

The Senior Edition

January 2015 Volume 15 Issue 1



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.

Best Friends

"A best friend is like a
Four leaf clover hard to
find and lucky to have."

-Sarah Jessica Parker

"Let's Be Friends"

People have asked who the Friends are and what they do. Here's a thumb-nail explanation. The Friends of the Shrewsbury Senior Center, Inc., is a non-profit organization founded in 1995 to assist the Council on Aging by raising funds for services, programs, activities and equipment for the seniors in Shrewsbury and the Senior Center. In the past the Friends have, among other things, replaced chairs in the main hall, bought new card tables, bought a new refrigerator for the kitchen, tuned and repaired the piano and organ, provided cigarette holders outside the doors, repaired the grandfather clock, replaced broken blinds, re-felted the pool table, replaced and repaired broken lamps and furniture and provided entertainment and refreshments at monthly social meetings. The Friends hold various fund-raisers throughout the year to be able to meet the needs that arise at the Senior Center. Additional money is received through donations for the newsletter and to the Friends for memberships. Any contribution, large or small, is greatly appreciated and will help to meet future funding requests.

Friends of Shrewsbury Senior Center, Inc.

The September 2014 - September 2015 membership year has begun. 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.

Name-----

Address-----

City, Zip-----

Make Checks payable to:

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Volunteer Coordinator: Stacey Lavelly

Office Support Coordinators: Donna Messier, Miranda Watson

SHINE: Call the Senior Center for assistance

CARES Coordinator: Dave Grillo

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

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Deadline for February 2015 Newsletter is January 15th

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.



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.

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.

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.

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December, Free Health Screenings:

01/13, 10:00am Chiropractic: Shrewsbury Chiropractic will screen you to show how chiropractic care may improve your quality of life.

01/13, 1-2:00pm: 12/09 Hearing: Peter Lee, Audiologist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at Noon: Blood Pressure Screenings

**Fri. Jan. 2th, 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. Jan. 12th, Sen. 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.

**Fri. Jan. 9th, Movie and**

Lunch 11:30am: Featuring: "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 mins. long.

Seating is limited. Movie will start promptly at 11:30. Consider having lunch at 11:00 at the Village Café for \$2.50.

Tues. Jan. 20th 1:00pm, Friends of the Shrewsbury Senior Center Inc. Program:

You are invited to attend the Friends of Shrewsbury's meeting. The Minstrel, Bruce Andrews, will present a program of musical memories and nostalgic melodies for all to enjoy. Bring a friend, or come and make a new one, and spend a delightful music filled afternoon. Refreshments will be served

Thurs. Jan. 22nd 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.

Tues. Jan. 27th Legal Clinic, 9:00am-12pm:

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

Thurs. Jan. 29th 2:00pm, Book Chat:

For this month's discussion please read the book "Dreams of Joy" by Lisa See. Copies are available at the Shrewsbury Public Library's Circulation Desk.

Fri. Mornings at 10:00am till Noon Writers

Group. Come join the writers group, you will never feel forlorn. Poems, Prose and Limericks, Memories of the past, commit them down on paper, make sure your history will last.

Shrewsbury Friends Men's Club meets on Thursdays, 9:00 to 11:00am.**Special announcement**

December 26th there will not be any transportation from the Senior Center. **ONLY ADA** people will be able to make appointments.

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CARES Column

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

My recent experience with a flat tire helped remind me why the small, local business guy still matters.

I began a cherished day off by discovering that one of my tires was nearly flat. I own a small air compressor, so I inflated the tire, then drove to one of the large local franchise tire dealers for a repair. The overly-friendly and personable sales agent assessed my dilemma on her own. My tire could not be repaired, she lamented. Also, she took it upon herself to evaluate all my tires. Bottom line: The tire of concern could not be repaired, and one other tire would need to be replaced to match the damaged tire's replacement. Fortunately, her shop could help me "right away" to the tune of \$540. With a little cajoling she eliminated some "beneficial" add-ons which dropped the price to \$360. An auto mechanic I am not, but I knew the diagnosis and proposal were both preposterous. Several other things she mentioned I knew to be inaccurate. I played along briefly, then angrily left. I knew enough to avoid another of the large chain tire stores in the area because of an experience there a few years back. (I had also walked away from that one without getting "services"). I tried another chain shop (Firestone) which directed me to a local, independent garage as, I was told, I only needed a repair that Firestone could not do. (I mention Firestone because the service adviser didn't try to sell me something I didn't need; instead, he helped me solve my problem despite losing a potential sale). For forty-five dollars, the garage/gas station repaired my very fixable tire and had me on my way.

