

The Senior Edition

June 2014 Volume 14 Issue 6



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.

Letter from the Director:

June marks the end of another fiscal year for us...we may only be halfway done with the calendar year 2014, but as far as a municipal department goes, we finish the year on June 30th and will begin Fiscal Year 2015 (FY15) on July 1st. By the end of the year, we will be working on the FY16 budget...hard to believe!

Each new year brings new fiscal challenges and as we continue to look for ways to improve efficiency, there are some possible changes that will be enacted as the new fiscal year begins. To continue to look for ways to absorb higher printing and mailing cost, the Newsletter will likely be a "Combined July-August issue" next month...a first! We also hope to move to a 2 business day call period for van trips instead of the current 1 day to give us more flexibility in creating efficient van schedules as well as giving riders more options if our vans are unable to accommodate them.

Unfortunately, the Senior Center had quite a few losses during the previous month of volunteers and regulars who came to the Senior Center. Our sympathies to the families of **Barbara Cheverfils, Millie Swett and Eleanor Moosey**. We also have quite a few volunteers out due to illness and surgery. Speedy recovery to everyone!

—Sharon Yager

Cataract Awareness Month

Sources differ on what month this actually occurs in...some list June, some list August. Since wearing sunglasses is one of the keys to prevention, why not promote it at the start of summer? So pick up a set of cool shades, before you have fun in the sun this month!

Lowering Your Risk: for cataracts are pretty much the same as preventing most health problems...including:

- having regular eye exams
- quitting smoking
- wearing sunglasses
- taking care of other health problems
- maintaining a healthy weight
- choosing a healthy diet.



The National Institute for Health (NIH)'s Senior Health website has great information, including explaining what cataracts are, how they develop, the risk factors, treatment and FAQs. You can visit the site at :

<http://nihseniorhealth.gov/cataract>



Friends of the Shrewsbury Senior Center, Inc.

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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

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**Deadline for July & Aug
2014 Newsletter:
June 12**

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, May event can still be seen in June for the Bill Sbrogna show.

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.



Special Thanks: The Busy Hands Knitting Group would like to express its appreciation to the staff of the Shrewsbury Credit Union for their help in selling our hand-crafted goods. The increase in sales has

allowed us to make more charitable contributions toward the mailings of The Senior Edition newsletter is greatly appreciated.

Outreach News

By Outreach Coordinator Walter Rice, LCSW

Call 508-841-8647 for any assistance you may need.

Your contact with me is confidential

Rainbow Lunch Club News: The Worcester LGBT Elder Network, Elder Services of Worcester Area and the Unitarian Universalist Church of Worcester are proud to announce that the **Rainbow Lunch Club will now meet twice a month, on the 2nd and 4th Wednesdays of the month.** Lunch on the 2nd Wednesday will include a program. The other lunch, on the fourth Wednesday, will be followed by a social hour so participants can get to know each other better. The diners themselves requested a second lunch and more time to socialize. Lunch is served at noon. The UUCW is located at the corner of Holden Street and Shore Drive in Worcester, next to Bancroft School. Access to the parking lot is off of Shore Drive. See the sidebar for information about WRTA bus service. Reservations are required a week in advance, so we can be sure to have enough food for everyone who shows up. You may call Joan Anderson at (508) 756-1545 ext. 404 or email her at wlen@eswa.org. You may also join the Rainbow Lunch Club Meet-Up Group at <http://www.meetup.com/Rainbow-Lunch-Club/> and reserve from that page.

Small Home Repair Program (SHRP): Our long, difficult winter has certainly taken a toll on some people's steps and stairs, making them unsafe. Soon warm weather will be here and people will be looking to put screens, fans and air conditioners in. Don't try to take on these tasks yourself! Keep this helpful program in mind for these and other small repairs that can be done to keep you safely 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, especially for anyone on oxygen or other life-sustaining equipment. **Call the Senior Center to be added to the new list.**

TRIAD: Worried about what would happen to your pet if you needed to call 911? Please be assured the TRIAD has successfully addressed this need many times and the Animal Control Officer will make sure your animal(s) are properly cared for until your crisis is resolved. The TRIAD encourages you to contact Walter if you would like the officer to meet your pet(s) and learn about their needs for your peace of mind.

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!

Jun., 2nd & 30th Sen. Moore Office Hours,

10-11am: Senator Michael Moore will hold office hours at the Senior Center to meet with constituents on a first come first serve basis. No appointment necessary.

