

The Senior Edition

November 2014 Volume 16 Issue 11



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 want to thank everyone who made the Basket Raffle such a success. A special thanks goes to Hebert Candies, BJ's and Bob Falter, PHD GRI, ReMax Advantage One, for their contributions (they were not included in the October issue).

Whether you made a basket, donated to a basket or bought a ticket your contribution will help the Friends support the Senior Center with much needed funds. Last year's Basket Raffle enabled us to buy chairs for the meeting rooms and card tables for the bridge players. Whenever a need arises at the Senior Center, the Friends try to meet those needs if money allows.

There are many ways to contribute to the Friends. You can become a member using the form on this page. Donations can be made for the newsletter or to the Friends general fund which pays for the upkeep of the Senior Center. If considering a memorial donation or to honor someone a donation to the Friends would be appreciated.

We look forward to using this year's Basket Raffle proceeds to continue to meet the needs of the Senior Center as they arise.

Friends of Shrewsbury Senior Center, Inc.

The September 2014 - September 2015 membership year has begun. Now is the time to re-new your present membership or join for the first time. Please note that dues has increased to \$10. The Friends would like to thank the people that send in donations for the newsletter. It is greatly appreciated.

Membership cards are kept in a file box at the front desk. If you have not received your membership card please go to the front desk and ask for it. Thank you for being a member of the Friends!

Please check off one/both!

Enclosed are:

\$ 10.00 My 2014-2015 Dues

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

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Address-----

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SHINE: Call the Senior Center for assistance

CARES Coordinator: Dave Grillo

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**Deadline for December
2014 Newsletter is
November 6**

Please Note: Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please do so by email: coavolun@shrewsburyma.gov. (Please note new e-mail address!) Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.

**Senior Television Shows, SPAC-TV 28**

Don't know what to watch on TV? Why not check out a local program made by Shrewsbury seniors.

Senior Center Events (1 hour): Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm. Featuring the Friends of Shrewsbury events.

Seniors on the Move: (1/2 hour) Tues. at 2:00pm and Wed. 10am and Fri. 1:pm. Also, 1 hour program on Tues. 7am. Host : Karen McKenzie

Full schedule for Channel 28, as well as 29 (Educational Access) and 30 (Government Access) on the town's website: www.shrewsbury-ma.gov.

**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!

Special Thank-You: to John Creedon & Company, at 39 Jolma Rd. Worcester, for their Champion Bravehearts baseball teams donation of coffee cups to Roger's Café, located at the Shrewsbury Senior Center.

**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 60 and under can apply at Shrewsbury Youth and Family Services. One can apply at the SMOC Office at 7 Bishop St. Framingham, MA starting in November. Their number is 508-620-1230 or 800-286-6776.

Small Home Repair Program (SHRP): Fall weather means people need help with fans, screens, and air conditioners! PLEASE 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. 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!*

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

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November, Free Health Screenings:

11/18 1-2:00pm: Hearing: Peter Lee, Audiologist, will run hearing tests, clean hearing aids and change batteries.
Cancelled - Blood Sugar, Cholesterol or Blood drive.
Every Wednesday at Noon: Blood Pressure Screenings

Fri. Nov. 7th, 10:00am - 1:00pm Smoothie Workshop: Heart Healthy Smoothies and Brain Gym. New Smoothie each month. Please call 508-841-8640 or stop by the front desk to register.

Mon. Nov. 10th, 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.

Thurs. Nov. 13th, Turkey Dinner, 12pm: Come join Senator Michael Moore and his staff for a FREE delicious meal with all the traditional fixings! Seating is limited! Please sign up at the front desk of the Senior Center or call us at 508-841-8640

Thurs. Nov. 13th Legal Clinic, 9:00am-12pm: This month's volunteer elder law attorney is Paula Smith. Slots fill quickly. Advance sign-up required, call the Senior Center to register.

