

The Senior Edition

December 2015 Volume 15 Issue 12



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.



As we continue our trip back to 1995 in celebration of the Friends 20th Anniversary of its founding, the small but conscientious group was busy addressing many issues and defining the role that the Friends would play in the success of the Senior Center. The Men's Friends group objected to the use of the word "Friends" in the name of the new group. After much discussion the Friends decided to change their name. In November several meetings were held and it was voted to use the name Patrons to replace Friends. To celebrate the new name and conduct a membership drive it was voted at this meeting to have a Pot Luck Supper in January. Tickets for this supper were \$3.00. Also included in the discussions was the need for transportation for seniors. The long term goal was to have someone take the calls for transportation requests and set them up according to where they live and where they are going. (We now have the benefit of a wonderful system of transportation for seniors!) A fee of \$100 was sent to the Internal Revenue Service to register as a charitable organization as well as to receive a number from the IRS. This has proven very beneficial to the Friends when purchasing articles for the Senior Center. Although the Friends didn't meet in December that first year, they continued to work on the Pot Luck Supper and many other issues especially the effort to re-apply to numerous State Departments to work on the name change. Further information to follow in January's newsletter. Just as they did 20 years ago, the Friends wish everyone a very **Happy Holiday Season** and hope you will enjoy the many holiday activities at the Senior Center.

Season's Greetings from Senator Moore!



As the days continue to shorten, and with colder temperatures on our doorstep, I wanted to take this moment to remind you of several important health and safety tips during the winter months: The Medicare open enrollment deadline is Dec. 7th. Please make sure to review plan options and select the one that meets your needs for 2016. For more information, visit www.medicare.gov or call (800) 633-4227.

Want to make sure you're paying the lowest for your prescription? Give the folks at the Pharmacy Outreach Program a call at (866) 633-1617 from 8:30AM – 5:00PM. The program is coordinated by the Massachusetts College of Pharmacy and Health Sciences to help navigate individuals toward finding the most cost-effective prescription options.

Did you know that one out of every three seniors fall each year? Please be mindful of holiday light cords or other items that may cause falls. Make sure railings are affixed on both sides of stairs, and that the entryway to your home is sanded or salted for ice. Keeping the home interior and entryways well lit can also help prevent against falls.

On behalf of my entire staff and family, I hope you and your family have a wonderful Holiday Season—it's an honor to serve you in the State Senate. Please keep in touch.



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Van Drivers: Pat Babin, Bob Dumas, Don Fleury, Bob Horne, Philip Koziara, Jane Person, Donna Messier, Tim Shaw, Russell Vickstrom

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: Beth Murray, Manager, 508-841-8757

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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.

**Deadline for the
January Newsletter is
December 3rd 2015**



Senior Television Shows, SPAC-TV 28

Senior Center Events (1 hour) Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm. Featuring the Friends of Shrewsbury events. This month's feature is a Presentation of General and Mrs. Artemas Ward.

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 the town's website: www.shrewsburyma.gov.

Fri., Dec., 4th, 10-11am Brain Gym

Smoothie: Heart Healthy Smoothies and Brain Gym techniques. New free delicious Smoothie each month! Call 508-841-8640 or stop by the Senior Center to register.

Wed., Dec. 9th, 2:30pm Nova Scotia Trip

Presentation: Learn about traveling to Nova Scotia and Prince Edward Island June 30 - July 6, 2016. 7 Days/11 Meals - For a price of \$1,759.00 pp/ double occupancy. Please sign up if you want to attend and learn more!

