

# Stroke Support Group

358 North Pleasant Street, Amherst, MA 01002

Second Saturday of every month, 10:30 am – 12:00 pm

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## Hello friends!

Today we were happy to share in our friends' happy news and good fortune. Remember to stay cool and drink plenty of water in the intense summer heat! See you next month for **our annual BBQ on September 10.**

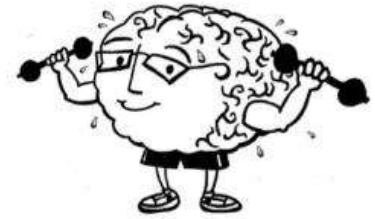
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After a bit of a health scare, we are so happy that **Joe** is back on track! He and **Linda** are continuing their routines and looking forward to greeting their new grandson in October.

## Hooray Maureen!

**Maureen** is having a great month! She welcomed her first grandchild, an adorable baby boy named **Jayce!** Sending congratulations and good wishes to the whole family.

Maureen also won a trip for 4 to see the Red Sox play the Orioles at Camden Yards in Baltimore. Have a great trip!



## Upcoming Events

### September 10

Annual SSG BBQ

### October 8

October SSG Meeting

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## \*\*\*Annual BBQ!\*\*\*

September 10, 2016



Starts 12:00 pm

Jacquie and Polly's Home

1141 South East Street

Amherst, MA 01002

Please bring a salad, side dish, or dessert to share!

## Local Activities and Resources:

### Stroke Support Group in Greenfield, MA

Baystate Franklin Medical Center

Conference Room C

Tuesdays, 10:00 – 11:00 am

Contact: Diane Stephan at (413) 773-2641 or  
diane.stephan@baystatehealth.org

### Hearing Aid Cleaning and Hearing Screenings

Hadley Senior Community Center

46 Middle Street, Hadley, MA

Third Tuesday of every other month, 10:00 – 11:00 am

Contact: 413-586-4023, or [coa@hadleyma.org](mailto:coa@hadleyma.org)  
for more information



## Singing a tune!

**Dave** has officially  
joined the Young at  
Heart Chorus!  
Congratulations Dave!  
Keep us updated on  
your concert schedule!

### Staying Active!

Remember, staying  
physically active is  
good for your brain  
and body. Senior  
Centers in Hadley,  
Amherst, and  
Northampton all offer  
fitness classes.

Additionally, the YMCA  
in Greenfield offers the  
**Prescribe the Y**  
program. With a  
prescription for  
exercise from your  
primary doctor, the  
exercise specialists can  
help get you going on  
a wellness track that is  
right for you. For more  
information:

YMCA Greenfield

Phone: 413 773 3646

<http://tinyurl.com/zu2s23o>