinner \$20 per person Dinner at 5:00; Show at 6:00. Reservations required. 413-743-1690 ext 107

Wednesday, March 18th • 11:30am

Homemade Soup & Sandwich @ COA Center.

Call ahead to reserve a plate and for grab n go dinner. 413-743-1690 ext 107.

Thursday, March 19 • 8:30am-2pm

Foot Clinic \$45 fee. Call ahead to reserve a spot. 413-743-1690 ext 107

Wednesday, March 25th • 12:30pm

Spring Wreath Craft Event. Put those Winter doldrums behind you, bring on the Spring vibes. Hosted by the COA Center. Call Brenda @ 413-743-1690 ext 107 to sign up for this fun event.



APRIL

Monday April 6th • 9 - Noonish

Senior Haircuts @ COA Center

Stylists from Meraki Salon of Adams. Discounted Senior cost is \$20. Book your appointments. 413-743-1690 ext 107.

Tuesday, April 7th • 11:30am

Homemade Soup & Sandwich @ COA Center.

Call ahead to reserve a plate and for grab-n-go dinner. 413-743-1690 ext 107

Wednesday, April 8th • 11am

Pop-up Library with Jennifer Luitjens @ COA Center.

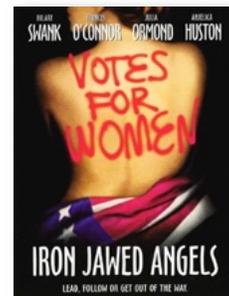
A variety of books will be available to be "checked out" with the books to be returned next month, as this is a monthly

Monday April 8th • Noon

Movie showing: Iron Jawed

Angels an impactful, powerful movie about women's rights and women's suffrage. There will be a brief talk from Whitney Flynn, Cheshire Town Clerk who will give express the "Power of EACH person's vote/ YOU matter," an uplifting expression on the importance of voting in our town.

Irene Bator plans to donate a gift card for anyone who comes to the movie as a raffle entry. There will also be materials available for people to register to vote/change party/ sign up for Vote by Mail, etc. To participate, Call Brenda @ 413-743-1690 ext 107



Monday, April 20th

COA Closed For Patriots' Day

Wednesday, April 22nd • 11:30am

Homemade Soup & Sandwich @ COA Center.

Call ahead to reserve a plate and for grab-n-go dinner. 413-743-1690 ext 107

Wednesday April 29th • 1:00 pm

Cardmaking w/Lorraine

The group will be making four cards. Call Brenda 413-743-1690 ext 107 to sign-up for the event. Seating will be limited.

Community Notes

Town Clerk's Office:

Mid-Term Elections This Year

Residents are encouraged to start preparing and educating themselves about upcoming elections, whether on the national, state, county, or local level. Please see the information included in this issue of the Chatter and start thinking about the upcoming elections this year.

2026 Dog Licenses

Dog licenses are due April 1st.

Make sure your pets' rabies vaccinations are up to date. A rabies clinic will be held on Wednesday, April 8th. See flyer within this chatter issue for details.

Cheshire Library - Open Hours

- ★ Monday, 10-2
- ★ Tuesday, 12-7
(storytime for preschoolers at 11am)
- ★ Wednesday, 12-5
- ★ Thursday, 10-2
- ★ 1st Saturdays, 12-2 (Sept-June)

Other Events

MARCH

- ❖ Week of 2nd - 6th: Dr. Seuss Birthday/Read Across America Week
- ❖ o Monday, 9th at 6:30pm: All occasion cards with Lorraine Faucher

APRIL

- ❖ Tuesday, 14th at 6:00pm - Gardening Talk with Cheshire Garden Club
- ❖ Tuesday, 21st at 6:30pm - Family Trivia and Games

Jennifer Luitjens, Library Director
Cheshire Public Library
23 Depot Street/PO Box 740
Cheshire, MA 01225
(413) 743-4746

Cheshire Ladies' Reading Club is the oldest continually meeting reading club in the United States, carrying on a tradition first inspired by Emma Petittclerc in 1879. As we are a reading club, books are read at the meetings themselves. If you have an interest in helping to continue a long Cheshire tradition contact club president Carole Hilderbrand. Carole's phone number is 413-329-2212 for information.

