

The Senior Edition

July 2016 Volume 16 Issue 7



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

From the COA Director

It is "that time of year" again where I offer my annual "New Year" greetings as the town begins its new fiscal year on July 1st. Although we are only half way through 2016, the Town has now begun FY17, or Fiscal Year 2017.

The COA has some exciting changes in store for FY17. You will see there is a different format this month in the Newsletter. Although you have seen 12 page issues previously, thanks to the Library and to SELCO, the town has generously increased the line item for this publication, which will allow the COA and the Friends of the Shrewsbury Senior Center, Inc. to publish a 12 page issue each month going forward. With these additional pages you will find inside:

-A new "**Friends Page**" (pg. 5) featuring news from the fundraising arm of the Senior Center. You'll learn more about the Friends and how to become involved.

-A **two page Calendar** in the center fold (pgs 6 & 7) which will show a larger font and the dessert along with the daily entrée.



-Different **Sponsorship Placement**: instead of being featured at the bottom of each page, the businesses and organizations that make the mailing of this publication possible will be featured on the last two pages. (pgs. 11 & 12)

-**Larger font** throughout where possible

The Newsletter Committee has plenty of ideas to add and improve the Senior Edition, including: local or movie trivia columns, an expanded information and resource page, rotating monthly columns, special features, new programs, COA program highlights and much more!

Stay tuned for your opportunity to give the Newsletter Committee feedback on what you'd like to see in YOUR Senior Edition!

FY17 will also have some new faces on the COA and Friends boards. My deepest appreciation goes to **Tim Swiss**, our outgoing COA Board Chair and **Marty Green**, who both served the COA Board for so many years. Developing a long-term Strategic Plan as well as an Action Plan for the immediate future will continue to keep the COA busy!

Once again, Happy New Year!

Sharon Yager

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Friends of the Shrewsbury Senior Center, Inc.
98 Maple Avenue, Shrewsbury, MA 01545
508-841-8640



COA/Senior Center Staff and Volunteers**COA Board Members**

Chairperson: Louise Russell, **Vice Chairperson:** Charles Fenno, **Secretary:** Zoya Mehta. Norma Giumentaro and Susan Shaw.

COA Director: Sharon M. Yager
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Outreach Coordinator: Walter P. Rice, LCSW
Volunteer Coordinator: Stacey Lavelly
Office Support Coordinators: Donna Messier and Miranda Watson

SHINE Volunteer: Mahesh Reshamwala
CARES Coordinator: Dave Grillo

Village Café: Manager: Beth Murray, 508-841-8757

Newsletter Committee

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Billing Agent: George Lavoie:

Advertising: (vacant)
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Durbano, Norma Giumentaro, Chuck Kilgore. Fran Rimkus, Maynard Rinker, Don Rondeau & David Stirk

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. Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.

IMPORTANT!
Deadline for the
August
Newsletter
is July 12, 2016

Senior Television Shows, SPAC-TV 28

Senior Center Events (1 hour) Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm. This month featuring in July: Lyle Pierce and Bill Sbrogna.

Seniors on the Move (30 mins) Tues. at 2:00pm, Wed. 10:00am and Fri. 11:30am, Host : Karen McKenzie.

SHINE "Medicare and More" TV) with Ed Roth at Milford TV (30 mins) Fridays at 11:30am, Saturdays at 11:30, Mondays at 4pm.

Full schedule for Channel 28, as well as 29 (Educational Access) and 30 (Government Access) on

Fri., July 1st. 10-11am: Brain Gym Smoothie: Heart Healthy Smoothies and Brain Gym. New Smoothie each month. Please call 508-841-8640 or stop by the front desk to register.



Thurs., July 7th 1:00pm "Music is Love": Dick and Dawn - Music, Magic and Comedy" Back by popular demand! Entertainers Dawn Kelley and Dick Miller will be performing at the Senior Center again in **July!** Their duo, "MUSIC IS LOVE", was formed over 35 years ago. Dawn plays and brings with her a piano keyboard system with all the instruments of an orchestra, including rhythm and bass. Dick plays a beautiful Les Paul Studio guitar. Both Dick and Dawn have terrific voices, blending well together in harmony, as well as performing solo, doing tunes from the 1930's through the 1970's. "Laughter is the best medicine." Please call to sign up for this fun event!