Fri., June 6th, 10:00 - 11:am: Heart Healthy Smoothies and Brain Gym ***Workshop*** This yummy workshop is based on the principles of Brain Gym which uses various movements to stimulate the central nervous system, improve coordination and organize the nervous and muscular systems to prepare for exercise and gross motor activities as well as stimulate cardio vascular function, cognition and reduce the risk of falls. There will be a new smoothie every month. Please call 508-841-8640 or stop by the front desk to register.

**Tues., June 10th Legal Clinic, 9:30am-**

12pm: This month's volunteer elder law attorney is Chris Mehne. Slots fill quickly. Advance sign-up required, call the Senior Center to register.

Fri., June 13th Movie and Lunch 11:30am:

The June movie is "Jobs", starring Ashton Kutcher as Steve Jobs, the iconic Apple innovator and groundbreaking entrepreneur. This inspiring and entertaining film chronicles Jobs' early days as a college dropout to his rise as the co-founder of Apple Computer, Inc. His epic journey changes technology and the world forever. Jobs is a riveting story of a true American visionary, a man who let nothing stand in the way of greatness. Co-starring Dermot Mulroney, Josh Gad, J.K. Simmons and Mathew Modine. This month's film is again sponsored by a generous anonymous donor. Call the Senior Center to reserve your seat and enjoy complimentary refreshments. Consider having lunch at the Village Café for \$2.50. *Reminder! We have over 100 movies available for sign-out. Please see the list at the front desk.*

Please Note: The Friday, 1pm Stress Management Classes are canceled for the Summer.



Free Coffee, Donuts and Muffins when you help us stick the mailing labels on *The Senior Edition* Newsletter. The monthly mailing date is the LAST FRIDAY of each and every month at 8:30am. Come join in a fun two hours!

June, Free Health Screenings:

Please call to sign up!

6/10 10am: Chiropractic: Shrewsbury Chiropractic will screen you to show how chiropractic care may improve your quality of life.

6/10 1pm: Hearing: Peter Lee, Audiologist, will run hearing tests, clean hearing aids and change batteries.

6/11, 8:00am -noon Quarterly Blood Sugar and Cholesterol

Testing sign up for important screening.

Every Wednesday at Noon: Blood Pressure Screenings

Tues., June 17th, 11:30pm, Friends of the Shrewsbury Senior Center Inc. Program:

To celebrate the end of a successful year a luncheon will be held at 11:30 AM. The luncheon will be served plated with an entrée choice of baked haddock, stuffed chicken or eggplant parmesan. The cost is \$15 and tickets are available at the front desk. Deadline for reservations is June 10. Carolyn Skogland will entertain us playing listening or sing-a-long music on her keyboard. Come and enjoy a fun-filled day with good food, good music and good friends.

Thurs., June 26th, Blood Drive, 2-8pm: 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., June 26th, 2:00 pm, Book Chat:

For this month's discussion please read the book "The Johnstown Flood" by David McCullough. Copies are available at the Shrewsbury Public Library's Circulation Desk.

Fitness & Nutrition: Exercise mind and body with strength training, aerobics and stretching. Also learn the latest in aging and falls prevention with Karen McKenzie, host of the TV talk show "Seniors on the Move" Register with the Parks Department, 508-841-8503. **Classes starts Wednesday July 2 for 8 weeks.**

The Friends of the Senior Center Inc., send a big shout-out thank you to the Busy Hands Knitting Group for their generous donation to the newsletter. The money will help fund the mailing of the newsletter and is greatly appreciated.



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CARES Column

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

It must be Spring. Gardens are lush. Heating bills have subsided. And the window salesmen are out in force. Their job is to convince us that their products can solve a problem that we may not even have. How bad are your windows? Before parting with the small fortune required to replace them, consider your options since prices don't ensure quality or proper installation. Weather stripping (sealing materials available at hardware stores) may be all you need to block the window and door leaks that increase your heating bills; that is if, in fact, your windows and doors leak at all. I was considering replacing my home's windows but found the cost prohibitive. Fortunately, I learned that SELCO (Shrewsbury's municipal utility) offers a free energy audit program that assesses where heat is wasted in an audited home. I scheduled an audit for late Fall so the weather would be cold enough to require that I have the heat on. Upon completion of the audit, I was advised not to replace my windows even though they are somewhat inefficient. I was told that weather stripping my windows and doors would help reduce my heating bills. The "breakeven" point (the future date at which the substantial investment in new windows I would have to make would start to save me money) would be so far into the future that the cost of keeping my windows, inefficient and all, seemed paltry. Also, my auditor warned that replacement windows are too often installed incorrectly. When that happens, problems continue to exist, and the homeowner has paid a tremendous premium for naught. Realize that door-to-door window salespeople are salespeople, not the experts you need to determine what is best for you and your budget.

