

CALLAHAN COURIER

FRAMINGHAM *on the go!*

FRAMINGHAM CALLAHAN CENTER NEWS & ACTIVITIES | VOLUME 4, NO. 8, AUGUST 2016



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SUMMER IS HERE, and with it, a bounty of fresh, healthy fruits and vegetables.

Make it your personal goal this summer to find affordable, convenient ways to take advantage of these foods and eat healthy. These foods are high in vitamins and minerals, and naturally low in fat, sugar and sodium. Here's how you can get started incorporating them into your daily diet:



Identify the issues and pick the easiest to change first:

Changing your eating habits starts with acknowledging what behaviors could be problematic. Do you freeze meals because your activities are restricted or you are tired later in the day? Do you eat lots of snacks that are high in sodium? Do you eat one large meal a day? Do you have a difficult time getting out of the house? Make a list and pick the one issue you change more easily. For example, try picking a time when you have more energy (such as morning) to get the shopping done and take care of the bulk of your meal preparation. Or, talk with neighbors and carpool to the store together.

Shop at farmers' markets: Sometimes it's lack of inspiration that sends us reaching for the local pizza place's take-out menu. Get fresh food on the brain by strolling through a farmer's market. See what's in season at the moment, and even try taking home produce you've never tried before. Not only can a farmers' market get you out of an eating rut, it's a great way to save money and get a bit of weekly exercise!

Use herbs: Fresh herbs like dill, thyme, and rosemary are packed with flavor and highly nutritious. Bonus: you'll find that fresh herbs are so flavorful that you need less salt when using them.

Get grilling: Haven't used the grill since the kids lived at home? It's time to fire it up again. Try marinating vegetables and fish or lean meat in ziploc bags, then tossing them on the grill for a quick summertime meal. Cleanup is a snap, and you'll enjoy the fresh air!

Blend it up: Have trouble eating enough fruit every day? Try blending your own morning smoothie to get your fill first thing in the morning.

Freeze fruit: Worried about overbuying produce at the farmer's market, only to watch it spoil before you can finish it? Good news: fruit freezes beautifully! Pack ziploc bags with fruits like strawberries and blueberries. Defrost them later for snacking, or throw them into the blender as-is for a deliciously chilly breakfast smoothie.

Growing older can make proper nutrition even more difficult. But summer's bounty of fruits and vegetables isn't only healthy, it's delicious!

Article Written By: Wingate At Sudbury

DIRECTOR'S CORNER

Hello Everyone,

Summer may be sizzling where you are, but it's cool and comfy here at the Callahan Center.

Friends of Callahan Yard Sale, Saturday, August 6, rain or shine! The Friends of Callahan will host a yard sale in the Blais room to support the programs at the Callahan Center. Hot dogs from Casey's Diner will be available. Come for some great bargains and help continue funding for the programs you enjoy.

Try one of our new exercise classes: **Let Your Yoga Dance** on Tuesday afternoons and **Athletic Stretch** with Charlene on Tuesday and Thursday afternoons. You can now **Zumba** on Tuesdays at 5:30. The **Callahan Walking group** continues to meet Thursdays at 9 a.m. at the Cushing chapel parking area. The comradery can help you keep your commitment to a healthier you. **Golf at Millwood Golf Course** is in full swing Wednesdays at 9 a.m.

For people with an interest in arts/crafts, we have **Beginner Hand Building with Clay** on Thursdays, **Mary Make-Do Craft Corner** on Mondays, **Beading with Marilyn** on the 2nd & 4th Wednesdays and our **Charity knitters** meet the last Friday of the month.

Don't forget to sign up for day trips this month:

- Spirit of Boston Harbor Luncheon Cruise Wednesday 8/10
- Tanglewood Sunday, 8/14
- Dixieland and Jazz Cruise at Lorenzo's Sunday 8/21

Read inside for more details about some terrific presentations on Tuesday evenings:

- **Haydn: Father of the String Quartet**
- **Ngo Dinh Diem** as part of the A is for Assassination series, and a 3-part series: **Lenin to Gorbachev**,
- **Estate planning and Probate Avoidance**
- **Transitions in Our Life**

Other special presentations during the day:

- **Meet and Greet Representative Chris Walsh 8/12 at 11 a.m.**
- **Robert Black performing songs by Hank Williams, Johnny Cash and others 8/23 at 1 p.m.**
- **Swing Era 8/30 at 9:30 a.m.**

Grace

CALLAHAN CENTER STAFF

STAFF

Grace O'Donnell, MS, Director of Elder Services
 Carolyn Roycroft, Programs Manager
 Judy Lew, ESOL Instructor
 Esta Lichtenstein, Volunteer Coordinator
 Sharon Scafidi, Computer Room Coordinator
 Randy Aylsworth, Customer Service Manager
 Karen Buck, Front Desk Receptionist
 Mary Kenney, Front Desk Receptionist
 Monica Dailey, Administrative Asst.

SOCIAL SERVICES

Lisa Ushkurnis, MSW, LICSW, Supervisor
 Jamie Donchin, MSW, LICSW, Social Worker
 Jaime Fitts, MSW, LICSW, Asst. Supervisor
 Gabriela Herscovici, BA, OT Bilingual Outreach Aide
 Sam Swisher, MBA, Outreach Volunteer Coordinator
 Deb Bourque, BA, CDP, Connections at Callahan Coordinator & Program Assistant of Continuing Connections

SHINE

Kathy Worchach, SHINE Director
 Kathleen Grant, SHINE Asst. Director



CALLAHAN CENTER

535 Union Avenue (Handicap Accessible), Framingham, MA 01702

Telephone: 508-532-5980

Web address: www.framinghamma.gov/360/Council-on-Aging
 Hours of operation: Monday-Thursday from 8:30 a.m.-4:30 p.m.,
 Friday from 8:30 a.m.-1:30 p.m.

CALLAHAN CENTER MISSION STATEMENT - 2016

It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

DISCLAIMER NOTICE

We appreciate your concern with the accuracy of the information that goes into the Courier. We try, to the best of our ability, to present the information accurately. However, we are not fully responsible for any errors that may occur with the printing of this newsletter, or changes that take place due to the cancellation of a presenter or a program.

COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS

Chairman: Clyde Dottin
Vice-Chair: Rick Killigrew
Secretary: Larry Griffin

Members:
 Linda Belleville
 Kellianne Erath
 John Kahn
 Betty Muto
 Lynn Power
 Michelle Quinn-Smith
 Fred Wallace

Welcome the new COA Board Members

**COA Board Meeting -
 No meeting in August**

Seated left to right: Larry Griffin, Secretary ~ Clyde Dottin, Chair ~ Rick Killigrew, Vice Chair
Standing left to right: Michelle Quinn-Smith, Kellianne Erath, Lynn Power, Linda Belleville, Fred Wallace, Betty Muto, John Kahn



Ageless Grace with Certified Trainer/ Educator, Amy Podolsky returns to the Callahan Center on Mondays, beginning September 19 at 11:15 a.m. generously sponsored by the Friends of Callahan from September to December 2016.

A SPECIAL THANK YOU to Heritage at Framingham for sponsoring a wonderful luncheon in July at the Callahan Center.

WOULD YOU LIKE TO SAVE \$725 ON YOUR PROPERTY TAX BILL?

The Senior Property Tax Work-Off

Program allows people to earn up to a \$725 credit on their property tax bills by working in designated municipal departments, if they are approved for the program.

Applications are being accepted now for the FY2017 program for Framingham residents who meet the following criteria: 1) are at least 62 years old as of July 1, 2016, and 2) own their home for five years or more, and 3) their gross income is \$40,000 or less as a single person; or their combined gross income as a couple is \$50,000 or less. Preference is given to people who have not participated in the program in previous years. Please call the Callahan Center for an application and additional details, **508-532-5980** or check out the website www.framinghamma.gov/360/council-on-aging.

Notary Public service is available by appointment at the Callahan Center, please contact Monica Dailey at 508-532-5980 ext. 4982 to schedule appointment.

CAREGIVER SUPPORT GROUP

First Tuesday of the month from 6-7 p.m.

For more information, contact Lisa
508-532-5980 ext. 2

THE CALLAHAN CENTER GOLF

LEAGUE will be playing at the Millwood Golf Course in Framingham on Wednesdays at 9 a.m. All are welcome, men and women, regardless of ability. You may contact Paul via e-mail at JVirdinlia@aol.com or call 508-872-7984 for questions.



The Friends of Callahan announce the opening of the **NEW Artists' Corner** in the Heritage Gallery.

Here you will find paintings, photographs, pottery, jewelry and other items from local artists here in Metrowest, on Tuesday evenings from 5-7:30 p.m. you're invited to stop in and meet with individual artists who are excited to meet you and discuss their work. Plan to make a stop before or after our new evening program series.

YARD SALE AT THE CALLAHAN

CENTER - Glassware, jewelry, kitchen items, cookware, clothing and more...

Saturday, August 6 • 9 a.m. - 2 p.m.

