Ioka Valley Farm.
The Senior Club taking a trip to Ioka for Breakfast and a Tour.

Would you like The Chatter delivered? Phone Michelle at 413 743 9719

Courage is what it takes to stand up and speak.
Courage is also what it takes to sit down and listen.
-Sir Winston Churchill.

Article for Cheshire Chatter

Rainbow Seniors of Berkshire County is a senior citizens program with a special outreach to lesbian, gay, bisexual, and transgender (LGBT) seniors and their allies. We meet twice each month, on the first Saturday of the month at the Berkshire Athenaeum from 2pm to 4pm, and on the third Tuesday of the month at First Congregational Church of Williamstown from noon to 2 pm. The Williamstown meeting is a community
potluck -- we have some really good cooks in the group.

Why do we need a special program?

LGBT people who were born before the 1950s lived in a time when it was dangerous to be known as gay or lesbian. Back then, we risked violence, arrest, being disinherited, thrown out of our family home, and banished from our community. There has been a lot of progress for LGBT people since then, but old habits die hard. The fear of discovery continues to haunt some of us older LGBT people, inhibiting us from asking for help from social workers, police, and health workers. These seniors need a trusted person they can talk to. And then there's reminiscence.

Probably the most important activity at senior's centers is reminiscing. It reminds us that we led a live worth living. Imagine, though, a secretly gay or lesbian senior sitting in that room. They would not be comfortable joining in on the reminiscence, and in some places they would not be welcome to talk about their past. Imagine how that makes closeted LGBT people feel about their past? We do lots of reminiscing at Rainbow Seniors.

For more information, or to get on our mailing list, call Ed Sedarbaum at 413-441-6006 or email him at rainbowseniorsbc@gmail.com. You can also find us on Facebook. Reach out to us, and your confidence will be respected. We've all been there. The Rainbow Seniors outreach project has been supported by a grant from the William and Margery Barrett Fund for Adams, Cheshire, and Savoy, a fund of the Berkshire Taconic Community Foundation.

Seniors Lunch: Weekly on Mondays, Tuesdays and Wednesday at 11:30 am. Please call in advance. And if you are unable to make it please call in the am. Or if you're interested in coming to a meal call the day before and I can call the kitchen to add another meal.

APRIL EVENTS

April 9th breakfast at Ioka Valley Farm
April Exercising on Monday, Wednesday and Friday at 9 am
Quilting April 7th and 21st at 1 pm
April 11th Rent Control Meeting at 7:00 p.m.
April 18th No Senior lunch for Patriots Day.
Senior Club every Tuesday at 12:00 pm
April 27th Blood Pressure Clinic at 10:30 am
April 22nd Brown Bag from 1:30- 2:30 p.m., $3.00.
April 22nd, 23rd and 24th Cheshire Flea Market/Tag Sale
April 20th COA Meeting at 12 p.m.
April 21st Senior Club Luncheon at Zucco’s at 12 p.m.
April 22nd Library Special Event at 6:30 p.m.
Quilting: April 7th and 21th at 1pm
Bingo: April 14th and 28th at 2pm

MAY EVENTS

May Exercise on Monday, Wednesday and Friday at 9 a.m.
May Senior Lunch Monday, Wednesday and Friday at 11:30 a.m.
Quilting: May 5th and 19th at 1 p.m.
Night Time Bingo May 6th at 6 p.m.
Bingo: May 12th and 26th.
May Senior Club Meeting every Tuesday at 12 p.m.
May 14th Keep on Walking Club 9 to 11 am.
May 17th Senior Tea Party at 12 pm to 2 p.m. Please call to make Reservations at 743-9719.
Open to all.
May 18th COA Meeting 12p.m.
May 19th Foot Clinic call Elsie 743-9612 for reservations.
May 22nd Brown Bag at 10:30
May 25th Blood Pressure Clinic 10:30
May 30th No Senior Lunch. Memorial Day Parade.

