

The Senior Edition

January 2016 Volume 16 Issue 1

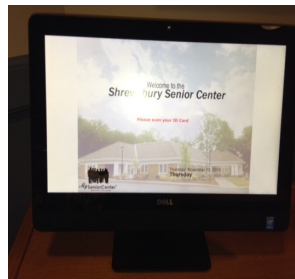
Next month: Combined Feb/March Issue!

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.



"Let's Be Friends" 2016

As we continue our trip back to 1995-1996 some of the information has been puzzling to many. How could the Friends not be the Friends? It was voted at the November meeting to change the Friends to Patrons and to celebrate this change with a pot luck supper in January 1996. Well, Mother Nature intervened and the supper had to be cancelled because of the weather. But that did not deter the continued discussions about the name change. One person felt that the term "patron" denotes "big bucks" and would scare people away. Others suggested names like Community and Seniors Together (CAST). In trying to work with the Men's Friends, The Friends had to withdraw the original Articles of Organization to the state as they asked to change their name. They also had to apply again and had to decide on a name. They realized that they are less than ready to settle into the business at hand and that there is so much more to the Senior Center than just a place to meet. It was agreed that they were in need of much more organization. There was dispute that there needs to be a majority of members vote on the name change and then the resulting problems in changing all documents including the bank account. But during all of this the organizing group still focused their efforts on their most important goal, transportation. Tune in next month to find out the results of how the Friends really became Friends.



My Senior Center (MSC) Is Here!

Many of you have heard us talking about this for years! Thanks to collaborated efforts of Stacey Lavelly our Volunteer Coordinator, and our IT and Public Buildings Departments, MSC is finally ready for public use this month!

How Do I Use MSC? You will receive a small card (like what you get at the Grocery Store) with a bar code on the back. When you come in for a program, service, activity or to volunteer, just swipe your card and follow the instructions on the screen. It will only take seconds!

What Do I Need To Do? If you attend a group or activity regularly, you will likely get your card from your instructor or group leader. Otherwise, stop by the front desk and we will give you one!

What Will The Information Be Used For? Statistics...we will be able to report to the state the number of men and women we serve, which age groups and what activities are the most popular.

How Does This Help The COA? With more accurate statistics, the COA can better advocate for needs, whether it's more funding or more diverse activities.

If I Have A Problem Using MSC, What Do I Do? We will have Greeters/ "Welcomers" who can assist you, or just ask the front desk.

Do I Get Anything Out of This?: Maybe! To get everyone used to "scanning in" we will be offering raffles ...the more you scan I, the better your chances are to win. We want to make this a fun, easy process!

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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**

Tim Swiss, **Chairman**; Louise Russell, **Vice Chairman**; Marty Green, **Secretary**, Charles Fenno, Norma Giumentaro, Zoya Mehta and Susan Shaw.

COA Director: Sharon M. Yager

Transportation Coordinator: Cynthia M. Willis, CCTM

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

IMPORTANT!
Deadline for the
February/March
Newsletter is
January 14, 2016

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. (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**

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 "The Main Event" with Bill Sbrogna and the Solid Gold Singers.

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., Jan. 8th, 10-11am Brain Gym Smoothie:

This will be the last Heart Healthy Smoothies and Brain Gym class, until further notice. Thank you for your attendance. Call 508-841-8640 or stop by the Senior Center to register.

**Fri., Jan. 8th, 11:30am Movie and**

Lunch: Honor MLK Day with the special film **SELMA**, our feature this month. Although the Civil Rights Act of 1964 legally desegregated the South, discrimination was still rampant in certain areas, making it very difficult for blacks to register to vote Dr. Martin Luther King Jr. (David Oyelowo) and his followers pressed forward on an epic march from Selma to Montgomery, and their efforts culminated in President Lyndon Johnson signing the Voting Rights Act of 1965. Rated PG13, 2hrs, 8 mins. **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.**

Mon., Jan. 11th, Senator Moore Office

Hours, 10-11am: 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.

Fri., Jan. 15th, 12:30-1:30, Winter

Luau: Come beat the winter blues and join the fun for a winter luau party! All are invited at no fee to enjoy games, tropical punch, and dessert. Hosted by Navicare, a Senior Care Options program through Fallon Health. A Navicare Representative will be available during the event. Please call the Senior Center to sign up.

**Tues., Jan. 19th, 1pm Friends of the Shrewsbury Senior Center Inc. Program:**

It's a surprise! Did we pique your curiosity? Watch for clues as the program date gets closer. Come and enjoy a special afternoon with good friends or make new friends. Refreshments will be served.