Hot Dog Cart from Casey's

All proceeds benefit the Friends of Callahan
If you would like to donate any household products please call 508-533-5980 X 4105.

Please be advised that there will be no Choral Group during the month of August.

PARKING AT THE CALLAHAN

CENTER: Although we have more parking spaces dedicated for people with disability placards than state regulations require, sometimes that is still not enough for those who need closer access to the entrance. If you are more able-bodied, please consider parking in the further sections of the lot to allow others who might have difficulty a space closer to the entrance. Your fellow seniors who are less vigorous than you will appreciate it; and your bones, muscles and joints will get even more of a workout. We appreciate your consideration of others' needs in this area.

THE CALLAHAN CENTER IS SEEKING VOLUNTEERS FOR THESE POSITIONS:

- Partner Volunteer for seniors attending scheduled activities
- Computer Center instructors to teach computer classes.
- Telephone Reassurance - Briefly call elder residents daily to inquire of well-being.
- Transport Escort - Drive elder residents to appointments.
- Food Shopping Assistance - Shop for grocery and other household items.
- Friendly Visiting - Visit elder residents periodically providing friendly contact.

We are seeking older adults with memory impairments who would benefit from being matched to an on-site partner volunteer. Please contact Deb Bourque 508-532-5980 ext. 4118 for more information. This exciting new program is made possible due to a generous grant awarded by the MetroWest Health Foundation.



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GROUPS SEEKING MORE PARTICIPANTS:

- Intermediate Level Contract Bridge Players Tuesday, 9 a.m. - 11:30 a.m.
- Intermediate Level Bridge Players, Wednesday 1 p.m. - 4 p.m.
- Red Hat Honey Bees, last Tuesday of the month at 1 p.m.

Feel free to drop in or contact Carolyn Roycroft at 508-532-5980 x4110 for more information.

MARY MAKE DO CRAFT CORNER

**Mondays, August 1, 8, 15, 22 & 29
10 - 4 p.m.**

Can't Sew? Sew What... Learn to make a simple sewing project that anyone can do. Projects vary according to group interest. Basic sewing machine skills. Please bring your own sewing machine if you have one. Please sign up at the front desk 508-532-5980.

SPORTS FANATICS

**Mondays, August 1, 8, 15, 22 & 29
10 a.m. - 11:30 a.m.**

Come all Ye Sports Enthusiasts, Men and Women.

For more info contact Sam Swisher or Mark Goldman

Phone: Sam: 508-532-5980, ext. 4113

Email: Sam: ccvolrec@gmail.com

Mark: goldmannj59@yahoo.com



CONVERSATION AND HUMOR

Monday, August 1, 8, 15, 22 & 29 • 12 - 1 p.m.

Do you want to laugh?

Would you like to gripe about a pet peeve?

Do you have a joke to share?

Would you like to just listen??

If you answered "yes" to any of the above questions, why not join us.

What transpires here, stays here!

GENEALOGY GROUP

Mondays, August 1, 8, 15, 22 & 29 • 1 - 4 p.m.

Are you interested in knowing more about your ancestors? Our Genealogy group will help you find where they lived, with whom they lived, their occupations, and much, much more. You might even see their signature.

It may be possible to find their immigration records. The Genealogy group will discuss free websites, as well as some that require a fee.

All are welcome to attend.

ATHLETIC STRETCH

Tuesdays, August 2, 9, 16, 23 & 30

Thursdays, August 4, 11, 18 & 25

3:30 - 4:30 p.m.

\$3 per class

Join Instructor, Charlene for a total body stretch class for active seniors, bring your own mat.

EVENING ZUMBA CLASS

WITH SUSAN

Tuesdays, August 2, 9, 16, 23 & 30

5:30 - 6:30 p.m.

Join Susan for a new evening Zumba class, all are welcome to attend.

NEW LET YOUR YOGA DANCE® WITH KATE

**Tuesdays, August 2, 9 & 16 • 4:30 - 5:30 p.m.
\$3 per class**

What is Let Your Yoga Dance? It is an interactive movement class interweaving dance, yoga, and breathing, using music of all genres. Each class combines choreographed and free movement done at your own pace and energy level. The goal is to have fun, let go, enjoy the music, and let your spirits lift! We end in final stretches, relaxation, and that "aaahhhh" feeling.

If you are feeling stuck, ready to release old energy, or eager to feel more alive, join us. If you want to inspire more joy, pleasure and play in your life, give yourself the gift of your body in motion.

No judgments, no fancy footwork, no experience needed. Wear layers of comfortable clothes. Bring a mat and water bottle and a willing spirit.

Kate Schalk is a long time dance and yoga practitioner, whose main goal in life is to keep herself moving while helping others to do the same in the most enjoyable way possible. Her humor, creativity, and enjoyment of what she does infuse her classes with energy, spirit, and permission to have fun. Kate is a certified Let Your Yoga Dance® (LYYD) Instructor, trained at Kripalu Center. She is also certified to teach LYYD to special populations including Parkinson's patients, elderly, and those recovering from injury or illness or inactivity. Kate is also a registered yoga teacher (RYT-200 hours) and teaches at the Callahan Center and other area venues. She continues to study dance, movement and yoga as often as possible. **Please sign up at front desk 508-532-5980.**

The Heritage 2016 Concert Series

~ **Wednesday, August 31 • 2:30-3:30**
Wolverine Jazz Band

~ **Sunday, September 18 • 2:30-3:30**
"Festival of Song and Dance"

Festival of Song and Dance is multi-cultural, and we attempt to embrace several cultures around the world. There are three professional musicians, myself singing the classic Latin tunes with such captivating accompaniment, and the dancers add to the imagery of the show.

~ **Saturday, October 22 • 2:30-3:30**
Jumpin Juba

~ **Saturday, November 19 • 2:30-3:30**
New Sound Assembly Barbershop chorus

FREE
**in the Peloquin Room
at Heritage.**

Attendees must RSVP.

HERITAGE
AT FRAMINGHAM

747 Water St, Framingham, MA
www.heritageassistedliving.org



CALLAHAN CENTER WALKING GROUP

Thursdays, August 4, 11, 18 & 25 • 9 a.m.

Cushing Memorial Park

Do you enjoy walking and prefer walking in a group? The Callahan Center Walking Group will meet on Thursdays, at 9 a.m. at Cushing Memorial Park, 100 Dudley Rd, Framingham at the parking lot by the Chapel. Nancy Gray will facilitate the group.

HISPANIC SOCIAL HOUR

Thursdays at the Callahan Center from 10:30 a.m. - 12:30 p.m.

Socialize, meet new friends, all are welcome to attend. Please contact Gaby, Bi-Lingual Outreach Aide for details 508-532-5980 x4111 for more info.

CRIBBAGE

Thursday, August 4, 11, 18 & 25 • 9:30 a.m.

If you are a beginner, would like a refresher, or just to play, please join us! Learn the ins and outs of playing this two, three or four-person card game. Explore the rules and strategy, play and counting of the hand.

BEADING WITH MARILYN

Wednesday, August 10 & 24 • 10 - 11 a.m.

Have fun, be creative! Come and make your own beaded jewelry creations. Marilyn will teach you basic techniques. Materials provided.

Sign up at the front desk 508-532-5980.



MEET AND GREET & QUESTION AND ANSWER

Representative Chris Walsh

Friday, August 12 • 11 a.m.

Chris Walsh, the representative for the 6th Middlesex House District is in his third term in the State Legislature. Currently he is a member of the House Ways and Means Committee, Transportation Committee, the Financial Service Committee, and Vice Chair of the Joint Committee on Public Service. As the only registered Architect serving in the legislature since the late 1800s he has been a practicing architect in Framingham for more than 25 years. While in Framingham he was a community advocate on various boards and committees including President of the Framingham Historical Society, Library Trustee, Town Meeting Member, 1991 graduate of Leadership Metrowest, member of the Town Democratic Committee, the Amazing Things Arts Center Board, the Board of Resiliency For Life, President of the Central Massachusetts American Institute of Architects and Chair of the Local Historic District Commission. A graduate of Rhode Island School of Design, with degrees in Fine Arts and Architecture he also attended the Boston Architectural College "for many, many, many nights" throughout the early 1970s while working as a waiter, bartender and delivery driver. In his first two terms Chris filed successful legislation designed to open public lands for walking trails, supported building and zoning code reform, filed a bill to create a Palliative Care Commission and worked with the American Cancer Association and others to get it passed. This term working with AARP he has filed *An Act establishing the Caregiver Advise, Record and Enable (CARE) Act*, which helps family caregivers manage in-home services effectively. Furthermore, Representative Walsh's bill, *An Act promoting access to accurate medical information*, would insure that anyone seeking health-care services receives comprehensive, unbiased, medically accurate reproductive health care information. He has been honored by the American Cancer Association, the Metrowest Regional Collaborative and named 2015 Legislator of the year by the Metropolitan Area Planning Commission. All in all he finds the State House the most invigorating and interesting work he has ever undertaken and is proud to serve his 40 thousand constituents. **Please sign up at the front desk 508-532-5980.**

ESTATE PLANNING AND PROBATE AVOIDANCE

Tuesday, August 16 • 5:30 - 6:30 p.m.