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

The Cheshire Community Book Club

It has been a good winter for reading! We talked about *James* by Percival Everett at our February meeting. We considered how the enslaved James explained things and how those things were explained by Huck in Mark Twain's *The Adventures of Huckleberry Finn*. It was an interesting perspective on a classic novel.

On March 12, 2026 we're discussing books that individual members have read and why those books caught our attention. From those discussions we'll likely select books for our April and May conversations.

We meet at the Cheshire Public Library on the second Thursday of the month, 6 PM. Please join the conversation or just sit in and listen to the discussion.

The Cheshire Public Library online calendar of events is another place to find what the Cheshire Community Book Club is reading and when as well as the events and programs the library plans for the community.

Cheshire Garden Club - will be meeting on March 19th, and April 23rd at 6:30 at the Cheshire Senior Center. Anyone interested may join. Please contact Margy Gwozdz at 743-4903 or her email at: wgwozdz@roadrunner.com.

Also members will be giving a talk at the Cheshire Library on April 14th at 6:00PM titled: "You can garden anywhere."

Cheshire Northern Berkshire Beekeepers Association meets at 6 p.m. in the Cheshire COA Center on the 4th Wednesday of every month except November and December. Interested parties are welcome to join us. For more information, contact Jeanne Davis. Email with any questions:

Jeannedavis59@gmail.com.

Cheshire Lions Club meets once a month from September to June. Our meetings are on the second Wednesday of each month at 6 PM. Most meetings are held at the Harbor House Inn. If you are interested in learning more about ways to support our community, contact Lynda Bianchi, President at 743-5723 or 244-3420. Hoping to see you at our next meeting.

Cheshire COA Center For Active Living



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.



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 available five days a week, except holidays. To reserve your meal, call 413-743-1690 extension 107 at least 24 hours in advance. Suggested Meal Donation of \$3.00 for 60 and over.

Bingo- Every Tuesday at 12:15, \$1 per card

Brown Bag - Free paper bag of food is available between 9:30am and 1:30pm; Monday, March 2nd (February Pickup), Monday March 30th, and Monday, April 27th. Pick up at COA Center. Contact Brenda to sign up. 413-743-1690 ext 107.

MahJongg- Every Monday starting at 12:30pm. All levels of experience welcome, from newbies to the well versed. Depending on level of knowledge, the group plays 2 or 3 games.



Aerobics - 9am -10am Monday, Wednesdays & Fridays. Led by Jane Bryce

Chair Yoga - Fridays 10-11am.

Blood Pressure Readings - 10am -11am Mon., Wed., and Fri.; performed by Mal & Carol

Foot Clinic - The Foot Clinic will be scheduled for Thursday, March 19th • 8:30am – 2pm. Sorry, no walk-ins - appointments only. It is held inside the Center. Call Brenda @ 413-743-1690 ext 107 to schedule an appointment and for protocol. There is a \$45 fee for this clinic.

Quilting - Quilting and all stitchers are welcome on the first and third Thursday of the month (unless it falls on a holiday), 1pm-3:30pm led by Betty King. (\$5 suggested donation to benefit the Cheshire Pantry.)

Senior Haircuts – 9 a.m. – Noon. Haircuts by Meraki Salon of Adams. Discounted Senior cost is \$20. Call center to book your appointments for Monday, March 2nd and Monday, April 5th. Please be advised that the stylist room at the Center doesn't have a hair wash station. It is only designed for hair cuts. The use of water spray bottles are used to dampen hair prior to cutting.

Shuffleboard - at the Cheshire COA Center for active living, continues being held every Wednesday at 12pm through November. The court is also available for use during regular business hours. Call for more information. 413-743-1690 ext 107

Pickleball - Whenever weather is permitting, the court will be available. Rules are listed on the back of the COA building, participants provide their own equipment (except for the net), and use the court at their own risk. Call the Center for more information. 413-743-1690 ext 107.



Biking - Whenever weather is permitting, the bikes will be available. Participants provide their own protective equipment (if using helmets, pads, etc), and use the bikes at their own risk. Call the Center for more information. 413-743-1690 ext 107.