There is a level of commitment to service that the small, local business must maintain in order to survive. Often, it is backed by sincerity. Large chains can undercut their competition on price, but for the consumer, commitment to the customer's best interest is paramount. By the way, it has been over a month, and my repaired tire is just fine.

Rather than store away those gift cards that you received as holiday gifts, I encourage you to use them right away. They have no value in a drawer, especially if they expire. They have no value if the merchant goes out of business.

Volunteer Corner

Coordinator

Stacey Lavelly 508-841-8758

Council On Aging December 2014 Volunteer Opportunities

With the holidays in full swing and the New Year right around the corner, now is the time to commit a few hours a week to volunteering which will make life a little brighter for your neighbors and friends. It will be the one New Year's resolution you will want to keep all year long! Kindly look below to view some of our many opportunities:



Nursing Students Interview: We are looking for a few good volunteers to help the MCPHS student nurses practice taking health histories. You do NOT have to provide any personal information and all data collected will be destroyed. The dates are Thursday, January 15th 2015 from 1pm to 3pm and Friday January 16, 2015 from 9am to 11am. Please

call or come by the front desk at the senior center as these slots are expected to go quickly.



Fill-in Receptionist: Are you an outgoing person, with a flexible schedule who enjoys lots of variety? We are looking for fill-in receptionists at our front desk. The shifts are either 8am-12pm or 12pm-4pm. Duties include answering phones, helping people who come to the

reception desk, assisting seniors and other office duties. No experience is necessary but a positive attitude and dependability are!!



Meals On Wheels Drivers: We are seeking drivers to deliver meals to homebound seniors this Holiday Season and beyond. If you have one morning a week we would love to hear from you! Shifts are available Monday through Friday. Start at 9:15am and be done by noon.

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.boylstonseniersonthego.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 \$88.00** 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.



Trip to Foxwoods Casino, Wed.

Jan 7th, 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.**

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.

06/13/15 "Kinky Boots" at P.P.A.C. & lunch at Spirto's of Providence @ **\$139.00/pp** (full, waiting list)

Over night trip: See brochures for pricing

3/01-3/03 2015 Philadelphia Flower Show including Longwood Gardens starting at **\$469.00pp double.**

For Bermuda trips call 508-421-6882

5/02-5/09, 2015 - Holland America cruise, Bermuda from Boston.



Greendale Retired Men's Club

presents: Nashville & the Smoky Mountains w/ Opryland Hotel, Dollywood & Shenandoah Valley. Date: **May 17th - 24th**

2015 8 days / 15 meals and 6 shows. Cost: \$1645 (per person dbl occup) \$2310 Single, \$1480 Triple. Contact George Barry, 508-799-0739 or email at: George.barry77@yahoo.com.

Remember those old time songs by the Drifters?

Well, you can "Remember the Fabulous Fifties" with the Drifters. An up coming event this summer. Keep the date open, **Tuesday June 23, 2015.** Location will be at Luciano's Lake Pearl in Wrentham, MA. Choice of meals are: Boneless Breast of Chicken or Fresh Baked Scrod, also included: Tossed Garden Salad, Rolls, Bread, Vegetables, Mashed Potato, Dessert, Coffee/Tea. Price: \$92 pp., includes Transportation, Driver Gratuity, Luncheon and Show. Look for the flyers at the Senior Center for more information and to sign up. Contact: Dave Stevens at 508-869-6830.

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Fri. Jan 9th, 12:00 p.m. Shrewsbury Woman's Club Meeting: Worcester County Sheriff Lewis Evangelidis is the speaker. Evangelidis's program focuses upon community safety & includes topics such as Iris Recognition Technology, a highly accurate concept for identity authentication (think of lost/abducted children or lost adults with Alzheimer's/dementia); File of Life Program for First Responders Emergency situations; and illuminated custom house numbers for seniors. Members and their guests are welcome. Meeting Location: First Congregational Church, Parish Hall, Church Rd. Program starts at 1:00 p.m.

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. **Jan. 12th**, St. Petersburg Symphony. **Jan. 23rd**, Canadian Brass.

PERSONAL BEST HEALTHLINES

VNACARE Network & Hospice Booklet

We have on hand the Personal Best Healthlines which include many helpful ways to stay fit and healthy. Some subjects are:

- * **Fitness with a Touch of Technology:** Fitness trackers come a long way. Now with the help of high tech gadget.
- * **Breast Cancer:** Lower your risk with weight loss exercise. Best breast defense, regular check up.
- * **Physical Therapy:** Physical therapy is a treatment that your health provider may recommend. Key to PT success.
- * **Inflammation:** Linked to many disorders.



