



# Young at Heart

## NEWS



December 2019

Judith A. O'Connor • Executive Director • 508-865-9154

Vol. 34 No.12



### DECEMBER

*On Behalf of the COA Board and the Entire Staff,  
We wish you all a Merry Christmas & A Happy Hanukkah!*



#### "CHAIN OF LIGHTS"

The Millbury Chain of Lights will be held on  
Sunday, December 8<sup>TH</sup> from 11 am-4 pm.

Stop by the Senior Center for some Holiday Festivities.  
Decorate a Gingerbread Cookie in our Beautiful Vintage  
Railroad Car.

*Our "Tea Room" will have sandwiches, homemade  
desserts, and wonderful entertainment!*

Shop our many miscellaneous Hand Crafted items, we also  
have a large raffle table!!

Meet Tony Bristol from 96.1 WSRB & spin the SRS prize  
wheel between 12:00 – 2P.M.

**Free Trolley Rides**

**"Performing at the Chain of Lights"**

**Millbury High School Jazz Combo @ 12 p.m.**

**Irish Step Dancers @ 1 p.m.**

**H&H Dance Academy @ 2 p.m.**

**SOCIAL HOUR WITH TOWN MANAGER** (3<sup>RD</sup> Wed.) Dec. 18<sup>th</sup>  
9:30-10:30am. Stop in, talk, and enjoy coffee/pastries  
with the Acting TM/HR Director James Kelley.

**PODIATRIST** Fri. Dec 20<sup>th</sup> (3<sup>rd</sup> Fri.) 8:30-11 appt. only.

**SENATOR MOORE'S OFFICE HOURS** Mon., Dec. 9<sup>th</sup>  
10-10:45 am. Senator Moore will hold office hours here at  
the Center, walk-ins always welcome, please stop in.

**REPRESENTATIVE PAUL FROST** – Tues. Dec 3<sup>rd</sup> 11:-12:00  
pm. Rep. Paul Frost will hold office hours here at the  
Center, walk-ins always welcome, please stop in.

**WII BOWLING** Every Monday 12:30-2PM. Wii bowling is a  
fun interactive video game for all ages. All welcome!

**SHINE CLINIC** (*Serving Health Information Needs of  
Elders*) 1<sup>st</sup> Mon./Month Dec. 2<sup>nd</sup>, 9-12 by appt., call us.

**CHRISTMAS MEAL** Do you want a Holiday Dinner delivered  
to you on the 25<sup>th</sup>? Call the COA Office by the 18<sup>th</sup> of Dec.  
and request one. The meals come from Catholic Charities  
and they are delicious!



*New Column*

*Do you know?...*

What year was the 1<sup>st</sup>  
Town Hall in Millbury built?

Be the first one to submit the  
answer in "writing" to the COA  
office and win a prize!

*This column will appear regularly.*



*Happy Birthday to You!*

If you are celebrating a birthday this month, plan to join us Thurs.  
Dec. 19<sup>th</sup> Reservations must be made by noon Thurs. Dec., 26<sup>th</sup>. All are  
welcome, for transportation please call 48 hours ahead, 508-865-9247.

Janet Laforce  
James Williams  
Doris Colette  
Stephen Sache  
Mary Boucher  
Joan Fogarty  
Doris Ducharme  
Nancy Leclair  
Judy Bunnwith  
Eleanor Powers  
Stella Weldon  
Pearl Hanratty  
Stephen Walinsky

Lorraine McKenney  
Rita Dattis  
Francis Mitchell  
David Cofske  
Jon Sheehan  
Priscilla Either  
Marie Gengarelli  
Jose Castillo  
James Racicot  
Donald Belliveau  
Gail Trainor  
Andrea MacDonald  
Patti Pijus

Richard Townsend  
J. Paul Cormier  
Audrey Arrington  
Ron Richard  
Diane Burke  
Doris Taft  
Jean Moe  
Vincent Zigmont  
Felice Burn  
Sandy Stimpson  
Charlotte Townsend  
Frank Gagliardi



**COMPUTER/CELL PHONE CLASS** Every Thursday computer/cell phone classes. Call 508-865-9154 to sign up. It's free for Millbury residents. Computers are also available for use for all Millbury Seniors each weekday from 10-4 PM.

**SHOPPING TRIP** Every Friday, 9-11 AM. We have a shopping trip to the Fair Plaza. (Price Chopper, Dollar Store, Rite-Aid, Burlington) We start picking up at 9:00 and return at 11:00 AM. The transportation fee for Friday's shopping trip is \$2.00 (\$1.00 each way). We also provide transportation to local shopping venues (Shoppes at Blackstone Valley, Auburn Mall, Goretti's, Walmart, etc.) Call the center 48 hours in advance for transportation.

