

The Senior Edition

September 2014 Volume 14 Issue 9



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 Friends of Shrewsbury Senior Center, Inc. is a non-profit organization founded to assist the Council on Aging by raising funds for services, programs, activities and equipment for the Senior Center. One of the most important things the Friends help fund is the monthly newsletter, The Senior Edition. It costs around \$1,100 a month to print and mail. The Friends hold various fund-raisers throughout the year to be able to meet the needs that arise at the Senior Center. Additional money comes from memberships.

Now is the time to join the Friends and become an active supporter of the Senior Center. Please use the form to renew your membership or join for the first time. We look forward to having you as a Friend.



IT'S BASKET RAFFLE TIME! Our annual fundraiser will begin on September 16th. The baskets will be on display at the Senior Center. Tickets will be on sale that day, at the Friends program and thereafter at the front desk. The baskets also will be at the Spirit of Shrewsbury Expo on September 27th, where tickets will be sold. Basket drawings will be held on October 21st, at the Friends program.

Friends of Shrewsbury Senior Center, Inc.

The September 2014 - September 2015 membership year is beginning. 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:

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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 October
2014 Newsletter is
September 11**

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,

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 Announcement: Property in the storage areas of the Senior Center is subject to disposal where ownership is not identified. Per the Building Oversight Committee

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: for those who have received Fuel Assistance in the past, you have received the new 2014-2015 application in the mail in August. Contact Walter if you need assistance re-applying. Benefits are NOT automatic for past recipients. You MUST reapply. New applications will be taken in November.

Small Home Repair Program (SHRP): Summer 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. Summer is the perfect time to repair unsafe steps and stairs, railings or other things to keep you safely in your home. Contact Walter to explore the options that are available.

New Emergency List: This updated list will consist of residents who want a well-being check in the event of severe weather or an unforeseen emergency, 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.**

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

The Outreach Program can provide emotional support and referrals to various services. You are NOT alone in dealing with whatever problem you may be facing. Do not be afraid to ask for help!



Money Smart for Older Adults: Participant/Resource Guide is available to you. This is a guide to help Older Adults Prevent Financial Exploitation and an excellent resource book. It includes: Identity Theft, Unexpected Life Events, Financially Prepared for Disasters etc. Stop by the front desk and pick up your copy.

Sept., 8th Sen. Moore Office Hours, 10-11am: Senator Michael Moore will hold office hours at the Senior Center to meet with constituents on a first come first serve basis. No appointment necessary.

Fri., Sept. 12th Movie and Lunch 11:30am: This month's movie feature is: **Heaven is for Real** it is about Todd Burpo who is a small-town businessman, volunteer firefighter and pastor struggling to make ends meet in a tough year for his family. After his bright young son Colton is rushed to the hospital for emergency surgery, Todd and his wife Sonja are overjoyed by his miraculous survival. But they are wholly unprepared for what happens next. Colton recounts the details of his amazing journey with childlike innocence and speaks matter-of-factly about things that happened before his birth, things he couldn't possibly know. Todd and his family are then challenged to examine the meaning from this remarkable event. Based on a true story and is rated PG. 1hr. & 40 min. Call the Senior Center to reserve your seat and enjoy complimentary refreshments. Consider having lunch at the Village Café for \$2.50.

Tues., Sept. 16th, 1:00pm, Friends of the Shrewsbury Senior Center Inc. Program: Help kick off the new year with Harry Hayes and his Life of the Party songbook. With 175 songs in his repertoire, Harry will fill the afternoon with familiar music to sing along to or just sit back and enjoy listening to. Bring a friend, or come and make a new friend, and help the Friends begin a new year. Refreshments will be served.

Wed., Sept. 17th, 2:30pm Country/Western Dancing: Free introduction on September 17th then regular classes will follow each Wednesday for \$3:00 fee. This is an eight week session.

Fitness & Nutrition: Exercise mind and body with strength training, aerobics and stretching. Also learn the latest in aging and falls prevention with Karen McKenzie, host of the TV talk show "Seniors on the Move" Register with the Parks Department, 508-841-8503. **Classes starts Wednesday Sept. 17th at 9:30am for 8 weeks.**

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

9/9 10am: Chiropractic: Shrewsbury Chiropractic will screen you to show how chiropractic care may improve your quality of life.