Tues., Jan. 19th, & Mon. 25th: 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.**

★ ★ ★ ★
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
WEBSITE: WWW.REPHANNAHKANE.COM



RESERVATIONS BEING ACCEPTED! - OPENING SPRING 2016



A Revolutionary Alzheimer's and Dementia Residential Care Facility
for the Elderly in Central Massachusetts

**Bad Weather Reminder:**

In the event of school closings, all programs, activities and services (including Transportation and Meals on Wheels) are cancelled. In the event of a school delay, please call the Senior Center to see if your program will be held as scheduled.

**Thurs., Jan. 28th, 2:00pm Book**

Chat: Please read "Pavilion of Women" by Pearl S. Buck. Copies are available on Dec. 29, 2015, at the Shrewsbury Public Library's Circulation Desk.

Fri., Jan. 29th 1-2pm Representative

Hannah Kane will hold office hours at the Senior Center to meet with constituents on a first come first serve basis. No appointment necessary.

AARP Taxes: Filing assistance will begin **February 4th through April 14th**. Call to be put on the waiting list. The AARP volunteers meet with taxpayers by appointment only at the Shrewsbury Senior Center. Be sure to arrive 15 minutes early with photo ID for the person or persons filing. It is mandatory to bring **Social Security Documentation for each person on the tax return (Social Security Card, or SSA - 1099.)** Please call 508-841-8640 to schedule your appointment. The Shrewsbury Senior Center is pleased to host the AARP TAX-AIDE program as a service to seniors in the Shrewsbury area.

**Program Reminders!**

Scrapbooking class: Returning the first Thursday: January 7, 2016, 9:30– 11:00am.

Country Western Dance Class: Returning on Wednesday February 17th at 2:30.

Fitness & Nutrition: Starts January 6th, 9:30 - 10:30. Join Karen McKenzie at the Senior Center, cost: Res. \$25. Non Res. \$30 for 8 classes. Contact Parks and Recreation 508-841-8503 to register.

Men's Group: Resumes Meeting January 7th. See page 5 for the scheduled speakers!

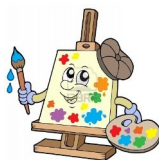
January Free Health Events:

Please call to sign up

1/12 (Tues) 10am Neuropathy Workshop: Dr. Brian Maher from Shrewsbury Chiropractic will discuss neuropathy concerns and options that may help.

1/12 (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.

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

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-

Address-----

City, Zip-----

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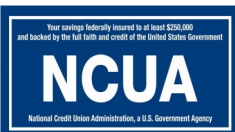
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CARES Column

(Consumer Awareness and Resources for Elders in Shrewsbury)

By Dave Grillo, CARES Coordinator

Rather than store away any gift cards you may have received as holiday gifts, I encourage you to redeem (spend) them in the near future. They have no value tucked away in a drawer, especially if they expire. Also, in most cases, they become worthless when they are only redeemable at a particular merchant, and that merchant goes out of business.

If a doctor fails to communicate effectively with you, your health could be imperiled. Dr. Marvin Lipman, Consumer Reports' chief medical adviser, recommends that you bring someone with you to your appointments since "a second pair of ears or, better yet, another mouth to ask questions, can be invaluable in such emotionally fraught situations." Since we tend to be preoccupied with certain details of concern to us, while the doctor may be feeding us far more information than we can be expected to process, information that may be vital, Dr. Lipman recommends that we take notes or ask permission to record the conversation. Also, Dr. Lipman advises, "Don't be intimidated. If there's something you don't understand, interrupt to ask for an explanation in plain English." If you don't understand something, don't pretend that you do. It's your health, and the days of being quiet and not interrupting or questioning the doctor are long gone. "Repeat what you think you heard so your doctor will know whether you're both on the same page", Dr. Lipman says. Find out before you leave the appointment what the best way is to follow up if you are left with questions or become confused after the appointment. As soon as you get home, try to write down as much as you remember for your records and for future reference.

"The two largest retail banks in Massachusetts have some of the least satisfied customers" reported the Boston Globe (my employer) in its Business section (Tuesday, November 17th). Bank of America and Citizens Bank received a D+ and a C respectively in areas such as quality of service, whether tellers are helpful, and competitiveness of interest rates. Whether or not you are unhappy with your bank, consider a credit union. Many unsatisfied bank customers have been won over by quality customer service, free checking, lower costs and cheaper loan rates typically found at credit unions.

Don't part with your hard earned money unnecessarily! Talk to a trusted family member, friend or call CARES before making a monetary decision you are unsure about!

Council On Aging January 2016

Volunteer Opportunities

Stacey Lavelly - Volunteer

Coordinator

508-841-8758



Happy 2016!! Get this year off to a great start by volunteering to do something meaningful right here in your own community. Please let me know if I can be of assistance finding the right opportunity for you this year!