MUSIC IS LOVE is sponsored in part by a generous grant from the Shrewsbury Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Fri., July 8th, 11:30am, Movie and Lunch: During a mission to Mars, Astronaut Mark Watney (Matt Damon) is presumed dead after a fierce storm forces his crew to leave him behind. Watney survives and finds himself stranded and alone on the hostile planet. Described as "Castaway" meets "Apollo 13", this suspense-filled journey depicts stories of incredible bravery as the world comes together to root for Watney's safe return. Rated PG-13, 2hrs. & 24min. **Movies have limited seating. Reserve lunch for 11:00 at the Village Café for donation of \$2.50. Movie will start promptly at 11:30.**

Mon., July 11th, 10:00-11, Senator Moore Office hours: 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.

NEW! Thurs., July 14th, 12pm, "Lunch and Learn" with Dr. C: This new monthly talk will give you new information on important health issues. This month's topic: "How To Talk To Your Doctor". Call to sign up!

Thurs., July 21st, 9am-12pm, Also Aug 2nd: Legal Clinic: Meet with an elder law attorney one on one for a half hour to review your legal questions/issues. **Advance signup is required, call the Senior Center to register.**



Thurs., July 21st, 2-8pm: Blood Drive 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.

Shrewsbury Friends Men's Club meets every Thursday at 9:00am & meeting starts at 9:30 to 11:00am. Chairmen: Joe Montecalvo. **Summer Meetings begin July 7th**



New Program!: Bread Baking with Bob, Tues. July 12th at 1pm: Please join us in welcoming bread baking enthusiast, Bob Sisak, for his first class at the Shrewsbury Senior Center! This will be an informative

discussion and demonstration of baking breads. Bob will be giving you tips and tricks to make your bread taste like it came from a bakery. Everyone will take home a sample of yummy bread! Please sign up by calling 508-841-8640 or at the front desk. RSVP by July 7th.

Thurs., July 28th, 2:00pm Book Chat:

For this month's Discussion please read "The Shoemaker's Wife" by Adriana Trigiani. Copies are available at the Shrewsbury Public Library's Circulation desk by June 30th.



Outreach Coordinator, Walter Rice,
LCSW,

Call Walter to set up an appointment at
508-841-8647



Short Term 1-1 Emotional Support: Are you caring for a sick spouse or friend? Are you helping an adult child or helping to care for grandchildren? If you are a caregiver in any form, stress can be overwhelming! 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. Call to set up a confidential appointment.

Emergency List: Although winter is gone, severe weather still happens! If you want a well-being check in the event of an unforeseen emergency which causes loss of electricity and more, please call the Senior Center to be added to the list. Please note this is NOT an R.U.O.K program well-being check.

Small Home Repair Program (SHRP): If you need help with screens, air conditioners or fans, let the SHRP help you! PLEASE don't try to take on difficult tasks yourself, no matter how small! Keep this helpful program in mind for all other small repairs that can be done. Do you need light bulbs changed, unsafe steps, stairs, railings repaired or other things, such as installing grab bars or other assistance adaptations? Being safe in your home is important. Call and explore the options that are available.

See page 11 for other Wellness Offerings with Walter!

All information shared in Outreach is Confidential! If you have a friend or love one in need, please let Outreach...Reach Out!

June Free Health Events:

Please call to sign up

7/12 (Tues) 10am Neuropathy Workshop: Dr. Brian Maher from Shrewsbury Chiropractic will discuss sciatica and neuropathy concerns and options that may help with these conditions.

7/12 (Tues) 1-2:00pm: Hearing Screening: Peter Lee, Hearing Specialist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at Noon: Blood Pressure Screenings with Dr. Clermont and nurse Lydia.

News from SHINE

Ed Roth, Regional SHINE Coordinator

WHEN CAN YOU ENROLL IN A MEDIGAP PLAN?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D. In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

IMPORTANT INFORMATION

ALWAYS REMEMBER THAT IF YOU ARE TURNING 65 YOU SHOULD CONTACT SOCIAL SECURITY TO ENROLL IN MEDICARE. MEDICARE ELIGIBILITY HAS NO CONNECTION TO YOUR ELIGIBILITY FOR SOCIAL SECURITY BENEFITS. ALSO COVERAGE FROM THE HEALTH CONNECTOR DOES NOT EXEMPT YOU FROM THIS REQUIREMENT TO ENROLL IN MEDICARE, AS YOU WILL LOSE YOUR HEALTH CONNECTOR SUBSIDY WHEN YOU TURN 65. IF YOU HAVE ANY QUESTIONS YOU SHOULD CONTACT YOUR SHINE REGIONAL OFFICE AT 1-800-243-4636 OPTION #3.