Fri. Nov. 14th, Movie and Lunch 11:30am: We are featuring the movie "No Reservations." Starring Catherine Zeta-Jones and Aaron Eckhart. Kate Armstrong is the master chef who is equally intense both in and out of the kitchen. Though Kate's "Type A" personality serves her well when whipping up meals in the trendy Manhattan eatery where she has made a name for herself, it threatens to sink her when she is named as the guardian of her nine-year-old niece Zoe. To complicate matters, an impetuous new sous chef named Nick Palmer (Eckhart) has recently joined the kitchen staff. As the rivalry between the competitive cooks gradually gives way to romance, the lessons learned by compromising in the kitchen reveal to Kate the importance of learning to openly express herself in order to truly connect with Zoe. Rated PG, 1 hr. 45 minute movie. Call the Senior Center to reserve your seat and enjoy complimentary refreshments. **Seating is limited. Movie will start promptly at 11:30.** Consider having lunch at 11:00 at the Village Café for \$2.50.

Tues. Nov. 18th 1:00pm, Friends of the Shrewsbury Senior Center Inc. Program:

You are invited to spend an afternoon with Michael Perna as he takes you down memory lane with his presentation of "Old Times in Shrewsbury". Michael, a life long Shrewsbury resident, has written four books about Shrewsbury and Lake Quinsigamond and continues to write a weekly history column for Shrewsbury Chronicle. Bring a friend, or come and make a new friend, and enjoy reminiscing and/or learning something new about Shrewsbury. Refreshments will be served.

FRIENDS MEMBERS TAKE NOTE: Current Friends members can get a substantial discount on a BJ's Warehouse membership. Bring your Friends membership card to BJ's customer service to take advantage of this offer.

**Thurs., Nov. 20th, 12:00 - 3:00pm**

Flu Shot: Flu vaccinations will be provided to seniors 60yrs and over, as well as Shrewsbury Town Employees. Be sure to bring your Insurance card (or proof of insurance.) No out-of-pocket cost. Just come to the Senior Center and register on November 20th.

Thurs., Nov. 20th, 2:00pm, Book Chat: For this month's discussion please read the book "The Painted Drum" by Louise Erdich. Copies are available at the Shrewsbury Public Library's Circulation Desk.

Remember This Special Date in December**Friday, Dec. 19th at 12pm, Representative Matt Beaton:**

for a Christmas Ham Luncheon & Entertainment by Malcolm Halliday. Enjoy a delicious ham dinner and dessert and listen to the very talented Malcolm Halliday perform festive holiday music. Malcolm Halliday is a concert pianist, organist and conductor. He has been the Minister of Music for 25 years at the First Congregational Church of Shrewsbury, where he directs one of the largest and most active music ministries in central Massachusetts. He is also Artistic Director and Conductor of the community chorus, the Master Singers of Worcester. **Please sign up at the Front Desk by December 5th. Event is open to first 150 seniors registered.**

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CARES Column

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

You may have received a postal mailing from US Airlines with confirmation that you had won a free trip for two worth \$1,450.00 with a hearty "Congratulations!" My wife received two such letters, I received one, and if you didn't happen to get one, you are the exception. So why aren't I excited? Because, despite its appeal, this is a classic scam. Let's pick it apart.

The letter comes in an envelope with no return address (a red flag). Even though the recipient's name and address appear to be handwritten, a common technique of automation has been used to make the mailing appear personalized. There is no "US Airlines". However, there is a real airline named US Airways which sounds similar. The letter states that "Certain restrictions apply"; that translates to, "You and your spouse are going to have to listen to a presentation, and to take advantage of your 'award', you are going to have to pay a lot of money." The letter states that several attempts have been made to contact you without success; yet this letter is the only contact. And the words, "If we do not hear from you soon..." are part of classic scam bait to get you to act before something you perceive to be valuable and worthwhile passes you by.

In my first sentence I misled you. The mailing does not say you've won a "free" trip for two nor does it say the value is \$1,450.00. But many mislead themselves when they misinterpret the craftily written "you have qualified for an award of 2 round-trip airline tickets" and the "retail value of this award is up to \$1,450.00" as meaning they have won a free trip for two worth \$1,450.00. As tempting as such a mailing is, it is nothing more than a ploy to get us to listen to a sales pitch that will cost us dearly if we bite.