Fri., Dec. 11th, 11:30am Movie and Lunch

"Woman in Gold": Six decades after WWII, an elderly Jewish woman (Helen Mirren) returns to Vienna in order to reclaim family belongings that were once seized by the Nazis in this poignant drama based on a true story. Among those items is the Gustav Klimt painting "The Lady in Gold." With the help of her ambitious young lawyer (Ryan Reynolds), the woman takes her fight all the way from Austria to the U.S. Supreme Court. ~ Jason Buchanan, Rovi. Rated PG13, 1hr. & 51mins. **Movies have limited seating.** Reserve lunch at 11:00 at the Village Café for donation of \$2.50. **Movie will start promptly at 11:30.**

Tues., Dec. 15th, 1pm Friends of the Shrewsbury Senior Center Inc. Program:

You are invited to a Holiday Celebration. Bill Sbrogna and The Solid Gold Singers will entertain with a program of songs of the season and some of the greatest songs made famous by our favorite entertainers - Frank Sinatra, Dean Martin, Bobby Darin, Elvis and more. Bring a friend, or come and make a new friend, and enjoy an afternoon of holiday cheer and wonderful music. Refreshments will be served.

Dec. 16-17th, 10am-3pm: ADVISE "An Empty Place At the Table" Display:

We hear about incidents through the media, yet many times we forget about the spaces left empty at dinner tables across the state. This powerful tribute of remembrance honors those who have lost their lives to domestic violence during the past year in Massachusetts. The name of each victim that will be missed this season will be part of the display. An ADVISE member will also be present to answer any questions about the program.

★★★★

SENATOR MOORE



Stop by or call!

DISTRICT OFFICE
SHREWSBURY TOWERS
36 N. Quinsigamond Ave.
Tel. (508) 757-0323 x13

www.SenatorMikeMoore.com

STATE REPRESENTATIVE
HANNAH KANE



(617) 722-2430

EMAIL: HANNAH.KANE@MAHOUSE.GOV
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102 RANDOLPH ROAD, WORCESTER, MA - OASISATDODGEPARK.COM

NEW CLASSES: Monday December 14, 2015

at 1pm: Shrewsbury Fitness Instructor Joe Fish, will be holding his Senior Challenge classes on Monday's at 1pm beginning Dec. 7. Joe is a 65 year old instructor who specializes in training older adults. His functional strength training classes are suitable for men and women of all fitness levels. The American College of Sports Medicine recommends strength training for all people over 65. To be comfortable please bring water and wear sneakers and loose clothing. Please call to sign up!

Tues., Dec. 15th, & Mon. 28th: Legal Clinic, 9am-12pm:

The Shrewsbury Senior Center is now offering two Legal Clinics a month with our pool of elder law attorney volunteers. Slots fill quickly. **Advance sign-up is required, call the Senior Center to register.**

Fri., Dec 18th, 11:45 Christmas Luncheon:

Join Representative Hannah Kane and Senator Michael Moore. Enjoy a delicious glazed ham or lemon chicken dinner and dessert with Shrewsbury's Legislators! **Please sign up at the Front Desk by 12/5. Event is open to first 150 seniors registered.**



Tues., Dec. 29th, 2:00pm Book

Chat: Please read "Patron Saint of Liars". Copies are at the Shrewsbury Public Library's Circulation Desk.

Program Reminders!

Scrapbooking class: There is no class in December and will be back up the first Thursday: January 7, 2016.

Country Western Dance Class: No Classes in December or January.

Beginners Bridge Lessons: Mondays 12:30pm (started November 2nd): Come join the fun and learn this popular card game. Call the Senior Center to sign up.

December Free Health Events:

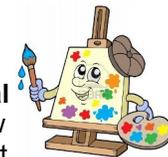
Please call to sign up

12/8 (Tues) 10am Neuropathy Workshop: Dr. Brian Maher from Shrewsbury Chiropractic will discuss neuropathy concerns and options that may help.

12/8 (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.

See Local Senior Artwork!



We will be featuring paintings done by local Seniors. They will be on display for a few months in our dining room. These works of art will be for sale with 10% going to our Senior Center. A great opportunity to own an original. If you have any questions please call Beth Murray at the Village Café: 508-841-8757.

Friends of Shrewsbury Senior Center, Inc.