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 www.shinema.org

CARES Column

(Consumer Awareness and Resources for Elders in Shrewsbury)

By Dave Grillo, CARES Coordinator

Steven Weisman is an attorney specializing in tax law and financial planning. In the **March 1st, 2016 issue of Bottom Line Personal newsletter (pg.3)**, he explains that do-it-yourself legal forms such as those promoted in television's Legal Zoom commercials should only be considered for a select few legal needs: Health-care proxies ("you appoint someone... to make health-care decisions for you if you become unable to make them yourself"); bills of sale (sale of your property to others); promissory notes ("legal agreement[s] to pay a specified amount to a particular person or to the bearer of the note by a specified date"); and certain lease agreements. Although Legal Zoom tries to convince you to save money by cutting out the major expense of a lawyer, Mr. Weisman warns that "filling out your own legal forms makes sense only when the odds are extremely high that you can do so correctly and/or the downside for making a mistake is very limited." A mistake on a will, a trust, a divorce settlement, powers of attorney or a prenuptial agreement can be tragic. These documents "can be quite complicated and they often should be complicated, especially because significant amounts of money and family relationships may be at stake." Mr. Weisman offers a middle ground as well: fill out applicable do-it-yourself forms from Legal Zoom (or any other source) as best you can, "then take the completed documents to an attorney for review. Most attorneys are willing to review [do-it-yourself] legal forms." If you have done a good job, you will only have to pay for the attorney's time to review your work. If you haven't, a complete redo by an attorney may be necessary. "But even if this occurs, filling out the forms will help you think through the issues." I would add that an opportunity exists with most investment-related accounts (securities investments, retirement accounts, insurance policies, bank accounts) to list beneficiaries to whom you would want the proceeds from these accounts to go to when you die. And that's free!

Steve Weisman warns in the April 15th, 2016 issue of *Bottom Line Personal* (pg. 1) that there are many Social Security scams. Only respond to SSA correspondence that comes by U.S. Mail, and verify the mailing by calling SSA at 800-772-1213.

Volunteer Opportunities

By Stacey Lavelly
Volunteer Coordinator
508-841-8758
July Volunteer Opportunities

Summer is FINALLY here! If you have been feeling restless with all of the crazy weather and pollen this spring this may be the perfect time to get out and about in the community. When the temperatures go up remember that the Shrewsbury senior center is a cool place to volunteer.

Bridges Our Stories: The Bridges Together program, the Shrewsbury Public Library and the Shrewsbury Council On Aging are providing a unique volunteer opportunity this summer. We need a dozen seniors to participate in a 6-week intergenerational program to collaborate with pre K – Grade 3 students by sharing stories and activities together. Each group will be made up of 2 seniors, an educator and a small group of children. Each 75 minute session will include a movement activity (i.e. playing musical chairs, circle games), an interactive book discussion, sharing family stories and a related art project (i.e. making newspaper hats). Please sign up at the front desk for this wonderful opportunity or call 508-841-8640.

Meals On Wheels Drivers: You can make a difference while staying cool by delivering meals to homebound seniors. We have shifts available any day Monday through Friday. Start at 9:15 and be out by 12:00pm and you will still have time for your afternoon activities!

Receptionists: We are looking for a few good receptionists who can sign guests up for all of the exciting summer activities, workshops and more!! We are looking for permanent and part time receptionists. No computer skills are necessary. We need dependable, compassionate people with a great personality!

Senior Greeters: What better way to reconnect with your youth than through volunteering at the Shrewsbury High School Greeter program this fall! We are in need of both permanent and fill-ins for the 2016-17 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 so if you do not see something you are interested in here, call me and we can discuss other options.



Help on Newsletter Mailing Day!

Free Coffee, Donuts and Muffins when you help us stick the mailing labels on The Senior Edition Newsletter. Mailing date for the **July Issue is FRIDAY, July 29th at 8:30am**. Come join in a fun two hours.

Senior Tips! Presidential birthday greetings may be requested for veterans 70 or older and citizens 80 or older, at least two months in advance, to White House Greetings Office, Room 39, Eisenhower Executive Office Building, Washington, D.C. 20502, or through constituent services of congressional representatives and senators.

Words From The Friends

Those of us on the board of the Friends of the Shrewsbury Senior Center, Inc. are really excited about the new format for the Senior Edition Newsletter. With an expansion from 8 to 12 pages, the Friends now have a full page devoted to news and information about the workings and activities of the Friends.

