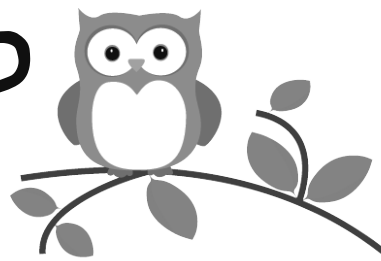


What's Next? at 60 North Bow



Town of Milford MA, Ruthanne Bleakney Senior Center

September / October 2017

NEWS FROM THE DIRECTOR

2nd Annual Law Enforcement & Fire Department Appreciation Breakfast



As we reflect on the events of September 11, 2001, we remember the brave rescue personnel who risked and/or lost their lives to protect and save others. In honor of those brave men and women and our own brave rescue personnel, the Milford Senior Center is hosting the **2nd Annual Law Enforcement & Fire Department Appreciation Breakfast**.

On a personal note, I have lived in this town my entire life. I have always felt safe knowing that the Milford Police and Fire Departments are on duty. In this day and age, even our small town has its share of crime and emergencies. Just knowing that the Milford Police and Fire Departments are in charge of controlling these activities, makes it easy to call this town home and feel secure. These brave men and women are ready to do whatever necessary to make our town a better place to live. In addition, their commitment to the Seniors is proven every time they are called upon. They are always ready and willing to do whatever it takes to help out.

That is why on Monday, September 11th, the Milford Senior Center is honoring Milford's finest by holding the 2nd Annual Appreciation Breakfast. **Please come and join us as we thank them for their commitment to keep Milford the fine town it has always been.** As a proud resident of Milford, I am honored to be able to thank these dedicated individuals who took an oath to protect and serve the residents of our town.

Please call the Senior Center early to reserve your seat at this **free** Appreciation Breakfast. Space is limited so please call early to sign up.



At a-Glance

Friday, September 1

Dr. Gary Hylander

Sunday, September 3

NO BINGO

Monday, September 4

CLOSED – LABOR DAY

Thursday, September 7

Low Vision Support Group

Monday, September 11

Appreciation Breakfast

Tuesday, September 12

Red Hat Society

Friday, September 15

Dementia Live™

Tuesday, September 19

Book Club

Thursday, September 21

Healthy Living Luncheon

Friday, September 22

Movie

Wednesday, September 27

Evita

Thursday, September 28

Men's Group

Friday, September 29

2017 Expo

Wednesday, October 4

Breakfast

Sunday, October 8

NO BINGO

Monday, October 9

CLOSED – COLUMBUS DAY

Tuesday, October 10

Red Hat Society

Monday, October 16

Genealogy

Tuesday, October 17

Book Club

Thursday, October 19

Healthy Living Luncheon

Friday, October 20

Norman Rockwell Museum

Thursday, October 26

Open Enrollment Meeting

Friday, October 27

Movie

Tuesday, October 31

Oktoberfest

BINGO Wednesday & Sunday
(except where noted for holiday closings)

2017
senior
EXPO
SEPTEMBER 29



Free flu shot

by Salmon VNA &
Milford Board of Health

Entertainment

by DJ Ronnie Auger

Time: 9:30 am – 1:30 pm

Over 30 exhibitors!

Free lunch for first 200 seniors

Lunches provided by Atria Draper Place, Blaire House,
Cornerstone of Milford & Whitcomb House

Voice (508) 473-8334

email: sclark@townofmilford.com

TTD (508) 473-8334

Tri-Valley Nutrition (508) 478-8102

Fax (508) 634-2339

Shine (800) 243-4636

Open Monday – Thursday 8:30 am – 5:00 pm and Friday 8:30 am – 4:00 pm – visit us at milfordmaseniorcenter.com

