

The Senior Edition

February 2015 Volume 15 Issue 2



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.



Although February is the shortest month of the year, it is filled with special days. We celebrate Presidents' Day to remember those great men who have led our country through war and peace and many domestic upheavals. We also celebrate a special day on the 14th - Valentine's Day. We don't have to send someone a valentine card to let them know how special they are. Everyday we have the opportunity to let those around us know how we treasure their friendship. When you come to the Senior Center to participate in one of the many activities you tell those around you how special they are without saying a word. Whether you attend one of the numerous exercise classes, play bridge, join the Busy Hands knitting group, attend the Writer's Workshop, play Bingo with the SSC Club, discuss current events, attend the Friends monthly programs, paint beautiful pictures, enjoy playing billiards or the piano, have an interest in scrap booking or country western dancing you have experienced friendship in so many different ways. If you have never come to the Senior Center we encourage you to come and see for yourself how the Shrewsbury senior community enjoys its time together in whatever activity interests you. The month of February is a perfect time to let those around you know how special each and everyone of them are. The Friends extend special thoughts and warm wishes to each one of you for a wonderful "friendly" February.

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 has 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

\$ _____ My contribution for *The Senior Edition* newsletter.

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Volunteer Coordinator: Stacey Lavelly

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SHINE: Call the Senior Center for assistance

CARES Coordinator: Dave Grillo

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Deadline for March Newsletter is February 12th

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.

Outreach News

By Outreach Coordinator Walter Rice, LCSW
Call 508-841-8647 for any assistance you may need.
Your contact with me is confidential

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 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.** *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!*

Mindfulness Meditation Classes: Classes are on Wednesdays from 1:00pm to 2:00pm. The focus of this FREE group class is to help reduce stress & anxiety that may be happening in your life. If you have concerns or questions about this group, feel free to call Walter Rice at 508-841-8647.

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. This month event is, BJs Sound of Steel

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.

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Wed., Feb. 4, 2015 at 10am Scrabble Starts:

At the Shrewsbury Senior Center come and join our new Scrabble group! We will be playing every Wednesday starting February 4, 2015 from 10am – 12pm. All skill levels are welcome. Please bring your own boards, dictionaries, paper pad and pen. Please call the front desk at 508-841-8640 or stop by to sign up.

**Fri., Feb 6th, 10:00am - 11:00pm**

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.

Mon., Feb, 9th, Senator Moore Office

Hours, 10:00-11am: 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.

Tues., Feb 10th Legal Clinic, 11:00 am-1pm:

This month's volunteer elder law attorney is Chris Mehne. Slots fill quickly. Advance sign-up required, call the Senior Center to register.

**Fri., Feb. 13th, Movie and Lunch**

11:30am: "The Terminal" Academy Award winning director Steven Spielberg teams up with Tom Hanks and Catherine Zeta-Jones

for this critically acclaimed comedy. After arriving at New York's JFK airport, Viktor Navorski (Hanks) gets unwittingly caught in bureaucratic glitches that make it impossible for him to return to his home country or enter the U.S. Now, caught up in the richly complex and amusing world inside the airport, Viktor makes friends, gets a job, finds romance and ultimately discovers America itself. For all of those travelers here is a fun movie to see. Rated PG-13, and is a 2hrs & 9 min. long. We thank this month sponsor ASERACARE for there donation. **Seating is limited. Movie will start promptly at 11:30, need reservations.** Reserve lunch at 11:00 at the Village Café for \$2.50.

**Free Coffee, Donuts and Muffins**

when you help us stick the mailing labels on *The Senior Edition Newsletter*. This month's mailing date is **FRIDAY Jan. 30th** at 8:30am. Come join in a fun two hours!

February, Free Health Screenings:

02/10, 10:00am Chiropractic: Shrewsbury Chiropractic will screen you to show how chiropractic care may improve your quality of life.

02/10, 1-2:00pm: Hearing: Peter Lee, Audiologist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at Noon: Blood Pressure Screenings

Wed., Feb. 18th - 10:00am - WRTA Travel

Training Workshop: Learn to ride the WRTA buses (see page 6) sign up at the Senior Center to hear about routes, possible areas you can plan trips to, new technology offered by the WRTA and much more.

Wed., Feb, 18th at 2:30pm, Country/

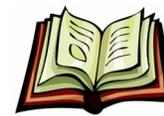
Western Partner Dance Lessons: A new 8 week session starts Wednesday February 18th with a Free Intro. Learn beginner level country/western partner dances including waltz, cha-cha, and the every popular El Paso, plus a line dance or two. A new dance will be presented each week and step sheets will be provided to take home. Although choreographed for couples, dancers are suitable for individuals to learn. Smooth sole shoes are recommended. Call the Senior center to sign up.



