

The Senior Edition

April 2015 Volume 15 Issue 4



The Town of Shrewsbury's Council on Aging mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.

"Let's Be Friends"

The Friends are having a lottery ticket raffle! During the month of May there will be three drawings each for \$50. in lottery tickets. Drawings will be held on May Day, May 1st, Mother's Day May 10th and May 31st. Tickets will be valid for all three drawings. Tickets will be on sale at the front desk. Cost for the tickets are: \$1ea or 3 for \$2., 8 for \$5. 18 for \$10. Please print your name and phone number on each ticket that will be put in the box. The other half of the ticket you will keep as your receipt. All proceeds from the raffle will benefit the Senior Center.

The Friends will be holding elections of officers at the monthly program in May. If you are interested in taking a more active part in the organization please contact President Louise Russell through the Senior Center.

Thank you for supporting the Friends who in turn support the needs of the Senior Center.



Friends of Shrewsbury Senior Center, Inc.

The September 2014 - September 2015 membership year continues. Now is the time to renew your present membership or join for the first time. Please note that dues have increased to \$10. The Friends would like to thank the people that send in donations for the newsletter. It is greatly appreciated.

Membership cards are kept in a file box at the front desk. If you have not received your membership card please go to the front desk and ask for it. Thank you for being a member of the Friends!

Please check off one/both!

Enclosed are:

\$ 10.00 My 2014-2015 Dues

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Outreach Coordinator: Walter P. Rice, LCSW

Volunteer Coordinator: Stacey Lavelly

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SHINE: Call the Senior Center for assistance

CARES Coordinator: Dave Grillo

Village Café: Beth Murray, Manager, 508-841-8757

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Please Note: Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please do so by email: coavolun@shrewsburyma.gov. (Please note new e-mail address!) Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.

Deadline for the May Newsletter is April 9

Outreach News

By Outreach Coordinator Walter Rice, LCSW

SMOC Fuel Assistance: New applications for 2015 began for Fuel Assistance. The maximum gross income for eligibility for 1 person is \$32,618.00 and for 2 persons is \$42,654.00. New applicants 60+ can apply at the Senior Center by contacting Walter Rice. Those under 60 can apply at Shrewsbury Youth and Family Services. One can also apply at the SMOC Office at 7 Bishop St. Framingham, MA starting in November. Their number is 508-620-1230 or 800-286-6776.

Small Home Repair Program (SHRP): PLEASE don't try to take on difficult tasks yourself! Keep this helpful program in mind for all other small repairs that can be done. Also repairing unsafe steps and stairs, railings or other things to keep you safe in your home. Contact Walter to explore the options that are available.

New Emergency List: This updated list will consist of residents who want a well-being check in the event of severe weather or an unforeseen emergency, such as hurricanes, loss of electricity and more. For anyone on oxygen or other life-sustaining equipment, this should be a must. Please note this is NOT an R.U.OK program well-being check. **Call the Senior Center to be added to the new list.**

Short Term 1-1 Emotional Support: Have you experienced the loss of a loved one, feel sad, lonely, lost, living with an unresolved conflict and would like to share your issue(s) with someone? Walter Rice will be happy to meet with you either at the Senior Center or at your home. The focus of getting together with Walter will be to listen, not judge, and possibly provide new options and choices to help you to address your issue(s) instead of it just remaining stuck. This meeting will be confidential. You can read **Walter at 508-841-8647** to set up an appointment.

The Outreach Program can provide emotional support and referrals to various services. You are NOT alone in dealing with whatever problem you may be facing. Do not be afraid to ask for help!



Senior Television Shows, SPAC-TV 28

Don't know what to watch on TV? Why not check out a local program made by Shrewsbury seniors.

Senior Center Events (1 hour): Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm. Featuring the Friends of Shrewsbury events. The Trinity Band will show this month.

Seniors on the Move: (1/2 hour) Tues. at 2:00pm and Wed. 10am and Fri.1:pm. Also, 1 hour program on Tues. 7am. Host : Karen McKenzie

Full schedule for Channel 28, as well as 29 (Educational Access) and 30 (Government Access) on the town's website: www.shrewsbury-ma.gov.