Membership year is July 1, 2015 - June 30, 2016. The Friends of the Shrewsbury Senior Center, Inc. is a non-profit organization that raises funds to support the Shrewsbury Senior Center. Please use the form below to join and support the Friends. Membership cards are available at the front desk.

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-----

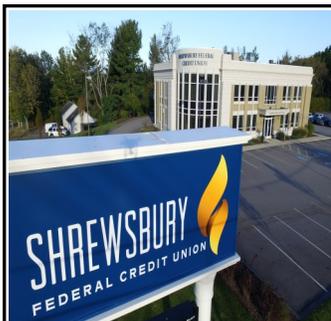
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Phone#----- Email Address -----

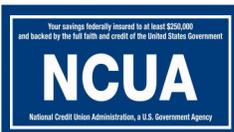
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CARES Column

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

Would you be satisfied if you learned that 10% or less of your Christmas donations went to actual services provided by the recipients? Certainly a ridiculous question, but not an unusual occurrence. Since resource-limited charities often hire professional, for-profit businesses to do their fundraising, associated high costs and fees paid to the fundraisers can leave little remaining money for a charity to accomplish its mission. Then there are the fake charities whose names sound credible. *Consumer Reports* magazine (December 2015, pg. 23) cited the Cancer Fund of America and the Breast Cancer Society as “organizations with names that sound reasonable {that} were found to have cheated donors out of \$187 million” before being exposed. When I recently received a call from American Service Veterans, it took me a few minutes before I realized that the caller was not a real person. I soon noticed my responses became prompts for automated replies. With an Eastern Massachusetts area code and a West Bloomfield, Michigan address as well as the automated voice, this alleged veteran’s charity struck me as suspect. I hung up without reservation.

I donate regularly to two charities. One of these I researched through the website Charitywatch.org, the online offering of the watchdog group Charity Watch (P.O. Box 578460, Chicago, IL 60657; 773-529-2300). Charity Watch is one of a few watchdogs that evaluates charities to determine how much of donors’ gifts actually translate into direct services. Others include the Better Business Bureau’s Wise Giving Alliance (give.org; 703-276-0100) and Charity Navigator (charitynavigator.org; 201-818-1288). The other charity I support is a local relief organization that I actually volunteered my time with, got to know reasonably well, and then started backing financially when I was convinced that my money was helping people in need.

If you have responded to charitable appeals in the past, you are likely to have been inundated with requests from myriad nonprofits (and fake groups). This is because you have been identified as someone who is likely to respond positively to requests for donations. Probably without your awareness, your name has been sold (yes, your name is flipped) over and over to others seeking monetary donations. Therefore, at their worst, charitable appeals have become marketing campaigns that can leave the overly-generous overly-extended.

My best to you all during the coming holiday season and beyond!

**Council On Aging December 2015
Volunteer Opportunities**

**Stacey Lavelly - Volunteer Coordinator
508-841-8758**



**VOLUNTEERS
NEEDED**

As we approach the season of giving, I hope you will consider giving some of your time to our senior center and community. I am sure doing so will warm your heart and the hearts of those you touch with this selfless act of kindness. Have a most happy and healthy holiday season!

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!!

Meals On Wheels Drivers: We are in dire need of good drivers to deliver meals and check in on 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 finished by noon.

New Group Leaders: The Senior Center is seeking suggestions for new programs for the senior population in Shrewsbury. We are open to all ideas and suggestions. We are looking for facilitators to lead these new groups. No previous facilitation experience is necessary. Please be knowledgeable or have a passion for the area you present to us and tell us how it pertains to seniors. Looking forward to hearing your proposals so we can offer the Shrewsbury community lots of new and exciting program options in 2016!

Holiday Toy Drive November



16th to December 18th: Please

donate a new non-violent toy for needy children in our community served by Shrewsbury Youth & Family Services and the Worcester County Department of Children & Families. Sports balls & gift cards are especially needed for teens, as well as toys for infants. Thank you for your generosity to the children in our community. For more information, please call LouAnn Geer at [\(508\) 414-9177](tel:5084149177).