Presented by: Attorney Maana P. Hickson from Rubin, Hay & Gould, P.C.

Please join Attorney Maana P. Hickson for a presentation on estate planning and probate avoidance. Maana will discuss the difference between wills and trusts and the importance of planning for incapacity. Maana will also discuss how simple advanced planning can help avoid the lengthy probate process. We look forward to seeing you. **Please sign up at the front desk at 508-532-5980.**

TRANSITIONS IN OUR LIFE

Tuesday, August 23 • 5:30 - 7:30 p.m.

You are invited to a workshop that involves quiet down time, gentle movement, and a table of memories, inspirational sharing, music, and goal setting. This workshop is meant for anyone healing the experiences of a loss of a loved one beyond the one year anniversary, divorce, managing disease, and more.

This will take place at the Callahan Senior Center, 535 Union Avenue, Framingham.

Co-led by Judith Chaloux and Kate Schalk. Judith Chaloux is a Bereavement Specialist who provides grief and loss support to many in the Metro West and Central Massachusetts area. She has worked in the hospice industry for approximately ten years and has offered many support group opportunities at the center. Kate Schalk is a certified yoga and dance instructor and is a current instructor at the Callahan Senior Center.

The grieving process can be transformational. Come and be with others as we grieve and grow. **Please sign up at the front desk by August 19 by calling 508-532-5980. No Fee.**

CHARITY KNITTERS

Friday, August 26 • 10:30 a.m. - 12 p.m.

All are welcome to join. This isn't an instruction class, but our experienced knitters can help answer most knitting challenges you may have. Come learn new patterns, chat with new and old friends and have a good time!



Please be aware that construction on the southbound lane of Union Ave from Maple and Main St to Mount Wayte Ave will begin Sep 6. Please follow detour to Franklin St to Mt Wayte to northbound Union Ave for access to the Callahan Center. Allow more time for traffic if you're coming for a class.

Callahan Learning & Cultural Programs

FROM LENIN TO GORBACHEV: 1917-1991 (4 PART SERIES)

Presented by Professor Gary Hylander

Sponsored by Middlesex Savings Bank

Tuesdays, August 16, 23, 30 & October 11 • 6 p.m.

Our four-part series will begin with the abdication of Tsar Nicholas II in March, 1917 and the subsequent upheaval of the Bolshevik Revolution. Special attention will be given to the Stalin years, the Purge Trials, the economics of the Five Year Plans and the Great Patriotic War. The confrontation of the Cold War years during the Khrushchev and Brezhnev era will also be discussed.

Our series will close with Gorbachev's efforts to reform a stagnant Soviet empire under a program of "glasnost" and "perestroika." What followed was the unexpected breakup of the USSR into the Commonwealth of Independent States and the end of the Cold War.

"MEET THE COMPOSERS" SERIES (PART 3)

Haydn: Father of the String Quartet (and All Else!)

Sponsored by: Carriage House at Lee Farm

Tuesday, August 2 • 6 p.m.

The series "Meet the Composers" is designed to give audience members (from new classical music lovers to longtime concertgoers!) new tools with which to listen to and appreciate the music of the great German canon.



Young virtuosos violinist Ari Isaacman-Beck and cellist Gwen Krosnick have traveled the world as chamber musicians; their playing, their artistry, and their stage presence are met with huge enthusiasm, delight, and emotional response. "Meet the Composers," a music appreciation series shared with communities around Boston. The two young musicians, with their signature enthusiasm, approachability, and commanding joy, will take audiences through the history of 18th- and 19th-century Austrian-German music, focusing in each session on one composer, what makes his music so special, and how to listen differently to each person's music.

At each "Meet the Composers" event, Isaacman-Beck and Krosnick will share recordings, anecdotes, history lectures, specific listening ideas, Q&A time, and intermittent live performances; each event will focus (see below) on a single composer. Through the six monthly sessions, audiences will gain a marvelous understanding and love of each composer's language, and an astute ear for how to listen to this great history of music.

NEW ENGLAND'S PREMIER TRIBUTE ARTIST, ROBERT BLACK

Robert will perform songs from Hank Williams, Johnny Cash, Classical Country and more...

Sponsored by the Friends of Callahan.

Tuesday, August 23 • 1 - 2 p.m.

Robert Black will entertain you with an array of songs from Hank Williams, Johnny Cash and many more entertainers, enjoy an afternoon of singing and dancing, sponsored by the Friends of Callahan. Please sign up at the front desk 508-532-5980.



A IS FOR ASSASSINATION: NGO DINH DIEM (5 OF THE 6 PART SERIES)

Presented by Professor Gary Hylander

Sponsored by Brookdale at Cushing Park

Tuesday, August 9 • 6 p.m.

The arrest and assassination of Ngo Dinh Diem, the president of South Vietnam and his brother, Ngo Dinh Nhu, was a result of a successful coup carried out by the Kennedy administration in November, 1963. The coup was the culmination of nine years of autocratic and nepotistic family rule. Mounting anger towards Diem, a Catholic in a Buddhist country, exploded when Buddhist protests against longstanding religious discrimination resulted in Diem's troops trashing Buddhist temples and government shooting of protesters.

NEW BEGINNER HAND BUILDING WITH CLAY

Instructor: David LaPierre

Sponsored by the Friends of Callahan

Thursdays, August 11 - September 8 (5 week series) • 2 - 3:30 p.m.

Learn basic hand building techniques (slab, pinch & coil) to create innovative hand-built works. Explore glazes, detail and finish.

No Fee, sponsored by the Friends of Callahan.

Space is limited, sign up at the front desk 508-532-5980.



David LaPierre has been working with clay for more than 35 years. He received his B.F.A from the University of Connecticut after which he apprenticed in pottery with Jim Cresswell in Milton Keynes, England.

SWING ERA (3-PART SERIES)

Tuesday, August 30 (September 20, and October 13 at 9:30 a.m.) 9:30 a.m.

These lectures will look at the significant composers and performers of the heyday of Jazz - the Swing Era, where Jazz exploded upon the popular music scene. Goodman, Ellington, Basie, Miller - just a few of the Big Bands we will discuss, as well as the singers and dance styles that swept the nation.

Music educator Richard Travers earned a master's degree in Choral Conducting from the Boston Conservatory as a student of Allen Lannom and a degree in Music Education from Berklee College of Music. A recently retired music educator in the Newton Public Schools for 35 years, Travers was the director of choirs at Newton North High School.

These programs are supported in part by a grant from the Framingham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency and in part by the Friends of Callahan.



All programs are FREE. Please sign up at the front desk 508-532-5980.



8 HEALTH & WELLNESS/SERVICES

SUPPORT GROUPS AT CALLAHAN CENTER

Bereavement Support Group: Mondays, August 1, 8, 15, 22 & 29 at 10 a.m.

Better Breathers' Support Group: Wednesday, August 10 at 12 p.m.

Caregivers' Support Group: First Tuesday of Month, August 2 at 6 p.m. & Wednesday, August 24 at 1 p.m.

Diabetes Support Group: No Meeting in August.

Grandparent Support Group: Wednesday, August 10 at 7 p.m.

Low Vision Group: Friday, August 19 at 11:30 a.m.

Parkinson's Support Group: Tuesday, August 16 at 1:30 p.m.

Stroke Survivors' Support Group: No Meeting in August

"HEALING INSIDE & OUT" - TUESDAYS IN THE WELLNESS CLINIC AT CALLAHAN CENTER

(For Seniors Only)

Bodywork Therapy: 2nd and 4th Tuesday from 9:30-11:30 a.m. with Deborah Tompkins (Bodywork Therapist, Registered Polarity Therapist).

Community Style Acupuncture: 1st and 3rd Tuesday from 12-2 p.m. with Linda S. Thomas (MAc [Master of Acupuncture], LAc [Licensed Acupuncturist]). Community Acupuncture you may stay as long as you wish during 12-2 p.m. and the cost is \$15.

Wear comfortable, loose clothing to any and all appointments. Please sign-up by calling 508-532-5980.

BLOOD PRESSURE CLINIC: Wednesdays, August 3, 10, 17, 24 & 31 from 9:30 a.m.-12:30 p.m. upstairs in the Wellness Clinic.

PODIATRY: Twice per month we offer appointments for nail trimming and other foot issues for only \$25.