Senator

Michael O. Moore



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Thurs., April 2nd, 1:30-3:30pm: Bone Density Screenings for Osteoporosis:

Will be held at Shrewsbury Senior Center, 98 Maple Avenue, Shrewsbury. FREE for all 60 and over. Funding from the Central Massachusetts Agency on Aging's grant with funds from Title III of the Older American's Act, this confidential screening will give you important information to take charge of your health. Confidential voluntary donations are accepted and are used to increase services provided under this program. Call to get your slot for the screening. **Appointment is required for screening.** Call Shrewsbury Senior Center at 508-841-8640.

Fri., April 3rd, 10-11am Smoothie

Workshop: Heart Healthy Smoothies and Brain Gym. New Smoothie each month. Please call 508-841-8640 or stop by the front desk to register.



Fri., Apr. 10th, Movie and Lunch

11:30am: Million Dollar Arm (Comedy/Drama): This is a true story of once-successful sports agent JB Bernstein (Jon Hamm) being edged out by bigger, slicker competitors. He and his partner are in danger of losing their business. JB decides to go to India where the cricket matches may hold hidden baseball talent. In Mumbai, he stages a televised, nationwide competition called "Million Dollar Arm" where 40,000 hopefuls compete. He brings the winners, including Rinku (Suraj Sharma of Life of Pi), who are only 18, back to the United States to train. As JB tries to teach the boys the game, seeing them as his next big paycheck, he discovers that they are the ones teaching him far more important things. A feel good movie just in time as baseball season begins! 2 Hrs. and 4 Min., rated PG (4 stars). We thank ASERACARE, this month's sponsor for their donation. **Seating is limited.** Reserve lunch at 11:00 at the Village Café for donation of \$2.50. **Movie will start promptly at 11:30, need reservations.**

Mon., Apr. 13th, Senator Moore Office Hours, 10-11am:

Senator Michael Moore or a representative from his office, will hold office hours at the Senior Center to meet with constituents on a first come first serve basis. No appointment necessary.

April Free Health Screenings:

Please call to sign up

4/14, 10:00am Chiropractic: Shrewsbury Chiropractic will screen you to show how chiropractic care may improve your quality of life.

4/14, 1-2:00pm: Hearing: Peter Lee, Audiologist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at Noon: Blood Pressure Screenings.

4/8 8:00-12:00 Quarterly Blood Sugar & Cholesterol Testing.



Tues. April 21st, 1:00pm, Friends of the Shrewsbury Senior Center Inc.

Program: You are invited to a birthday party! We're celebrating everyone's birthday regardless of when it is. And to help us celebrate, Mr. Magic (Larry Parker) will present a visual, colorful and amusing program that will please everyone. And of course there will be balloons, ice cream and cake. Bring a friend, or come and make a new friend and enjoy a wonderful fun-filled afternoon.

Tues., Apr. 21st & Mon., Apr. 27th Legal Clinic, 9am

-12pm: The Shrewsbury Senior Center is now offering two Legal Clinics a month with our pool of elder law attorney volunteers. Slots fill quickly. **Advance sign-up is required, call the Senior Center to register.**

Wed., April 22, 8AM, Earth Day Bird Walk: See page 6 for all the details on this annual event!

Thurs., Apr. 23rd Blood Drive 2:00-8:00pm: One pint of blood can help to save up to three lives! Every two seconds someone needs a blood transfusion. Adults of any age can donate. Call the Red Cross at 1-800-GIVE-Life.



Thurs., April 30th 2:00pm, Book Chat:

For this month's discussion please read the book, **1421: The Year China Discovered America** by Gavin Menzies. Copies are available at the Shrewsbury Public Library's Circulation Desk.



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when you help us stick the mailing labels on *The Senior Edition Newsletter*. May's mailing date is **FRI. Apr. 24th** at 8:30am. Come join in a fun two hours.

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CARES Column

(Consumer Awareness and Resources for Elders in Shrewsbury)
By Dave Grillo, CARES Coordinator

Amazing as it may seem, sometimes you need to look no further than the "Reviews" section of a seller's Internet website to find reasons not to buy a product being sold there. Last year I was considering buying an expensive watering hose and reel. This product had appeared in an impressive newspaper ad, and it looked to be durable and well made. I went to the manufacturer's website, and I read up on it. I was convinced that it would be worth buying. I decided I would look at the reviews as a last step before making the purchase. All of the reviewers stated that the hose had failed almost immediately. So, the manufacturer's own website convinced me not to buy its product. I have found this to be true with other products as well. Detailed, well-reasoned reviews with specifics are what you are looking for in a review since many positive ones have been found to be planted by the seller. A "Reviews" section showing only positive reviews is not necessarily corrupt, but allow it to convince you with depth and detail. Also, research a company by doing a search in a search engine (Google, Bing, etc.) that includes the company's name and its products or services name(s) and the words "problems" or "complaints". I believe it is worth the time and effort.