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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.boydstonseniorsonthego.com

Wed., Dec. 9th: Informational Presentation at the Senior Center 2:30 pm. There will be a video presentation with details about a trip to **Nova Scotia and Prince Edward Island in June, 2016.** A representative from Tours of Distinction will join Dave Stevens to make the presentation. **December 31, for our Annual New Years Eve Day Party** featuring Jan Peters, Boston's Lady of Cabaret. Dance your way to the New Year with the exceptional orchestra of **Tom LaMark.** Price: **\$91.00pp.** Includes transportation, luncheon, show, Party Favors & Champagne Toast. Meal choice of Baked Scrod or Chef's Choice of either Prime Rib or Roast Sirloin. Location is the Double Tree Hilton, Leominster, MA. Pickups for all events are in Shrewsbury at the Sr. Center.

The Happy Travelers: Bus trips for the over 50 traveler. Driver gratuity & cancellation waiver fee included in all of our day trips. Call Gladys Merrow at (508) 835-4312 e-mail: glady2@verizon.net. Our 2015 trips have all filled up so we are now offering 2016 trips. Do not hesitate to reserve a seat ASAP on any of these trips, then follow up with the deposit, which will hold your seat until final payment is due.

- 2/19/16 - 35th Annual Connecticut Flower Show, Hartford, lunch at Vito's @ \$89.00pp
 - 3/12/16 - "Little Bit Of Ireland" Regal Theater's Irish show @ \$99.00/pp
 - 5/14-15/16 - 2 Day New York City, the 9/11 Memorial & Museum and over night in NJ. After breakfast Ellis Island & the Statue of Liberty @ \$349.00/pp double
 - 7/30/16 - Plymouth Whale watching & lunch at the Hearth & Kettle @ \$99.00/pp.
- Pick up flyers at your Senior Center or call Gladys Merrow for more information.**

Shrewsbury Friends Men's Club meets every Thursday, 9:00 to 11:00am. This month's speakers will be:

- Dec.3rd** - Col. John P. Collins, M.D. US Army Retired, Veterans Administration
- Dec.10th** - Dr. Raj Hazarika, Chair, ReadyMed / Reliant Medical Group
- Dec. 17th** - **Holiday Luncheon off site (reserve now)**
- Dec. 24** - **No meeting (Christmas Eve)**
- Dec 31st** - **No Meeting (New Year's Eve.)**

Trip to Foxwoods Casino, Wed, Dec. 2nd, at 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 2015 Trips, call 508-757-1210 or zworcester@verizon.net, Send check to Bob Zinkus, 45 Hilton Ave., Worcester, MA 01604.

Foxwoods Casino: Dec.3rd, Buffet voucher and \$10 slot play - prizes & video on the bus - gratuity to driver - \$25

Help on Newsletter Mailing Day! Free Coffee, Donuts and Muffins when you help us stick the mailing labels on The Senior Edition Newsletter. Next mailing date is **FRIDAY, December 18th,** at 8:30am. Come join the fun.

Please note this is an early mailing and that we need extra help for mailing due to the timing with the Christmas holiday!



MySeniorCenter (MSC) Is Coming! More Info Next Month!

If you are a regular at the Senior Center, you have probably gotten used to seeing the MSC computer sitting quietly near the door. Soon it will be greeting you each time you visit! While the COA has used MSC for years "behind the scenes" for record keeping, we will soon be using it to track participation. If you have been to other Senior Centers in the area, you have likely seen it in action. You will be receiving a little tag (similar to what you see in grocery stores) to swipe in and help us keep better program statistics and communicate with you!

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By Outreach Coordinator
Walter Rice, LCSW
Call Walter at 508-841-8647 to set
up an appointment.

