

The Senior Edition

March 2015 Volume 15 Issue 3



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.

The Friends of the Shrewsbury Senior Center, Inc. send a big **THANK YOU** to the Council on Aging for voting to help finance this newsletter. These added funds will ensure that there will be no disruption in the production and mailing of the newsletter each month. The advertisers and very generous donors continue to be an important part of the funding but were not adequate to sustain the newsletter. When you see a member of the COA please say "thank you".

All of you who use the Craft Room will enjoy the addition of another table recently purchased by the Friends. If there are any other items that you believe are needed at the Senior Center, please let the Friends know.

As we begin the month of March we can look forward to the beginning of Spring - at least meteorologically. Let's hope that Mother Nature agrees!

It is so nice to see Sharon Yager at her desk and "in charge" again. Everyone is pleased that she is back.

In honor of St. Patrick -

May the sun always shine on your windowpane,
 May a rainbow be certain to follow each rain,
 May your purse always hold a coin or two,
 May the hand of a friend be always near you.



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

Name-----
Address-----
City, Zip-----**Phone#**-----

Make Checks payable to:
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Outreach Coordinator: Walter P. Rice, LCSW

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 April Newsletter is March 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 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.**

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.

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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March, Free Health Screenings:

Please call to sign up

3/10, 10:00am Chiropractic: Shrewsbury Chiropractic will screen you to show how chiropractic care may improve your quality of life.

3/10, 1-2:00pm: Hearing: Peter Lee, Audiologist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at Noon: Blood Pressure Screenings.

Thurs., March 5th, 5:30pm Play and Community Dinner: \$2 Dinner sponsored by the Rotary Club followed by the High School Spring Musical "Cinderella". Buy your tickets at the Senior Center!



Fri., March 6th, 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.

Mon., Mar. 9th, 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.

Wed., Mar. 18th & Mon., Mar. 30th Legal Clinic, 9am -12pm: The Shrewsbury Senior Center is now offering 2 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.**

Fri., March 13th, Movie and Lunch 11:30am: This month's movie is "The Hundred-Foot Journey." The Kadam family, led by Papa (Om Puri), moves from their native India to make a fresh start in the south of France. When they open an Indian restaurant 100 feet away from chilly Madame Mallory's (Helen Mirren) Michelin-starred French restaurant, she decides to make things difficult for the Kadams. Based on the novel "The Hundred-Foot Journey" by Richard C. Morais. Rated PG, 122 Minutes. We thank ASERACARE, this month's sponsor for their donation. **Seating is limited. Movie will start promptly at 11:30, need reservations.** Reserve lunch at 11:00 at the Village Café for donation of \$2.50.



Tues. March 17th, 1:00pm, Friends of the Shrewsbury Senior Center Inc. Program: We're celebrating St. Patrick's Day with the Trinity Big Band. The band, made up of seniors, will help us all have a little Irish in our blood and also say good-bye to this Winter that no one will forget. Come and join in an afternoon of musical entertainment, refreshments, fun and friendship.

Tues. March 17th Beginners Tai Chi: New beginner class starts on March 17. It will be every Tuesday from 8:00am to 9:00am. The class will consist of light warm ups, a breathing exercise, then Tai Chi learning and practice. Taught by Bill Riordan, dedicated to the art for over 22yrs.

Thurs., Mar. 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.

Travel Training Workshop Wed., March 25th,

10am: Do you want to have more flexible transportation? Learn to ride the WRTA buses. If you are hesitant about using the bus system, because you are not sure about how you would travel with your wheelchair, or if you have never taken a bus before, attend this presentation of the routes and the features of the WRTA buses. You'll learn possible areas you can plan trips to, new technology offered by the WRTA and much more. One-on-one training is also available. Please call/sign up with the Senior Center by March 23th.



Thurs., Mar. 26th 2:00pm, Book Chat: For this month's discussion please read the book "Last Orders" by Graham Swift. Copies are available at the Shrewsbury Public Library's Circulation Desk.

Basic Drawing Returning in March: Starting March 4th Basic Drawing will startup again on Wednesday from 10:00-11:00. Come and enjoy the art of drawing and learn new and wonderful things.

Free Coffee, Donuts and Muffins when you help us stick the mailing labels on *The Senior Edition Newsletter*. April's mailing date is **FRI. Mar. 27th** at 8:30am. Come join in a fun two hours.