ACTIVITY ROSTER SEPTEMBER / OCTOBER – ALL FITNESS CLASSES REQUIRE A PUNCH CARD

ACTIVITY	TIME & DAYS	COST
Bingo	Wednesdays & Sundays 1:00 pm	50¢ Card / \$1.50 Paper Booklet
Book Club	3rd Tuesday of the Month 10:00 am	Free
Breakfast	Monthly 1st Wednesday 9:00 am (see calendar)	\$3
Chess	Wednesday 1:00 – 5:00 pm	Free
COA Meeting	Bi-monthly 2nd Tuesday 10:00 am (no meeting July/August)	Free / Public Welcome
Cribbage	Monday 9:30 am – 12:00 pm	Free
Exercise Equipment	During Regular Business Hours	Free
Personal Trainers	Monday through Friday 8:00 am – 1:00 pm	Free
Fall Prevention Exercise Classes	Wednesday 10:15 – 11:00 am	Free
Gift Shop	Monday through Friday 10:00 am – 2:00 pm	Reasonable Prices
Hairdresser/Barber	Friday by Appointment 9:00 am – 12:00 pm	Price Chart Available
Healthy Living Luncheon	Monthly 12:30 pm (see calendar)	\$5.00 / Refundable
Internet Access	During Regular Business Hours	Free
Knitting/Sewing	Thursday 9:00 – 11:00 am	Free
Line Dancing	Thursday 10:30 – 11:30 am	\$3 (seniors) \$7 (under 60)
Mah Jongg	Tuesday 1:00 pm	Free
Meals on Wheels (Congregate Meals)	Monday – Thursday (see calendar for menu) 11:45 am -12:30 pm Call Denise 508-478-8102	\$3 donation
Meals on Wheels (Home Delivery)	Call Tri-Valley 1-800-286-6640	\$3 donation
Men's Group	Thursday monthly 10:00 am – 12:00 pm (see calendar)	Free
Movie	Last Friday/Month (see calendar) / Movie time 12:30 pm	Free / Bring Your Own Lunch
Muscle Conditioning	Wednesday 11:15 am – 12:15 pm	\$3 (seniors) \$7 (under 60)
Notary Public	Call for an appointment	Free
Outreach Services	Monday & Wednesday 8:30 am – 4:00 pm Friday 8:30 am – 1:30 pm	Free
Red Hat Society	2nd Tuesday Monthly 12:00 pm	Free
Safe Exercise	Monday & Thursday 1:15 – 2:15 pm	\$3 (seniors) \$7 (under 60)
S.H.I.N.E. (Health Insurance Information)	Monday through Friday (During Regular Center Hours)	Free (by Appointment)
Strength & Stretch	Tuesday, 9:30 – 10:15 am	\$3 (seniors) \$7 (under 60)
Tap Dance	Monday & Friday 9:15 – 10:15 am	\$3 (seniors) \$7 (under 60)
Tap Dance (Beginner)	Monday & Friday 8:30 – 9:15 am (2x / month, see calendar)	\$3 (seniors) \$7 (under 60)
Tap Dance (Advanced)	Monday & Friday 8:00 – 9:00 am (2x / month, see calendar)	\$3 (seniors) \$7 (under 60)
Turkey Foot Dominoes	Tuesday 12:30 pm	Free
Walking Club (MSC Walkers)	Monday through Friday 8:00 am	Free
Watercolor Art Class	Wednesday 10:00 am – 12:00 pm	\$10 per class
Wellness Center (Nurse on Site)	Wednesday & Thursday 9:00 am – 12:00 pm	Free
Whist	Tuesday 11:00 am – 1:00 pm	Free
Yoga	Thursday 9:00 – 10:00 am	\$3 (seniors) \$7 (under 60)
Zumba Gold®	Monday, Tuesday & Friday 10:30 – 11:30 am	\$3 (seniors) \$7 (under 60)
Zumba Gold Toning®	Wednesday 9:00 – 10:00 am	\$3 (seniors) \$7 (under 60)
Zumba®	Monday 4:00 – 5:00 pm	\$3 (seniors) \$7 (under 60)

IMPORTANT!
PLEASE SIGN UP EARLY
FOR EVENTS!

FREE APPRECIATION BREAKFAST

Monday, September 11



- Show your appreciation for our Police & Fire Departments
- Guest Speakers
- Sign up at the front desk or call

Time: 9:00 am



BREAKFAST

Wednesday, October 4
Sponsored by Milford Fire Department

- Topic: Fire Safety
- Cost:** \$3 / **Time:** 9:00 am

HEALTHY LIVING LUNCHEON

Thursday, September 21

Sponsored by Milford Regional Medical Center

- **Topic:** Prostate Health
- Presented by Dr. Steinberg

Thursday, October 19

Sponsored by Milford Regional Medical Center

- **Topic:** Heart Burn & Digestion
- Presented by Dr. Wiener

Cost: \$5 (refundable) / **Time:** 12:30 pm



BOOK CLUB

Tuesday, September 19

Great Small Things
Author: Jodi Picoult

Tuesday, October 17

The Secret Place
Author: Tana French

FREE / Time: 10:00 am

free Fall PREVENTION Class

These classes are designed for people of all fitness levels. Each class will include warm-up and stretching; structured exercise and functional activity; plus group exercise and a cool down. **Classes are held on Wednesday from 10:15 to 11:00 am.** There is no need to sign up and you can attend any class at anytime.