A fellow Shrewsbury senior called with words of warning about "the Microsoft scam." This presents as a phone call from someone claiming to be from Microsoft security. The caller states that your computer has been compromised and tries to get you to purchase a security program to fix your problem. The caller requires access to your computer and a debit or credit card number to pay for the service. If you oblige at least two thefts occur: Your valuable personal information from your computer is stolen, and your card is fleeced for the crook's benefit. Beware!

Volunteer Corner

Coordinator

Stacey Lavelly 508-841-8758

Council On Aging October 2014 Volunteer Opportunities

Can you believe Thanksgiving is right around the corner? Now is the time to come out and celebrate the holidays with the senior center by helping others in any of the following ways:

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

Meals On Wheels Kitchen Help: Please join us in preparing meals for homebound seniors in our community! No experience necessary. We have one shift on Thursdays as well as on-call positions. Hours are 8:30-12pm.

Fill-in Receptionists: Are you an outgoing person, with a flexible schedule who enjoys lots of variety? We are looking for fill-in receptionists at our front desk. The shifts are either 8am-12pm or 12pm-4pm. Duties include answering phones, helping people who come to the reception desk and other office duties. Computer experience is not necessary but a positive attitude and dependability are!!

Sherwood Middle School Math Club Volunteers: The Sherwood Math Club is seeking volunteers to help 5th and 6th graders interested in solving challenging math problems on Mondays from 2:45pm - 3:45pm. You must be competent in math, including some algebra and geometry, and willing to guide students through challenging problems. There will be one teacher and 1-3 high school students present to work with students, too. This is a collaborative venture and it can get noisy.

Spring Street School Veteran's Day Celebration – Guest speaker : Spring Street school is looking for a military veteran to participate in an all school meeting at Spring Street Elementary School early this month. They would like someone to speak to the students (grades 1-4) about how the military helps our country.

Please call or email me at volunteerjobs@gmail.com if you are interested in any of these opportunities. New volunteer opportunities come in all the time.




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

Dec. 7-8, Christmas New York Style - Historic Hudson Valley & NY City 2 Days, 1 Night. Tour includes lodging at the Sheraton, tour Union Church of Pocahanto Hills: Lyndhurst Castle, Christmas show at the Westchester Broadway Dinner Theater & Radio City Music Hall Rockettes. \$399./pp Double, \$499 Single and \$379 Triple.

Wed. March 11, 2015 : "Irish Cabaret" at the Venus De Milo Restaurant, Swansea, MA. Join us to celebrate St. Patrick's Day with Corned Beef and Cabbage or Baked Scrod. This award winning cast direct from Dublin Ireland will reward you with Song, Comedy and of course Irish Dancers. Price of \$88.00 includes transportation, Luncheon and show.

Tue. April 21, 2015: "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. Pick-ups for all events are in Shrewsbury.

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.

11/16 - Boston for a pre Christmas stocking stuffer tour & lunch, plus @\$89.00/pp

12/14 - Regal Players Christmas Show and lunch @ \$90.00/pp

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

Over night trip: See brochures for pricing

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

For Bermuda trips call 508-421-6882

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

Shrewsbury Friends Men's Club meets on

Thursdays, 9:00 to 11:00am: The following speakers will be attending the November meetings:

11/6 - James Vuona, Shrewsbury Fire Chief

11/13 - Ellen Dolan Director, Shrewsbury Public Library

11/20 - 1st speaker - Jason Costa, Athletic Director. 2nd speaker - John Noise SHS Football Coach

Trip to Foxwoods Casino, Nov. 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.**

Trip to Mohegan Sun Casino, Nov. 19th, 8am:

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

**New Year's At Noon: Wednesday**

Dec. 31st at 9:30am: The Retired Men's Club of Greendale Presents!! New Year's At Noon. Tour includes Luncheon on the Boston Harbor, DJ Entertainment, Champagne Toast & Party Favors, Boston Sightseeing on a Luxury Silver Fox Coach.

Cost \$81.00 pp. (Includes Driver Gratuity) **Contact George Barry at 508-799-0739, or george.barry77@yahoo.com.** After the cruise returns, you'll board the coach for a view of the Holiday Lights and Ice Rink on the Boston Common.