Look for more Senior Center activities and their dates on page pages 8 and 9!

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CARES Column

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

In my January column, I wrote about my experience with a flat tire. I explained that a national tire dealer's local franchise wanted to charge me \$540 to fix my problem; the dealer's solution was to discard my affected tire, replace it, and then replace another tire on the same side of the car to create even wear on that side of the car for my future benefit. Realizing that I was about to get ripped off, I left and eventually found that a \$45 charge from a local gas station for putting a plug into the affected tire was all I needed. Subsequently, I have learned that a plug is not a good long-term solution because it can fail over time. A patch is the preferred remedy for a punctured tire.

In good faith, we donate to charity, we purchase items in stores and via our computers, we respond to surveys, we return warranty registration cards, we use loyalty cards to pay a lower price at certain retailers, we enter sweepstakes, and the list goes on. Since the personal data and preferences we supply are valuable, they are frequently sold by the people we entrust them with to data brokers. Herein lies one answer to what for many is a mystery: Why do I receive all these ads, offers, appeals for charity, and other questionable mail and e-mail from entities I have never attempted to contact? Because we provided information that was shared (often for financial gain). Therefore, understand that any information you provide can result in a flood of solicitations that should usually be ignored. Also, avoid clicking on any links that are sent via e-mail or from other Internet representations. The simple act of clicking on a link can wreak havoc on your computer, making your life miserable. Instead, find the legitimate web address of any Internet site you wish to visit and type it in yourself. Most businesses, utilities, government agencies, etc. will notify you of a problem by regular mail only. Anytime you are contacted about a problem, no matter the source, find an actual phone number or address (street or e-mail) and directly contact the actual business about the problem of concern.

Be sure to talk with family, friends or CARES before committing your money to any unfamiliar organizations and solicitations. Need consumer advice?

Call CARES at the Senior Center!

Volunteer Corner

Coordinator

Stacey Lavelly 508-841-8758

Council On Aging March 2014 Volunteer Opportunities

I truly hope we are leaving behind this snowy winter and can start to look forward to a sunny and warm spring! I know many of you volunteered during the storms helping neighbors run errands, cook meals and shovel driveways and sidewalks. I am certain your contributions were greatly appreciated by all and I am hoping you can do the same for the Shrewsbury senior center. Please consider one of the opportunities below:



WE ARE DESPERATELY SEEKING PERMANENT AND FILL-IN

RECEPTIONISTS: Outgoing People who enjoy a VARIETY of work and are AVAILABLE FOR EITHER PERMANENT

OR FILL- IN SHIFTS WEEKDAYS. Some of your duties will include ANSWERING PHONES, ASSISTING VISITORS, and other OFFICE DUTIES. COMPUTER EXPERIENCE is NOT NECESSARY, but POSITIVE ATTITUDE AND DEPENDABILITY ARE! Come join us...



Meals On Wheels Drivers:

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

give a few hours one day a week? Shifts start at 9:15am and finish by noon, Monday through Friday. **Please contact**

us as soon as possible.



TV Show Volunteer:

We are in great need of someone who either knows or is willing to learn to operate a video camera and film events at the senior center. Experience helpful but members of this group are willing to train new members.

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.

Commonwealth of Massachusetts House of Representatives



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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.boylstonseniersonthego.com.

March 11, 2015 (Wednesday) – “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.

April 8, 2015 (Wednesday) “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.

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.

June 9 – 11, 2015 (Tuesday – Thursday) “Penn Dutch Country & Longwood Gardens” Also includes “Joseph” at the Sight & Sound Theater. Price of **\$459 Double, \$619 Single includes** transportation, tickets to Joseph, tickets to The Chalk Talk, 2 Nights Lodging at the new Amish View Inn, 4 Meals and touring. Pick-ups for all events are in Shrewsbury.

Check out our new web site at www.bltofma.com

Shrewsbury Friends Men’s Club meets on Thursdays, 9:00 to 11:00am. This month’s speaker is on: 3/19 - Rev. Paul O’Connell. More to be announced.

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Trip to Foxwoods Casino, Wed. March 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 Slot 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:



Foxwoods Casino on March 12th and April 9th.