President Obama recently commented on disadvantages faced by investors when financial professionals do not act in the best interests of their customers. For instance, a stock broker is only expected to sell a customer an investment product that is "suitable" for the customer's goals and circumstances. Ultimately, that allows that professional to sell a product that benefits the seller at the expense of the buyer. On the other hand, a certified financial planner or registered investment adviser who acts as a "fiduciary" is obligated to steer customers to financial products that are "in the best interest" of the client. Realize that all investment professionals are not the same; they go by many different titles. If you are looking for investment advice, a certified financial planner or registered financial adviser who acts as a fiduciary and who charges you a fee may be preferable to a professional who is compensated by selling you a product that is merely suitable for you but beneficial to him/her.

Call CARES at the Senior Center if you need assistance!

Volunteer Corner

Coordinator
Stacey Lavelly 508-841-8758

Council On Aging April 2015 Volunteer Opportunities

The snowdrifts are shrinking and the days are growing long. Now is the time to get out and about and enjoy the spring and the new opportunities that come with the change in seasons. The Shrewsbury Senior Center would love for you to come and join us in serving the senior community and make a difference in the lives of others. Please consider one of the opportunities below:



TV Show Volunteer: We are looking for dependable volunteers who either know or are willing to learn how to operate a video camera and film events at the senior center. **Experience is helpful but the group is willing to train those interested in this position.** This is a unique opportunity so call soon to secure your spot on this dynamic team.



Receptionist (fill-in): Do you enjoy coming to the senior center for events and classes? Now is a great time to give back! I am seeking fill-in receptionists for vacations and sick days. Computer experience is NOT necessary! The office is the pulse of our community and you - our ambassador! As such, we need you to answer phones, assist guests and other office duties. Dependability, flexibility and a good attitude are essential. I look forward to hearing from you.



Meals On Wheels Drivers: We are still in need of dependable meals on wheels drivers to deliver meals to homebound seniors. Any time you can spare will be greatly appreciated. Shifts start at 9:15am and finish by noon, weekdays. Please call me to arrange an interview.

Please call or email me at volunteerjobs@gmail.com if you are interested in any of these opportunities. New volunteer opportunities come in all the time.

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Shrewsbury



Friends Men's Club

Thursdays 9 -11 AM



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Seniors On The Go: For more info, please contact Dave Stevens at 508-869-6830. You may also go on-line at: www.boylstonseniorsonthego.com.

April 21, 2015 (Tuesday) – “Neil Sedaka, Live in Concert” at Mohegan sun Casino. Songwriter, composer, pianist and author are just a few of the titles to describe Neil Sedaka, thanks to the countless songs he has written, performed and produced that continue to inspire artists and audiences around the world. **Price of \$102.00 p/p includes transportation, show and time at the casino with a \$30.00 Gaming Package (bet(s) and meal voucher). Space is limited.**

June 1 – 4, 2015 (Monday - Thursday) “Wildwood Crest & Cape May Make a great escape to the Crown Jewel of the Jersey Shore. Relax & enjoy the beach, walk the boardwalk, try your luck in Atlantic City, and take in the charm of Cape May. **Price of \$469 Double, \$569 Single includes** transportation, entertainment, 7 meals (3 Breakfasts, 1 Lunch, 3 Dinners) and lodging.

Pick-ups for all events are in Shrewsbury. Check out our new web site at www.bltofma.com



The Happy Travelers: Bus trips for the over 50 traveler. Call Gladys Merrow at (508) 835-4312. Driver gratuity & cancellation waiver fee included in all of our day trips.

Day Trips:

05/17/15 – A Day in the Pioneer Valley of Massachusetts @ \$89.00/pp. Tour of Wistariahurst Mansion, Sunday Brunch at Delaney House & Wine tasting at Amherst Farm Winery

06/13/15 - “Kinky Boots” at P.P.A.C. & lunch at Spirito’s of Providence @ \$139.00/pp – waiting list. Lunch at Spirito’s of Providence & orchestra seating for a 2:00 PM matinee

Over night trips -10/08-10/11 – 4 days Washington D.C. with a new Itinerary

Brochures are at your Senior Centers or give me a call and I will send you one.