Assabet Valley NHS Presents "Senior" Prom for Seniors Citizens: November 7th, 6:30 - 8:30pm.

Tickets \$7:00 or 2/\$10.00 Available at the door. Address is 215 Fitchburg Street. Marlborough, MA..RSVP 774-275-0071,

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Tues. Nov. 4th, State Election will be held on Tuesday, November 4, 2014. Polls will be open from **7:00 A.M. to 8:00 P.M. Election officers will arrive between 6:00 A.M. and 6:30 A.M.** Voting equipment will be set up on Monday, November 3 and removed on Wednesday, November 5. If you have any questions, please contact the Town Clerk's Office at (508)841-8507.

Fri. Nov. 7th, 12:00 p.m. Shrewsbury Woman's Club Meeting: Cara Brindisi, Shrewsbury native and Singer/Songwriter/Certified Music Therapist, will perform and share her journey in music from childhood to the present. A graduate of Berklee College of Music and, by day, a music therapist for hospice patients, children and elder groups, Cara has established herself on the central Massachusetts music scene as well as, recently releasing her first CD. Members and their guests are welcome. Remember our monthly food collection for Shrewsbury Human Services Food Pantry. Meeting location, First Congregational Church, Parish Hall, on Church Rd., program starts at 1:00 p.m.

Sunday November 9th, 3:30pm Assabet Valley Mastersingers: Will launch the 2014-15 concert season with a program designated "The French Connection" at St. Rose of Lima Parish, 244 West Main St. (Route 20), Northborough. Tickets may be purchased at Robinson Music Company, Westborough; Shattuck's Pharmacy, Northborough; Shrewsbury Federal Credit Union, Shrewsbury; The English Garden Florist, Southborough; Serendipity Jewelry, Art, & Whimsy in Hudson; and both Joy-Den Jewelers and Main Street Café in Marlborough. Advance sale tickets will be discounted \$3 (from the general prices for adults of \$25 and \$20 for students and senior citizens. For further information please call (978) 562-9838 or reference www.avmsingers.org. Partial funding for the Assabet Valley Mastersingers, a non-profit organization, has been provided by the Massachusetts Cultural Council through local Arts Councils of Berlin, Boylston, Hudson, Marlborough, Northborough, Shrewsbury, Southborough, and Westborough.

Nov. 10 - Dec 15, 9:00 - 11:30 My Life My Health Workshop: Chronic Disease Self-Management 6 week program will be held at the Shrewsbury Senior Ctr. To register or for more information contact Laurie Murphy at 508-756-1545. **Information session Nov. 3rd**, or visit healthyliving4me.org.

Mon. Nov. 10th, 1:00, The Bancroft Chapter #2599: The Bancroft Chapter # 2599 AARP will hold its monthly meeting at 1 p.m. November 10th at the Phelan Center of Blessed Sacrament Church, 511 Pleasant St. Worcester, MA. Elder services of Worcester Area. Inc. will present an overview of their agencies services to seniors and allow for questions and answers. Refreshments will follow. Members of AARP are invited to attend the meeting and join the chapter. Please bring a friend! For more information, call Edna Hanson at 508-886-7199 or email at hanson7199@charter.net.

Mon. Nov. 10th, 2:00 PM Seniors on the Go and Bucket List Travelers: will hold an Informational Presentation at 2:00 PM at the **Shrewsbury Senior Center**. A representative from Collette Vacations will provide a video with details about three trips. A river cruise in Russia; a visit to Switzerland called "Discover Switzerland, Austria & Bavaria and a trip in the US for The National Parks of America. There is no obligation to register for the trip, simply come to learn details, how you can save \$100.00 to \$250.00 p/p and enjoy the video of the highlights of each of these trips

Dec. 11th, 5:30 Community Dinner: At the Shrewsbury High School, entertainment by the Blackstone Community Band. **Dinner at 5:30, entertainment at 7:00.** Menu: Swedish Meatballs, peas, mashed potatoes, Italian Wedding soup and dessert. Cost is \$2.00. **Please register at the Sr. Center front desk and be sure to leave your phone number in case of a cancellation.**