MARCH

2026

Cheshire COA & Community Calendar of Events

February							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	5	6	7	8	9	10	11
8	9	10	11	12	13	14	12	13	14	15	16	17	18
15	16	17	18	19	20	21	19	20	21	22	23	24	25
22	23	24	25	26	27	28	26	27	28	29	30		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Aerobics 9-10 Hair Cuts 9-Noonish Lunch 11:30 Brown Bag 9am-1:30pm Mahjongg 12:30 -2:30ish	Homemade Soup & Sandwich Day 11:30 Bingo 12-15	Aerobics 9-10 Lunch 11:30	Grab-n-Go 10-12 Quilting 1-3:30	Aerobics 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	Cheshire Pantry 11-12	
8	9	10	11	12	13	14
Aerobics 9-10 Lunch 11:30 Mahjongg 12:30 -2:30ish	Advocating for Yourself & Doctor's Office Talk 11:15-11:45 Lunch 11:30 Bingo 12:15	Aerobics 9-10 Pop-up Library @ COA 11:00 Blood Pressure Screening 11:15 Lunch 11:30	Grab-n-Go 10-12	Aerobics 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	St. Pat's Dinner w/ Entertainment 5:00 pm Look for details inside Chatter	
15	16	17	18	19	20	21
Aerobics 9-10 Lunch 11:30 Mahjongg 12:30 -2:30ish	<i>St. Patrick's Day</i> Lunch 11:30 Bingo 12:15	Aerobics 9-10 Homemade Soup & Sandwich Day 11:30 COA Meeting 1 pm	Grab-n-Go 10-12 Foot Clinic \$45 8:30am - 2pm Quilting 1-3:30 Garden Club 6:30pm	Aerobics 9-10 Grab-n-Go 10-11 Chair Yoga 10-11		
22	23	24	25	26	27	28
Aerobics 9-10. Lunch 11:30 Mahjongg 12:30 -2:30ish	Lunch 11:30 Bingo 12:15	Aerobics 9-10 Lunch 11:30 Spring Wreath Craft 12:30	Grab-n-Go 10-12	Aerobics 9-10 Grab-n-Go 10-11 Chair Yoga 10-11		
29	30	31	1	2	3	4
<i>Palm Sunday</i> Aerobics 9-10 Lunch 11:30 Mahjongg 12:30 -2:30ish	Lunch 11:30 Bingo 12:15				Blood pressure readings available @ Senior Center M-W-F 10-11	

APRIL

2026

Cheshire COA & Community Calendar of Events

March							May						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	3	4	5	6	7	8	9
8	9	10	11	12	13	14	10	11	12	13	14	15	16
15	16	17	18	19	20	21	17	18	19	20	21	22	23
22	23	24	25	26	27	28	24	25	26	27	28	29	30
29	30	31					31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
Blood pressure readings available @ Senior Center M-W-F 10-11			<i>April Fools Day and Passover</i>	Grab-n-Go 10-12 Quilting 1-3:30	Aerobics 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	Cheshire Pantry 11-12
<i>Easter Sunday</i>	5	6	7	8	9	10
	Aerobics 9-10 Hair Cuts 9-11 Lunch 11:30 Mahjongg 12:30 -2:30ish	Homemade Soup & Sandwich Day 11:30 Bingo 12:15	Aerobics 9-10 Lunch 11:30 Pop-up Library 11am Movie "Iron Jawed Angels" & brief talk - Noon	Grab-n-Go 10-12 Comm. Book Club 6pm	Aerobics 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	
<i>Orthodox Easter</i>	12	13	14	15	16	17
	Aerobics 9-10 Lunch 11:30 Mahjongg 12:30 -2:30ish	Lunch 11:30 Bingo 12:15	Aerobics 9-10 Lunch 11:30 COA Meeting 1 pm	Grab-n-Go 10-12 Quilting 1-3:30	Aerobics 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	
	19	20	21	22	23	24
	<i>Patrols Day</i>		<i>Earth Day</i>			
	Senior Center Closed	Lunch 11:30 Bingo 12:15	Aerobics 9-10 Homemade Soup & Sandwich Day 11:30 Beekeepers 6 pm	Grab-n-Go 10-12	Aerobics 9-10 Grab-n-Go 10-11 Chair Yoga 10-11	
26	27	28	29	30	31	
Aerobics 9-10 Lunch 11:30 Brown Bag 9am-1:30pm Mahjongg 12:30 -2:30ish	Lunch 11:30 Bingo 12:15	Lunch 11:30 Bingo 12:15	Aerobics 9-10 Lunch 11:30 Cardmaking w/ Lorraine @ COA 1pm (4 cards)	Grab-n-Go 10-12		