9/9 1pm: Hearing: Peter Lee, Audiologist, will run hearing tests, clean hearing aids and change batteries.

9/17, 8:00am -noon Quarterly Blood Sugar and Cholesterol

Testing sign up for important screening.

Every Wednesday at Noon: Blood Pressure Screenings

Tues., Sept. 23rd Legal Clinic, 9:00am-12pm: This month's volunteer elder law attorney is Nick Kaltsas. Slots fill quickly. Advance sign-up required, call the Senior Center to register

Thurs., Sept. 25th 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., Sept. 25th, 2:00pm, Book Chat: For this month's discussion please read the book "The Book Thief" by Mark Zusak. Copies are available at the Shrewsbury Public Library's Circulation Desk.

Thurs., Sept. 25th, 9:30-11:00 Scrapbooking: Classes will resume. If you think you may like scrapbooking come and explore the possibilities of making beautiful album gifts for the family or yourself. Try us you will like us!

Tues., Sept. 30th, 2:00pm Tai Chi: Why not try something known to have both mental and physical benefits. This mind-body exercise is a flowing gentle movement. Beginners Tai Chi starts Tuesday Sept 30th. Advanced Tai Chi starts October 1st., at 8:30.

CURRENT EVENTS GROUP - Please help the Shrewsbury COA welcome new Current Events leader – Ben Ticho. Ben has been onboard since July and is hoping to see more seniors join this dynamic and vibrant group that discuss events going on locally and globally. They meet Monday afternoons from 2:00 – 3:30pm in the Conference Room at the senior center



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CARES Column

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



Now may be the best time to buy that new car you have been considering. Dealerships must unload excess inventory from 2014's offerings. You may save a bunch by being assertive and well-prepared.

Today's cars can easily provide 300,000 or many, many more miles of problem-free service to their owners with only regular maintenance. Today's cars are more reliable and last longer than those of past generations. Also, holding onto your car avoids the ancillary costs associated with buying and insuring a new car, especially if repairs have been infrequent. Or consider the less expensive option of a used car with few miles from a recent year. That dealership (and "your" salesperson) is interested in your business first and not necessarily your best interest. I found this out firsthand. The car I currently own was bought after I obtained and sized up offers from three dealerships. The dealer I had always bought from was not the winner; a competitor gave me a much better deal. I was not timid. Having decided on a particular car after much research and a test drive, I gave each dealer only fifteen minutes to bring me its best offer. I told each that I would not decide that day, but probably the next. I didn't back down from these parameters. I insisted that each give me a bottom line price, and I would be back in touch when I was ready. I was firm and did not accept their tactics. It worked. I got a great deal!

While doing your research, consider online and printed resources from publications such as *Consumer Reports*, *Car and Driver Magazine*, *Edmunds*, *Kelley Blue Book*, *AutoTrader*, *TrueCar*, *cars.com* and *CarGurus.com*. Online resources tend to be more up-to-date and comprehensive. Consider renting the model of the car you think you want for a few days and give it a good test drive in accordance with your driving needs and habits. Compare financing options from your bank and other lenders with those offered by the dealership. Only talk about trading in your car after a price has been agreed upon exclusive of your trade-in. According to *Consumer Reports*, refuse worthless add-ons such as undercoating, fabric protection, paint sealants and VIN etching.

Volunteer Corner

Coordinator

Stacey Lavelly 508-841-8758

Council On Aging September 2014 Volunteer Opportunities

Volunteer Opportunities for the Council On Aging

With summer winding down and fall right around the corner, everyone is settling into new routines, so why not make volunteering part of yours. It is fun, fulfilling and makes a big difference in the life of others. Below are some examples of how you can contribute right here in town:

Senior Greeter Program at Shrewsbury High School

We are seeking senior greeters for the 2014-2015 school year. We will need fill-in positions and possibly permanent ones too. These positions require people comfortable with high visibility and good communication skills. Fill-in positions will be on an as-needed basis. You will have all vacations, holidays, snow days and summers off!!

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.



Meals On Wheels - Kitchen Help: Please make a difference in the lives of homebound seniors by assembling meals, no experience necessary. We are **desperately** looking for volunteers to work on **Monday** mornings starting at 8:30.