Special thanks to: The Friends want to thank Roger & his coffee shop for all the help they have given us through out the year. I do not know what we would do without them. *Alice Johnson, Treasurer.*

Thurs., Feb. 19th 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., Feb. 26th 2:00pm, Book**

Chat: For this month's discussion please read the book "Violets of March" by Sarah Jio. Copies are available at the Shrewsbury Public Library's Circulation Desk.

Save the Date: March 3rd: Special Town Election, as well as a Glitzy Girl Jewelry Sale!

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CARES Column

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

In recent years, some taxpayers filing their income tax returns were informed by the IRS that they had already filed and been sent their refunds. As a result, their returns were denied, and they had to go through the painstaking process of proving that they hadn't filed previously. The reality, however, was their returns had been fraudulently filed by someone else who possessed these taxpayers' personal information, including names, addresses and Social Security Numbers. As taxpayers and consumers, protecting our personal information can be difficult especially when the Internet, large retail operations and the government have proven so susceptible to thieves and hackers. Filing as early as possible (getting your return filed before someone with your information can file in your name) is one way to possibly preempt a battle with the IRS. Overall, resolve to not give your information to anyone you haven't been assured is legitimate. Note that the IRS will contact you by mail if there is a problem; any initial telephone or e-mail requests for payment are scams. In past years, AARP has sponsored a free tax preparation service for seniors during the tax season at the Shrewsbury Senior Center and the Shrewsbury Public Library. As I write this column, I can't confirm the availability this year of preparation of taxes for 2014 returns. Please call the Senior Center and/or the library for details. If you wish to prepare your own federal returns by filling out paper forms, get those forms by contacting the IRS's national number (800-829-1040) or its Worcester office (120 Front Street; 508-793-8227). Or visit the IRS website (irs.gov) for forms and a wealth of helpful information. For Massachusetts state forms, contact the Mass, Dept. of Revenue (800-392-6089; mass.gov/dor). The library and post office may also have what you are seeking. If you have a little computer savvy, let tax software ease your burden. The IRS, on its irs.gov website, offers **freefile** through which many taxpayers can file their returns electronically for free. Click on "freefile" for access, income restrictions, and all other details. Additionally, any taxpayer (no income restrictions) can utilize **freefile fillable forms** which are also available on the IRS website. Almost all of Massachusetts' full-time residents can file their 2014 state returns using **WebFile for Income**, a free program accessed at mass.gov/dor.

Volunteer Corner

Coordinator

Stacey Lavelly 508-841-8758

Council On Aging February 2014 Volunteer Opportunities

With Valentine's Day right around the corner, I want to take a moment to thank all of our wonderful COA volunteers. I appreciate all you do as I know without you, the COA could never serve the Shrewsbury community as well as we do. If you are not yet a volunteer, here is your opportunity to get involved and see how meaningful your efforts are to our residents. Please consider showing how big-hearted you are with these volunteer opportunities at the senior center and around Shrewsbury.



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Meals On Wheels Drivers:

We are in dire need of dependable meals on wheels drivers to deliver meals to homebound seniors. We

are looking for any day Monday through Friday, Shifts start at 9:15am and be done by noon. Please contact us as soon as possible.

Sharing Is Caring

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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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.

Wed. 3/4/2015: "Lie, Cheat & Genuflect" at the Newport Playhouse, Newport, RI. **Price of \$79.00 p/p** includes transportation, buffet, show and cabaret after the show. Join your friends for a day full of laughter when a nephew of the deceased, poses as the niece who is a nun, to claim her inheritance.

Wed. 3/11/2015: "Irish Cabaret" at the **Venus De Milo Restaurant, Swansea, MA.** Join us to celebrate St. Patrick's Day with Corned Beef and Cabbage or Baked Scrod. This award winning cast direct from Dublin Ireland will reward you with Song, Comedy and of course Irish Dancers. **Price of \$92.00** includes transportation, Luncheon and show.

Wed. 4/8/2015: "When the Cat's Away" at the **Newport Playhouse, Newport, RI.** When Mildred & Ethel go to Paris, The Mice Will Play. The husbands invite two charming little sex kittens over. You can just imagine what happens when the wives come home prematurely. **Price of \$79.00 p/p** includes transportation, buffet, show and cabaret after the show.

Tues. 4/21/2015: **Neil Sedaka** is live in concert at Mohegan Sun Casino. This is a ticketed event. Space is sold/confirmed with payments. Seating will be assigned in order of final group payments received by Best of Times. Early/Multiple payments move groups higher on the final payment list. Final payment due to best of times office by 3/1/15. No refunds will be issued after 3/1/15. Price: \$102.00 for Premium seats, 92:00 for General Admission. Includes Transp., Show ticket & \$30. Casino Gaming Package & Meal voucher. Driver Gratuity is also included in price.