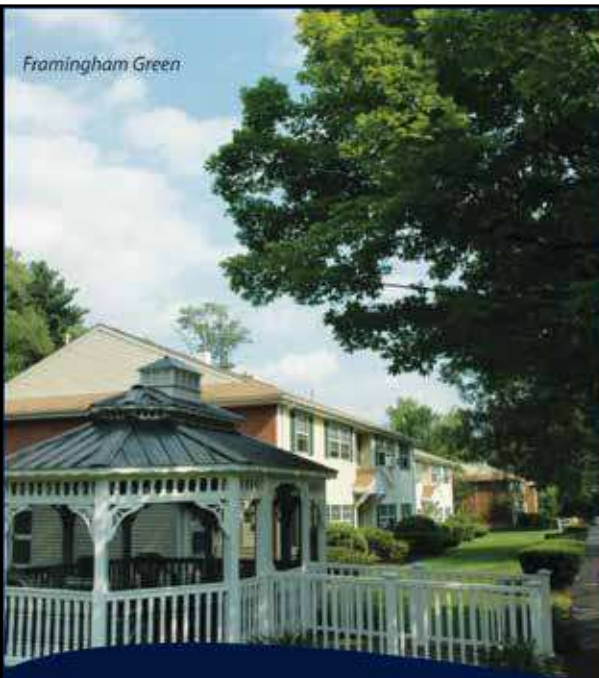
**Deb Bourque and
Sam Swisher
June 17,
Volunteer
Recognition
Luncheon at the
Callahan Center**



TRANSPORTATION ASSISTANCE IS AVAILABLE

The Social Services Department at the Callahan Center has recruited several volunteers to accompany seniors to various appointments. Mileage reimbursement is possible. These volunteers may be available to take seniors to shopping trips, social events or medical appointments. If you are a Framingham resident over the age of 60 and need transportation to an appointment, call 508-532-5980 ask for Sam or Lisa to see if your appointment matches the schedule of one of the volunteers. Some will do local trips, others will travel beyond Framingham. Please call with at least one week's notice of your need.

Framingham Green



Irving Square



**We Put The
"Home" In Housing!**
....

Framingham Green

136 Maynard Road, Framingham
508.872.0500

Heat and hot water included
Grand community gathering space
Scenic, landscaped setting with gazebo
On-site parking
Pet-friendly

Irving Square

75 Irving Street, Framingham
508.875.4400

Heat and hot water included
Open and airy living spaces
Vibrant community lounge retreat
Private, enclosed park area
Pet-friendly

Now Accepting Applications!

Our beautiful communities have quality options to make you feel at home with features that include 24-hour emergency maintenance, professional on-site management, laundry care suites, resident service programs & activities, nearby public transportation, shopping, restaurants, medical facilities and, so much more.

Framingham Green and Irving Square are designed for seniors age 62+ as well as persons with disabilities who are under age 62.

*Income guidelines may apply. Please inquire in advance for reasonable accommodations. Assistance animals welcome. Information contained herein subject to change w/o notice.



781-794-1000 | PeabodyProperties.com



SOCIAL SERVICE DEPARTMENT**EARLY STAGE ALZHEIMER'S EVENING SUPPORT GROUP**

We will be running an Early Stage Dementia/Alzheimer's evening support group beginning in September. The group is for people who are in the early stages of Alzheimer's disease /dementia and their care-partner. Two separate groups meet at the same time and are led by clinical social workers. A pre-screening interview is required and can be scheduled by calling Lisa or Jamie by August 19th at 508 532-5980 ext. 2.

GRANDPARENT SUPPORT GROUP

**Support group meets the second Wednesday of the month
August 10 • 7 - 9 p.m.**

If you are raising grandchildren, this group may be for you. Please contact Carol Casey, MS at (617-447-5417) for a telephone screening, and to learn more about the group.

MEDICAL EQUIPMENT TO BORROW

Durable, medical equipment is available to borrow from the Callahan Center. **It is necessary to call ahead to reserve and pick up Monday through Thursday from 9 a.m. until 4 p.m. Fridays only from 9-1 p.m.** Please call the Center at 508-532-5980. Thank you!

REACH OUT!

By serving, you respond to the need and strengthen our community!

Contact Sam Swisher, Volunteer Outreach Coordinator at Callahan Center via phone: 508-532-5980, Ext. 4113 or via email: ccvolrec@gmail.com

VOLUNTEER DRIVERS WANTED

- Do you have time to give in serving the community?
- Do you have a vehicle that is safe, clean, well maintained?
- Do you enjoy driving?

Would you be willing to use your own vehicle to take an older resident to various appointments or social events in Framingham and surrounding areas? We can offer **mileage reimbursement** to volunteers who help in this way. Make a difference in someone's life. **Contact Sam Swisher, Volunteer Outreach Coordinator, 508-532-5980, x 4113, email: ccvolrec@gmail.com**

ADDITIONAL SERVICE:

LEGAL CLINIC: Meet individually with a lawyer to discuss legal issues (will not advise on estates and trusts). Appointments are required. Please call Carolyn at 508-532-5980, ext. 4110.

SHINE (Serving the Health Information Needs of Everyone... on Medicare)

Medicare Diabetes Testing Supplies**What You Need to Know**

If you, a friend, or a loved one has Original Medicare and uses diabetes testing supplies, you should know that Medicare is continuing its National Mail-Order Program to help you get quality supplies while saving money. Under the program, you must use a Medicare approved national mail-order contract supplier to pay for diabetes testing supplies that are delivered to your home. If you don't want diabetes testing supplies delivered to your home, you can go to any local store (pharmacy or storefront supplier) that's enrolled with Medicare and get your diabetes testing supplies there.

If you do not use one of these Medicare approved ordering methods, you may end up paying much more for your supplies. If you have a Medigap policy, you may not owe anything for your supplies. Be sure that your supplier has your Medigap policy information when placing your order.

You also have certain protections when using a national mail-order contract supplier. Suppliers must make sure you get the prescribed brand of diabetes testing supplies to avoid an adverse medical outcome and must never influence or try to convince you to switch your supplies to another brand.

To find a current list of contract suppliers, visit Medicare.gov/supplier or call 1-800-MEDICARE.

For assistance with any Medicare issue, contact the SHINE Program.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.




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 Karin Beth, Allen Brown, Cece Binette,
 Harriet Daniel, Jim DeSimone, Larry Griffin,
 Joan LeBlanc, Fred Seitz, Carol Wise

Brenda Erickson, Trip Coordinator,
 Friends of Callahan Travel

STAY UP TO DATE ON LOCAL CURRENT EVENTS FROM THE COMFORT OF YOUR HOME

Cable TV - Framingham Access
 RCN - Channel #3
 Comcast - Channel #9
 Verizon - Channel #43
 Framingham Patch
www.framinghampatch.com
 All programs listed under events

**Creating a
happy, healthy
and connected
community with
the Friends of
Callahan.**



HELP THE FRIENDS OF CALLAHAN HELP THE CENTER BY PURCHASING GIFT CARDS

The Friends of Callahan gift card program gives you the opportunity to purchase a pre-paid card here at the Callahan Center. When you buy these cards at full face value, and use them instead of cash, check or credit card for your everyday shopping needs the Friends receive a percentage of the sale as a fundraising tool. The cards are available from over 200 retailers in our area including grocery, department and home improvement stores, gas stations, hotels, restaurants and more. Just by using gift cards to pay for your normal purchases you will help raise more money for the Friends of Callahan.

Hours in the front lobby to purchase gift cards:
Mon-Thurs 10 a.m.-2 p.m., Fri 10 a.m.-1:30 p.m.

CHECK OUT THE FRIENDS CORNER BULLETIN BOARD IN THE FRIENDS CAFÉ FOR:

monthly lunch menus, entertainment for the General Meeting, special events sponsored by the Friends, volunteer opportunities. The Friends are working hard to make your experience at the Center a great one. Check frequently for updates.

FRIENDS LOOKING FOR VOLUNTEERS

The Friends could use your help with the following positions this fall:

- Publicity Committee - do you have a creative side?
- Gift Card Sellers - assist with our very successful fundraiser.

Please contact Mark Goldman at 508-395-1180 or goldmanmj59@yahoo.com

FRIENDS' LUNCHES

August 10: Meatloaf with mashed potatoes and salad.

August 24: Baked Stuffed Chicken with roasted potatoes and salad.

Lunch is served at 11:30 a.m. Reserve Now- Space is Limited - \$5 per person. Lunches catered by TJ's, Ashland, MA. **Please sign up in advance at front desk 508-532-5980, space is limited to 60 participants.**

THE SUNSHINE LADY'S CORNER

The Friends of Callahan is reaching out to all our members in time of need. Do you know any of our members who are ill, hospitalized, or are recovering from surgery or in rehab? Has any member or a family member passed on? The Sunshine Lady would like to brighten their day and/or offer condolences. Please let the Sunshine Lady (Peg Reilly) know by leaving your name and phone number with the appropriate information in the Friend's mailbox or email her at peggyreilly@hotmail.com



WHAT DOES IT MEAN TO BE A MEMBER OF THE FRIENDS

Dear Friends,

The Friends is a nonprofit 501(c) 3 organization established in 1976 to raise funds to support programs at the Callahan Center. The Callahan Center offers people 55+, who might otherwise be isolated, a safe place to find comfort and enjoyment with others, while improving their physical and emotional well-being. The mantra of the Friends is to work as a group to raise additional funds to help support these programs and services that keep seniors healthy, active and involved in their community. The Friends work to help cover the financial shortfalls of ever increasing costs in many areas.