- Top Ten New Year's Resolutions:**
- COA Version!**
1. Spend more time with the family and friends...or make new Friends!
 2. Exercise more:- try a class at the Senior Center. (see page 3 and our Calendar for times!)
 3. Lose (lose!) weight...by getting fit...(see above!)
 4. If you smoke, STOP! Start a new healthy habit or Volunteer to help others. (see page 4 on Volunteering!)
 5. Get/stay out of debt-Watch those charge cards
 6. Learn a new skill or take up a new hobby... (again, see our Calendar for ideas!)
 7. Help the community: Come to a COA Board Meeting or watch one on television. Make a donation if you are able...to our Friends Group or to our various drives during the year.
 8. Get organized. Invest in a paper or electronic planner!
 9. Become more security conscious. (CARES and the TRIAD can help!)
 10. Give up drinking (alcohol) stay healthy...come to one of our free activities!



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Support Group Meetings Available

Tues. Jan. 6th: (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. Jan. 7th: (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. Jan. 12th: (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. Jan. 13th: (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. Jan. 15th: (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. Jan. 8th & 22nd: (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. Jan. 20th: (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. Jan. 25th: (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 JANUARY 2014

Can I still change my Medicare Plan? The 2014 Medicare Open Enrollment period ended on December 7th, but some people may still be allowed to change plans. For those with a **Medicare Advantage Plan**: Between January 1st and February 14th, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period. For those with **Prescription Advantage** or getting "**Extra Help**" paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month. If you want to take advantage of either of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process. **"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:** The Central Mass Region has recently launched it 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 your senior center and ask for a SHINE appointment. Or call 1-800-243-4636.



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January 2015

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 2:00 - 3:30 Current Event Group	8:00 Beginners Tai Chi 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 10-12:00 Independent Artists 10:20 Belly Dancing 12-1:30 Painting with Elaine 12:30-4:00 Duplicate Bridge 1:45 -3:15 Art is 4 Every1 2:00 Men's Billiards	8:30 Advanced Tai Chi 9-11:30 Roger's Coffee Shop 9:30- Fitness & Nutrition * 10-11:30 Basic Drawing (Canceled) 11:00 Yoga 12:00 -1:00 BP/ Weight Screening 1:00 -2:00 Mindfulness Meditation 1:00-2:00 Pilates 1:00-3:30 Whist	9:00-11:30 Roger's Coffee Shop 9:00 Friends Men's Club 9:30-11:00 Scrapbooking 11:30 Open Mic Jam 1:00 Pitch 1:00 Beginner Mahjong 2:00 Book Chat 2:00 Men's Billiards	9-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 12:00 Mahjong 12:30 - 1:30 Healing Meditation 1-3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors

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

<p>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.</p> <p>NOTICE: Meal cost has increased to \$2.50.</p>		
<p>1</p> <p><i>All municipal offices are closed</i></p>	<p>2</p> <p>10:00 -11:00 Smoothie workshop</p>	<p>Chicken Mornay</p>
<p>8</p>	<p>9</p>	<p>11:30 Movie and Lunch</p>
<p>15</p>	<p>16</p>	<p>Baked Ham</p>
<p>22</p> <p>2:00-8:00 Red Cross Blood Drive</p>	<p>23</p>	<p>Potato Crunch Fish</p>
<p>29</p> <p>2:00 Book Chat</p>	<p>30</p> <p><u>8:30 Newsletter Mailing</u></p>	<p>Macaroni & Cheese</p> <p>Cracker Crumb Fish</p>
<p>6</p> <p>Beef Mediterranean</p>	<p>7</p> <p>8:00 Foxwoods Casino 10:00 Basic Drawing</p> <p>Pasta Primavera</p>	<p>8</p> <p>Lasagna</p>
<p>13</p> <p>Van Trip: Walmart Rte. 9 10:00 Spinal Screening 1:00 Hearing Screening</p> <p>Roast Pork w/Gravy</p>	<p>14</p> <p>10:00 COA Board Meeting</p> <p>Bacon Omelet</p>	<p>15</p> <p>Chicken Cacciatore</p>
<p>20</p> <p>1:00 Friends Inc. Meeting</p> <p>Pot Roast Stew</p> <p><i>All Municipal Offices are Closed</i></p>	<p>21</p> <p>Turkey a La King</p>	<p>22</p> <p>Macaroni & Cheese</p>
<p>27</p> <p>Van Trip: Northborough Crossing 9:00am Legal Clinic</p> <p>Swedish Meatballs</p>	<p>28</p> <p>Buttermilk Chicken</p>	<p>29</p> <p>Cracker Crumb Fish</p>