Anytime someone solicits at your home, you should be wary. Those who just show up at your door representing themselves as legitimate driveway pavers or sealers can be especially insidious. The scam unfolds when they convince a homeowner that they can offer a great "deal" to improve or totally replace a driveway with leftover materials they just happen to have in the truck parked outside. They get the unsuspecting victim to write them out a sizeable check as a first installment. Then, the homeowner is told that, unfortunately, there is not enough material in the truck to complete the job. The solicitor promises to do the job at a later date but never returns. The crooks cash the check and flee while the homeowner awaits their return. Therefore, before handing over a check, take the time to check out anyone selling anything who comes to you offering a service, especially a "deal".

Volunteer Corner with Volunteer Coordinator Stacey Lavelly 508-841-8758

Council On Aging June 2014 Volunteer Opportunities

Volunteer Opportunities for the Council On Aging
Summer is nearly here and is the perfect time of year to get out of the house and try new things. Volunteering is a great way to do that and some of our opportunities are even outdoors! This is a great way to meet new people and take on new challenges.

Meals On Wheels Drivers: We need a few good drivers for delivery of meals to homebound seniors. If you have one day a week we would love to hear from you! Shifts are available Monday – Friday with a start time of 9:15am and ending before noon.



Fill-in Receptionist: We are in need of fill-in receptionists at the front desk. Duties include answering phones, assisting visitors and other office duties. No computer experience is necessary but a positive attitude and dependability are!!

Sherwood Middle School Her Story/His Story Day
Sherwood Middle School is looking for 35 seniors to come in on Friday, June 13, 2014 to discuss their memories of Shrewsbury when they were younger. This would be a great way to take a peek at the all new Sherwood Middle School. If you are interested, please contact Erin Hruskoci at 508-845-3639 or ehruskoci@shrewsbury.k12.ma.us and if she is not available you can call Kelly O'Connell at 508-841-8688 or koconnell@shrewsbury.k12.ma.us.

Spirit of Shrewsbury Festival 2014: It's that time of year again and the Spirit of Shrewsbury Committee is looking for volunteers! They are looking for help in all areas including Banners, Car Show, Craft Fair, Over 90 Tea and more! Please contact Sabina Terrades at 508-845-5032 or email her at sterrades@hotmail.com. The link to their website is: <http://www.spiritofshrewsbury.com>

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 so if you do not see something you are interested in here, call me and we can discuss other options

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TRAVEL

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.

August 27, "Mary Poppins" the musical at The Ogunquit Playhouse with lunch at Jonathan's Restaurant. The enchanting story, unforgettable songs and dance numbers will delight everyone. Believe in the magic! Price of \$110.00 p/p includes transportation, show, luncheon and a stop at When Pigs Fly Bakery.

Sept., 8th, LobsterFest in addition to the usual Buffet at the Newport Playhouse with comedy show "Murder at the Howard Johnson's" followed by Cabaret. Price of \$82.50 pp includes transportation, show, luncheon and all gratuities.

Sept., 18th, "New England Goes Country" with two of today's hottest upcoming country stars, At the Danversport Yacht Club. Price of \$82.00 pp includes transportation, show, and luncheon with choice of Fresh Baked Scrod or Boneless Breast of Chicken.

Sept. 19 – 21, Red Sox vs Baltimore Orioles including Tour of Camden Yards, The U.S. Naval Academy, Annapolis and Wine Tasting Tour. 3 Days/2 Nights. Price: \$445.00pp includes Best of Times Tour Director, Transportation, Lodging, 2 Breakfasts, Reserved Seat Tickets to two Ball Games and all touring.

The Happy Travelers: Bus trips for the over 50 traveler. Pick up brochures at the West Boylston or Shrewsbury Senior Centers. Call Gladys Mellow at (508) 835-4312 if you have any questions or want to reserve a seat. Driver gratuity & cancellation waiver fee included in all of our day trips.

June 21st, Cape Cod Canal Cruise, Sandwich Glass Museum, Lunch at the Daniel Webster Inn @ \$83.00pp.

July 20th, Maine Lobster bake at the Bull & Claw, Wells & Ogunquit cost \$77.00pp.

Aug., 17th, Boston Duck Tour, Swan Boats with lunch at Maggianos' \$90/pp.

Over night trips:

June 24-July 1st, American Cowboy Country, Wyoming & South Dakota for pricing see brochure.

Aug. 23-30th, Mackinac Island, Dearborn, Frankenmuth, for pricing see brochure.

**Friends of Shrewsbury Senior Center, Inc.**

The new membership year will begin in September. If you would like to contribute to the newsletter this summer, please use the form below. The Friends would like to thank everyone who continue to send in donations for the newsletter. It is greatly appreciated.