DR. GARY HYLANDER



Friday, September 1

Sponsored by Home Instead Senior Care & The Residence at Valley Farm

- **Topic:** Signing of the Constitution
- Ice Cream Sundaes

FREE / Time: 11:00 am

OKTOBERFEST

Tuesday, October 31

- Entertainment by DJ Ronnie Auger
- Light snacks and refreshments
- Raffles & Door Prizes
- Costumes (optional)

Time: 12:30 pm / **Cost:** \$5



FREE Friday MOVIES

Friday, September 22

The 100-Year Old Man Who Climbed Out of the Window and Disappeared, Rated R

Friday, October 27

A Man Called Ove, Rated PG-13

Movie Time: 12:30 pm

MEN'S GROUP

Thursday, September 28

Presentation by Director Susan Clark

Time: 10:00 / FREE



OPEN ENROLLMENT

Important MEETING Medicare OPEN Enrollment Update

Thursday, October 26

- **FREE Advice! Don't let time run out!**
- Public invited
- Presentation by Director Ed Roth of the SHINE Program

Time: 10:00 am – 12:00 pm

ROAD TRIPS

NORTH SHORE Music Theatre - Evita

Wednesday, September 27

Tour Cost: \$109 PER PERSON

- Full course luncheon at Danversport Yacht Club
- Show at the North Shore Music Theatre
Select entrée upon signup
- Departs Center at 10:30 am, returns 6:00 pm

NORMAN ROCKWELL MUSEUM & Red Lion Inn

Friday, October 20

Tour Cost: \$89 PER PERSON

- Stockbridge Village Sightseeing
- Lunch at the Red Lion Inn
Select entrée upon signup
- Museum admission
- Departs Center at 8:00 am, returns 6:00 pm

Boston Holiday Pops

Tuesday, December 12

Tour Cost: \$129 PER PERSON

- Reserved first balcony seats: 4:00 pm show
- Luncheon at Venezia restaurant
Select entrée upon signup
- Departs Center at 10:30 am, returns 7:00 pm

Volunteers Wanted

Front Desk Reception - Must be able to work in a fast paced setting. Communication and computer skills preferred.

Bingo Callers for Wednesdays and Sundays. Please email Susan Clark at sclark@townofmilford.com or call 508-473-8334.

Substitute Drivers / Kitchen Volunteers
Meals on Wheels. Call Denise at 508-478-8102.



PINOCHLE PLAYERS Wanted

Every Friday at 12:00 pm. Please contact the Senior Center to sign up.

Fuel Assistance

Appointments for 2017/2018 Fuel Assistance Program (SMOC) can be made beginning Monday, October 23.

Drug Take Back Program

Saturday, October 28 , 10:00 am to 2:00 pm at the Senior Center. Turn in your expired or unused drugs for safe disposal.

You may also drop off your unused/expired prescription drugs at the Milford Police Station lobby in the red vault. The police department will dispose of them through the drug enforcement agency. Liquid medications are not accepted.

SENIOR TAX RELIEF

Applications for the **Milford Senior Volunteer Tax Relief Program** will be available at the Milford Senior Center, 60 North Bow Street, Milford, from **October 10 to October 27**. Qualified volunteers will receive a credit of \$1000 on their real estate taxes (must be a homeowner to receive the credit). For more information call **508-473-8334** or email sclark@townofmilfordma.com

BJ'S MEMBERSHIPS

The Center offers discounted memberships to BJ's Wholesale Club to our resident Milford seniors. Drop by the center to request a discount letter. Discounted memberships are now \$30. If you have already paid full price, you can still get the discount refund by presenting the letter to BJ's.

Community Legal Aid (Legal Assistance)

Community Legal Aid provides free legal services to elders and low-income individuals who qualify for services. To apply for services, dial (855) 252-5342 Monday, Tuesday, Thursday & Friday from 9:30 am to 12:15 pm and Wednesday from 1:30 to 4:15 pm. You can also apply online at www.communitylegal.org

Automated Calls (Voice Connect)

Our Senior Center has a computer feature called Voice Connect. If you receive a call from **617-440-3507** it is coming from the Center. This is an automated call to let you know something. For instance a fitness class or trip may be cancelled or we have an update to report. You don't have to pick up, the program will leave you a message if you have voicemail.

Training For AARP Tax Preparation

AARP is looking for volunteer tax preparers. They will be holding a training workshop in November. If you are interested in becoming a volunteer AARP tax preparer, please call the Senior Center for details.

Fitness



In THE

SPOTLIGHT Ballroom Dance!

As some of you may know I recently returned from the annual "Zumba Instructor Convention" in Orlando, Florida. One of the sessions I took was all about ballroom dance and how to bring that flavor to Zumba classes! Ballroom Dancing is an excellent physical activity for all ages. It improves posture, fitness, coordination, breathing and sharpens focus. It's a physical expression of partnership that moves with the music. It can be lively and expressive, romantic and seductive. But more than anything, ballroom dancing is fantastic fun.