March 22 - 24 - Atlantic City - Resorts Hotel & Casino - Upon arrival receive \$25 slot play & \$60 in food vouchers plus a show (if available). Not many casinos left in Atlantic City.....\$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.....\$84

May 20 - Wednesday - Lyric Stage in Boston- “Light Up The Sky” - An affectionate and hilarious look at the backstage antics of the Theater. Funny, funny show with Kathy St. John. Lunch at the famous “Maggiano’s (Little Italy) where the delicious food is served family style.....\$111

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).

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Mount Olivet is having a “Fellowship Table” on Sunday, March 22 at 11:30am

You are invited to the **Fellowship Table**, a worshipful community meal hosted by Mount Olivet Lutheran Church on Sunday, March 22 at 11:30am. Mount Olivet is located at 34 Prospect Street in Shrewsbury. Dinner will be pot-luck with all food provided by members of the church. All are welcome regardless of religion or other distinctions. Come for the meal, to meet new neighbors, or for spiritual nourishment. For more information, call 508-842-2731 or e-mail pastor.mtolivet@townisp.com. Find our page on Facebook: Mount Olivet Lutheran Church. Or just come!

Fri. Mar 6, 12:00 p.m. Shrewsbury Woman’s Club Meeting: Jim Heald, (a Shrewsbury native) Co-owner and Funeral Director at Heald & Chiampa Funeral Directors – Sumner House, is the speaker.

How do you (or your loved one) wish to be remembered? Because every life is unique, every obituary/tribute should be unique. Jim’s topic, **ObitStory**, will explain how an obituary can and should be written. Jim’s ability to write peoples’ obituaries enables the family to better tell in print the story of their loved one’s life. **Members and their guests are welcome. Meeting Location: First Congregational Church, Parish Hall, on Church Rd. Program starts at 1:00 p.m.**



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.

3/1-3/3, 2015 Philadelphia Flower Show including Longwood Gardens starting at **\$469.00pp double**.

6/13/15 “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 For Bermuda trips call 508-421-6882
5/2-5/9, 2015 - Holland America cruise, Bermuda from Boston



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. **March 3, “Silk Road Ensemble” March 8, Danu’ 20th Anniversary Tour, March 13, Worcester Chorus: St. John Passon, March 29, Academy of St. Martin in the Fields with pianist Jeremy Denk.**

Create A Better Day Café

Sunday March 22rd 1:00pm to 3:00pm

Are you caring for someone with Alzheimer’s or other dementia? Create a Better Day Café encourages socialization with other caregivers and loved ones where you can just be yourself. This is a wonderful opportunity to get out with your loved one and have an enjoyable afternoon. The afternoon will consist of conversation, entertainment, music, arts, games refreshments, and importantly, laughter. It is open to anyone at any stage of the disease process accompanied by friends, family, and loved ones. There is no cost. Location is at the Pleasantries, at 195 Reservoir St., Marlborough. Contact Tammy for more information at 508-481-0809



Village Café Thank You!

A Huge “Thank You” to Robert Terkanian who once again donated **144** boxes of girl scout cookies for our Meals on Wheels (MOW) Clients. This is much appreciated and a very generous donation provided by Mr. Tekanian.

Respectfully, **Beth Murray**, Meals on Wheels Manager

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Support Group Meetings Available

Tues. Mar. 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. Mar. 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. Mar. 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. Mar. 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. Mar. 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. Mar. 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. Mar. 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. Mar. 23nd: (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 - MARCH 2014

Does Medicare cover fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement.

Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2014!

"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 get them call and ask about it.

CENTRAL MASS SHINE WEBSITE

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 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 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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Shrewsbury Senior

Mondays
11am
Join Us!

Citizen's Club

March 3rd, 7am-8pm: Special Town Election, as well as a Glitzy Girl Jewelry Sale, with a portion of the proceeds to benefit the Senior Center.



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.



Special Library St. Patrick's Day Event at the Senior Center: From Ireland to America Sunday, March 15th, 2-3pm, with Folksinger Roger Tincknell:

This is a festive celebration of Irish musical traditions performed on a variety of traditional instruments. These include: guitar, banjo, Irish Bouzouki, Irish drum, (Bodhran), mandolin, pennywhistle, spoons and harmonica. This popular Saint Patrick's Day program includes a variety of traditional Irish and Irish-American folk songs and tunes. Ballads, work songs and traditional Celtic sing-alongs are interspersed with jigs and reels. The audience is encouraged to sing, clap, and dance. Irish step dancing instruction is also included! This is a Shrewsbury Library program that will be held at the Senior Center, 98 Maple Ave, Shrewsbury. This program is sponsored in part by a grant from the Shrewsbury Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