JUNE EVENTS
June 3rd Evening Bingo at 6 pm
Senior Lunches Monday, Tuesday and Wednesday at 11:30 am.
Quilting June 2nd and June 16th Thursday at 1 pm
Daytime Bingo June 9th and June 23rd Thursday at 2 p.m.
June 11th Train Ride from Adams to North Adams, cost is $10.00 please call center if interested.
Senior Club meets every Tuesday at 12
June 15th Blood Pressure Clinic 10:30 a.m.
June 16th Wine and Dine trip leaving the Center at 9 a.m. Please call center if interested.
June 22nd COA Meeting at 12:30 pm
June 24th Brown Bag from 1:30 to 2:30 pm
June 27th Strawberry Fest 10 to 2 p.m. cost is $ 5.00

Seniors News
Council on Aging Offerings: Exercise Group every Monday, Wednesday, and Friday from 9 to 10 am. Quilting 1st and 3rd Thursday of each month. Bingo 2nd and 4th Thursday of each month at 2:00pm.

Senior Club News. We are looking to grow and welcome new members. We meet on every Tuesday at 12:00pm after lunch. We are a social club; we have lunches once a month, plan events to have at the center or trips for adventure. We also keep informed with town events. We welcome all men and women to attend and join our club.

Cheshire Council on Aging Van
The van is available by appointment Mondays, Tuesdays, and Thursday from 8 to 4. There is a suggestion of $2.00 donation for use. You can call 446-2559 for an appointment. The more people we get to use the van; the more days of service we could offer. Please consider using the van for Doctors, Hair dresser, shopping, therapy, Monday senior lunches, and personal care (like the foot clinic)
Elder Services
Elder services of Berkshire County offer in home and community services, housing options, and information access with the goal of helping seniors live with dignity and independence. Please call 413-499-0524 or the center 413 743-9719 with any concern you have for yourself or a loved one. We serve lunches on Mondays Tuesdays and Wednesdays at 11:30 here at the center. If you wish to partake you must give Michelle a 48-hour notice. All are welcome.

Community News
Town of Cheshire: The town Clerk’s office number is 413 743-1690 ext. 22 or email townclerk@cheshire-ma.gov

Library: 413 743-4796 Library hours: Monday 9-3pm, Tuesday 11-2pm, and 5-8pm, and Thursday 3-6pm.

Cheshire Lions Club: New members always welcome. For more information, call Stacy Gurney @ 413 743-4642

Cheshire Historical Commission: The Cheshire Historical Commission is displaying pictures at the Senior center.

Churches

First Baptist Church, 32 North Street 743-3649 Sunday: Sunday School 9:45 – Adult oriented, Family oriented, and youth oriented classes. Church Services start at 10:45 am.

United Methodist Church, 197 Church Street 743-0133, Sunday worship service and Sunday school 10:30 am

Berkshire Village Union Chapel, 191 Old State Road, 743-5028, Sunday worship service 9:30 and Sunday school 10:45.

Saint Mary of the Assumption Church 259 Church Street 743-2110, Mass held every day call for times. Sunday Service 8:45 am and Saturday Mass 4pm.

Pope John Paul the Great Charity Center open on Wednesdays 11-1 and 4-6 food pantry and clothing exchange at 2 Columbia Street. Adams 413 743-0577 serving Adams, Cheshire, and Savoy. Sunday dinner delivery to shut-ins in Adams, Cheshire and Savoy for free. To request a meal contact Gene Marcil at 743-0963 Volunteers’ are always needed to help cook, clean, and deliver the meals. Call Brenda at 743-5354

We send out greeting cards and letters to our seniors, so, if you have any unused suitable cards at home, please consider donating them to our center. Thank you, Michelle.
BUSINESS OF CHESHIRE

Bass Water Grill, 287 South State Road, Cheshire, MA 01225. 413-743-1911. Free local delivery.

Cheshire Glass Works, 24 South Street, Route 8 Cheshire, MA 01225. 413-743-7828. Email: jill@cheshireglassworks.com

El Martin’s Farm, 594 Windsor Road, Cheshire MA 01225. 413-743-9154

Harry’s Auto Sales, 239 North Street, Cheshire MA 01225. 413-743-2789. Website: www.harrysautosales.com.

O’Connell’s Convenience, 173 North Street, Cheshire MA 01225. 413-743-1535

H.D. Reynold’s General Store, Church Street, Cheshire MA 01225. 413-743-9512. Website: www.ReynoldsLawnMover.com

Shed’s N Stuff, 211 South State Road Cheshire MA 01225. 413-743-9964

Chic’s Auto & Repair, Depot Street, Cheshire MA 01225. 413-743-4295

Green Acres Package & Variety, 1613 State Road, Cheshire MA 01225. 413-443-5555

Cheshire Liquor Center, 106 South St, Cheshire MA 01225. 413-743-9603