St Mary's Parish Family Festival -The festival is almost here and they are still looking for volunteers so if you are interested, please contact St Mary's at 508-845-6341

Spirit of Shrewsbury Festival 2014 -The Spirit of Shrewsbury Committee is still in need of help! They are looking for help in all areas including the Craft Fair, Over 90 Tea and more! Please contact Sabina Terrades at 508-845-5032 or email her at sterrades@hotmail.com. Their website is <http://www.spiritofshrewsbury.org>

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



State Representative Matt Beaton
Local Office: 508-868-7076
www.rep matt beaton.com

Shrewsbury



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TRAVEL

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

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

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

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

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.

9/27 - NYC 9/11 Memorial & Museum @ \$89.00/pp (full waiting list)

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

11/16 - Boston for a pre 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

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

Trip to Foxwoods Casino, Sept., 10th, 8am

Foxwoods Casino with the Men's Friends Club. Depart at Shrewsbury Senior Center. Sign up at the front desk or with Joe Montecalvo and pick your seat. \$22 per person, incl. \$10 food coupon and \$10 Keno tickets. Payment is needed at sign-up to avoid overbooking. NO refunds. Call Joe at 508-234-5162. **Parking spaces at the Senior Center are limited so please car pool.**

Bob Zinkus 2014 Trips: Call 508-757-1210 or email zworcester@verizon.net

Sept. 15-17 Atlantic City - Resorts: 2 nights at the Resorts Hotel & Casino in the new beautiful Rendezvous Towers. Upon arrival receive 2 buffets, \$25 slot play & show (if available) \$205. pp.

Sept. 21st - Bourne Scallop Festival, Cape Cod: enjoy crafts and entertainment. Enjoy a Scallop or Herb Roasted Chicken dinner. Cruise the Cape Cod Canal. \$71. pp

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.

Seniors On the Go Presentations: Sept. 10th

(Wednesday) 2:30 PM at the Senior Center –

Come and enjoy a Video Presentation of photos taken during the July trip to Ireland with



members of Seniors on the Go. **Also at 3:30 PM** – Seniors on the Go will hold an Informational Presentation at 3:30 PM at the Shrewsbury Senior Center. A representative from Collette Vacations will provide a video with details about a visit to France called "Treasures of France" in

May, 2015. There is no obligation to register for the trip, simply come to learn details, how you can save \$200.00 p/p and enjoy the video of the highlights

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The Shrewsbury Rotary Club is proud to announce a SPACTACULAR 2015 calendar featuring Anthony "Spag" Borgatti, Jr. The man, the store and the Community. Many historic photo's with captions will be featured. This historic calendar will be sold and available at the Spirit of Shrewsbury Festival Rotary Club booth on **Saturday, September 27.**

Central Massachusetts Regional Public Health Alliance, on behalf of the Shrewsbury Board of Health, will offer an annual Community Immunity Flu Clinic this fall **AT NO COST** to you. Please bring your insurance card with you at the time of the clinic. The date and location will be announced in late September so please periodically check the Town of Shrewsbury website: <http://www.shrewsbury-ma.gov/>, or call the Shrewsbury Board of Health office at (508) 841-8512.

What You Should Know About the Flu It's estimated that **90%** of seasonal flu-related deaths and more than 60 percent of seasonal flu-related hospitalizations in the United States each year occur in people 65 years and older.

Protect yourself against the Flu by:

*Taking everyday preventive actions including covering coughs, washing hands often, and avoiding people who are sick.

*Seeking medical advice quickly if you develop flu symptoms to see whether you might need medical evaluation or treatment with antiviral drugs.

*Getting Your Flu Shot. The best way to prevent the flu is with a flu vaccine. CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine as soon as it becomes available in your community. Vaccination is especially important for people 65 years and older because they are at increased risk for complications from flu.



Sat., Oct. 18th, Francis Gardens

Bazaar, 10am to 2pm: Put this time and date on you calendar. 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.

Shrewsbury Friends Men's Club begins Thurs. September 4th at 9:00am.

Open to all men who live or worked in Shrewsbury! Come join us at the Senior Center where you'll enjoy an interesting speaker, good friends and refreshments! Information provided by Charles Fenno.

