

# The Senior Edition

October 2014 Volume 15 Issue 10



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

## Letter of Thanks from the Friends of the Shrewsbury Senior Center, Inc:

The Friends of the Shrewsbury Senior Center, Inc. thank the following individuals and businesses for their generous donations that have made our basket raffle fundraiser so successful! We hope that you'll patronize these folks in the community and will say Thank You to them when you see them! We also want to thank all of the people who bought raffle tickets to take a chance and to support the Friends and the Senior Center!

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Décor  
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New England Hearing  
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Helen Reynolds  
Mineke  
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Seniors on the Go  
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**Friends of the Shrewsbury Senior Center, Inc.**

98 Maple Avenue, Shrewsbury, MA 01545  
**508-841-8640**

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**Transportation Coordinator:** Cynthia M. Willis

**Van Drivers:** Pat Babin, Bob Dumas, Bob Horne, Philip Koziara, Jane Person, Donna Messier, Tim Shaw, John Shirpole and Junior Watkins.

**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 November  
2014 Newsletter is  
October 16**

**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](http://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!

**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 will begin October 27th 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 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.**

**Stress Management Classes:** Stress Management classes will begin on Wednesdays starting October 1st, 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. You will learn techniques and strategies including mindfulness meditation to help you to cope with worries and concerns that keep you from focusing and living in the present moment. If you have concerns or questions about this group, feel free to call Walter Rice at 508-841-8647.

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## October, Free Health Screenings: *Please call to sign up!*

10/14 10am: Chiropractic: Shrewsbury Chiropractic will screen you to show how chiropractic care may improve your quality of life.

10/14 1pm: Hearing: Peter Lee, Audiologist, will run hearing tests, clean hearing aids and change batteries.

**Every Wednesday at Noon:** Blood Pressure Screenings

**Fri., Oct. 3rd Smoothie Workshop:** Heart Healthy Smoothies and Brain Gym – Friday Oct. 3rd, 2014 from 10:00am - 1:00. Improve coordination and organize the nervous and muscular systems to prepare for exercise and gross motor activities. There will be a new smoothie every month. Please call 508-841-8640 or stop by the front desk to register.

**Fri., Oct. 11th, Movie and Lunch 11:30am:** This month's movie feature is: Hocus Pocus is a 1993 American horror comedy film directed by Kenny Ortega. After three centuries, three witch sisters are resurrected in Salem Massachusetts on Halloween night, and it is up to two teen-agers, a young girl, and an immortal cat to put an end to the witches' reign of terror once and for all. Starring Bette Midler and Sarah Jessica Parker. It is PG and is 1hr. 36 minutes. 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.

**Oct., 20th 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

**Tues., Oct., 21st Legal Clinic, 9:30am-12pm:** This month's volunteer elder law attorney is Chris Mehne. Slots fill quickly. Advance sign-up required, call the Senior Center to register

### Senior Computer Class at Shrewsbury

**High School:** Starting Wed., **Oct. 1st** until Nov. 19th, Beginner class will be 2:30 to 4:00. Sign up to register at the Shrewsbury Senior Center.



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## Friends Basket Raffle This Month!

Help support the Shrewsbury Senior Center by joining in our Fall Basket Raffle. Sponsored by the Friends of the Shrewsbury Senior Center, Inc. and open to the whole community, the Basket Raffle features a wide variety of baskets made possible by the very generous donations of local businesses and individuals. A complete listing of donors is on page 1. There is something for everyone - gift cards, food baskets, lottery tickets, beauty products, coffee and tea baskets, baby basket and much, much more. Beginning on September 16, you can see these baskets on display at the Shrewsbury Senior Center and purchase raffle tickets at the front desk. The baskets will also be on display at the Spirit of Shrewsbury Expo on September 27 and you can purchase tickets there. The drawing will be held on October 21 at the Friends' monthly program. All proceeds will benefit the Senior Center. Thank you for your support.

**Tues., Oct., 21st, 1:00pm, Friends of the Shrewsbury Senior Center Inc. Program:** Jody Scalise - The Motion Man - will entertain with "his myriad transformations and malleable physique" (Boston Globe) performing lyrical movement, pantomime, gibberish, spinning plates a floating hat and much more. With his visual comedy Jody proves that "laughter is the best medicine". Come and enjoy an afternoon of fun and friendship. Refreshments will be served. Drawings will be held after the program for the basket raffle.

**Thurs., Oct 23rd Blood Drive, 2-8pm:** One pint of blood can help to save up to three lives! Every two seconds someone needs a blood transfusion. Adults of any age can donate! Call the Red Cross at 1-800-GIVE-LIFE.