Fuel Assistance: New applications for assistance continues. You need to contract Walter Rice who will assist you with the forms that go to the SMOG Headquarters in Framingham. Forms cannot be mailed to new Applicants. For folks 60 and older, applications must be done in person with Walter. Financial eligibility for **ONE** person is \$32,618 and for **TWO** persons it is \$42,654. If you know someone under 60 who needs assistance, please refer them to Shrewsbury Youth and Family Services (SYFS) at 508-845-6932.

Emergency List: Another rough winter is being predicted! If you want a well-being check in the event of severe weather or 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): This is the season for winterization. If you haven't already removed 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. Contact Walter to explore the options that are available.

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

All information shared in Outreach is Confidential!

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

Our Senior Center Helpful Publications

When you come to visit us at the Shrewsbury Senior Center take a look around to see what Publications we have for you free.

New LifeStyles the Source for Living



Guide to Senior Living and Care booklet is available at the Shrewsbury Senior Center. We have the newest Winter/Spring 2016 Free copy waiting for you. Also you can go to www.NewLifeStyles.com for more information. There is also a new Mobile Edition. This is a Central/Western Massachusetts booklet. Come on by and get your copy before we run out.

Home Heating Booklet: It's that time of year for thinking what to do for the cold weather. The Home Heating Booklet, put together by Shrewsbury's Home Heating Group, is available at the Senior Center. There are many home heating consumer and safety tips for all residents, whether they be home owners or renters, and regardless of how the home is heated. One page is devoted to Weather Emergencies. If you haven't already prepared an Emergency Kit, there are still free totes with checklists available at the Senior Center, courtesy of UMASS. Come by and get a booklet and tote!



The Caregiver's Guide: A helpful guide to Caregivers produced by the Central Mass. Family Caregiver Support Program, and a collaborative effort of Central Mass. Agency on Aging, Elder Services of Worcester.

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NEWS FROM SHINE DECEMBER 2015

**With Medicare Plans, does it matter which pharmacy you use?
For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs!**

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.

For 2016, 80% of the Medicare drug plans have **preferred pharmacies**. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharmacies for next year. You should check that the pharmacy you currently use is the best one to use with your plan.

Most plans have a **mail-order program** that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Mail order sometimes costs less, but using preferred pharmacies may cost less than mail order.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7th . YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT! CALL 1-800-MEDICARE NOW!

"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.

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

Does Your Insurance Plan Offer A Monetary Exercise Benefit?

If so, this is the time of year that they usually want materials submitted so you can get your benefit. The Senior Center can assist you if you are seeking this for any classes you've taken at the Senior Center. Call the Front Desk if you need assistance, we're happy to help!

Support Groups are a wonderful way to connect with others who share your struggles. Due to space constraints, we are unable to list the local groups this month.

However, we have a list of all local Support groups for your information. Come by to pick up a copy or call to have one mailed to you!



Cookie Walk and Bake Sale Saturday, December 5 from 9:00am to Noon: Mt Olivet Lutheran Church, 34 Prospect Street. Pies, cakes, breads, bars, candy, etc. for sale.

Cookie Walk involves customer selection from numerous varieties of cookies; fill a coffee can for a fixed price per can. Questions can be directed to the church office either by phone (508-842-2731). Questions can be directed to the church office either by phone (508-842-2731) or at office_mtolivet@townisp.com.

THE MASTER SINGERS of WORCESTER present
the
BOAR'S HEAD FESTIVAL
SATURDAY, DECEMBER 12 @ 4 PM
WESLEY METHODIST CHURCH, 114 MAIN ST.,
WORCESTER



Join the Master Singers as they celebrate the winter season with music and revelry in this Renaissance costumed pageant suitable for all ages. With Brett Maguire featured on organ, and Bill Garcia, from the First Congregational Church in Shrewsbury, as the Narrator. Also performing are the Dapperapper Morris & Sword Dancers, Shrewsbury Ringers hand bell choir, and Shrewsbury Youth Singers. A festive reception follows the show. Tickets are \$25-Adults; \$20-Seniors, Students & WOO; \$10-children under 16 at the door. For tickets and more information, visit www.mswma.org, call 508-832-1349, or email info@mswma.org.