Master Singers Auditions for Fall Season: The Master Singers of Worcester invites singers to attend open rehearsals at the First Congregational Church of Shrewsbury in early September. Rehearsals will be in preparation for their upcoming concert on Sunday, December 7, 2014, entitled "Myriad Colors," featuring diverse works celebrating color in both sound and text, including the popular contemporary Mass in Blue by the English composer Will Todd, with the WPI Jazz Band and soprano soloist Monica Hatch. Singers in all voice parts are welcome to attend open rehearsals and may audition at the end of the rehearsal on Tuesdays, 9/2, 9/9 and 9/16, or schedule an audition by phoning [508-842-1349](tel:508-842-1349), or emailing info@mswma.org. The Master Singers of Worcester currently includes about 45 members drawn from Worcester and surrounding communities. The chorus is directed by Malcolm Halliday, Minister of Music at First Congregational Church, where rehearsals are held on Tuesday evenings at 7:15 PM. Rehearsals begin after Labor Day on September 2. For more information, visit www.mswma.org.

Cribbage League: The Knight of Columbus Ray Pescara Cribbage League starts on Tuesday, September 2nd, 7:00 - 9:00 pm in the Council Quarters, 206 South Quinsigamond Ave., Shrewsbury, MA. The format is partners and cost \$7:00 per evening. All are welcome to play cribbage. Please call PGK Bob Durbano at 508.845.9383 or Don Rondeau at 508.842.2309 for information.

Special Senior Center Announcement

New Transportation Policy Effective Oct. 1st, 2014: Our Van Service has grown so much we need to revise our transportation policy effective October 1, 2014. We will require that everyone call to schedule transportation needs at least **48 hours in advance** of desired pick-up.

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Support Group Meetings Available

Tues., Sept 2nd: 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., Sept 3rd: 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., Sept 8th: 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., Sept 9th: 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., Sept 11th: 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., Sept 11th & 25th: 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., Sept 16th: 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., Sept 28nd.: 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 SEPTEMBER 2014

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 be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2014.

During the annual Medicare Open Enrollment (**October 15 - December 7, 2014**), 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!

Beginning in October we will be conducting our Medicare Open Enrollment Update Meetings to explain any changes to Medicare or Medicare Health Plans or Drug Plans for the 2015 plan year. These meetings are important and you should plan to attend one near you. Although we will not have a meeting in all Senior Centers I am sure we will have one near your home. Watch your local Senior Center Newsletter for more information, or call us at the number below or 508-422-9931 to get the location of a meeting near you.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, 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, as soon as possible.

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September 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 (9/30) 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 12:30 Beginners Bridge 1:00-2:00 Pilates 1:00-3:30 Whist 2:30 Country/Western Dancing (9/17)	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

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

1 All Municipal Offices Closed LABOR DAY 	2 Salmon Boat w/Dill Sauce	3 Garlic Herbed Chicken	4 Beef and Broccoli	5 Spaghetti & Meatballs
8 10:00 - Senator Moore Lemon Thyme Chicken	9 Van Trip: Walmart Rte. 9 10:00 Spinal Screening 1:00 Hearing Screening Beef Stroganoff	10 8:00 Trip to Foxwoods 10:00 COA Board Meeting 2:30 Seniors On The Go Presentation American Chop Suey	11 Chicken with Asparagus	12 11:30 Movie and Lunch Fish Sticks w/ Tartar Sauce
15 Beef w/ Jardiniere Sauce	16 1:00 Friends Inc. Program Chicken Sausage	17 8:00 -12 Cholesterol & Blood Testing 9:30 Fitness & Nutrition Begins 2:30 Country/Western Dancing Breaded Fish	18 Pork w/Rosemary Gravy	19 Chicken Fricassee
22 Potato Crunch Fish	23 Van Trip: Northborough Crossing 9-12 Legal Clinic: Nick Kaltsas Hot Dog on a Bun	24 Swedish Meatballs	25 9:30-11:00 Scrapbooking 2:00 Book Chat 2-8pm Red Cross Blood Drive Greek Chicken	26 8:30 Newsletter Mailing Salisbury Steak
29	30 8:00 Beginners Tai Chi starts	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. 	