WHITNEY WORDPLAY!

What is the true meaning of the word below?

See answer at bottom.

Paramyph a. A groomsman or a bridesmaid
 b. A groom or a bride
 c. The father of the bride



WHITNEY PLACE
 ASSISTED LIVING RESIDENCES



3 Vision Drive, Rt. 9W, Natick • 508-655-5000 • www.SalmonHealth.com

Answer: a

FRIENDS OF CALLAHAN MEMBERSHIP DUES FORM

Name: _____ Friends New Membership \$10 _____

If this is a NEW Membership or the information has changed please list the following:

Address: _____ Additional Membership for Household \$5 _____

City, State, Zip _____ Friends Membership Renewal \$10 _____

Telephone: _____ Additional Renewal for Household \$5 _____

Emergency Contact: _____ Relationship to you: _____

Telephone: _____ How did you hear about us? ____ Ad in Paper ____ Courier ____ Word of Mouth

____ Other (Please Specify) _____

Total Enclosed _____ Friends Membership includes 12 issues of the Courier Newsletter mailed to you.

The date listed on the mailing label is the expiration date of your membership.

Please pay **\$10** at the Center or send in your check or money order payable to the **"Friends of Callahan",**
Callahan Center, 535 Union Avenue, Framingham, MA 01702. Thank you!

The most immediate answer to what your membership offers is that the Callahan Courier is delivered to you each month by US Mail. This gives you the quickest access to new events and programs at the Callahan Center. It also means you're part of a group of people who believes in giving back to an organization that does so much for seniors in the community. It gives you the right to vote at General Meetings. Remember YOU are the Friends and have a say in all that we try to do. Your voice counts.

The Board of the Friends of Callahan cannot do this alone. Volunteers are needed to help in activities and fundraising. There are openings on a number of committees and we would welcome your help. Step forward and say "what can I do?" We are planning some new and exciting activities and want to see you here at the Callahan Center.

Mark Goldman-President**A LIVING MEMORIAL***

The form above is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. The individual or families of those you have so honored will be notified of your contribution. **Your support is greatly appreciated.**

Memorial Donations:
Have you considered leaving a legacy through the Friends of Callahan?

By making provisions in your will, you help continue the good works and the services we offer for many years to come - making a connection between your life and those to follow. If you believe in us, consider our services in your estate planning, after you have made provisions for your loved ones.

Please make check payable to:

The Friends of Callahan
535 Union Avenue
Framingham, MA 01702

I am enclosing \$ _____

In Memory of _____

Donor's Name (Your Name) _____

Address _____

City _____

State _____ Zip _____

Send Card to _____

Address _____

City _____

State _____ Zip _____

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at Callahan Center

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Framingham, MA 01702

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Wednesday, Thursday & Friday
10 am - 2:15 pm



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www.tlcaudiology.org

Monday through Friday, 9:00am to 5:00pm by appointment

The Vacation Travel Expert

Kate Leas-Clisson

Welcome to the new vacation/travel section!

This will be your go-to guide for all things travel. Here you will find FAQs in the "Ask the Travel Expert" column, group travel opportunities, travel tips and trends, destination spotlights, reviews, and photos.



Our job at Vacation Travel Expert is:

- 1** Qualify and match you to the right vacation. (We go over your wants and needs, level of activity, length of time you'd like to be away, weather, budget, and many other factors to determine how to make this vacation perfect for you.)
- 2** Personalize your trip to include your interests (For example, I can arrange WWII history tours, brewery tours, wine tastings, picnics, birdwatching, etc.).
- 3** Advise you on how to prepare for your trip (Packing tips, things to do, currency exchange, visas/passports).
- 4** Be your resource and support contact for any issues that could arise. (Travel delays, accidents, lost baggage, etc.)

Some examples of vacations I have planned for my clients include private, guided touring of Vietnam, Cambodia, and Thailand; escorted group tours in Europe, ocean and river cruising all over the world, African safaris, visiting Peru with a trek to Machu Picchu, independent, custom itineraries with air/hotel/tours/rail of Italy and France, Caribbean all inclusive resorts, ski packages, etc. You dream it and I will make it happen. I have travel partners throughout the world to make your vacations memorable and amazing.

Have a question for the travel expert? Email questions to: travelexpert@vacationtravelexpert.com

Sail the Caribbean with Holland America

January 18-January 29, 2017

The 11 Day Southern Caribbean Wayfarer leaves Ft. Lauderdale, FL and calls on the beautiful islands of:



St. Maarten - Explore the Dutch and French sides of this island with amazing shopping and food, beautiful beaches like Orient Bay, and a must-do is watching the planes land over Maho Beach into SXM airport



St. Lucia - Known as "the Hawaii of the Caribbean", this island is one of the most stunning with rainforests, volcanos, black sand beaches, waterfalls, and the Piton mountains. Take a catamaran day sail and snorkel or an aerial tram ride into the rainforest, enjoy the beach or take a dip in the famous mud baths for a natural spa treatment.



Barbados - Nicknamed "Little England" since it is the only Caribbean island governed by only one colonial power, Great Britain. Barbados is known for its beautiful coastline and beaches and one of the most popular experiences is snorkeling with the large hawksbill and green turtles.



Martinique - A volcanic, mountainous island with a French, cosmopolitan feel, Martinique has been off the radar for many cruise lines so it is really undeveloped as a port. Martinique is also known for their rum distilleries, of which many can be toured while there for the day. Another option is to take the ferry to Pointe du Bout and check out the shops and restaurants on the way to the beach.



Antigua - Known for having 365 beaches, one for every day of the year. The turquoise water is perfect for taking a dip, snorkeling, boating, horseback riding, and kayaking. Antigua is also known for its British roots and was once a very important naval base and you can still visit English Harbour and Nelson's Dockyard.



St. Thomas - A shopper's and beach lover's paradise! St. Thomas has some of the best duty free shopping for jewelry, watches, liquor, and perfume. If you pick one port to shop until you drop, this is it! Magen's Bay, Coki Beach, Sapphire Beach or taking the ferry to St. John to visit Trunk Bay, all of these beaches are beautiful to visit for the day.



Half Moon Cay, Bahamas - Holland America own's this private and pristine island in the Bahamas. Here you can lounge on the beach or in the water with swim mats, get a massage in an open air cabana, enjoy tropical drinks and a bbq lunch, rent kayaks, snorkel, or relax!



MS NIEUW AMSTERDAM



Pricing

\$1989/person + tax
(cat VA)

for a Verandah Stateroom.

Deposit of \$600/per person due at time of booking, pricing is guaranteed until August 15, 2016 and then subject to increase.

Balance is due by October 27, 2016.

Each stateroom will receive a \$75 on board credit.

**Prices are per person based on double occupancy. Cabin Space is limited and subject to availability, at the time of booking. Rates for Single Occupancy OR other categories are available upon request. Book early for the best cabin selection.*

PLEASE NOTE: If any current promotional fares are pricing lower than our group rates-you will be confirmed with the better pricing.

Romantic Rhine

Southbound Cruise from
Amsterdam to Basel, Switzerland
April 14-22, 2017

One of Europe's most legendary rivers awaits on this mesmerizing journey along the Rhine. Enjoy a canal cruise in splendid Amsterdam as well as guided sightseeing in Cologne, Koblenz, and Strasbourg. Delight in excursions to Germany's Black Forest and to Heidelberg, Germany's oldest university town with its imposing castle. Also sail through the dramatic Rhine Gorge, see the legendary Lorelei rock, and visit the Gutenberg Museum in Mainz.



Itinerary:

April 14, 2017 Depart US for Amsterdam

April 15, 2017 Amsterdam (Embarkation): welcome reception

April 16, 2017 Amsterdam canal cruise and free time before sailing to Germany

April 17, 2017 This afternoon arrive in Cologne, known for its spectacular gothic cathedral and enjoy a walking tour of the city.

April 18, 2017 Koblenz–Rhine Gorge–Rüdesheim: guided sightseeing in Koblenz; cruise through the Rhine Gorge with views of castles on the cliffs; visit Siegfried's Mechanical Musical Instrument Museum in Rüdesheim

April 19, 2017 Mainz. Excursion to Heidelberg: guided walk, visit the Gutenberg Museum in Mainz; excursion to Heidelberg; guided visit of the castle, see the Great Vat

April 20, 2017 Strasbourg: guided sightseeing, visit the La Petite France district and the gothic cathedral; onboard woodcarving demonstration

April 21, 2017 Breisach. Excursion to the Black Forest: visit a local woodcarver's workshop or visit a Black Forest open-air museum

April 22, 2017 Basel (Disembarkation): your vacation ends this morning, post cruise options available or fly home today from Zurich



Here are some of the features and amenities you'll experience on board Avalon ships:

- Complimentary Wi-Fi throughout the ship
- Included sightseeing with headsets by Certified Local Guides
- Complimentary Nordic walking sticks
- Complimentary bicycles available for time on shore
- Nightly turn-down service
- Premium L'Occitane bath products & hairdryer
- Large bathroom featuring shower with glass door
- Flatscreen satellite TV with free movie channels
- Complimentary bottled water daily
- Daily full breakfast buffet with hot/cold menu items
- Daily lunch buffet with pasta and carving stations
- Four-course a la carte dinners with open seating
- Complimentary regional wine, beer & soft drinks at all onboard lunches and dinners

Pricing

\$4098/person + tax
(cat A) for a Panorama Suite.