Enclosed is:

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

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Address-----

City, Zip-----

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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!

Friends of the Shrewsbury Senior Center,

Inc., want to thank everyone who has donated to the Friends or to the newsletter this year. All donations are greatly appreciated and are used to meet the needs of the Senior Center and to support the mailing of the newsletter. We look forward to another successful year.

TRIPS, Continued:**Trip to Foxwoods Casino, June 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: June 12, Foxwoods Receive buffet voucher + \$10 slot play, prizes and video on bus. \$24.00pp. call 508-757-1210 zworcester@verizon.net.

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Saturday, June 7th 7:30pm: Master Singers of Worcester presents, "North American Song" and will be held at Salem Covenant Church, 215 East Mountain St., Worcester, MA. This concert showcases folk songs of Appalachia, spirituals, and selections from the Great American Songbook, including works of Berlin, Kern and Cole Porter. Selections from Canada & Mexico highlight the rich diversity of North America music. Tickets \$25. Adults: \$20. Senior/Student. Advance concert and season tickets available at www.mswma.org. For more information call 508-842-1349.

Thursday, June 12th, 4-7pm Garden Party: to celebrate 35 years of St. Francis Adult Day Health Services! Senator Harriet Chandler will be the keynote. Call Angela Penny at 774-312-4605 to RSVP.

Saturday, June 14th, 1-4pm: Summer Shopping at Shrewsbury Crossings! Designs by Alfred Dunner and more. Affordable prices, Gift Certificates available. Call 508-925-7791 to learn more.

Saturday, June 14th, 7:00pm. New England Ringers at the Trinity Church: The New England Ringers are a professional handbell group that will be presenting their spring concert, Nocturnal Journey, at the Trinity Church, 23 Main Street, Northborough. The concert will feature both original and traditional pieces arranged for handbells. This group is well-known throughout New England for their amazing concerts and have performed at the tree lighting event at Faneuil Hall Marketplace, Boston, The Breakers Christmas in Newport, RI, and numerous concerts at churches and colleges. Tickets are available in advance or at the door for \$15.00 per person or \$40.00 for a family. For further information, please contact Laurie Hunter at lhunter2432@gmail.com or 508-393-7008. Enjoy the concert and then meet the ringers at a reception afterwards in Trinity's fellowship hall. Youth and adults will enjoy this event!

Thurs., Jun., 19th 8:30am - 3pm: Aging Gracefully: Going from Good to Great Health Symposium: Free admission, at the Manor Restaurant, 42 W. Boylston St., West Boylston. To register call 508-459-5057 or visit their website at www.theseniorfocus.com.



Shrewsbury Friends Men's Club Thurs., 9:00: Open to all men who live or worked in Shrewsbury! Come join us at the Senior Center where you'll enjoy an interesting speaker, good friends and refreshments! Information provided by Charles Fenno. Speakers for the month of June will be:

6/5: Bob De Coteau, regarding his trip to Iran
6/12: Massachusetts State Representative Matt Beaton, Legislation effecting seniors
6/19: Paul Richard, Executive Director of the Shine Initiative, speaking about Mental Health in children and young adults
Other Events:

6/26: 11:30, lunch at the Italian American Club, 26 Dewey Rd, Shrewsbury.

6/27: Pawtucket Red Sox game. Bus leaves the Senior Center at 4:30. Cost \$25.00.

Osteoporosis Program: To be held Tuesdays from 1-3pm & Fri., 12 - 1pm at the Worcester Senior Center. This Osteoporosis Prevention Exercise & Nutrition Program will begin July 8th. Register now! Call 508-799-8062 for information and to register.

Dean Park: Musical/Dancing Fountains: Listen



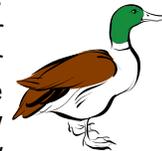
to the classical, patriotic, and popular tunes, watch the movement of the graceful fountains, and see the spectacular colors dance to the music. SCHEDULE Mondays, Wednesdays, Fridays, and Saturdays 12:00-2:00 PM and 4:00-9:45 PM. **The colored lights can be seen**

from 9:00-9:45 PM. Music to accompany the fountains can be heard on **91.7 FM** on your car or portable radios The fountains were a gift to the townspeople of Shrewsbury in 2004 by Barbara Donahue and family in memory of her husband, Irving James Donahue, Jr.

2014 Massachusetts Home Health Resource Directory: The Shrewsbury Senior has a reference copy for your use!

Mass Audubon Program Catalogs:

Central & Western Mass., May - September 2014 are available at the Shrewsbury Senior Center, inquire at the front desk. Some of the featured articles you will find are: Broad Meadow Brook Wildlife Sanctuary, Wachusett Meadow Wildlife Sanctuary, Berkshire Wildlife Sanctuaries, Connecticut River Valley Wildlife Sanctuaries.



