The Senior Edition

May 2015 Volume 15 Issue 5

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

"Let's Be Friends"

The Lottery Ticket Raffle, sponsored by The Friends of the Shrewsbury Senior Center, Inc., is underway and the winners of the three drawings will be posted at the Senior Center. If you have not yet purchased your tickets, there is still time to be included in the drawings. Your tickets are valid for all three drawings. The Friends is a non-profit organization founded to raise funds for services, programs, activities and equipment for the seniors in Shrewsbury and the Senior Center. The Friends financially support this COA newsletter to allow it to be mailed to every senior in town. As the Senior Center ages (it is now 15 years old) there will obviously be furnishings and equipment that will need repairing or replacing. The chairs in the main hall have already been replaced as well as new card tables purchased. The piano and organ are regularly tuned and serviced, the grandfather clock was repaired, the pool table was re-felted, a new lamp was purchased to replace one that was broken, to list just a few of the areas that have benefited from The Friends fundraising efforts.

All contributions, large or small, are greatly appreciated and allow The Friends to continue to support the COA, the Shrewsbury senior population and the Senior Center.

Friends of Shrewsbury Senior Center, Inc.

The September 2014 - September 2015 membership year continues. Now is the time to renew your present membership or join for the first time. Please note that dues have increased to $10. The Friends would like to thank the people that send in donations for the newsletter. It is greatly appreciated. **Membership cards are kept in a file box at the front desk.** If you have not received your membership card please go to the front desk and ask for it. Thank you for being a member of the Friends!

Please check off one/both!
Enclosed are:
☐$__10.00__ My 2014-2015 Dues
☐$_____My contribution for *The Senior Edition* newsletter.

***Name*----------**

***Address*----------**

***City, Zip*----------*Phone#.*----------**

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Deadline for the June Newsletter is May14th

Please Note: Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please email: **tgale@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. This months event is "The Magic Man"

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

SMOC Fuel Assistance: New applications for 2015 has been **extended until May 15th**. 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. in Framingham. 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. After the rough winter we had, repairing unsafe steps and stairs, railings or other things to keep you safe in your home is important. 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.O.K program well-being check. **Call the Senior Center to be added to the new list.**

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

REIKI - Many people find the light, hands-on practice of Reiki helps them in many ways. Water Rice is a Reiki Master and can provide this gentle healing technique. if you would like to make an appointment for a half hour session with him to do Reiki. at 508-841-8647.

Senator
Michael O. Moore

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Fri., May 1st, 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.

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

Fri., May 8th, Movie and Lunch 11:30am: A cute comedy featuring Bill Murray & Melissa McCarthy. Maggie, a single mom, moves into a new home in Brooklyn with her 12yr old son Oliver. Forced to work long hours, she has no choice but to leave Oliver with their new neighbor Vincent, a retired curmudgeon with a desire for drinking and gambling. An odd friendship soon blossoms between the improbable pair. Vincent brings Oliver along on all the stops that make up his daily routine. Vincent helps Oliver grow to become a man, while Oliver begins to see in Vincent something that no one else is able to: a misunderstood man with a good heart. 67 Minutes, rated PG-13.**Seating is limited.** Reserve lunch at 11:00 at the Village Café for donation of $2.50. **Movie will start promptly at 11:30.**

Tues., May 11th, 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.

Thurs. May 14th & Mon. May 18th: Legal Clinic, 9am -12pm: The Shrewsbury Senior Center is now offering two Legal Clinics a month with our pool of elder law attorney volunteers. Slots fill quickly. **Advance sign-up is required, call the Senior Center to register.**

Fri., May 15th 9:00 - 10:00 Hannah Kane State Representative: Hannah Kane will hold office hours at the Senior Center to meet with constituents on a first come first serve basis. No appointment necessary.

May Free Health Screenings and Talks:

Please call to sign up

5/12, 10am Neuropathy Screening: Dr. Brain Maher from Shrewsbury Chiropractic will screen your neuropathy concerns to explore options that may help.

5/12, 11:30am, 1-2:00pm: Hearing Talk and Screening: Peter Lee, Audiologist, will run hearing tests, clean hearing aids and change batteries. **This month is Better Hearing and Speech Month!** Prior to the screening, Mr. Lee will give a seminar on **Hearing, Hearing Loss and Hearing Aids: Facts vs. Fiction.** Learn about the causes and effects of hearing loss, and how to restore your hearing, latest research on consequences of un-treated hearing loss, tinnitus and ringing in the ears. Questions and Answers session to follow. Testing to start at 1pm.