Wednesday March 18th, 9:30 - 10:30 Fitness & Nutrition Classes

begin: Instructor Karen Mckenzie will start her class on Senior Fitness and Nutrition. Sign up at the Parks Department. Residents \$25 - Non-Residents \$30. (8 Classes)



2015 Senior Computer Classes

New Senior computer classes will start this month. 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. A fee of \$20 is being requested. If you attend **all classes**, your \$20 will be refunded. If you do not attend all classes the \$20 will be given to the Senior Center to benefit future classes and cover hand-outs, etc. Call the Senior Center for information and registration.

Sunday, March 8th at 3:45 pm

ANNELIES by James Whitbourn

A moving and dramatic choral setting of "The Diary of Anne Frank") **ASSABET VALLEY MASTERSINGERS** Robert P. Eaton, Artistic Director, with full Orchestra - Lynn Eustis, soprano, Shir Joy Chorus, Director Wendy Damoulakis.

Preconcert Talk at 3 pm. Dr. Joshua Jacobson, renowned authority on Jewish choral music at St. Mark's School, 25 Marlboro Road (Rte. 85), Southborough. Alternate parking & free shuttle at Woodward School, 28 Cordaville Rd. (Rte. 85), Southborough. Accessible to the physically challenged, Large Print Programs. Tickets: \$25; \$20 for Students & Seniors.

Information: (978) 562-9838 or www.AVMsingers.org Alene Cole, Publicity (978) 562-9838.

Save the Dates!

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).

Master Singers of Worcester performed before a panel of three judges in the preliminary round tapings of Sing That Thing! on Wednesday, February 11 at the WGBH studios in Brighton, MA. The judges – Jane Eaglen, Larry Watson and Jared Bowen –will mentor the groups and determine which groups will advance to the special finale concert.

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. Mike is an avid bird watcher who will guide you on an informative and invigorating walk outdoors to see the many species of birds that call Shrewsbury home.

We will be exploring the parks around Shrewsbury so please be sure to wear comfortable shoes, clothing and outerwear. Bring field glasses if you have them. Call the Senior Center to register. For carpool information call Mike at 508-414-9169

Publications you can review or pickup at the Shrewsbury Senior Center.

MASS - ALFA 2015 edition of the Assisted Living in Massachusetts Resource Guide. It is the hope to use this guide to help seniors and families understand assisted living as an option for those who value independence and quality of life, as well as safety and care. Shrewsbury Senior Center has a MASS - ALFA 2015 resource guide for you to review and if you want a copy it can be ordered. By filling out a request form at email address massalfa@massalfa.org.

New Life Styles-The Source for Senior Living

This is a guide to Senior Living and Care. **Winter/Spring 2015 edition** is available for and is free. Come and pick up your copy of the New Life Styles booklet. Some interesting subjects include Independent Living, continuing Care Retirement Communities, Memory Care, Home Health Agencies, Hospice Care Providers and more. Copies are in the Senior Center lobby.



Prepare For Emergencies Now Information For Older Americans

With our New England weather we should all consider a Emergency Supply Kit, and be prepared to improvise and use what we have on hand to make it on you own for at least three days, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air. Some recommended supplies to include in a Basic Kit are: **Water:** One gallon per person per day, for drinking and sanitation, **Non-perishable food:** at least a three-day supply. **Flashlight** and extra batteries:, **First-Aid kit**, Moist towelettes, **Whistle** to signal for help, Items for unique family needs, such as daily prescription medication or pet food, **Tools**, such as a wrench or pliers to turn off utilities, manual **can opener** for canned food, garbage bags and plastic ties for personal sanitation, Important family documents and much more. Come and pickup a copy of the Prepare For Emergencies sheet.

Helpful Telephone Numbers for Shrewsbury



We have a wonderful list of Helpful Telephone numbers for your use. Come by the Senior Center and pick up your copy. It is a very useful tool...

March 5th, 6pm: Relay For Life Kick Off:

Brigham Hill Farm, 37 Wheeler Rd, Grafton. Free popcorn and drinks, door prizes, Survivor gifts and more! Celebrate the start of the 2015 Relay for Life season and learn what the Shrewsbury and Grafton Relay plans are for the year. Contact Abby.Zimage@cancer.org or 1-800-227-2345 with any questions.