Mon. -Wed. 6/1-4 2015: "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.**

Shrewsbury Friends Men's Club meets on Thursdays, 9:00 to 11:00am. This month's speaker is on: 2/5 - Rev. Paul O'Connell

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Trip to Foxwoods Casino, Wed. Feb. 4th, 8am: Foxwoods Casino with the Men's Friends Club. Depart at Shrewsbury Senior Center. Sign up at the front desk or with Joe Montecalvo and pick your seat. \$22 per person, incl. \$10 food coupon and \$10 Keno tickets. Payment is needed at sign-up to avoid overbooking. NO refunds. Call Joe at 508-234-5162. **Parking spaces at the Senior Center are limited so please car pool.**

Bob Zinkus 2014 Trips: Call 508-757-1210 or email zworcester@verizon.net - 2015 Trips



March 22-24, Atlantic City, Resorts Hotel & Casino. Upon arrival receive \$25 slot play & \$60 in food vouchers plus a show (if available). \$205 pp (dbl).

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. \$84pp.

May 20, Wednesday, Lyric Stage in Boston "Light Up The Sky" An affectionate and hilarious look at the backstage foibles and frailties of the Theater. Funny, funny show with Kathy St. John. Lunch at the famous "Maggiano's where the delicious food is served family style. \$111pp.

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).

June 10, Wednesday matinee, North Shore Music Theater, Beverly MA "Dream Girls" a Broadway musical of a young female trio from Chicago called "The Dreams" who become music superstars. Nominated for 13 Tony awards. Lunch included at Davensport Yacht Club. Inside seats, \$121pp.

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AARP Taxes: Filing assistance will begin February 2nd through April 6th. Call to be put on the waiting list. The AARP volunteers meet with taxpayers by appointment only at the Shrewsbury Senior Center. Be sure to arrive 15 minutes early with photo ID for the person(s) filing. It is mandatory to bring **Social Security Documentation for each person on the tax return (Social Security Card, or SSA - 1099.)** Please call 508-841-8640 to schedule your appointment. The Shrewsbury Senior Center is pleased to host the AARP TAX-AIDE program as a service to seniors in the Shrewsbury area.

WRTA From Page 3: There are many ways you can get from Point A to Point B. Most of them do not allow you to plan on the spur of the moment. Do you want to have more flexible transportation? **Learn to ride the WRTA**



buses. We can walk you through the routes, possible areas you can plan trips to, new technology offered by the WRTA and much more. Come to the Shrewsbury Senior Center for a WRTA presentation. We can also do a one-on-one training for anyone who is interested. If you are interested in attending a presentation/workshop on February 18th, 2015, at 10:00 a.m. please call/sign up with the Senior Center by February 13th, 2015. I will be at the Senior Center to talk to you about this exciting program. Tess Sebastian, Travel Trainer, (508) 791-9782 ext: 345 or ttrainer@the rta.com.

Fri. Feb 6, 12:00 p.m. Shrewsbury Woman’s Club Meeting:

Cynthia Ennis, DO, (Shrewsbury native) is the speaker and will focus upon “Women and Heart Health.” Dr. Ennis is Director of the Women’s Heart Health Program, a multidisciplinary clinic that provides unique cardiology care for the women of central Massachusetts. Dr. Ennis is a Cardiologist, an Electrophysiologist and Assistant Professor of Medicine at UMASS Medical School. She currently serves as President of the American Heart Association in Central Massachusetts. If time allows, Dr. Ennis will provide a brief CPR refresher. Members and their guests are welcome. **Meeting Location:** First Congregational Church, Parish Hall, Church Rd. **Program starts at 1:00 p.m.**

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Tues. Feb. 17th Osteoporosis Prevention Exercise & Nutrition Program:

The Worcester Senior Center invites you to participate in their Osteoporosis Prevention Exercise & Nutrition Program. Register now for classes starting February 17th. Exercise classes Tuesday 1-2 pm and Friday 12 noon to 1:00pm. Nutrition Classes Tuesday 2-3pm. Please call 508-799-8062 for more information and registration. This program can help to prevent and may even reverse Osteoporosis by:

- ◇ Building Bone Density, * Improve Balance, * Strengthen & Improve Posture, * Enhance Energy & Well-being. A Certified Exercise Trainer will teach specific weight bearing exercise & a Registered Nutritionist will guide and educate you in proper diet and supplements.

Music Worcester 2015 Season: From the return of audience favorites like the Academy of St. Martin in the Fields and the Russian National Ballet Theatre to the debuts of musicians like Jeremy Denk and Silk Road Ensemble - a special effort was made in our planning to celebrate artists of the highest caliber from many genres. Please visit the newly designed website: **www.MusicWorcester.org**. You will find full information on the 2015 season and subscriptions and early single tickets that are on sale. **Feb. 7th**, Mezzo-soprano Jamie Barton in recital **Feb. 13th**, State of Mexico Symphony Orchestra.