Every Wednesday at Noon: Blood Pressure Screenings.

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

Tues., May 19th at 1:00pm, Friends of the Shrewsbury Senior Center Inc. Program: Brian's "Sounds of Steel" will bring the experience of the Caribbean to you. His lively steel drum music will have you dreaming of ocean breezes and sandy beaches. Bring a friend, or come and make a new friend, and enjoy something different and unique. Refreshments will be served.

Thurs., May 21st, Blood Drive 2:00-8:00pm: One pint of blood can help to save up to three lives! Every two seconds someone needs a blood transfusion. Adults of any age can donate. Call the Red Cross at 1-800-GIVE-Life.

Thurs., May 28th 2:00pm, Book Chat: For this month's discussion please read the book, **Hotel on the Corner of Bitter and Sweet by Jamie Ford.** Copies are available at the Shrewsbury Public Library's Circulation Desk.

Spring Yard Clean-ups for Seniors: Volunteers from St Johns soccer team will be doing basic spring yard clean-ups with adult supervision. Please sign up as soon as possible at the front desk or call 508-841-8640 as there are only 10 spots available.

Also, please note that on May 1st, there will be no Village Café lunch served on that Day!

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CARES Column

(Consumer Awareness and Resources for Elders in Shrewsbury)

By Dave Grillo, CARES Coordinator

Spring solicitations from individuals offering repairs or upgrades for roofing, siding and driveways are as sure as the season's budding crocuses and flowering forsythia bushes. Senior homeowners have been victimized by unsolicited offers from thieves who "happened to be driving by and noticed" something wrong with victims' houses, landscapes or driveways. Typically, these roving bandits approach the homeowner at home with "a great deal"; they explain that they have materials with them, left over from other jobs, that they would rather utilize at cost than return to their supplier. And you're the lucky one who benefits! Or so they would have you believe. The scam unfolds with the hapless homeowner handing over payment to get the work started. After an initial period of preparation in which the demolition of the affected site is not uncommon, the homeowner is told that there are not enough materials in the truck to complete the job. Due to their unfortunate "miscalculation", more money is needed to purchase additional materials. Since the worksite is already disturbed, the homeowner feels compelled to finish what has been started and hands over more money. The provider promises to do the job at a later date but never returns. A variation on this is a the solicitor who doesn't even start the job but takes off with the initial deposit and never returns.

I encourage all homeowners to be wary of anyone who approaches them, especially at their homes, with offers of professional services. Likewise, don't reflexively respond to appeals at your door for donations from representatives of nonprofits. My standard request of anyone who solicits at my door—that is if I answer the door at all—is that they hand over detailed information about their venture. I then agree that I will review their information and contact them when I am ready if I should choose to take things further. Typically, the solicitor makes a desperate attempt to lure me into making an immediate decision. When I refuse, they depart without giving me anything substantive to look at. This leads me to conclude that they do not represent a reputable enterprise. This is not to say that all such solicitors are crooks. But don't be in a rush to hand over your money to someone who just shows up.

Be sure to talk with family, friends or CARES before committing you money to any unfamiliar organizations and solicitations. Need consumer advice? Have a scam warning to share with fellow consumers?

Call CARES at the Senior Center!

Volunteer Corner

Coordinator

Stacey Lavely 508-841-8758

Council On Aging May 2015 Volunteer Opportunities

With the snow finally gone and the May flowers finally here, it is the perfect time to get out and about in the community. I am looking for volunteers at many different locations this month. If you do not see something that interests you below, call me and we can explore other options

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

Office Fill-ins: We are seeking fill-in receptionists for vacations and sick days. Computer experience is NOT necessary! We need you to answer phones, assist guests and other office duties. Dependability, flexibility and a good attitude are essential. I look forward to hearing from you.

Senior Greeter Fill-ins: The Shrewsbury High School Greeter program is in need of fill-ins for the rest of the 2014-15 school year. No computer experience is necessary. Please be dependable, flexible and have a friendly demeanor.

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.

Can You Help?

Sherwood Middle School Her Story/His Story Day

Sherwood Middle School is looking for 35 seniors to come in on Friday, June 10, 2015 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

French Tutoring, all levels, in Shrewsbury and Worcester. Call Arlette at 408-401-9181

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Friends Men's Club

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

June 1 – 4, (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, (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.