****CURRENT PROMO UNTIL
AUGUST 30, 2016****
FREE AIRFARE FROM
SELECT CITIES!
FREE PRE-PAID GRATUITIES!

Deposit of \$250/per person due at time of booking, pricing is guaranteed until October 7, 2016 and then subject to increase. Balance is due by January 6, 2017.

**Prices are per person based on double occupancy. Deposits are non-refundable. Cabin Space is limited and subject to availability, at the time of booking. Rates for Single Occupancy OR other categories are available upon request. Book early for the best cabin selection.*

PLEASE NOTE: If any current promotional fares are pricing lower than our group rates-you will be confirmed with the better pricing.

ADDITIONAL NOTES: In the event of water level problems or any problems of a technical nature, it may be necessary to operate the itinerary by motorcoach or to alter the program. Included visits and special features are subject to change. If a change becomes necessary, a substitute will be offered.

Cruise to Alaska with Holland America

June 18-25, 2017 7 night Northbound Glacier Discovery Cruise



Leaving from Vancouver, Canada, you will cruise through the scenic Inside Passage to the ports of:

- ✦ **Ketchikan, Alaska** - Plenty to see and do in this port known as Alaska's "First City", Historic Creek St., Saxman Native Village and Totem Pole Park, Salmon Fishing, Bear Viewing, and Misty Fjords by Floatplane
- ✦ **Juneau, Alaska** - Known for the spectacular Mendenhall Glacier and one of the best places to whale watch in Alaska. You can get close to the glacier by kayaking, hiking, helicopter landing, or by bus to the scenic photo point and visitors center.
- ✦ **Skagway, Alaska** - Take a journey on the White Pass & Yukon Railroad, explore quaint Skagway, have a beer at the Red Onion Saloon, or go to a Musher's Camp and experience dog sledding!

You will continue to cruise through Glacier Bay and disembark in Seward, AK. You can then explore Alaska by land with many different post cruise options or fly home from Anchorage at the end of your cruise. A passport is required for this cruise since you will begin the cruise in Canada. Airfare and travel insurance are available at an additional cost.



Pricing

\$1889/person + tax
(cat VA)

for a Verandah Stateroom.

Deposit of \$350/per person due at time of booking, pricing is guaranteed until January 15, 2017 and then subject to increase.

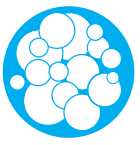
Balance is due by March 24, 2017. Each stateroom will receive a \$50 on board credit.

**Prices are per person based on double occupancy. Cabin Space is limited and subject to availability, at the time of booking. Rates for Single Occupancy OR other categories are available upon request. Book early for the best cabin selection.*

PLEASE NOTE: If any current promotional fares are pricing lower than our group rates-you will be confirmed with the better pricing.



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- Great solution for seniors as well as group home and nursing home patients
- Filled by your trusted V-Care Pharmacists, so you can be sure there are no mistakes, and take comfort in knowing that you took the correct medications at the right time



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Offer Good at Framingham location only
Eat in only

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Hours: Mon.-Thurs., Sun. 11AM - 10PM,
Fri. & Sat. 11AM - 11PM

TERMS & CONDITIONS:
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 8/31/16.

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VALID FOR LUNCH OR DINNER EVERY DAY at participating Outback Steakhouse locations in the US. Not valid for online orders. 15% off AARP member's next inquest check excluding alcohol, applicable taxes and gratuity with show of valid AARP membership card. One offer, per check, per table. Offer has no cash value. Prices and product participation may vary by location. Not valid with any other offer or discount. Expires 8/31/16.

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Sun. 11:30AM - 10PM

TERMS & CONDITIONS:
One offer per party, per table, per visit. Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. Reproductions of coupon are not valid. No cash value. Expires 8/31/16.

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Offer Good at Framingham location only
Eat in only

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acapulcos.net
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AUGUST COMPUTER CLASSES - There is no charge for any computer class. Please sign up at the front desk 508-532-5980.**COMPUTER ROOM-
OPEN ROOMS HOURS**

Monday-Friday; 9 a.m. – 4 p.m.
(except for when classes are being held)

INTRO TO WINDOWS 10

Wednesday, August 17
10 – 11 a.m.

Learn all the essential features of Windows 10. Learn how to use and customize the new Start menu and search for files and programs on your computer. Searching for Windows 10 “apps” and adding them to your start menu for easy access will be covered. If you have a laptop with Windows 10 installed, please bring it to this class. There will be Windows 10 computers available for use for those without their own laptop. Instructor: Ralph

**MANGO LANGUAGES &
E-RESOURCES**

Tuesdays, 10 – 12 p.m.

Learn English by using the computer with Mango Languages, you will need a library card and email account. Learn how to access Spanish language e-Resources from the Boston Library on a tablet/computer. Enjoy free Spanish eBooks, audiobooks, or movies. Sign up with Gaby 508-532-5980 x 4111

ASK-THE-EXPERTS

Thursdays, August 4, 11, 18 & 25
10 – 11:30 a.m.

This is a free service and is available either by reservation or on a first come first serve basis.

Is your computer running slow? Does it show you things you didn't ask for? Does it take a long time to start up? If so, and you would like to put new life and vitality back into your computer maybe you should “ASK The EXPERTS” for help.

The Callahan Center has a team of experienced PC users who can run cleaner and antivirus software on your computer. These programs can remove unwanted Malware programs such as viruses, spyware and similar software, which ruin your computer's performance. Also, the Ask the Experts team is available to answer questions regarding the use of typical personal computers for Internet browsing, Word and photo processing, etc.



TRAVEL

COME IN AND PICK UP DETAILED FLYERS!

Thank you for choosing the Friends of Callahan Travel Department for your travel adventures!

FRIENDS OF CALLAHAN TRAVEL 2016 - A 55+ TRAVEL SERVICE

OFFICE HOURS: Monday-Thursday 10 AM – 2 PM April 19 – Oct. 25

All trips depart from Stop & Shop, Rt. 9 & Temple Street, Framingham, MA. 01701

Please note: The cost of all day trips includes a tip for the driver and escort. Thank you.

TICKETED EVENTS ARE NONREFUNDABLE. NON-REFUNDABLE CANCELLATIONS MUST BE CALLED INTO OUR OFFICE 4 (FOUR) BUSINESS DAYS PRIOR TO TRIP TO ENSURE A REFUND.

All those who travel on Callahan Center trips are REQUIRED to become a member of the Friends of Callahan.

Did you see the new “cane chair” that we are selling for any trips that require standing for a period of time? Available in the Heritage Gallery \$35.

**DAY TRIPS 2016****August 2016**

8/11/2016 Spirit of Boston Harbor Luncheon Cruise 10 am – 3:30 pm \$74
8/14/2016 SUNDAY Tanglewood – includes Lunch 10 am – 7 pm \$67
8/21/2016 SUNDAY Dixieland and Jazz Cruise Lunch at Lorenzo's 9:30 am – 6:30 pm \$69

September 2016

9/20/2016 Newport Playhouse Surf & Turf Matinee “Plaza Suite” 9:30 am – 5:30 pm \$95
9/25/2016 Cape Cod Scallop Festival 9 am – 5:30 pm \$55

October 2016

10/5/2016 Kancamagus Scenic Byway Tour: Indianhead Resort Buffet 8:30 am – 6:30 pm \$78
10/18/2016 Salem Witch Museum, Lunch, & Trolley Ride 9 am – 5 pm \$94

November 2016

11/2/2016 Yale Center for British Art New Haven, CT Lenny & Joe's Fish Tale 8 am – 5:30 pm \$84
11/14/2016 Aqua Turf – Salute to Veterans including luncheon 9 am – 6 pm \$84

December 2016

12/6/2016 Hu Ke Lau, Basketball Hall of Fame, Bright Lights of Forest Park 10 am – 7:30 pm \$85
12/TBA/2016 Christmas Pops Time TBA \$TBA