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Support Group Meetings Available

Tues., June 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., June 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., June 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 Dr., Northbridge. Contact number 508-234-6481.

Tues., June 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., June 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., Jun 12th & 26th., 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., June 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., June 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 JUNE 2014

Medicare and Mental Health Benefits

Starting in January 2014, Original Medicare increased its payment for most outpatient mental health services to the same level as other Medicare Part B services, 80 percent of the Medicare approved amount. You or your supplemental insurance must pay the remaining 20 percent coinsurance. Medicare Advantage plans have to cover the same services as Original Medicare. However, your plan will likely require you to see an in-network mental health care provider. If you have a Medicare Advantage plan, contact your plan to find out about your copayments. Original Medicare and Medicare Advantage plans continue to provide coverage for inpatient mental health services as usual.

You can get mental health services in an outpatient hospital program, a doctor's or therapist's office or a clinic. Medicare will help pay for outpatient mental health services you receive from general practitioners, nurse practitioners, physicians' assistants, psychiatrists, clinical psychologists, clinical social workers, or clinical nurse specialists, as long as they are Medicare providers. Psychiatrists are more likely than any other type of provider to not accept Medicare.

Medicare covers yearly screenings to detect depression. Medicare prescription drug plans (Part D) must cover almost all antidepressant, antipsychotic, and anticonvulsant prescription drugs used to treat mental health conditions.

Remember: You should ask any provider if they take Medicare before you begin receiving services

If you need help on any aspect of your health insurance, SHINE offers free counseling at the Senior Center. Call and ask for a SHINE appointment. You can also reach a SHINE volunteer at 1-800-AGE-INFO (1-800-243-4636).

If you get the SHINE voice mail, leave your name and phone number and a counselor will call you back as soon as possible.. SHINE (Serving the Health Information of Elders) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Milford Senior Center, The Massachusetts Councils on Aging, and other local agencies.



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11am
Join Us!

Citizen's Club

On-Going Activities

June 2014



| 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 Seniors in Session (<i>Current Event Group</i>) | 8:00 Beginners Tai Chi (no 3) 9:00 Bocce 9:15 Zumba Gold (no 3 or 17) 9-11:30 Roger's Coffee Shop 10-12:00 Independent Artists 10:20 Belly Dancing (no 3 or 17) 12-1:30 Painting with Elaine 1:45 -3:15 Art is 4 Every1 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** 10-11:30 Basic Drawing 11:00 Yoga 12:00 -1:00 BP/ Weight Screening 12:30 Beginners Bridge 1:00-2:00 Pilates (no 4) 1:00-3:30 Whist | 9-11:30 Roger's Coffee Shop 9:00 Friends Men's Club 9:00 Bocce 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 1:15- 1:45 Healing Meditation 1-3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors (no 27) |

****Parks and Recreation Activities Participants must register at the Parks Department, 508 841 8503.**

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| 2 | 10:00 Senator Moore | 3 | Town Hall Election | 4 | 8:00 Trip to Foxwoods | 5 | Turkey a la King | 6 | 10:00 Healthy Smoothies and Brain Gym *Workshop* |
| | Shepherds Pie | | Chicken Cacciatore | | Potato Crunch Fish | | | | Salisbury Beef & Gravy |
| 9 | | 10 | Van Trip: Walmart 9:30 Legal Clinic 10:00 Spinal Screening 1:00 Hearing Screening | 11 | 8:00 am - Noon Cholesterol Testing 10:00 COA Board Meeting | 12 | | 13 | 11:30 Movie and Lunch |
| | Chicken Mornay | | Fish Sticks & Tartar Sauce | | Meatloaf & Gravy | | Eggplant Parmesan | | Pot Roast Stew |
| | Beef and Bean Chili | 17 | 11:30 Friends Inc. Program | 18 | | 19 | | 20 | |
| | | | | | Roast Turkey & Gravy | | Buttermilk Chicken | | Swedish Meatballs |
| 23 | | 24 | Van Trip: Solomon Pond | 25 | | 26 | 2:00 Book Chat 2-8:00 Red Cross Blood Drive | 27 | 8:30 Newsletter Mailing |
| | Vegetable Cheese Bake | | Salmon w/ Dill Sauce | | Spaghetti & Meatballs | | Beef and Broccoli | | Boneless BBQ Rib |
| 30 | 10:00 Senator Moore Beef Stroganoff | 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 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 | | | |