June 23, (Tuesday) "The Drifters" Remembering the Fabulous Fifties This show features some of the greatest hits of the 50's & 60's that topped the musical charts and propelled the Drifters to fame. Location: Luciano's Lake Pearl in Wrentham, MA with meal choice of Boneless Breast of Chicken or Baked Scrod. Price of $92.00 p/p includes Transportation, Luncheon, Show and all Gratuities. Pick-ups for all events are in Shrewsbury. Check out our new web site at www.bltofma.com

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

7/19 – Gillette Castle, Gelston House lunch & River Cruise @ $99.00/pp

8/23 - City of President's Tour "Quincy", buffet lunch & a boat ride @ $104.00/pp

9/26 – The Norwich Inn in Vermont for lunch & King Arthur Flour @ $89.00

10/24 - "Newsies" at Providence Performing Arts Center plus lunch @ $149.00

Overnight trips: 9/26-10/07 - National Parks of America. **10/08-10/11** – 4 days Washington D.C. with a new Itinerary @ $19.00 pp double . **11/7- 11/15** - Tropical Costa Rica. **Call 508-421-6882 for prices & reservations for these two Collette Tours.**

Shrewsbury Friends Men's Club meets on Thursdays, 9:00 to 11:00am. This month's speakers will be:
5/7 - David Bagdon, Publisher, Community Advocate
5/14 - Fenway Park Tour with Bob DeCoteau
5/21- Eric K. Larson, President, Shrewsbury Historical Society
5/28 - Col. John P. Collins, Retired Veterans Administration

Please Note: Future Men's Club Foxwoods Trips Cancelled until further notice.

Bob Zinkus 2015 Trips: call 508-757-1210 or zworcester@verizon.net2015, Send check to Bob Zinkus, 45 Hilton Ave., Worcester, MA 01604.

Trips: Foxwoods Casino **May 14th, and June 11th**. Upon arrival one you will received a Buffet voucher plus $10 Slot play. Prizes on bus. Departs Our Lady of Loreto, 33 Massasoit Rd. Worcester at 7:40am and from Our Lady of Mount Carmel, 24 Mulberry St., Worcester at 8:00am. Departs Foxwoods at 4pm. Price $25.

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

June 10 - North Shore Music Theater, Beverly, MA - Wednesday 2PM - "Dream Girls" - wonderful musical. Lunch at Davenport Yacht Club - INSIDE seats for the show - $121

June 16 - Gloucester Lobster Cruise - Enjoy a New England Clambake including barbecue chicken. 2 1/2 hour cruise - $86

June 24 - Interlakes Theater - Meredith, NH - "Taffetas" - musical with songs from the 50's including Sh-Boom, Mr. Sandman, Old Cape Cod, Volare, etc. Lunch at Hart's - choice of turkey - haddock - sliced beef - $86.

Help on Newsletter Mailing Day!

Free Coffee, Donuts and Muffins when you help us stick the mailing labels on The Senior Edition Newsletter. June's mailing date is FRI. May 29th at 8:30am.Come join in a fun two hours.

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Sat., May 2nd, 10am-2pm Art Show: The Shrewsbury Senior Center will proudly host the Shrewsbury K-8 Art Show. We welcome you to enter an enchanting world of color, images, sculptures and more. You will be amazed at the beautiful world created for you by Shrewsbury's budding artists! There will be selections from each grade from kindergarten through 8th grade.

Tues., May 12th 9:30am to 2:00pm, Eldercare 2015: Free Event at the Manor Restaurant for Seniors and Caregivers. 60 Exhibiting Organizations, Giveaways & Raffles, Refreshment and Door Prizes every hour. Informative Seminars. There will also be entertainment and Health Screenings & Information. No Reservations required . Call 508-588-7700 or www.AHRevents.com. Flyers with details and more information are at the Senior Center (located on the bulletin board near the Consultation room), please come and get your copy.

Thurs., May 14th, 1-3pm: Life After Caregiving: Working Through Loss and Grief: This FREE presentation will be offered at Elder Services of Worcester, 67 Millbrook Street in Worcester. Panelists will include: Viola Jefferson, RN, FCN: Grief and Loss, Finding the Path Toward Healing, Susan Cardinal, LHMC, Art Therapist: Using Art To Help With Grief and Dr. Lucia Knowles, PhD: The Three Stories We Need To Tell: Love, Loss and Life. Materials and Refreshments will be included. Please RSVP to Deb Dowd-Foley at 508-756-1545 or e-mail ddfoley@eswa.org. This program is made possible through Elders Services of Worcester Area, the Massachusetts Executive Office of Elder Affairs and the Older Americans Act. Flyers available at Senior Center.