**"PASTEL DREAMERS" ADULT COLORING CLASS** Every Thurs. 10-11:30 am. No Supplies needed. All welcome!

#### DO LIKE TO PLAY CARDS?

- Scat - Monday, Tuesday & Friday 1PM
- Whist - Thursday 12:45 PM
- Bridge - Friday 12:30 PM
- Cribbage - Monday 1 PM



If you'd like to play a card game, but don't know how... we'll show you, just and come in. Bring a friend too!

**STAY WELL CLINICS** Blood Pressure Clinic every Tuesday 9-10AM, walk-in and have your Blood Pressure taken, stay for coffee and pastries.



**FRIENDLY VISITOR PROGRAM** The Friendly Visitor Program offers and provides companion-ship to the elderly of Millbury as well as encouraging and nourishing friendships between generations. If you are interested in this program call the center at 508-865-9154.

**SNAP (FOOD STAMPS)** The Center is now writing SNAP applications, Tues. & Thurs., 10-2pm. Call for appt. and to get a list of all paperwork needed.

**LIGHT EXERCISE** Every Monday & Friday 9:30 - 10:15am. It's a FREE, fun class with fun music too! Join us, everyone welcome.

#### TAI CHI

Every Tuesday, 9:30-10:30 am \$3.00 FUN CLASS!

#### ZUMBA

Every Tuesday, 10:45-11:30 am FREE FUN CLASS!

#### YOGA

Every Friday, 10:30-11:15 am FREE FUN CLASS!

#### VETERANS

Veteran's Administration information regarding service & benefits for Veteran's Website: [mass.gov/veterans](http://mass.gov/veterans) Phone: 1-800-827-1000

**MAHJONG** Every Monday 12:45-3:45 MAHJONG is a tile which was developed in China in the Qing Dynasty and is a very popular game. If you are interested in playing this game, call us 508-865-9154.

## "Memory Café"

Please join us for our Memory Café  
4th Tuesday of Month

No Meeting for December

Call to RSVP please; 508-865-9154

JOIN US!

**"HELPING HANDS"** Do you need help with some yardwork? Call the Center and we will assign you a "Helping Hands" teenage worker. THIS IS A FEE FOR SERVICE program, where you pay them for services.

#### RMV ASSISTANCE NOW AT THE SENIOR CENTER

The Registry of Motor Vehicles has asked us to assist Seniors who would like to renew their licenses and car registrations, by starting their paperwork online first so then it can be brought into the registry or a AAA office. This service is offered every Wednesday, 10 am-12 pm by appt. There are new Driver's License & ID Requirement Requests. Visit [Mass.gov/ID](http://Mass.gov/ID) for more information and a complete list of acceptable identification documents.

**TRANSPORTATION** Our Transportation services are offered M-F from 9- 3 pm. *Our added service is from 7am to 4:45 pm for ADA clients and job assignments (disabled).* We require a 48 hour reservation for a ride. The cost for a one-way van ride in town is \$1.50; one town out is \$1.75; our ADA ride cost for in town \$2.75; one town out \$3.00. We would like to help you get to and from a job site on a regular basis. We would offer a special rate. Call our office for more info. Our service is curb to curb. All rides to and from the Senior Center are 25 cents. We have a team of wonderful van drivers who are here to assist you in getting in and out of the van if you need it. We also provide transportation escorts to accompany you.



OUR FACEBOOK PAGE IS  
MILLBURY SENIOR CENTER



**CDW**  
**C.D. Whitney**  
INSURANCE AGENCY  
508-865-4433

**MILLBURY FAMILY DENTISTRY**  
508-865-2622  
116 MAIN STREET  
MILLBURY, MA  
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## NEWS FROM SHINE DECEMBER 2019

The Medicare Open Enrollment ends on December 7<sup>th</sup>. Every year, Medicare Part D and Medicare Advantage (HMO, PPO), plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you next year. **This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.**

**REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.**

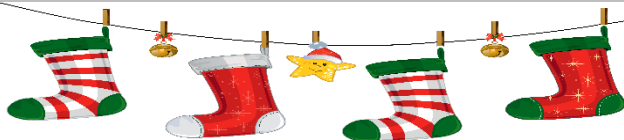
Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.



CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched it's website. You can visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636)...then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment it may take a couple days to return your call. You can now visit us on the internet at [shinema.org](http://shinema.org)



*Thank you to the Millbury Police for sponsoring a delicious Pasta & Meatball dinner for the Seniors! It was well attended and a great night out for all. We appreciate all you do for us.*



*Senator*  
**MIKE MOORE**  
PROUDLY REPRESENTING HOMETOWN SENIORS  
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**Friends of the Millbury Seniors, Inc.**  
**1 River Street**  
**Millbury, MA 01527**



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Permit No. 49

\*\*\*\*\***VOLUNTEERS ARE SPECIAL**\*\*\*\*\*

Allen, Carolyn	Dileo, Priscilla	Jalbert, Don	Mulhane, Stuart
Army, Carol	Dineen, Susan	Kerr, Elana	Morton, Lisa
Aubin, Cookie	Dinsdale, Bob	Kosiba, Marie	Niemic, Beverly
Audette, Renee	DiPilato, Susan	Krumsiek, Jackie	O'Connor, Joan
Ayotte, Kathy	Donahue, Celeste	Krumsiek, Marion	Parker, Bob
Ayotte, Lee	Donovan, Eva	Krumsiek, Mary	Parsakian, Mardel
Bafaro, Joanne	Ducharme, Mike	LaPan, Edna	Peltier, Kaye
Bednar, Rosemarie	Dudinski, Theresa	Lavigne, Bruce	Peare, Jeane
Bednar, Paul	Dion, Sheila	Lewandowski, Anna	Perron, Denise
Belliveau, Donald	Ducharme, Harriet	Murawski, Kathy	Pierpont, Ann
Bianculli, Doris	Dunn, Joanne	MacInnis, Lena	Potter, Jack
Bott, Chris	Erickson, Ken	Mankavetch, David	Pousland, Deb
Bourdeau, Maryanne	Ethier, Eileen	Marcoux, Elaine	Reddy, Saras
Brown, Pan	Fortin, Janice	Marcoux, David	Sango, Sally
Browning, Elizabeth	Gardner, Warren	Marino, Jack	Senecal, Gloria
Casey, Pat	Gauthier, Judith	Marino, Jane	Sirard, Maryanne
Carlson, Ray	Godbout, Claire	Masmanian, Margo	Stockwell, Beverly
Carey, Tina	Gonroff, Judy	Masters, Janice	Thomas, Susan
Castillo, Jose	Goodwin, Julia	Mattrick, Francis	Tomaszewicz, Donna
Chase, Betty	Goyette, Doris	Mattrick, Frances	Townsend, Richard
Chausse, Sue	Gregoire, Donna	McDonald, Andrea	Vigilatura, Mark
Corkey, Laurie	Gremo, Lillian	McKeown, Julie	Wedden, Lisa
Clark, Mary	Hickey, Joanne	Morkunas, Carol	Weeks, Tom
Cornell, Ed	Hamilton, Rich	Mitchell, Julie	Walinsky Jr., Stephan
Cronkhite, Peg	Hentschel, Anita	Mort, Lenny	Wincer, Charles
Dana, Eileen	Johnson, Cindy	Moseley, Lynn	Wincer, Mary
			Zarklow, Carolyn



**DECEMBER 2019**

**ACTIVITIES**



**Monday**

9:00 am ..... Cards  
9:30-10:15 am ..... Light Exercise  
12:00 noon ..... Lunch  
12:30 pm ..... Wii Bowling  
12:45-3:45 pm ..... Mahjong  
1:00 pm .. Cribbage, Scrabble & Scat

**Tuesday**

9-10 am ..... Blood Pressure  
9:00 am ..... Cards  
9:30-10:30am ..... Tai Chi  
10:45-11:30pm ..... Zumba  
11:00 am ..... Sing-a-Long  
12:00 noon ..... Lunch  
1:00 pm ..... Cribbage & Scat

**Wednesday**

9:00 am ..... Cards  
9:30 am ..... Craft Class  
12:00 noon ..... Lunch  
1:00 pm ..... Social Bingo

**Thursday**

9:00 am ..... Cards  
10:00 am ..... Adult Coloring Class  
12:00 noon ..... Lunch  
12:45 pm ..... Whist  
2:30-3:30 ... Comp./Cell Phone Class

**Friday**

9:00 am ..... Cards  
9:30-10:15 am ..... Light Exercise  
10:30-11:15 ..... Yoga  
12:00 noon ..... Lunch  
12:30 pm ..... Bridge & Scat