Shrewsbury Friends Men’s Club meets on Thursdays, 9:00 to 11:00am. This month’s speakers will be:

- 4/2 - Michael Healy Financial Services
- 4/9 - To be announced
- 4/16 - Dr. Fitzpatrick - Vocational Schools
- 4/23 - George Peterson - Commissioner of State Fish & Game
- 4/30 - Visiting Nurses Association

Future Men’s Club Foxwoods Trip Cancelled until further notice.

+++++

Bob Zinkus 2015 Trips: Call 508 -757-1210 or email zworchester@verizon.net - 2015 Trips:



Foxwoods Casino April 9th. Upon arrival one you will received a food voucher plus \$10 Slot play. Departs Our Lady of Loreto, 33 Massasoit Rd. Worcester at 7:40am and from Our Lady of Mount Carmel, 24 Mulberry St., Worcester. Departs Foxwoods at 4pm. Price \$25.



April 19 - Sunday - Newport Playhouse - “When The Cats Away” - Mildred and Ethel go on a trip to Paris. George & Humphrey invite two charming sex kittens over. Then, (you already know what happens) the wives come home prematurely. Delicious plentiful buffet and then a Cabaret Show.....\$84

June 3-5, Atlantic City, Resorts Hotel & Casino. Upon arrival receive \$25 slot play & \$60 in food vouchers plus a show (if available.) Enjoy the beach, walk the Boardwalk. \$215pp (dbl).



River’s Edge Arts Alliance Presents: One Flew Over the Cuckoo’s Nest- Friday April 10 and Saturday April 11 at 7:30pm, Sunday April 12, at 2:00pm. Featuring The River’s Edge Players. Directed by Lynne Johnson. Hudson Town Hall, 78 Main St. Call (978) 562-1646- to purchase tickets.

“Beast on the Moon” April 16 - 18th at 8pm and April 19 at 2Pm. In honor of the 100th Anniversary of the Armenian Genocide, the Visual and Performing Arts Department & Worcester State Theatre presents “Beast on the Moon by Richard Kalinoski. Call 508-929-8843.

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Music Worcester's Upcoming

Concerts: The Russian National Ballet Theatre, Friday, April 17th at 8:00pm at the Hanover Theatre, Giselle by Adolphe Adam, full staged.

Brentano Quartet: Friday, May 1st, at 8:00pm at Brooks Hall, Holy cross. **Chris Brubeck's Triple Play:** Sunday, May 17th at 3:00pm at Mechanics Hall. **Season Finale - Memorial Day Tribute The Worcester Chorus:** Friday, May 30th at 8:00pm at the First Unitarian Church. For more information please visit the newly designed website: www.MusicWorcester.org or call 508-754-3231. **Special discounts for Senior Center members.** Please call the Senior Center (508-841-8640) for a special code to use for when you buy your tickets.

Linden S. Gallery Summer Star Wildlife

Sanctuary Presents: On March 1st thru May 26th, "Malcolm Wells: Earth-Sheltered Architecture" showcases dozens of watercolors painted by architect Malcolm Wells (1926-2009). Wells' dreamy studies advocate for eco-conscious building. Featuring a blanketing layer of earth and native plants, his concepts for homes, offices, and infrastructure are inspiration to awaken, think, and care. The show takes visitors on a journey through the architect's life, presenting the emergence and flowering of his passionate vision to build gently upon the earth. For more information call 508-869-3434 or info@summerstarwildlife.org. Please stop by the Senior Center and pick up your information postcard. Free admission.

Save the Dates!

In the works: New Yoga Class: Monday May 18th Yoga for Seniors is coming to the Shrewsbury Senior Center! Lee is adding a second class starting on Mondays at 1:30pm starting Monday May 18th so mark your calendars and come on down! Lee will be showing you techniques to assist in strengthening, balance, flexibility and relaxation specifically geared for seniors. Please call 508-841-8640 to sign up!

Bocce: Starting again May 5th, come and play every week on Tuesdays & Thursdays at 9:00am

Please keep in mind that on May 1st, there will be no Village Café lunch served on that Day!

Fri. April 10, 12:00 p.m. Shrewsbury

Woman's Club Meeting: Please note new date!

Bill Sbrogna, singer and musician, will entertain with Songs from the American Album. Members and their guests are welcome. **Meeting Location:** First Congregational Church, Parish Hall, on Church Rd. **Program starts at 1:00 p.m.**

April 17, 8:30pm on WGBH: Master Singers of Worcester on Boston's New Singing Competition, "Sing That Thing!"