Sat., May 16th 8pm, Assabet Valley Mastersingers Presents: ***Choral Treasures***, a spectrum of inspiring favorites from Thompson's *Alleluia* & Mozart's *Ave Verum* to spirituals and newer classics. ASSABET VALLEY MASTERSINGERS Robert P. Eaton, Artistic Director To include selections by ASSABET VALLEY CHAMBERSINGERS. Location, St. Matthias Parish, 409 Hemenway Street, Marlborough, MA., Tickets: $25; $20 Students/Seniors, Advanced sale discount $3. Information: (978)-562-9838 or www.AVMsingers.org**.**

Sat., May 16th 8:30am to 1:00pm Mt. Olive Yard Sale: Lots of treasures to be found including household items, furniture, toys, child's bike, jewelry, and much more No early birds please! Rain or Shine. Mt Olivet Lutheran Church, 34 Prospect Street, Shrewsbury. Questions can be directed to the church office (by phone: 842-2731 or e-mail: office_mtolivet@townisp.com)

Sat., May 16th 9:00am to 12:00noon, Shrewsbury Garden Club: Will hold it's annual plant sale on Saturday May 16th at the Shrewsbury Senior Center parking lot, location 98 Maple St. Annuals, perennials, herbs, hanging baskets, memorial baskets and more. Don't miss this Springtime event!

SPRING 2015- LEAVES, GRASS, AND YARD WASTE PICK-UP PROGRAM: Leaves, grass, and small bundled branches will be picked up at the curb on your **regular rubbish collection day** during the following weeks: **April 27- May 1**, **May 11- May 15.** Yard waste must be in the 30 gallon paper lawn & leaf bags and lined up at the curb by 7:00 A.M. as routes and drivers are subject to change without notice. Small branches will be picked up if they are **no larger than three inches in diameter, cut into four foot lengths and securely tied into bundles.**

19th Annual Senior Art Exhibit Entries: Sponsored by the Secretary of the Commonwealth, William Francis Galvin's office. The 2015 theme is the 250th Anniversary of the Liberty Tree and is open to all citizens age 62 and older. Deadline for entries are July 1, 2015 and must be mailed or delivered to the attention of Delores McCray (see entry form for more information.) An Annual Award Ceremony will be held at the Commonwealth Museum at a date to be announced. At the time of the ceremony artwork may be retrieved. If an artist is unable to attend, their artwork will be returned to them. *The guidelines for the Art Exhibit can be found at the Senior Center. Please ask the receptionist for a copy of the Art Exhibit contest.*

Save the Dates!

June 12th: Elder Services of Worcester: Will be in the Senior Center lobby during lunch time with an informational table about Elder Abuse. They will also be collecting toiletries for seniors who are in need. Please come by, say hello, get valuable information and drop off a donation if you are able!

June 26, 27, 28: River's Edge Arts Alliance presents Cabaret: a Summer Musical: Please check their website for more details **http://upwitharts.org/.**

October 4th: This year's Worcester County "Walk To End Alzheimer's": sponsored by the Alzheimer Association. Walk will begin at Quinsigamond Community College. Information and Registration available at alzwalkMANH.org and 1-800-272-3900. Want to walk but don't have a team? Call the Senior Center to find a way to be part of this wonderful event.

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Monthly Support Group Meetings Available

May 5th: (1st Tues)

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

Family & Care-partner Alzheimer's Support Group: held the first Tuesday of the each month from 7-8:30pm at the conference room on the 2nd floor. Contact: Gary Davis at 508 -836-4354

May 6th: (1st Wed)

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

Alzheimer's and Related Dementia Caregiver Support Group: Shrewsbury Crossing at 5pm. Contact Angela Rosado, Harbor Care Director at 508-845-2100

Dementia and Alzheimer Program: for spouses of individuals with memory impairments, Dodge Park, 110 Randolph Rd, Worcester, 6-8 pm

May 11th: (2nd Monday):

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

May 12th: (2nd Tuesday)

Support Group for Grandparents Raising Grandchildren: 6-8pm YWCA, 1 Salem Sq., Worcester, contact number 508-756-1545. Free childcare is provided contact number 508-853-8180

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.