The purpose of the Friends is to assist the Shrewsbury Council on Aging by providing funds for programs and social services that benefit Shrewsbury seniors and to purchase non-budgeted items for the Senior Center. Funds are raised through membership dues, fund-raising events, grants and donations (gifts).

At our annual meeting on May 17, the members elected officers and voted to expand the Board to include up to 18 members. The office of Recording Secretary is currently unfilled. If you wish to nominate someone for the office or to serve on the Board, contact Susan Shaw at 508-523-4346 or email susangshaw0@gmail.com.

The Friends held two fund-raisers in May. There were four winners each of whom received \$50 in Lottery scratch tickets. Congratulations to our four lucky winners!

On May 14 we held our first Craft Fair and Flea Market. We had twenty vendors as well as a table from which all of the proceeds went directly to the Friends. We expect to make this an annual event even bigger and better next year! Special thanks go to Lynne Ticho and Sheila Bissonette who help plan and carry out the event. Thanks also to the people who donated very saleable items for our table and to the volunteers who helped publicize the event and who worked the day to ensure that everything went smoothly.

Coming in September: Our annual basket raffle.

You are invited to or renew your membership in the Friends or to join as a new member. Membership is open to adults of all ages. Please use the form on this page. Membership renewals are payable between July 1 and October 31. New members may join at any time throughout the membership year. We will be collecting dues at our September and October monthly programs or you may mail your dues as indicated on the form or take it to the Senior Center.

Membership year is July 1, 2016 - June 30, 2017. Please check off box or boxes that applies! Enclosed are: () \$10.00 Individual Membership () \$20.00 Couples Membership () \$ 5.00 COA Newsletter mailing to non-residents () \$_____ Additional Donation Name Address City, Zip Phone# Email Address Make Checks payable to: FSSC, Inc. 98 Maple Avenue, Shrewsbury, MA 01545 Thank You for your continued support!

Sponsorship for Monthly Movies: The Friends Inc., are seeking individuals and other Monthly Movie Sponsors! \$80 covers the cost of the DVD purchase and refreshments for a monthly movie at the Senior Center. To be a sponsor, make a check payable to The Friends of Shrewsbury Senior Center, Inc. Sponsorship will be recognized unless otherwise requested. This will assure continuation of a social and entertaining Friday afternoon once a month. Call the Senior Center with questions or to schedule your sponsorship. Remember, you are welcome to borrow the free DVD movies from the large collection at the Senior Center at any time!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11:30 Roger's Coffee Shop 11-1:00 SSC Club (Bingo) 11:30 Whist 1:00 - 2:00 Senior Challenge 2:00 - 3:30 Current Event 	8:00 - 9:00 Tai Chi Begin (Sept) 9:00 - Walking Club (new) 9:00 - Bocce (outside court) 9-12 Piano Lessons (Sept) 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 9-11:30 Independent Artists 10:20 Belly Dancing 12-1:30 Art is 4 every1 12- 4:00 Duplicate Bridge 1:45-3:15 AIEI Art class w/ Elaine 2:00 Men's Billiards **Parks and Recreation	8:30 - 9:15 Tai Chi (Sept) 9:00 -11:30 Roger's Coffee Shop 9:30 -10:30 Complete Workout** 10:00 -12:00 Scrabble Group 11:00 Yoga 12:00 - 1:00 BP/Weight Scr. 12:30 Bridge 1:00 - 2:00 Mindfulness Meditation 1:00 - 2:00 Pilates 1:00 -3:30 Whist Activities Participants must register at the Parks	9:00 - Bocce (outside court) 9:00 -11:30 Roger's Coffee Shop 9:00 -11:00 Friends Men Club 10:30 -11:30 & 12:00 -1:00 Open/Mic 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 10 :00 Men's Support Group 12:30 -1:30 Senior Challenge (new) 1:00 -3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00 - 3:00 Exercise for Seniors
4 	5 9:00 Walking Club meets Beef Stew/Rice Mandarin Oranges	6 8:00 - Trip to Foxwoods Chicken Murphy Vanilla Pudding	7 1:00 "Music is Love" Salisbury Steak Fresh Fruit	1 10:00 Smoothie workshop BBQ Chicken Peach Shortcake
The entrée at the village café is listed each day. To reserve your meal, please call the Café Office at (508) 841-8757. All reservations must be made by noon (2) business days in advance. Meal donation of \$2.50 would be appreciated. For a full menu please see the Senior Center kitchen or front desk MOW—Meals on Wheels entrée only. 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 events.				
8 11:30 <u>Movie & Lunch</u> No Senior Challenge Vegetable Cheese Bake Baked Apples				