**Thurs., Oct., 30th, 2:00pm, Book Chat:** For this month's discussion please read the book "The Omnivore's Dilemma" by Michael Pollan. Copies are available at the Shrewsbury Public Library's Circulation Desk.

**Wednesdays, 2:30pm, Country Western Dance Lessons:** Country/Western Partner Dancing is a structured form of ballroom dance done in a counter clockwise circle on the perimeter of the dance floor. Dances will include waltz, cha-cha, El Paso and others. Although choreographed for couples lessons are suitable for individuals. Call the front desk at 508-841-8640 to sign up.

### CARES Column

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

I was in a public library recently and overheard two job seekers struggling with questions from online job applications they were trying to complete on the library's computers. Their frustration was palpable. Having twice sought out assistance from a friendly staff person, they plowed on, encountering more and more confusion. Finally and hastily, they left in apparent defeat. Had they left private information on these public computers that could compromise their personal and financial security? I don't know. But the risks of using free public WiFi networks are real.

In an article, "How to Protect Your Privacy on Public WiFi Networks" (Nov. 4, 2013) on the website techlicious.com, Elizabeth Harper warns that checking your bank balances or credit card statements or even your social networks via free WiFi at "your favorite coffee shop" is like "having a conversation in a public place: Others can overhear you." Whether at the coffee shop, airport, a hotel lobby, or even the local library, "information your devices send over a public WiFi network goes out in clear text---and anyone else on the network could easily take a look at what you are doing with just a few simple software tools." Also, thieves might set up their own WiFi hotspot with an unassuming name like 'Public WiFi' to tempt you to connect so they can grab up any data you send." Additionally, hacker's monitoring your public WiFi session can find your login and password information by stealing your "cookies." They can then pretend to be you on Internet websites that know you.

Stay safe by finding out what network you are connecting to (ask an employee at the public site) before you connect. "Check to make sure your computer or smartphone is not set up to automatically connect to unknown WiFi Networks---or set it to ask you before connecting..." Connect to sites via HTTPS (check the address bar of your browser) to ensure secure communication to and from a website. Encrypt your data by using a VPN service so that anyone trying to steal your data will see only encrypted data that they can't get into." Learn to use two-factor authentication with a password and a secondary code as an added obstacle for thieves. Learn to disable features that allow access to your files. Free and easy WiFi doesn't mean safe WiFi!

### \*\*Volunteer Corner\*\*

#### Coordinator

Stacey Lavelly 508-841-8758

## Council On Aging October 2014 Volunteer Opportunities

### Volunteer Opportunities for the Council On Aging

With the change of season and the turning of the leaves, perhaps it is time to turn over one of your own. Volunteering is great for mind, body and soul and we have many opportunities for folks to get involved right here in town. Please see some of our opportunities below:



**Meals On Wheels Drivers:** We need a few good 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.

### Discussion Group Leaders:

We are currently seeking leaders to facilitate discussion groups. We have a vibrant senior community who are thirsty for knowledge and to share their experiences with others. We are open to suggestions as to subject matter for these groups. Please feel free to contact me and set up a time we can speak about your ideas and this opportunity in more detail.



### Hospice Volunteers

MetroWest Homecare and Hospice is currently seeking volunteers interested in being trained. No experience is necessary, the only requirement is a willingness to help others. You will be providing companionship, running light errands, sharing a hobby and providing loved ones with support and comfort. Please contact Lynne Feraco for more information at 508-383-7000 or email her at [lynne.feraco@mwmc.com](mailto:lynne.feraco@mwmc.com)

Please call or email me at [volunteerjobs@gmail.com](mailto: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



**State Representative**  
**Matt Beaton**  
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[www.rep matt beaton.com](http://www.rep matt beaton.com)

Shrewsbury



Friends Men's Club  
Thursdays 9 -11 AM



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(508)-831-7356

**TRAVEL**

**Seniors On The Go:** For more info, please contact Dave Stevens at 508-869-6830. You may also go on-line at: [www.boylstonsejiorsonthego.com](http://www.boylstonsejiorsonthego.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.

**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.

**10/12** - Vermont Foliage, Country Inn lunch, the Vermont Country Store, plus @ \$79.00/pp

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

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

**Bob Zinkus 2014 Trips: Call 508-757-1210 or email [zworcester@verizon.net](mailto:zworcester@verizon.net)**

**Oct. 22nd** - Foxwoods "Tribute to Frank Sinatra": Upon arrival receive \$10 slot play and a buffet voucher. Leave Worcester at 9am. Show time is 2pm. Leave Foxwoods at 4:30pm. \$71 pp.

