



246 North Main Street  
South Hadley, MA 01075

# Loomis Life

January 2022

Volume 5, Issue 1

## Upcoming Events

RSVP with

The Loomis  
Communities

Joshua Powers

413-588-5178

[jpowers@loomiscommunities.org](mailto:jpowers@loomiscommunities.org)

**February 24th:**

**(Virtual Event)**

**Long Term Care  
Insurance: All of Your  
Questions Answered!**

**March 17th:**

**(Virtual Event)**

**Hot Housing Market:  
The Ins and Outs of  
Staging & Selling**

## The Only Thing Silent in Amherst is the “H”

Don't let the rolling farmlands of this hidden gem fool you; Amherst, situated in The Pioneer Valley, boasts a plethora of dining and shopping options. Like many college towns, its population and entertainment shifts by more than 45,000 when school is in session. Amherst is also home to Applewood, an independent living community with more than 100 apartments in various styles from which to choose.



### Lifelong Learning at The Loomis Communities

The University of Massachusetts' flagship campus, Amherst College, Hampshire College, Smith College, and Mount Holyoke College make up the Five College Consortium. Proximity to these top colleges and universities enables residents to take classes each semester through the Five Colleges Learning in Retirement program. This wide selection of peer-led, engaging courses is a tremendous way to expand horizons and learn something new. You can find out about this program by clicking [here](#).

“I have taken three or four [classes] at Loomis Village. Just being able to drive down the hill, it's really nice! The program was started 25 years ago, and they used a model from Harvard and consulted them. That's how

they started this group.” - Honoree David, Loomis Village resident



### Take Me Out to the Ball Game

Amherst offers a several ways of ways to stimulate your mind, as well as plenty of opportunities to cheer on your favorite sports teams. In all, there are more than sixty individual men's and women's teams in Amherst. These sporting events are not only good old-fashioned fun but also a great way to support the universities and their student athletes. Fun Fact: UMass is home to the current defendin collegiate National Champion Hockey Team.



### Rich with History



Just up the road from Applewood, on the border of Amherst and South Hadley, sits what is known as “The Notch”. This area offers hiking on Mount Norwottuck, and on the other side of the road, trails across the entire Mount Holyoke Range. For history buffs, it also contains a Cold War-era bunker, carved into the side of Bare Mountain. The bunker was built by the Strategic Air Command in 1957 to house senior military officials based at nearby Westover Air Force Base should there be a Soviet attack. Online stories of this mysterious bunker still exist, with drivers telling of experiences when they were pulled off the mountain by sentry guards. These days, the bunker serves as an extension of the Amherst College library where it protects books, papers, statues, and more.

# The Only Thing Silent in Amherst is the “H” *(Continued from page 1)*

## What Will You Have?

Grab a slice of pizza from Antonio’s, dine on sushi at Iya, try the burritos and tacos at Bueno Y Sano, or enjoy American classics at Bistro 63. Downtown Amherst has something to please most any palate. Have a sweet tooth? There's even a late-night spot for when you crave freshly baked chocolate chip cookies after dinner. During summer months, a bustling farmers market showcases fresh fruits and vegetables, breads, honey, and other local goods. Whether you prefer a formal indoor vibe or dining al fresco, Amherst has it all.



## World-Renowned Performances



Lover of the arts? Amherst has saved you a seat. At the UMass Fine Arts Center, experience performances from around the world. Many international acts start their US tours at UMass, so you’ll be one of the first people to catch a glimpse. To preview what's on tap for the upcoming season, click [here](#). You can also visit museums such as the Eric Carle, which pays tribute to the legendary children’s book author, or take a trip to the Yiddish Book Center for an in-depth look at Jewish heritage and culture.

The past few issues of *Loomis Life* have been dedicated to sharing a bit more about the cities and towns we love to call home here at The Loomis Communities. Missed an issue? No problem! [Click here](#) to read about Springfield, the home of Loomis Lakeside at Reeds Landing. [Click here](#) to read about the home of Loomis Village, South Hadley.

The Loomis Communities is committed to being vigilant throughout COVID-19 and communicating safety measures during the Omicron variant’s emergence. Our dining rooms are open to only residents for now; however, residents can still entertain guests with a meal right from the dining room delivered directly to their home (our very own GrubHub!) Everyone is required to wear masks in all common areas. For current procedures, [click here](#).

## Cutting Edge Talents

Stay tuned for a look into another peek at the interesting and talented people who can be your neighbors at The Loomis Communities.



Facilities Director Brian LaPointe, Loomis Lakeside at Reeds Landing resident Peter Courtney, and Loomis Lakeside at Reeds Landing team member Robert Gasque inside the wood shop.

Loomis Lakeside at Reeds Landing resident Peter Courtney will host our April Virtual Event. He specializes in wood turning (transforming large chunks of wood into bowls, cups, and more) and has been at his craft for decades. Peter continues to hone his skills while living at The Loomis Communities. All three communities offer a well-equipped wood shop for resident enjoyment.

During this virtual event on April 21st, you will learn how to begin your own wood working journey -- along with some of Peter's savviest tips.

Be sure to save-the-date for this one. Check out the full events calendar [online](#) to explore even more of what we have to offer.

## New Year, New You

January is an opportune time to start fresh with health goals. In fact, [countryliving.com](#) reports that losing weight, changing a diet, and getting fitter/exercising more are the top three U.S. 2022 resolutions. The Loomis Communities can help. Cindy Senk, Fitness Coordinator at Loomis Lakeside at Reeds Landing, facilitated a "Fit, Fun, and Fresh" event promoting wellness as a January virtual event.

Cindy’s program can be done seated, standing, and even using furniture as support. The best part is that you can use any household object, such as canned foods, as weight for the workout's strength portion.



This forty-five minute program is available by clicking [here](#). We would love to hear from you about the event, as well as your New Year’s resolutions. If you’re struggling to achieve your goals, click [here](#) for some tips and tricks from The New York Times.

We invite you to come and take one of Cindy’s courses, in person, yourself! Give us a call at the number below to schedule a time to join a class, and move one step closer to improved health.