Fri, March 20th, 10am: Medication Talk and Review Program:

Come listen to an educational talk by the Massachusetts College of Pharmacy (MCPHS) University Pharmacy Outreach Program. Individual medication reviews will follow. The program is a public-private partnership between the Executive Office of Elder Affairs and MCPHS University. The non-profit organization promotes medication adherence by providing free help to Massachusetts residents with their medication related needs. Staffed by case managers, pharmacists and students, the goal is to help people afford their medications and understand how to take their medications correctly. Pharmacists are available to answer medication-related questions and talk about lower-cost medications. Please call the Senior Center to reserve your seat. Date was tentative at press time, so it is extremely important that you call if interested so we can notify you if the date/time changes!

Thurs., March 26th, 1pm: Osteoporosis Talk: Are you at risk?

Get the facts – Take charge! Protect yourself so you can remain healthy...

This program, put on by the VNA Care Network and Hospice, is funded by a grant through the Central Massachusetts Agency on Agency with funds from Title III of the Older Americans Act. It is FREE to all seniors. Learn more about Osteoporosis...despite what you may hear about bone loss in women after menopause, this disease affects both men and women. Learn about your risk factors and what can be done to prevent or treat osteoporosis. Please call the Senior Center to sign up.



Thurs., April 2nd, 1:30pm:

Bone Density Screenings for

Osteoporosis: Will be held at Shrewsbury Senior Center, 98 Maple Avenue, Shrewsbury on Thursday, **April 2, 2015 1:30 pm to 3:30**

pm (save the date)! FREE for all 60 and over. Also funded 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 provide under this program. It is not a prerequisite to attend the Osteoporosis Talk, but it is hoped folks will attend both! Sign up at the talk or call to get your slot for the screening.

Appointment is required for screening.

Call Shrewsbury Senior Center at 508-841-8650

SPRING UPDATE FROM THE SHREWSBURY PUBLIC LIBRARY

It's been an insufferable winter, with record breaking snow fall, snow drifts creating peculiar landscapes, driveway shoveling/snow blowing marathons that tested the patience of even the most ardent snow enthusiasts and temperatures so cold that we may not be recognized by family and friends once we emerge from the many layers of coats, hats, gloves and scarfs!



But there is much to look forward to, as spring truly is on the way... and along with it you'll find some exciting programs at the Shrewsbury Public Library. Here's a partial list of events and activities you might enjoy.

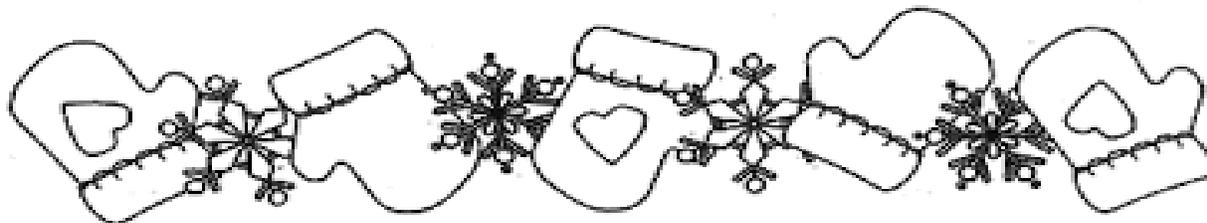
A songwriting workshop series during the month of April, with Nan Gibbons from the Joy of Music Program. Learn about melody, lyric writing and work with a supportive group to bring your singing dreams to life.



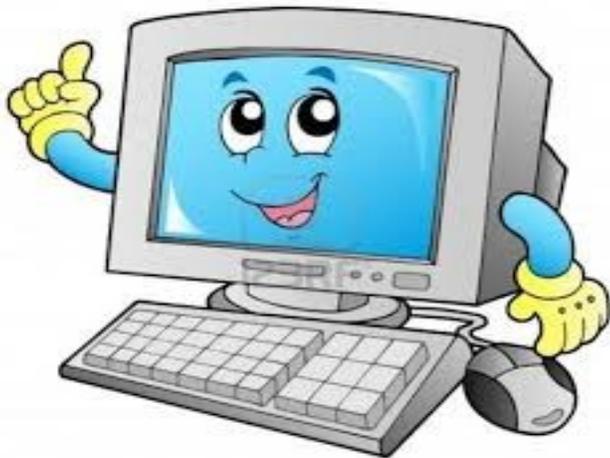
- * On March 28 there's a Yoga workshop, to learn the basics of Hatha yoga, with certified yoga instructor Christine Harrelson.
- * Organic Gardening for Everyone, with John Root, who will teach us safe and natural techniques for cultivating a variety of flowers and vegetables.
- * On March 26, take a vicarious hike of the Pacific Crest Trail with Wendy Johnston, who will describe the highs and lows from when she hiked the trail from April to September 2013.
- * Enjoy a Saint Patrick's Day Concert at the Senior Center. Musician Roger Tincknell will give us a musical tour of Irish music, on its journey from Ireland to America.