OVERNIGHT TRIPS & 2016

- **Sept. 3-19, 2016 - 8 Day Spotlight on Barcelona**
(book by 3/4/16 & save \$100)
from \$3249 pp/dbl
- **Sept. 20-21, 2016 - 2 Day The Hamptons and Long Island**
from \$391 pp/dbl
- **Oct. 15-21, 2016 - 7 Day Iceland's Magical Northern Lights**
from 2999 pp/dbl
- **Oct. 28-Nov. 11, 2016 - 15 Day Boston To New Orleans Repositioning Cruise**
from \$1519 pp/dbl
- **Jan. 11-22, 2017 - 12 Day Hawaii Cruise Tour**
(\$250 early booking bonus available)
from \$4799 pp/dbl
- **March 16-24, 2017 - Rediscover Cuba - A Cultural Exploration Air & Land**
from \$4999 pp/dbl
- **March 17-24, 2017 - Cuba Cruise Tour Beginning from Montego**
from \$3249 pp/dbl

20 AUGUST 2016 SENIOR CENTER CALENDAR

Monday

Tuesday

8:30-4:30 Pool Room Open
9-11 SHINE, by appt.
9-4 Computer Room Open
9:30 Pinochle
9:30 Muscle Strengthening (\$3 per class)
10 Bereavement Support Group
10 Sports Fanatics
10 Mary Make Do
11 Skip-Bo
12 Conversation & Humor
12 Intermediate Duplicate Bridge
1-4 Bridge
1-4 Genealogy Group

1 Scrabble
1-3 SHINE, by appt.
1 Tai Chi (\$3 per class)
2:30 Chair Yoga (\$3 per class)

1

9 Contract Bridge
9-7 Computer Room Open
9-11 SHINE, by appt.
9:30 Pinochle
9:30 Moving for Better Balance
10 Aerobics (Free)
10 Table Tennis
11 Zumba (\$3 per class)
10-4 Mah Jongg
10-12 Mango languages & e-Resources
12-2 Community Acupuncture (apt.) \$15
12:15 Duplicate Bridge
12:45 Chair Volleyball

3:30 Athletic Stretch \$3
4-6:30 Healthy Eating (part 2)
4:30 **New** Yoga Dance \$3
5:30 Zumba
6 Caregivers' Support Group
6 Meet the Composers

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2

8:30-4:30 Pool Room Open
9-11 SHINE, by appt.
9-4 Computer Room Open
9:30 Pinochle
9:30 Muscle Strengthening (\$3 per class)
10 Bereavement Support Group
10 Sports Fanatics
10 Mary Make Do
11 Skip-Bo
12 Conversation & Humor
12 Intermediate Duplicate Bridge
1-4 Bridge
1-4 Genealogy Group
1 Scrabble
1-3 SHINE, by appt.
1 Tai Chi (\$3 per class)

2:30 Chair Yoga (\$3 per class)

8

9 Contract Bridge
9-7 Computer Rm Open
9-11 SHINE, by appt.
9:30 Pinochle
9:30 Body Therapy (appt.)
9:30 Moving for Better Balance
10 Aerobics (Free)
10 Table Tennis
11 Zumba (\$3 per class)
10-4 Mah Jongg
10-12 Mango languages & e-Resources
12:15 Duplicate Bridge
12:45 Chair Volleyball
3:30 Athletic Stretch \$3
4-6:30 Healthy Eating (part 3)
4:30 **New** Yoga Dance \$3

5:30 Zumba
6 A is for Assassination

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9

8:30-4:30 Pool Room Open
9-11 SHINE, by appt.
9-4 Computer Room Open
9:30 Pinochle
9:30 Muscle Strengthening (\$3 per class)
10 Bereavement Support Group
10 Sports Fanatics
10 Mary Make Do
11 Skip-Bo
12 Conversation & Humor
12 Intermediate Duplicate Bridge
1-4 Bridge
1-4 Genealogy Group
1 Scrabble
1-3 SHINE, by appt.

1 Tai Chi (\$3 per class)
2:30 Chair Yoga (\$3 per class)

15

9 Contract Bridge
9-7 Computer Room Open
9-11 SHINE, by appt.
9:30 Pinochle
9:30 Moving for Better Balance
9:30 Body Therapy (appt.)
10-12 Mango Languages & e-Resources
10 Aerobics (Free)
10 Table Tennis
11 Zumba
12-2 Community Acupuncture \$15
10-4 Mah Jongg
12-2 Community Acupuncture (apt.) \$15
12:15 Duplicate Bridge

12:15 Duplicate Bridge
12:45 Chair Volleyball
1:30 Parkinson's Support Group
3:30 Athletic Stretch \$3
4-6:30 Healthy Eating (part 4)
4:30 **New** Yoga Dance \$3
5:30 Zumba \$3
5:30 Estate Planning
6 Lenin to Gorbachev

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16

8:30-4:30 Pool Room Open
9-11 SHINE, by appt.
9-4 Computer Room Open
9:30 Pinochle
9:30 Muscle Strengthening (\$3 per class)
10 Bereavement Support Group
10 Sports Fanatics
10 Mary Make Do
11 Skip-Bo
12 Conversation & Humor
12 Intermediate Duplicate Bridge
1-4 Bridge
1-4 Genealogy Group

1 Scrabble
1-3 SHINE, by appt.
1 Tai Chi (\$3 per class)
2:30 Chair Yoga (\$3)

22

9 Contract Bridge
9-7 Computer Rm open
9-11 SHINE, by appt.
9:30 Pinochle
9:30 Legal Clinic appt.
9:30 Body Therapy appt
9:30 Moving for Better Balance
10 Table Tennis
10 Aerobics (Free)
10-12 Mango Languages
11 Zumba (\$3 per class)
10-4 Mah Jongg
12:15 Duplicate Bridge
12:45 Chair Volleyball

1-4:15 Podiatry (appt.)
1 Robert Black
3:30 Athletic Stretch \$3
4-6:30 Healthy Eating (part 5)
5:30 Zumba \$3
5:30 Transitions
6 Lenin to Gorbachev

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Good deals. Great deals.

23

8:30-4:30 Pool Room Open
9-11 SHINE, by appt.
9-4 Computer Room Open
9:30 Pinochle
9:30 Muscle Strengthening (\$3 per class)
10 Bereavement Support Group
10 Sports Fanatics
10 Mary Make Do
11 Skip-Bo
12 Conversation & Humor
12 Intermediate Duplicate Bridge

1-4 Bridge
1-4 Genealogy Group
1 Scrabble
1-3 SHINE, by appt.
1 Tai Chi (\$3 per class)
2:30 Chair Yoga (\$3 per class)

29

9 Contract Bridge
9-11 SHINE, by appt.
9-7 Computer Room Open
9:30 Pinochle
9:30 Swing Era (part 1)
9:30 Moving for Better Balance
10 Table Tennis
10 Aerobics (Free)
10-12 Mango Languages & e-Resources
11 Zumba (\$3 per class)

10-4 Mah Jongg
12:15 Duplicate Bridge
12:45 Chair Volleyball
1 Red Hat Honey Bees
3:30 Athletic Stretch \$3
4-6:30 Healthy Eating (part 6)
5:30 Zumba \$3
6 Lenin to Gorbachev