Sunday Dec. 13th, 1-3pm:

Shrewsbury Garden Club will host a Holiday House Tour from 1-5 pm. Five local homes will be featured. Tickets are \$20 each and or purchased online at www.Shrewsburygardeclub.org or contacting Margie White at mvwhite@townisp.com or 508-769-0396. Tickets will also be on sale at the Public Library the weekend of Dec.12 from 1-3 for \$25 ea. The club respectfully requests no children under the age of 12. All proceeds benefit continuing beautification projects of the Garden Club.



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Tuesday – Friday 7–11 am
Saturday - Sunday 7 am – 2 pm
582 Main Street, Shrewsbury Center,
508-842-7800

***Complimentary coffee for Seniors with a meal Tues. - Thurs. for December!**
www.amicitrattoria.com



<http://dennismike.net>



On-Going Activities

December 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11:30 Roger's Coffee Shop 9:30 Piece Makers Quilting 11-1:00 SSC Club (Bingo) 11:30 Whist 12:30 Bridge Lessons 1:00 Senior Challenge Class (new) 2:00 - 3:30 Current Event Group	8:00 - 9:00 Tai Chai Beginner (No class on 15, 22 & 29) 9:00 Piano Lessons 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 9-11:30 Independent Artists 10:20 Belly Dancing 12-1:30 Painting with Elaine 12-4:00 Duplicate Bridge 2:00 Men's Billiards	8:30 - 9:15 Tai Chai advanced (No class on 16, 23 & 30) 9:00 - 11:30 Roger's Coffee Shop 9:30 - 10:30 Fitness & Nutrition** 10:00 - 12:00 Scrabble Group 10:00 - 11:00 Basic Drawing 11:00 Yoga 12:00 - 1:00 BP/Weight Screening 1:00 - 2:00 Mindfulness Meditation 12:30 Bridge 1:00 - 2:00 Pilates 1:00 - 3:30 Whist	9:00 - 11:30 Roger's Coffee Shop 9:00 - 11:00 Friends Men Club (No mtg. 24 & 31) 11:30 Open Mic Jam 1:00 Pitch 1:00 Beginner Mahjong 2:00 Men's Billiards	9 - 9:45 Drummer Class 9-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 1:00 - 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

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.	1 9:30 Friends Board Meeting Turkey a la King	2 8:00 Foxwoods Trip Meatloaf & Gravy	3 Greek Chicken	4 10:00 Smoothie Workshop Breaded Fish
7 Beef w/Peppers & Onions	8 Van Trip: Walmart, Rt. 9 10:00 Neuropathy Workshop 1:00 Hearing Screening Vegetable Cheese Bake	9 2:30 Nova Scotia Trip Presentation Chicken Mornay	10 Meatballs W/Onion Gravy	11 11:30 Movie and Lunch 11:30-12:30 Hannah Kane Salmon w/Teriyaki Glaze
14 10:00-11:00 Senator Moore Chicken Sausage Jambalaya	15 9:00-12:00 Legal Clinic 1:00 Friends Inc. Program 10:00 COA Board Meeting Salisbury Steak	16 10am-3pm ADVISE Display An Empty Place At the Table Pork Stir Fry	17 10am-3pm ADVISE Display 2:00-7:00 Red Cross Blood Drive Chicken Piccata	18 8:30 Newsletter Mailing 11:45 Christmas Luncheon with Hannah Kane & Senator Moore
21 Hot Dog W/Beans	22 Van Trip: Northborough Crossing Baked Ham/Maple Glaze	23 Chicken Cacciatore	24 	25 All Municipal offices closed
28 9:00-12:00 Legal Clinic Roast Pork w/Gravy	29 2:00 Book Chat Chicken Fajitas	30 Shepheard's Pie	31 	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. Meals