The Master Singers of Worcester was selected as one of twenty-four amateur singing groups from across southern New England, from a field of more than 50 groups – to perform on Sing That Thing!, WGBH Boston's new local TV series, which premieres on WGBH 2 on Friday, April 17. The twenty-four choral groups chosen are from four categories: high school, collegiate, small adult group (8-16 members) and large adult group (17-60 members). Master Singers of Worcester is one of five in the large adult group category. The groups will perform over six episodes, including a live-to-tape finale featuring the top eight groups (two from each category). The groups showcasing their vocal talents on Sing That Thing! represent an impressive array of talent. These a cappella groups, gospel choirs, classical music ensembles and large choruses are among the best New England has to offer! More information about the series is available at WGBH.org/SingThatThing.

April 22, 8AM, Earth Day Bird Walk:

In celebration of Earth Day, please join Mike Bellows for our annual Bird Walk. This year we will be meeting at the senior center and going to Dean Park and perhaps other locations in town if the weather and time permit. This is Mike's 5th Year leading these educational bird walks and he enjoys pointing out different species and sharing his knowledge of birds. This year may even have a special guest! Please be sure to wear comfortable shoes, clothing and outerwear. Bring field glasses/binoculars if you have them. Call the Senior Center to register or please call 508-841-8640 to sign up!



A Special "Thanks" to Ann at Paquettes Farm Stand at 71 Grafton St. in Shrewsbury for her donations to "Roger's Café" at Shrewsbury Senior Center.



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Support Group Meetings Available

Wed. April. 1st: (1st. Wednesday of each month):

*Central Massachusetts **LBD** Caregivers Support Group, Southgate at Shrewsbury, 30 Julio Drive, Shrewsbury, 6:30- 8 pm. Contact Cathy Flanagan at 508-735-2059.

Tues. April. 7th: (1st. Tuesday of each month):

*Bereavement Support Group, Notre Dame Hospice. Du Lac Assisted Living, 555 Plantation St., Worcester. 3-4:30pm contact number 508-852-5505.

*Dementia and Alzheimer Program for spouses of individuals with memory impairments, Dodge Park, 110 Randolph Rd, Worcester, 6-8 pm contact number 508-853-8180.

Thurs. April. 9th: (2nd. Thursday of each month):

*Worcester Prostate Cancer Support Group, UMass Med School, 55 Lake Ave North, Ambulatory Care Center, Worcester, MA 6:00-7:30 pm. Contact is Carl Barstow (508-835-3390). ***Caregivers Support Group**, Saint Francis Adult Day Health, Worcester, MA 7-8:30 pm. Contact number 508-752-2546. ***Low Vision Support Group**, Northborough Senior Center, Northborough, MA 1-3 pm. Contact number 508-393-5035.

Thurs. April 9th & 23th: (2/4 Thursdays of each month):

*Early Stage Alzheimer's Patient Group, 5 Whitney Place, Westborough, Second and Forth Thursdays 10:30-12pm. Family & Carepartner Alzheimer's Support Group held the first Tuesday of the each month from 1-8:30pm at the conference room on the 2nd floor. Contact Gary Davis at 508-836-4354

Mon. April. 13th: (2nd. Monday of each month):

*Alzheimer's Caregivers Support Group, 6:00pm - 8:00pm. Location: Pleasantries Adult Day Services, 195 Reservoir St. Marlborough. Contact Tammy Pozerycki at 508-481-0809.

***Better Breathers Support Group**, Whittier Rehabilitation, Westborough, MA 2:00pm., contact number 508-871-2134.

*Alzheimer's and Memory Loss Support Group 1:30-3 pm. Beaumont Rehabilitation and Skilled Nursing Center, 85 Beaumont Drive, Northbridge. Contact number 508-234-6481.

Tues. April. 14th: (2nd. Tuesday of each month):

***Support Group for Grandparents Raising Grandchildren**, 6-8pm YWCA, 1 Salem Sq., Worcester, contact number 508-756-1545. Free childcare is provided.

Tues. April 21st: (3rd., Tuesday of each month):

*Alzheimer's and related dementia caregiver support group. Shrewsbury Crossing at 5pm. Contact Kelly Marcimo at 508-845-2100.