<p>11</p> <p>10:00 Senator Moore</p> <p>Pasta Primavera w/Chicken Tapioca Pudding</p>	<p>12</p> <p>Van Trip: Walmart</p> <p>10:00 Neuropathy workshop</p> <p>1:00 Hearing Screening</p> <p>1:00 Bread Baking Class</p> <p>Meatballs w/Onion Gravy Fresh Fruit</p>	<p>13</p> <p>COA Board: No Mtg.</p> <p>Pork chow Mein Mandarin Oranges</p>	<p>14</p> <p>12:00 "Lunch and Learn" w/ Dr. C: "How to talk to your Doctor"</p> <p>Chicken Fajitas Pineapple</p>	<p>15</p> <p>No Men's Support Group</p> <p>10:00 Ageless Grace New Program 3rd Friday (call for information & to signup)</p> <p>Fish w/Crumb Topping Cookie</p>
<p>18</p> <p>12:00 - 3:00 Chair Massage (call to signup)</p> <p>Hot Dog on Bun Melon</p>	<p>19</p> <p>Chicken Sausage Jambalaya Yogurt</p>	<p>20</p> <p>Salmon Boat / Dill Sauce Peaches</p>	<p>21</p> <p>9:00-12:00 Legal Clinic</p> <p>2-8:00 Red Cross Blood Drive</p> <p>Beef Mediterranean Chocolate Mousse</p>	<p>22</p> <p>Lasagna Mixed Fruit</p>
<p>25</p> <p>Roast Pork w/Gravy Applesauce</p>	<p>26</p> <p>Van Trip: Blackstone Valley</p> <p>Shepherd's Pie Mandarin Oranges</p>	<p>27</p> <p>Bacon Omelet Fruited Ambrosia</p>	<p>28</p> <p>2-3:00 Book Chat</p> <p>Chicken Cacciatore Birthday Cake</p>	<p>29</p> <p>8:30 <u>Newsletter Mailing</u></p> <p>Potato Crunch Fish Fresh Fruit</p>

News from SPL: The Reopening of the Main Street Building



The reopening of the Main Street Library is fast approaching and the excitement of opening the doors to the renovated and expanded building is growing! We can't wait to let everyone see all that the new building has to offer.

But before we can reopen at Main Street, we must close down the temporary facility on Lake Street. **The last day of service at Lake Street will be Saturday August 13.** Over the next three weeks (from August 15 through September 8) we will move all the collections back to Main Street, train staff on the new building systems and technology, and essentially “set up shop.” We want to make sure all the spaces and services are ready for you when **we open the doors on Tuesday September 6.**

We have made some accommodations to assist you while we are closed. We will be establishing a “call center” for phone assistance. The Librarian at the call center will be able to help you place reserves, register you for a program, book and provide museum



passes and answer any general questions you might have. You can reach the call center by calling **508-842-0081**.

Additionally, please remember that you can use your Shrewsbury Public Library card at any of the 150 libraries in the C/WMARS network. A list of those libraries can be found at www.cwmars.org/content/libraries. Nearby libraries in the system include Northborough, Grafton, Boylston, West Boylston, Worcester Main, Worcester Perkins Branch in Greendale and Westborough.

And there's no need to worry about overdue fines. Just before we close the temporary library, we will be providing extended loans for items you check out. It would be best if you could hold the items until we reopen at Main Street. However, if you must return the books before the extended due date, please return them to any public library in the area. They will all make their way back to Shrewsbury. And we will continue the "no fines" amnesty for some time after we reopen.

We have decided to suspend all library programs and activities during the closed period, but you can expect the full range of library services to resume once we reopen in mid-September.

We so look forward to welcoming you to your "new and improved" library just after Labor Day!

Sincerely,
Ellen Dolan, Library Director



For more detailed information you can find brochures at the Senior Center in the Travel Stand

Seniors On The Go: Contact, Dave Stevens at www.boylstonseniorsonthego.com or 508-869-6830.



Pickup for all events are in Shrewsbury.

August 18, 2016 "Priscilla Queen of the Desert" at the Ogunquit Playhouse, Ogunquit, ME
Luncheon at Jonathan's Restaurant. **Price of \$115.00 p/p includes** Transportation, Luncheon, Show, and all gratuities.

August 26 – 29, 2016 – Montreal and Quebec City. 4 Days – 3 Nights 3 Dinners, 1 Breakfast. Price of \$879.00 p/p Dbl, \$1,149.00 Single includes Motorcoach transportation, Lodging & meals. Trip cancellation insurance available. A valid Passport is required for this trip.