Meals On Wheels Drivers: We are in desperate 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. Bring your spouse or friend and work as a team as some of our others drivers do! Daily gas stipend is also paid monthly.

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!!

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!

Senior Greeter Permanent and fill-in positions:

The Shrewsbury High School Senior Greeter program is in need of help for the remainder of the 2015-16 school year. This is a highly visible and social position. You need no computer experience, just a flexible, helpful and friendly demeanor.

This position follows the school calendar.



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Britton Wallace

Funeral Home

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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

June 30 – July 6, 2016 – “Canada Atlantic Cruise Tour” Nova Scotia & Prince Edward Island 7 Days – 11 Meals. Price of \$1,759.00 p/p Dbl - \$2,419.00 Single includes Deluxe Motorcoach, 1 Night private cabin on Nova Star Cruise Ship, 5 Nights Hotel Accommodations, Taxes & baggage handling, Guided Tours of Lunenburg and Peggy’s Cove, NS; Halifax; Prince Edward Island, All sightseeing & Admission Fees, Tickets to Royal N.S. International Tattoo, Full Time Tours of Distinction Escort, gratuities for Escort, Driver & Local Guides.

August 26 – 29, 2016 – “Montreal & Quebec City” 4 Days, 3 Nights Price of \$879.00 p/p Dbl - \$1,149.00 Single includes Deluxe Motorcoach, 1 Night in Montreal, 2 Nights at the Palace Royal in Quebec City, Dinners at great restaurants, Breakfast at the hotel in Montreal, All sightseeing, Admissions to Notre Dame & St. Anne de Beaupre, All Gratuities.

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.

Feb 19 (Fri) - Connecticut Flower Show (Snow Date Saturday Feb. 20) \$ 89.00

Mar 12 (Sat) - “A Little Bit of Ireland” Irish Show at Regal Theater \$ 99.00

Apr 10 (Sun) - Ivoryton Playhouse featuring On The Road with John Denver \$115.00

May 14/15 - 2 Day New York featuring 9-11 Museum & Statue of Liberty, (waiting list) \$349.00

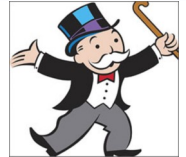
May 22 (Sun) - Mount Auburn – Sunday Brunch & Kennedy Library \$105.00

Jun 25 (Sat) - Crane Estate, Ipswich & Essex with lunch & a boat ride \$115.00

Jul 30 (Sat) - Plymouth, MA Whale Watch \$ 99.00

Aug 20 (Sat) – Portland Maine via Amtrak, lunch and boat ride \$110.00

Shrewsbury Friends Men’s Club meets every Thursday, 9:00 to 11:00am.



This month’s speakers will be:

Jan. 7th - Mr. Michael W. Welch, Headmaster, St. John’s High School

Jan. 14th - Mr. Rick Spurr, Scoutmaster, Boy Scout Troop 114, 100th Anniversary.

Jan. 21st - Mr. Paul Reilly, CEO ActiveRx, Senior Strength Training.

Jan. 28th - Mr. Robert F. DeCoteau, A North Korean Adventure.

Remember, if there should be a Shrewsbury School Closing due to weather, the Men’s Group will **NOT** meet. If there is a delay, please call the Senior Center to find out if the meeting will still take place!

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Trip to Foxwoods Casino, Wed, Jan

6th, 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 zworchester@verizon.net, Send check to Bob Zinkus, 45 Hilton Ave., Worcester, MA 01604. **No Trips scheduled for January and February.**



“Happy Holidays!”

PSST...Did you know: Studies show that travel helps stimulate brain function, combats loneliness, depression and contributes to maintaining your health? Why not make a trip in 2016 and see what you think?



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, January 29th.** at 8:30am. Come join the fun.

RICHARD'S CAR WASH

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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 SMOC 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 winter doldrums 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! If
you have a friend or love one in need, please let
Outreach...Reach Out!***

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.

Following information
provided by:



Fruits & Vegetables... How Much Do We Need?

Benefits of eating a range of fruits and vegetables
every day include:

- Providing essential vitamins and minerals that your body needs to function every day
- Providing fiber that keeps your digestive tract healthy and helps protect against diseases such as diverticulosis
- Possibly preventing some types of cancer and chronic diseases, including coronary heart disease, stroke, hypertension, cataract formation, and chronic obstructive pulmonary disease.
- Providing a feeling of satiety and promoting a healthy body weight.

A serving size equals:

- 1 medium piece of fruit (such as an apple, pear, orange etc.)
- 1 cup of berries or cut up fruit
- 8 ounces of 100% fruit juice
- ½ cup of dried fruit

Here's To A Healthy, Happy New Year!