***Bereavement Group**, Northborough Senior Center. Contact Carol Recchion at 508-754-0052 , 10-11:30am.

Sun. April 26th: (4th., Sunday of each month): Create A Better Day Café. 1:00 - 3:00 at Pleasantries 195 Reservoir St.

NEWS FROM SHINE - APRIL 2015

In 2013, Medicare paid for health services for approximately 51 million individuals at a cost of about **\$604 billion**. The Centers for Medicare & Medicaid Services (CMS) estimated that improper payments—some of which may be fraudulent—were almost **\$50 billion**. Fraud, waste, and abuse contribute to the rising cost of health care.

Taxpayer dollars lost to fraud, waste, and abuse affect all of us. You can help stop fraud and abuse by reviewing your Medicare statement (Medicare Summary Notice – MSN) or Part D Explanation of Benefits (EOB) to make sure Medicare is not charged for items or services you did not receive. If you have a question or concern regarding a Medicare claim, you should **first** discuss it directly with your physician, provider, or supplier that provided the service. Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements and report fraud and abuse to the proper authorities. You can contact the **Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890. "SHINE'S MEDICARE AND MORE"**

PROGRAM: The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it. **CENTRAL MASS SHINE WEBSITE:** You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with you insurance needs. **We also have a link to our very informative cable TV program Medicare and More. Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say three. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org.**



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April 2015

On-Going Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11:30 Roger's Coffee Shop 9:30 Piece Makers Quilting 11-1:00 SSC Club (Bingo) 11:30 Whist 12:00 Mahjong 1:45 - 3:45 Current Event Group	8:00 - 9:00 Beginners Tai Chi 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 9:00-11:30 Independent Artists 10:20 Belly Dancing 12:00 -1:30 Painting with Elaine 12:30 - 4:00 Duplicate Bridge 2:00 Men's Billiards	8:30 Advanced Tai Chi 9-11:30 Roger's Coffee Shop 9:30-10:30 Fitness & Nutrition** 10:00-12:00 Scrabble Group 10:00-11:00 Basic Drawing 11:00 Yoga 12:00-1:00 BP/Weight Screening 1:00-2:00 Mindfulness Meditation 12:30 Beginners Bridge 1:00-2:00 Pilates 1:00-3:30 Whist 2:30 - 4:00 Country/Western Lessons	9-11:30 Roger's Coffee Shop 9:00 Friends Men's Club 9:30 Scrapbooking Group 11:30 Open Mic Jam 1:00 Pitch 1:00 Beginner Mahjong 2:00 Men's Billiards	9-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 12:00 Mahjong 1-3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors

*Parks and Recreation Activities Participants must register at the Parks Dept. 508-841-8503

PLEASE NOTE: All special monthly activities, meetings and screenings appear on this calendar. Call the Senior Center at (508) 841-8640 to sign up for screenings, clinics, and special events.	<i>The entrée at the village café is listed each day. To reserve your meal, please call the Café Office at (508) 841-8757. All reservations must be made by noon (2) business days in advance. Meal donation of \$2.50 would be appreciated.</i>	1 Baked Ham	2 1:30 - 3:30 Osteoporosis Screening Meatloaf & Gary	3  10:00 Smoothies Workshop Macaroni & Cheese
6 	7 Van Trip: Walmart Rte. 9 9:30 Friends Inc. Board Mtg. Buttermilk Chicken	8 8:00 - 12:00 Cholesterol Testing 10:00 COA Board Meeting Beef & Bean Chili	9 Cracker Crumb Fish	10 11:30 Movie and Lunch Pork Rib-i-Que
13 10:00 - 11:00 Senator Moore Roast Turkey/Gravy	14 10:00 Spinal Screening 1:00 Hearing Screening Pork Stroganoff	15  Garlic Herbed Chicken	16 Eggplant Parmesan	17 Potato Crunch Fish
20  Patriot's Day All Municipal Offices are Closed	21 9:30 - 12:00 Legal Clinic 1:00 Friends, Inc. Program Van Trip: Xmas Tree Shop Hot Dog on Bun	22  8:00 Bird Walk American Chop Suey	23 2-8:00pm Red Cross Blood Drive Chicken w/Asparagus	24 8:30 Newsletter Mailing Wild Alaskan Salmon w/Dill
27 9:30 - 12:00 Legal Clinic Lemon Thyme Chicken	28 Beef w/Jardinière Sauce	29 Herb Roasted Pork	30 2:00 -3:00 Book Chat Spaghetti & Meatballs	