

January 22, 2026 news and notes

Guess what folks...after a hiatus, of a couple years we'll be offering the 9-week "Aging Mastery Program" for a final time this spring. This health and wellness series for adults aged 55 and older has really been a wonderful program and a great tool in our service array; it's been quite popular both locally and nationally and has won awards, it has been a unique offering for sure. Unfortunately, all good things do end and the programs originator, the National Council on Aging has discontinued support for AMP-it will cease to exist after June 30th this coming summer.

Bummer.

This program empowers older adults to make and maintain small but impactful changes in behaviors in order to live more satisfying lives. Speakers from all sorts of professional endeavors will explore techniques for improving Sleep, Physical Fitness, Healthy Eating and Hydration, Medication Management, Advance Planning, Financial Fitness, Healthy Relationships, Falls Prevention, and Mindfulness. A little bit of good stuff, eh?

The Aging Mastery Program will be offered weekly, well, most weeks anyway, on Monday afternoons from 1-2:30pm, March 9 thru May 11. A light snack will be provided each week along with free program materials, and transportation may be available. Participants completing 7 or more classes will receive a \$10 gift card upon graduation!

Class size is limited to 12 participating adults, age 55+, so stop by or call the Harper Center at (413) 458-8250 to learn more. Register with a friend or spouse to maximize the impact of this series on your life! This is that last time we'll be able to offer AMP, in this version, forever. Join us for the final round. Experience tells us that you'll be glad that you did!

Looks like we're heading into cold weather. From Friday night through Sunday night, it may be extremely cold, with wind chills as low as 30° below zero. Oh...and there might be a bit of snow in the forecast too.

Want a few cold weather reminders?

Wear proper cold-weather clothing ,dress in layers and cover exposed skin.

Wear a hat and gloves.

Limit time outdoors, frostbite can occur in minutes

Got a car? You might want to start it daily to make sure the battery stays charged.

Beware of black ice, try to stay on clear and sanded pathways. If you have to go out after dark, either bring someone with you or make sure that you're out and can look after you if you aren't back soon.

I know, we've been through this before and discussed this priorly as well. I trust that you all know what to do with cold weather, we live here after all. An occasional reminder won't hurt right?

One more thing-drip your faucets. We don't need frozen pipes, right?

A snow reminder, if schools are closed there will be no programs held at the Harper Center. Some forecasters are calling for a foot or more overnight this Sunday into Monday