Senior Computer Class Spring 2015



New Senior computer classes will start in March. Basic (nine class), Tuesdays 2:30pm to 4:00pm starting March 3 - April 28th. Advanced (nine class) Wednesdays, 2:30pm to 4:00pm, March 4 - April 29th. Location: Shrewsbury High School Computer Lab. More information will be available in the March issue of The Senior Edition Newsletter. If you attend **all classes** the fee will be \$20 cash, with a refund. If you do not attend all classes the fee of \$20 is given to the Senior Center. Call for information and registration.


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Please call to learn more about our wide range of financial services for seniors! **508-842-7400.**

Support Group Meetings Available

Tues. Feb. 3rd: (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.

Wed. Feb. 4th: (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.

Mon. Feb. 9th: (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. Feb. 10th: (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.

Thurs. Feb. 12th: (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. Feb. 12th & 26th: (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.

Tues. Feb. 17th: (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. Feb. 22nd: (4th., Sunday of each month): Create A Better Day Café. 1:00 - 3:00 at Pleasantries 195 Reservoir St. Marlborough. Contact Tammy at 508-481-0809.

NEWS FROM SHINE - FEBRUARY 2014

Help! My new Part D Plan doesn't cover all my Medications!!

If you have a new Medicare Part D plan and have just found out that your new plan does NOT cover a drug you have been taking, you should know about *transition refills*. Transition refills may give you temporary coverage (one-time, 30-day supply) for a drug that is not on your new plan's formulary or that has restrictions (prior authorization or step therapy). It is important to understand that a transition refill is only a temporary solution. You need to call your doctor right away to talk about switching to a drug your plan does cover or filing a request with your Part D plan for a "formulary exception" (which may or may not be approved). **A transition refill is not for new prescriptions.** You can only get one if you were already taking the drug before you signed up for the plan. Also, a transition refill does NOT apply to drugs that Medicare doesn't require Part D plans to cover (like Valium and Ativan). If you are in the same plan as last year, you *may* still be able to get a transition refill if your plan removed a drug you had been taking in 2014 from its 2015 formulary, for reasons other than safety. Not all pharmacists know about transition refills. Ask your pharmacist to call your Part D plan for special instructions.

"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. The Central Mass Region has recently launched its 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.

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 the Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. 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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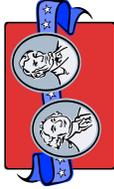
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Join Us!
Citizen's Club

February 2015

Senior Center On-Going Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11:30 Roger's Coffee Shop 9:30 Piece Makers 11-1:00 SSC Club (Bingo) 11:30 Whist 12:00 Mahjong 1:45 - 3:45 Current Event Group	8:00 Beginners Tai Chi (none until March 17) 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 9:00-11:30 Independent Artists (new time) 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 11:00 Yoga 12:00-1:00 BP/ Weight Screening 12:30 Beginners Bridge 1:00-2:00 Mindfulness Meditation 1:00-2:00 Plates 1:00-3:30 Whist 2:30 - 4:00 Country/Western Dance	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 1:00 Stress Management 1-3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors
2 Roast Turkey	3 Pork Stroganoff	4 8:00 Foxwoods Trip 10:00 Scrabble Group Garlic Herbed Chicken	5 Beef and Broccoli	6  10:00 Smoothie Workshop Eggplant Parmesan
9 10:00-11:00 Senator Moore/Rep. Beef Burgundy	10 9:30 Friends Inc. Board Mtg. Van Trip: Walmart - Rte. 9 11:00 - 1:00 Legal Clinic 10:00 Spinal Screening 1:00 Hearing Screening Hot Dog on a Bun	11 9:30 COA Board Meeting Baked Fish w/Tartar Sauce	12 Lemon Thyme Chicken	13  11:30 Movie & Lunch Spaghetti & Meatballs
16 President's Day All municipal offices closed 	17 1:00 Friends Program Chicken Sausage Jambalaya	18 10:00 WRTA Workshop 2:30 Country Western Dance Macaroni & Cheese	19 2-8:00pm Red Cross Blood Drive American Chop Suey	20 Cheese/Spinach Omelet
23 Herb Roasted Pork	24 Van Trip: West Meadows Plaza Turkey Stew	25 2:30 Country Western Dance Greek Chicken	26 2:00 Book Chat Swedish Meatballs	27 8:30 Newsletter Mailing Wild Alaskan Salmon

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. 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 menu may change without notice. **NOTICE: Meal cost has increased to \$2.50.**

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