MEMA STRESSES THE IMPORTANCE OF 'BEING INFORMED'

FRAMINGHAM, MA – The first concept of Massachusetts Emergency Preparedness Month being promoted by the Massachusetts Emergency Management Agency (MEMA) is the importance of 'Being Informed'. It is important to learn of about the hazards that could potentially impact our communities. Massachusetts is susceptible to many natural hazards including floods, hurricanes and tropical storms, winter weather and blizzards, tornadoes, coastal storms, thunderstorms, lightning, severe weather, and many others. In addition, man-made disasters can also occur including hazardous materials incidents, nuclear power plant incidents, power outages, transportation accidents, water supply problems, terrorism and others. Being aware of the different types of incidents that can occur is a critical part of being prepared for emergencies. To learn more go to: www.mass.gov/ ready.

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Support Group Meetings Available

Tues. Nov. 4th. 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. Nov. 5th. 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. Nov. 10th: 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. Nov. 11th (Holiday): 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., Nov. 13th: 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. Nov. 13th & 27th (Holiday): 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. Nov. 18th: 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., Nov. 23rd: 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 NOVEMBER 2014

Don't Wait Until It's Too Late!

Make a SHINE Appointment Now!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You may also contact Medicare directly at 1-800-MEDICARE. Their customer service is available 7 days a week 24 hours a day.

"SHINE'S MEDICARE AND MORE" PROGRAM

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

CENTRAL MASS SHINE WEBSITE The Central Mass Region has recently launched it website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with you insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. 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. During Open Enrollment it may take a couple of days to return your call. You can now visit us on the internet at shinema.org.



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



November 2014



On-Going Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11:30 Roger's Coffee Shop 9:30 Piece Makers 11-1:00 SSC Club (Bingo) 11:30 Whist 12:00 Mahjong 2:00 - 3:30 Current Event Group	8:00 Beginners Tai Chi (no 4th) 9:15 Zumba Gold (no 4th) 9-11:30 Roger's Coffee Shop 10-12:00 Independent Artists 10:20 Belly Dancing (no 4th) 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 1:00-2:00 Stress Management 1:00-2:00 Plates 1:00-3:30 Whist 2:30 Country/Western Dancing	9:00-11:30 Roger's Coffee Shop 9:00 Friends Men's Club 9:30-11:00 Scrapbooking 11:30 Open Mic Jam 1:00 Pitch 1:00 Beginner Mahjong 2:00 Book Chat 2:00 Men's Billiards	9-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 12:00 Mahjong 12:30 - 1:30 Healing Meditation 1-3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors

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

3	4	5	6	7
Beef & Bean Chili 10:00 - 11:00 Senator Moore Garlic Herbed Chicken	Election Day Van Trip: Walmart Rte. 9 Cracker Crumb Fish  VETERANS DAY <i>All municipal offices closed</i>	Last Fitness & Nutrition Day 8:00 - Foxwoods Trip Rib-BBQ 12 10:00 - COA Board Meeting Wild Caught Salmon	6 Buttermilk Chicken 13 12:00 - Senator Moore's Dinner 9:00-12:00 Legal Clinic Beef and Broccoli	 10:00 - 1:00 Smoothies Workshop Swedish Meatballs 14 11:30 Movie & Lunch Baked Ham
17	18	19	20	21
Beef Stroganoff	Van Trip: Auburn Mall 1:00 Friends Program 1:00-2:00 Hearing Screening Vegetable Cheese Bake	American Chop Suey	Lemon Thyme Chicken	Breaded Fish Filet w/ Tangy Seafood Sauce
24	25	26	27	28
Omelet w/Cheese & Bacon	Roast Turkey and Gravy	Beef w/ Jardiniere Sauce	 Thanksgiving Day <i>All municipal offices closed</i>	8:30 Newsletter Mailing Ham Salad

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, meals are \$2.50. All reservations must be made by noon, (2) business days in advance at the latest, to reserve your seat. Meal menu may change without notice.