* On April 11 enjoy a concert of the Blackstone Valley Bluegrass group, which is being sponsored in conjunction with Arts of the Green, and will be held at the First Congregational Church.

* If you have a grandchild or neighbor's child who wants to learn to knit, attend a Knit Together program in our children's room. The program starts the first week of April and runs through mid-May.



To register for any of these programs, or to find out more information, please call the library at 508-841-8533 or visit our website at www.shrewsbury-ma.gov/library



If the snowy weather overstays its welcome and a cabin fever epidemic persists, we can suggest another diversion; one that's accessible from home.

Learn something new with our online tool called "Gale Courses". Whether you're looking for college-level, professional development, or personal enrichment courses, we now offer hundreds of online courses that are accessible anywhere online, 24/7. *Gale Courses* offers well-crafted lessons, expert online instruction, and interaction with fellow students. You can learn new skills you can immediately apply to your life or on the job. Popular course titles include: Accounting Fundamentals, Creating Web Pages, Grant Writing, Introduction to the Office Suite (Word, Excel, etc.), Medical Terminology, Prepare for the GED, Real Estate Investing, Resume Writing Workshop, SAT/ACT Preparation, Secrets of Better Photography, and Start Your Own Small Business. New courses are introduced monthly. Best of all, library cardholders may enroll in **unlimited courses** per calendar year, with the library covering the cost of enrollment..

For help with any of these services or programs, please just give us a call at 508-841-8533.

On-Going Activities

March 2015



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 - 9:00 Beginners Tai Chi (starts again on March 17) 9:15 Zumba Gold (no 3/3) 9-11:30 Roger's Coffee Shop 9:00-11:30 Independent Artists (new time) 10:20 Belly Dancing (no 3/3) 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 12:30 Beginners Bridge 1:00-2:00 Mindfulness Meditation 1:00-2:00 Pilates 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 1-3:00 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

2 Pork-Rib-a-Que	3 7:00am-8:00pm Special Town Election Glitzy Girl Jewelry sale Vegetable cheese Bake	4 8:00 - Trip to Foxwoods Chicken Murphy	5 5:30pm: Community Dinner and Musical at High School Salisbury Steak	6  10:00 Smoothie Workshop Salmon Noodle Casserole
9 10:00 -11:00 Senator Moore/Rep. Chicken Sausage Jambalaya	10 9:30 Friends Inc. Board Mtg. 10:00 Spinal Screening 1:00 Hearing Screening Van Trip: Walmart - Rtc. 9 Meatballs w/Onions Gravy	11 10:00 - COA Board Meeting Pork Chow Mein	12 BBQ Chicken	13 11:30 - Movie & Lunch Fish w/Crumb Topping
16 Roast Pork w/Gravy	17 St. Patrick's Day 8:00 - Beginners Tai Chi starts 1:00 Friends Inc. Program Corn Beef w/Cabbage	18 9:00-12:00 Legal Clinic 9:30 - 10:30 Fitness & Nutrition Starts Up Pasta Primavera	19 2:-8:00 Red Cross Blood Drive Beef Mediterranean	20 10am: Medication Review Talk Cheese Lasagna
23 Hot Dog on a Bun	24 Van Trip: Walmart - Auburn Mall Shepherd's Pie	25 10:00 WRTA Travel Training Workshop Bacon Omelet	26 2-3:00 Book Chat 1:00 - 2:00 Osteoporosis Talk Chicken Cacciatore	27 8:30 Newsletter Mailing Potato Crunch Fish
30 9:00-12:00 Legal Clinic Chicken Mornay	31 Salmon Boat / Dill Sauce	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		
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,				