**Nov. 6th** - Newport Playhouse, "Brighton Beach Memoirs" Enjoy a wonderful buffet, see the show and return to your seats for an always funny Cabaret show. One price for two shows. \$81 pp.

**November 16-18** - Atlantic City Resorts: 2 nights at Resorts Hotel & casino in the Rendezvous Towers. Two Buffets vouchers, \$25, slot play and show. \$195pp (dbl.)

**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.

**Name**-----  
**Address**-----  
**City, Zip**-----

Make Checks payable to:  
**FSSC, Inc.**  
 98 Maple Avenue, Shrewsbury, MA 01545

**Trip to Foxwoods Casino, Oct., 8th, 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.**

**San Antonio Getaway Featuring a visit to an Authentic Dude Ranch**

**March 22-25 2015**

F.I.N.E. Travelers presents this trip. Contact Jim Gallagher 508-259-3786 or [nscfine@gmail.com](mailto:nscfine@gmail.com) or visit <http://nscfine.com>. Five days 7 meals 4 breakfasts 3 dinner. Double: \$1729, Single: \$2029, Triple: \$1699 includes round trip Logan Intl. airport, air taxes and fees/surcharges, hotel transfers.

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**Oct., 3rd 12:00 p.m. Shrewsbury Woman's Club Meeting:** Hank Phillippi Ryan, on-air Investigative Reporter for NBC Boston Affiliate WHDH-TV (Channel 7), is the featured speaker. She has won 50 awards from news organizations all over the world, including 32 Emmys and 12 Edward R. Murrow awards for excellence in electronic journalism. Best-selling author of six mysteries, Ryan has also won three Agatha (Christie) Awards including the 2013 Agatha for Best Contemporary Novel and the 2013 Mary Higgins Clark Award. Members and their Guests are welcome. **Meeting Location:** First Congregational Church, Parish Hall, Church Rd. **Take note of meeting start time: 12:00 p.m. Program starts at 12:45 p.m.**

**Mon., Oct. 20th 1:00, The Bancroft Chapter #2599:** AARP will hold its monthly meeting at 1 p.m. October 20th at the Phelan Center of Blessed Sacrament Church, 511 Pleasant St. Worcester, MA. Sheriff Lew Evangelidis and his staff will present a very interesting program on "Public Safety for Seniors. 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 me at [hanson7199@charter.net](mailto:hanson7199@charter.net)

**Tues., Oct., 14th Osteoporosis Prevention Exercise & Nutrition Program:** The Worcester Senior Center invites you to register now for classes starting on October 14th. Please call 508 799-8062 for more information. See flyer on the Shrewsbury Senior Center.

 **Sat., Oct. 18th, Francis Gardens Bazaar, 10am to 2pm:** Francis Gardens, located off of Francis Ave. Shrewsbury, is having their annual Bazaar. Baked goods, Plants, Jewelry, Crafts, Toys and Holiday items. Refreshments for sale. Prize raffle at 2:00pm.

**Tues., Oct. 21st, Manufactured Homes:** The next quarterly meeting of the Massachusetts Manufactured Homes Commission is Tuesday, October 21, 2014 10:00 am to 12:00 pm at the Peabody Council on Aging, 79 Central Street, Peabody. If you wish to be on the agenda or submit any written correspondence, please contact: Sherri Sore, Recording Secretary.

**Shrewsbury Friends Men's Club meets on Thursdays, 9:00 to 11:00am:** The following speakers will be attending the October meetings:  
**10/2** - Dr. Bruce Boghosian, Professor of Physics at Tufts  
**10/9** - Peter Stoner will talk about Medicare  
**10/16** - Jim Arnold, Weather expert in Shrewsbury  
**10/23** - Lewis Evangelidis, Sheriff of the Worcester County  
**10 /30** - TBD



### Special Senior Center Announcement

### **New Transportation Policy Effective Oct. 1st, 2014:**

**Our Van Service** has grown so much we needed to revise our transportation policy effective October 1, 2014. We will require that everyone call to schedule transportation needs at least **48 business hours in advance** of desired pick-up.

#### *If you need transportation for:*

**Monday** - you should call to request service by: **10am the previous Thursday**

**Tuesday** - you should call to request service by: **10am the previous Friday**

**Wednesday** - you should call to request service by: **10am the previous Monday**

**Thursday** - you should call to request service by: **10am the previous Tuesday**

**Friday** - you should call to request service by: **10am the previous Wednesday**

*We apologize for any inconvenience but hope the new system will ensure the best possible service for all. (Please note that residents under ADA will continue to be serviced within the 24 hour timeframe.)*

### **Mercadante Funeral Home & Chapel**

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Please call to learn more about our wide range of financial services for seniors! **508-842-7400.**

## Support Group Meetings Available

### Tues., Oct. 7th: 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., Oct. 1st: 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., Oct. 13th, Holiday: 2nd., Monday of each month:

\*Alzheimer's Caregivers Support Group, 6:00pm - 8:00pm. Location: Pleasantries Adult Day Services, 195 Reservoir St. Marlborough. Contact Tammy Pozerycki at 508-481-0809.