MASSACHUSETTS ASSOCIATION
for the
Blind and Visually Impaired

CONFIDENT LIVING WITH VISION LOSS

The Massachusetts Association for the Blind and Visually Impaired (MABVI) is now offering Adjustment to Vision Loss Counseling, a program staffed by clinical social workers who specialize in the field of vision loss. To book an appointment, call 888-613-2777. For more information on this service and more, visit mabvi.org. Services are billable to most insurances and may be subject to a Adjustment to Vision Loss Counseling co-pay. Appointments are offered in the Worcester area.

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financial services for seniors! **508-842-7400.**

Shrewsbury Woman's Club Meeting: January 8th at 12:00 pm. LISA BRADLEY, Realtor and LORRIE CARD, Interior Decorator and Staging Expert, will present "STAGING YOUR HOME." What do home sellers need to do to enhance the salability of their homes? What elements are "buyer pleasers?" Listen and learn how to best prepare a home (inside and out) for maximum success on today's market!

Crafters Sought for Fall Festival! 2016 is here...it may seem far away now, but the Annual Fall Festival will soon be here again. If you are a crafter and spend the dark winter days doing your crafts, why not have them be part of the festival? Information is below on how you can be a part of the fun!



**SPIRIT OF SHREWSBURY FALL FESTIVAL
2016 CRAFT FAIR**



CATCH THE SPIRIT!

Saturday, September 24, 2016

Outside - 10 am to 4 pm

WANTED: Homemade, seasonal (Halloween, Thanksgiving, Christmas, Fall, Winter) crafts in addition to unique, homemade items.

*Questions? Contact Judy
508-842-8507
(no calls before 9 AM or after 9 PM)*

Get "WISE-r" in the New Year!

Want to try something new and different in 2016? What about taking a course at one of Worcester's great colleges? Here are just two great programs to look into in the new year...other opportunities are out there...many of the area museums also offer special courses and classes.

WISE at Assumption: (Worcester Institute for Senior Education) A new catalog is available at the Senior Center for reference. Call 508-767-7513 for more information or visit www.assumption.edu/wise.

Worcester State University: Take a class at WSU! The Elder Registration Program, which offers free classes (waived tuition and fees) to Massachusetts residents age 60 and up. Visit www.worcester.edu for more information or call WSU's InterGenerational Urban Institute at 508-929-8900.

News from SHINE January 2016

Ed Roth, Regional SHINE Coordinator

Can I still change my Medicare Plan?

The 2015 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans.

For Plan year 2016 The Tufts Medicare Preferred Plan has been designated as a 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change too, one of the Tufts Medicare Preferred Plans at anytime between December 8, 2015 and November 30, 2016. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a **Medicare Advantage Plan:** Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period. For those with **Prescription Advantage** or getting "Extra Help" paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

"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". 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.

CENTRAL MASS SHINE WEBSITE

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. 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 shinema.org

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508-753-7209

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 - 3:30 Current Event Group	8:00 - 9:00 Tai Chai Beginner 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 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 9:30 - 11:00 Scrapbooking 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 Dept. 508-841-8503**

				
4	5	6	7	8
Chicken Mornay 11 10:00-11:00 Senator Moore Swedish Meatballs	Van Trip: Walmart 9:30 Friends Board Meeting Pot Roast Stew 12 10:00 Neuropathy Workshop 1:00 Hearing Screening Buttermilk Chicken	8:00 Foxwoods Trip 9:30 Fitness & Nutrition starts Turkey a La King 10:00 COA Board Meeting Chili	Meatloaf & Gravy Pork Rib-i-que Garlic Herbed Chicken	10:00 Smoothie Workshop 11:30 Movie and Lunch Macaroni & Cheese 15 12:30 - 1:30 Luau Cracker Crumb Fish
18	19	20	21	22
 Martin Luther King Jr. Day All Municipal Offices Closed	Van Trip: West Meadow 9:00-12:00 Legal Clinic 1:00 Friends Inc. Program Pork Stroganoff	Beef & Broccoli American Chop Suey	2—7pm Red Cross Blood Drive Beef Burgundy	Eggplant Parmesan Wild Salmon w/Dill
25	26	27	28	29
9:00-12:00 Legal Clinic Roast Turkey			2:00 Book Chat	1:00-2:00 Hannah Kane 8:30 Newsletter Mailing

PLEASE NOTE: All special monthly activities, meetings and screenings appear on this calendar. Call the Senior Center at (508) 841-8640 to sign up for screenings, clinics, and special events. The entrée at the village café is listed each day. To reserve your meal, please call the Café Office at (508) 841-8757. All reservations must be made by noon, (2) business days in advance. Meal menu may change without notice. Menu includes milk & margarine.