May 14th: (2nd Thursday):

Worcester Prostate Cancer Support Group: UMass Med School, 55 Lake Ave North, Ambulatory Care Center, Worcester, MA 6-7:30 pm. Contact 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.

May 14th & 28th: (2nd and 4th Thursdays):

Early Stage Alzheimer's Patient Group: 5 Whitney Place, Westborough, Second and Forth Thursdays 10:30-12pm.

May 24th: (4th Sunday):

Create A Better Day Café: 1:00 - 3:00 at Pleasantries 195 Reservoir St. Marlborough. Contact Tammy at 508-481-0809.

NEWS FROM SHINE - May 2015

Ed Roth, Regional SHINE Coordinator

Need Help with the Cost of your Prescription Medications? Prescription Advantage can Help!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on ***income only*** and there is ***no asset limit***! **Who can join?** If you are a **Massachusetts resident, eligible for Medicare**, and are: 65 years or older with an annual income at or less than $58,850 for a single person or $79,650 for a married couple or under 65 years and disabled, with an annual income at or less than $22,128 for a single person or $29,948 for a married couple. You may also join… if you are 65 years or older and **not eligible for Medicare. There is *no income limit***. There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than $35,310 for a single person and $47,790 for a married couple. There is a $200 per person annual enrollment fee for those with higher incomes. Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to **www.prescriptionadvantagema.org.**

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org "SHINE'S MEDICARE AND MORE" PROGRAM.

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

CENTRAL MASS SHINE WEBSITE

You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with you insurance needs. **We also have a link to our very informative cable TV program Medicare and More.**

You can now visit us on the internet at www.shinema.org.

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Shrewsbury Senior Citizen's Club
Mondays
11am
Join Us!

On-Going Activities

May 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11:30 Roger's Coffee Shop 9:30 Piece Makers Quilting 11-1:00 SSC Club (Bingo) 11:30 Whist 12:00 Mahjong 1:30 Yoga 2:00 - 3:30 Current Event Group	8:00 - 9:00 Beginners Tai Chi 9:00 Bocce 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 9:00-11:30 Independent Artists 10:20 Belly Dancing 12:00 -1:30 Painting with Elaine 12:30 - 4:00 Duplicate Bridge 2:00 Men's Billiards	8:30 Advanced Tai Chi 9-11:30 Roger's Coffee Shop 9:30-10:30 Fitness & Nutrition** 10:00-12:00 Scrabble Group 10:00-11:00 Basic Drawing 11:00 Yoga 12:00-1:00 BP/ Weight Screening 1:00-2:00 Mindfulness Meditation 12:30 Beginners Bridge 1:00-2:00 Pilates (no 6th) 1:00-3:30 Whist	9-11:30 Roger's Coffee Shop 9:00 Friends Men 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 1-3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors (no 8th)

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

PLEASE NOTE: All special monthly activities, meetings and screenings appear on this calendar. Call the Senior Center at (508) 841-8640 to sign up for screenings, clinics, and special events. 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. Meal donation of $2.50 would be appreciated.				*1* **10:00 Smoothie Workshop** **No Village Café Meal**
4 **Macaroni & Cheese**	*5* **Van Trip: Walmart Rte. 9** **Greek Chicken**	*6* **Meatloaf & Gravy**	*7* **Stuffed Chicken w/Gravy**	*8* **11:30 Movie and Lunch** **Potato Crunch Fish**
11 **10:00 Senator Moore** **Chicken Murphy**	*12* **9:30 Friends Inc. Board Mtg.** **10:00 Neuropathy Screening** **11:30 Hearing Seminar** **1:00-2:00 Hearing Screening** **Salisbury Steak**	*13* **10:00 COA Board Meeting** **Hot Dog on Bun**	*14* **9:00 - 12:00 Legal Clinic** **Fish w/Crumb Topping**	*15* **9-10:00 Hannah Kane** **Vegetable Cheese Bake**
18 **9:00-12:00 Legal Clinic** **Jambalaya**	*19* **Van Trip: Solomon Pond Mall** **1:00 Friends Inc. Program** **Meatballs w/Onion Gravy**	*20* **Pork Chow Mein**	*21* **2:00-8:00 Red Cross Blood Drive** **BBQ Chicken**	*22* **Tuna Salad**
25 **All Municipal Offices are Closed**	*26* **Salmon Boat / Dill Sauce**	*27* **Pasta Primavera w/Chicken**	*28* **2:00 Book Chat**	*29* **8:30 Newsletter Mailing** **Lasagna**