\***Better Breathers** Support Group, Whittier Rehabilitation, Westborough, MA 2:00pm., contact number 508-871-2134.

\***Alzheimer's and Memory Loss** Support Group 1:30-3 pm. Beaumont Rehabilitation and Skilled Nursing Center, 85 Beaumont Dr., Northbridge. Contact number 508-234-6481.

### Tues., Oct. 14th: 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., Oct. 9th: 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., Oct. 9th & 23rd: 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., Oct. 21st: 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., Oct. 26th: 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 OCTOBER 2014

### A MEDICARE OPEN ENROLLMENT UPDATE MEETING for 2015 IS COMING SOON TO A SENIOR CENTER NEAR YOU!!!!

At this meeting we will be discussing your options for MEDICARE IN 2015. We will be reviewing changes to MEDICARE Health Plans, we will also talk about MEDICARE Part D coverage and how it works. Finally we will speaking about programs that may be available to assist you with some or all of your MEDICARE costs. Please call your local Senior Center to get the location of a meeting near your home. Then call and reserve a space for this important meeting. Remember MEDICARE Open Enrollment is from October 15<sup>th</sup> to December 7<sup>th</sup>. **YOU MUST MAKE ANY CHANGES TO YOUR PLAN BY DECEMBER 7<sup>th</sup>. If you have any questions call us at 1-800-AGE-INFO/1-800-243-4636 option 3 or call our direct line at 508-422-9931.**

**DON'T IGNORE YOUR MEDICARE MAIL!!:** It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan by the end of September. It is important to **understand** and **save** this information because it explains any changes in your plan for 2015. During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. **SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early!**

**"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.

**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, leave your name and number. A volunteer will call you back.**



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# On-Going Activities

# October 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11:30 Roger's Coffee Shop 9:30 Piece Makers 11-1:00 SSC Club (Bingo) 11:30 Whist 12:00 Mahjong 2:00 - 3:30 Current Event Group	8:00 Beginners Tai Chi 9:00 Bocce 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 10-12:00 Independent Artists 10:20 Belly Dancing 12-1:30 Painting with Elaine 1:45-3:15 Art is 4 Every1 12:30-4:00 Duplicate Bridge 2:00 Men's Billiards	8:30 Advanced Tai Chi (10/1) 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 Pilates (no 1st or 8th) 1:00-3:30 Whist 2:30 Country/Western Dancing	9:00-11:30 Roger's Coffee Shop 9:00 Friends Men's Club 9:00 Bocce 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 1:15- 1:45 Healing Meditation 1-3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors <b>(no 3rd or 10th)</b>

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

<b>PLEASE NOTE:</b> 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	<b>1</b> 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	<b>2</b> <b>Salmon Noodle Casserole</b>	<b>3</b>  10:00 Smoothies Workshop  <b>Chicken Stew</b>
<b>6</b> <b>Macaroni &amp; Cheese</b>	<b>7</b> Van Trip: Walmart Rte. 9  <b>Chicken Chow Mein</b>	<b>9</b> <b>Trip to Foxwoods</b> 10:00 COA Board Meeting  <b>Pork w/ Stuffing &amp; Gravy</b>	<b>10</b>   <b>11:30 Movie and Lunch</b>   <b>Chicken Stew</b>
<b>13</b>  <b>All mt Columbus Day closed.</b>	<b>14</b> 10:00 Spinal Screening 1:00 Hearing Screening  <b>Salmon Boat/Dill Sauce</b>	<b>16</b>   <b>Hot Dog on a Bun</b>	<b>17</b>   <b>Beef Mediterranean</b>
<b>20</b> 10:00 - 11:00 Senator Moore  <b>Shepherd's Pie</b>	<b>21</b> 9:30 - 12:00 Legal Clinic <b>1:00 Friends, Inc. Program</b> Van Trip: West Meadow Plaza  <b>Chicken Cacciatore</b>	<b>23</b> 2-8:00pm Red Cross Blood Drive  <b>Turkey a la King</b>	<b>24</b>   <b>Pot Roast Stew</b>
<b>27</b>  <b>Chicken Mornay</b>	<b>28</b>  <b>Eggplant Parmesan</b>	<b>30</b>  <b>Burgundy Meatballs</b>	<b>31</b>  <b>8:30 Newsletter Mailing</b>