30% OFF savers
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30

Wednesday		Thursday		Friday	
8:30-4:30 Pool Room Open 9:30-12:30 Blood Pressure Clinic 9:30 Muscle Strengthening (\$3 per class) 9-4 Computer Room Open 11:30 Canasta 1 Bingo 1 Discussion Group 1 Intermediate Bridge 1-3 SHINE, by appt. <i>9 a.m. Callahan Center Golf League at Millwood Golf Course</i>	3	8:30-4:30 Pool Room Open 9-11 SHINE, by appt. 9-4 Computer Room Open 9:30 Cribbage 9:30 Moving for Better Balance 10-2 Mah Jongg 10-11:30 Ask-the-experts 10:30-12:30 Hispanic Group 11:30 Zumba (\$3 per class) 3:15-4:15 Athletic Stretch \$3 <i>9 a.m. Callahan Center Walking group at Cushing Memorial Park</i>	4	8:30-1:30 Pool Room open 9-11 SHINE, by appt. 9-1 Computer Room Open 9 Poker 9:30 Muscle Strengthening (\$3 per class) 10 Chair Yoga (\$3 per class) 11 Skip-Bo 12:15 Chair Volleyball <i>Saturday, August 6 9-2 p.m. Friends of Callahan Yard Sale at the Callahan Center</i> Center Closing at 1:30 p.m. New Hours!	5
8:30-4:30 Pool Room Open 9:30-12:30 Blood Pressure Clinic 9:30 Muscle Strengthening (\$3 per class) 9-4 Computer Room Open 11:30 Canasta 10 Beading 11:30 Friends Lunch, RSVP \$5 12 Better Breathers Support Group 1 Bingo 1 Discussion Group 1 Intermediate Bridge 1-3 SHINE, by appt. 7 Grandparent Support Group <i>9 a.m. Callahan Center Golf League at Millwood Golf Course</i> <i>10 Spirit of Boston Harbor Luncheon Cruise</i>	10	8:30-4:30 Pool Room Open 9-11 SHINE, by appt. 9-4 Computer Room Open 9:30 Cribbage 9:30 Moving for Better Balance 10-2 Mah Jongg 10-11:30 Ask-the-experts 10:30-12:30 Hispanic Group 11:30 Zumba (\$3 per class) 2-3:30 Beginner Hand Building with Clay 3:15-4:15 Athletic Stretch \$3 <i>9 a.m. Callahan Center Walking group at Cushing Memorial Park</i>	11	8:30-1:30 Pool Room open 9-11 SHINE, by appt. 9-1 Computer Room Open 9 Poker 9:30 Muscle Strengthening (\$3 per class) 10 Chair Yoga (\$3 per class) 11 Skip-Bo 11 Meet & Greet Q & A Chris Walsh 12:15 Chair Volleyball <i>August 14-Sunday Tanglewood-includes luncheon</i> Center Closing at 1:30 p.m. New Hours!	12
8:30-4:30 Pool Room Open 9-10 Computer Room Open 9:30-12:30 Blood Pressure Clinic 9:30 Muscle Strengthening (\$3 per class) 10 Intro to Windows 10 12-4 Computer Room Open 11:30 Canasta 1Bingo 1 Discussion Group 1 Intermediate Bridge 1-3 SHINE, by appt. 1-4:15 Podiatry with Dr. John (Please call for appt.) 7 Grandparent Support Group <i>9 a.m. Callahan Center Golf League at Millwood Golf Course</i>	17	8:30-4:30 Pool Room Open 9-4 Computer Room Open 9-11 SHINE, by appt. 9:30 Cribbage 9:30 Moving for Better Balance 10-2 Mah Jongg 10-11:30 Ask-the-experts 10:30-12:30 Hispanic Social Hour 11:30 Zumba (\$3 per class) 2-3:30 Beginner Hand Building with Clay 3:15-4:15 Athletic Stretch \$3 <i>9 a.m. Callahan Center Walking group at Cushing Memorial Park</i>	18	8:30-1:30 Pool Room open 9 Poker 9-11 SHINE, by appt. 9-1 Computer Room Open 9:30 Muscle Strengthening (\$3 per class) 10 Chair Yoga (\$3 per class) 11 Skip-Bo 11:30 Low Vision Support Group 12:15 Chair Volleyball <i>August 21-Sunday Dixieland and Jazz Cruise Lunch at Lorenzo's</i> Center Closing at 1:30 p.m. New Hours!	19
8:30-4:30 Pool Room Open 9-4 Computer Room Open 9:30 Muscle Strengthening (\$3 per class) 9:30-12:30 Blood Pressure Clinic 10 Beading 11:30 Friends Lunch, RSVP \$5 11:30 Canasta 1 Bingo 1 Discussion Group 1 Intermediate Bridge 1-3 SHINE, by appt. 1 Caregivers' Support Group <i>9 a.m. Callahan Center Golf League at Millwood Golf Course</i>	24	8:30-4:30 Pool Room Open 9-11 SHINE, by appt. 9-4 Computer Room Open 9:30 Cribbage 9:30 Moving for Better Balance 10-2 Mah Jongg 10-11:30 Ask-the-experts 10:30-12:30 Hispanic Social Hour 11:30 Zumba (\$3 per class) 2-3:30 Beginner Hand Building with Clay 3:15-4:15 Athletic Stretch \$3 <i>9 a.m. Callahan Center Walking group at Cushing Memorial Park</i>	25	8:30-1:30 Pool Room open 9-1 Computer Room Open 9 Poker 9-11 SHINE, by appt. 9:30 Muscle Strengthening (\$3 per class) 10 Chair Yoga (\$3 per class) 10:30 Charity Knitters 11 Skip-Bo 12:15 Chair Volleyball Center Closing at 1:30 p.m. New Hours!	26
8:30-4:30 Pool Room Open 9-4 Computer Room Open 9:30 Muscle Strengthening (\$3 per class) 9:30-12:30 Blood Pressure Clinic 11:30 Canasta 1 Bingo 1 Discussion Group 1 Intermediate Bridge 1-3 SHINE, by appt. <i>9 a.m. Callahan Center Golf League at Millwood Golf Course</i>	31	<div><div><p>Good deeds. Great deals.</p></div><div><p>30% OFF EVERY TUESDAY FOR SENIORS (55 & OVER)</p><p>PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION</p><p>500 COCHITUATE ROAD, FRAMINGHAM 01702 508-875-0225 WWW.SAVERS.COM</p></div></div>			

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

							8	
		1	7	6	5	2	9	
6					9			
5	4				8	6		
		9			6	7		
	7			9	1	8		
					2	1		4
							9	

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DIFFICULTY: ★★★★★

Answer to Previous Sudoku

3	8	4	5	1	6	7	2	9
7	6	9	2	3	4	1	5	8
1	2	5	7	9	8	3	4	6
8	7	2	6	5	3	4	9	1
5	1	6	8	4	9	2	3	7
9	4	3	1	7	2	8	6	5
6	5	8	3	2	1	9	7	4
4	3	1	9	6	7	5	8	2
2	9	7	4	8	5	6	1	3

CROSSWORD PUZZLE

ACROSS

- 1 Compass direction
4 Love (Lat.)
7 Amer. Bar Assn. (abbr.)
10 Cholera
11 Eth. title
12 Row
14 Cruising
15 Orris (2 words)
17 Bronze Roman money
18 Musical direction
19 Field
20 S. Afr. town
22 Rapid eye movement (abbr.)
24 Mating
27 Hag
31 Caen's river
32 Sup
34 Irish nobleman
35 Fr. artist
37 Naut. instrument

DOWN

- 39 S. Afr. hyrax
41 N.Z. island
42 Turk. title
45 Brain tissue
47 For your information (abbr.)
50 Tea box
52 S Afr. Boer assembly
53 Offspring
54 Fr. pronoun
55 Ironwood
56 Ancient (abbr.)
57 Dance step
58 Price

ANSWER TO PREVIOUS PUZZLE

C	A	B	A	H	A	S	O	D	E	R
U	P	A	S	O	C	A	C	I	D	E
S	I	S	H	S	C	I	E	L	I	S
H	A	S	L	E	T	L	I	L	I	T
	A	A	L	S	D	O				
C	H	A	R	T	E	R	A	T	L	A
A	A	A	R	A	F	A	R	A		
B	I	R	D	S	M	E	A	N	I	N
	I	U	S	A	B	A				
A	G	H	A	S	T	R	E	E	F	E
C	L	A	P	A	E	F	V	A	G	I
R	O	B	E	A	K	U	S	E	R	
E	B	U	R	T	E	L	S	E	R	E

- 6 Withe people
7 Africa (abbr.)
8 Biological (abbr.)
9 Agave
10 Sheep's cry
13 Greek letter
16 Meat dish
18 Indo-Chin.

1	2	3		4	5	6		7	8	9	
10				11				12			13
14				15			16				
17				18					19		
		20	21			22		23			
24	25				26		27		28	29	30
31				32		33		34			
35				36		37		38			
			39		40		41				
42	43	44		45		46			47	48	49
50			51					52			
53					54			55			
	56				57			58			

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A32



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A Simple Way to Keep the **Flu** Away

You can avoid the flu this season by taking one simple step: Get a flu vaccination.

Unfortunately, some people think that getting a flu immunization is too much trouble or costs too much. Or, they swear that a flu immunization will make them sick or make them more likely to catch the flu or even colds. Seasonal influenza, the flu, is caused by one of several strains of influenza viruses (type A or B) that infect the nose, throat and lungs, making life miserable for a week or two for many people and deadly for some. Flu season can begin as early as October and peak anywhere from late December to early April, according to the Centers for Disease Control and Prevention (CDC).

A flu vaccination is most important for children 6 to 59 months; adults ages 50 and older; anyone with a chronic disease; anyone who lives in a nursing home or other long-term care site; health care workers; and people who are in frequent contact with elderly adults or the chronically ill. The CDC says children between ages 6 months and 8 years who were never immunized or received only one dose of vaccine in the previous year should get two full doses of vaccine, one month apart. Even if you don't fall into one of the above groups, however, you are still a candidate for the vaccine if you want to avoid the flu.

Talk with your doctor first

Some people shouldn't be vaccinated for the flu before talking with their health care provider, the CDC says. These are reasons to talk with your doctor:

- You have a severe allergy, such as an anaphylactic reaction to chicken eggs.
- You had previously developed Guillian-Barré syndrome in the 6 weeks after getting a flu shot.
- You currently have an illness with a fever; you should wait until symptoms improve before getting the vaccine.

Other prevention steps

You can protect yourself against the flu by doing simple things like washing your hands before eating and not putting your hands near your face or in your mouth. You don't need special cleansers when washing your hands. Washing for at least 20 seconds with ordinary soap works fine. If someone in your family has the flu, you can keep surfaces clean of the virus by wiping them with a solution of one part bleach to 10 parts water.

The other effective means of flu prevention is humidity. The flu bug exists in higher quantities in dry nasal and oral passages, which is one reason why flu epidemics occur in dry winter months. By raising the humidity in your workplace and at home to keep your nasal passages and mouth moist, your body will be better able to flush out the flu bug.



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