The Happy Travelers: Bus trips for the over 50 traveler. Driver gratuity & cancellation waiver fee included in all of our day trips. Call Gladys Mellow at e-mail: glady2@verizon.net or 508-835-4312

Oct 1 (Sat): Friesians of Majesty and lunch, Vermont.... \$99.00.

Oct 15: (Sat) :Edith Wharton & Norman Rockwell with lunch..... \$109.00

Nov 05: (Sat): Cranberries, Chocolates, Lunch & Wine....\$92.00

Dec 11 (Sun): Stocking Stuffer Tour & Bright Nights Christmas Lights (4 seat left)
.... \$99.00



Bob Zinkus 2016 Trips, call 508-757-1210 or zworcester@verizon.net, Send check to Bob Zinkus, 45 Hilton Ave., Worcester, MA 01604.

July 14 - Foxwoods Casino - depart 8:00 from Worcester and leave Casino at 4:00PM. Receive buffet voucher, \$10 slot play and ticket to enter the slot tournament.....\$25

July 17 - Red Sox @ New York - Terrace Level seats for 4PM Saturday game. Visit 9/11 Memorial, Statue of Liberty & Ellis Island. One night at Homeward Suites Hotel with breakfast included.....\$289pp (dbl)

July 31 - Newport Playhouse - "Whole Lot of Cheatin' Going On" - a hilarious comedy. Enjoy the wonderful buffet, a show and then return to your luncheon seats to witness a funny "Cabaret" show. Two shows for the price of one.....\$91

Aug. 2 & 3 -Turning Stone Casino & Saratoga - Visit the huge Turning Stone Casino in Verona N.Y. (4 hour ride) for a one night stay. Receive \$40 slot play plus dinner and breakfast buffets. Wednesday, off to Saratoga Race Track for the horse races.....\$285 pp (dbl)



Trip to Foxwoods Casino, Wed, July 6th, 8:00am 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.

"Save the Date"

July 24th, 10am: "The Fellowship Table" is a community pot-luck brunch and worship service hosted by Mount Olivet Lutheran Church. The brunch is being held at Dean Park's North Pavilion in Shrewsbury, weather permitting. All are welcome! Brunch will be provided by members of the church, and there is no charge. Transportation may be available if requested in advance contact pastor_mtolivet@townisp.com or 508-842-2731.



Thursday August 4, at 12:30pm: Senator Michael Moore will be hosting his Annual Ice Cream Social. Come to the Shrewsbury Senior Center to celebrate summer and beat the heat! Please sign up at the front desk and let us know if you have any dietary restrictions.

TAI Chai : No classes in July & August. Returning on Sept. 20th. for Beginner class, and Sept. 21st for Advanced class.

Catch the Spirit! September 24th & 25th. Along with some surprises, look for great additions to one of the most celebrated festivals in New England! **Partial list of events:** 5K Road Race, Kids Fun Run/Walk, Craft Fair, Kids Got Talent, Town Expo, Parade, Shrewsbury Historical Society Tour, Cruzzin' Dreams Car Shows, Lake Quinsigamond Wooden Boat Show, Boat Parade & Festival, The Paw Spa Pet Festival, Pancake Breakfast & Fishing Derby, Over 90 Tribute Tea, Haunted House, Bingo, Classical Music Concert, as well as the ongoing Dancing/Musical Fountains at Dean Park and the Scarecrows on the Common. Please check our website for more information! www.spiritofshrewsbury.org



Shrewsbury
Thursdays 9 -11 AM
Men's Club

Working Hard for Seniors In Massachusetts



Congressman Jim McGovern
12 East Worcester St. Suite 1
Worcester, MA 01604
(508)-831-7356

Shrewsbury Rotary Club



"Service Above Self"



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Nursing and Rehabilitation Center

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**Contact the Senior Center:
508-841-8640**

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Know a potential Sponsor?
**Contact the Senior Center
508-841-8640!**

Wellness Offerings at the Senior Center with Walter Rice - 508-841-8641



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

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. Call him if you would like to make an appointment for a FREE half hour session.




Men's Support Group : Every Friday 10-11am, This is **Confidential** group with the purpose to provide support regarding issues related to: Death of Spouse, Grief, Sadness, Loss , Loneliness, Marital Separation, and Divorce. Facilitator is Walter Rice, Outreach Coordinator. Please contact him for more information. **No Group session Fri. July 15th, only.**





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