THE LATIN RHYTHMS



Cha Cha

The cheeky Cha Cha is known to have originated in Cuba. It is based on the syncopated rhythms of West Africa and, along with the mambo and salsa, is a recent derivation of the Rumba.

It is a flirty, fast dance with many hip actions and includes bending and straightening of the knee which gives it a touch of Cuban motion.

Samba

The Samba originated in Brazil. This exciting dance has a tradition reaching back hundreds of years and has long been associated with Rio De Janiero's famous Carnival.



Rumba

Rumba also known as the 'Dance of Love' originated in Cuba.

Paso Doble

Paso Doble (meaning *double-step* in Spanish) music originated in Spain. The Dance Paso Doble is based on the music

played at Spanish bullfights during the bullfighters' entrance.

JIVE

The Jive is a swing dance and is characterized by high knee-lifting, leg-kicking action. It is fast in pace and full of energy and never fails to create an electric atmosphere whenever it is performed.

In our next newsletter I will give a little history of the Modern/Standard rhythms: Waltz, Foxtrot, Tango, Viennese Waltz, and the Quickstep! Come get a taste of these rhythms during any of our regular Zumba classes !

HEALTH BENEFITS OF Tap Dancing

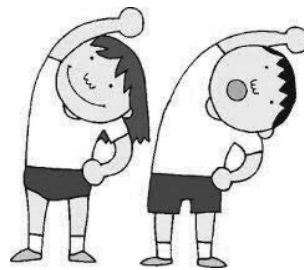
You'll strengthen muscles (some you didn't even know you had!) and get a great cardio workout. It's not just your body that we'll tap into shape; we'll work your mind too!



TAP DANCE class meets every **Monday & Friday at 9:15 am.** All levels are welcome.

Beginner TAP & Advanced TAP classes available. Check the September/October calendar!

See Rebecca for Tap Shoe Information.



TRAINERS CORNER

BY JEFF KNOX

Yay! It's 75 and Sunny ...again! Mother Nature may be our best gym! Think about it..... We're cooped up indoors for probably 6 months every year because of the

cold, rain, snow and winds; why wouldn't we want to get outside and exercise when the weather is great? Studies show that being outside and exercising is much better for us. We get more Vitamin D, are in a better mood, have less stress, you actually heal faster. Studies also show that Seniors walking and exercising outdoors had a greater sense of well-being, plus showed less fatigue and anger than they did when exercising or walking indoors on a treadmill or elliptical machine. Also, they chose a faster pace outside, went further and said that the outdoors was less draining and more fun! So, they actually got a better workout, but felt as though it was easier!

What I'm thinkin' here is that some combination of indoor and outdoor exercise is probably best for us all. Your Fitness Center is fully equipped and well air conditioned but you still should engage with Mother Nature whenever you can! The 'Senior Center Walkers Club' could be just the group for you! **Get engaged!**

free Fitness Program

Please drop in and have our Fitness Specialists develop an individualized fitness plan designed to meet your specific needs. Either Rebecca, Daniel or Jeff are available Monday – Friday 8:00 am to 1:00 pm. Stop in so they can meet you and develop a plan that works best for you. Our fitness room is open Monday – Thursday from 8:00 am to 5:00 pm and Friday until 4:00 pm. Come in and join the fun while you work toward getting healthy and fit.



SUPPORT **Group** FOR Low Vision/Blind Adults

THURSDAY, SEPTEMBER 7

9:30 – 10:30 am

(MEETS FIRST THURSDAY OF THE MONTH)

The Milford Senior Center is looking for low vision/blind adults. Residents from surrounding towns are also welcome, but would need to provide their own transportation to the center.

Topics for discussion will include chores and routines; locating organizations that sell devices which lead to increased independence and better communications; sharing common concerns, frustrations, and stories; and finding solutions to vision-related difficulties. This support group can make daily living easier. Low vision or blindness does not have to stop us from living.

Please contact Marie O'Leary at 508-473-8334
Monday through Thursday from 9 am to 1 pm to sign up.



MY TRAVEL Plans FOR 2017

I have been in many places, but I've never been in **Kahoots**. Apparently, you can't go alone. You have to be in Kahoots with someone.

I've also never been in **Cognito**. I hear no one recognizes you there.

I have, however, been in **Sane**. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my children, friends, family and work.

I would like to go to **Conclusions**, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in **Doubt**. That is a sad place to go, and I try not to visit there too often.

I've been in **Flexible**, but only when it was very important to stand firm.

Sometimes I'm in **Capable**, and I go there more often as I'm getting older.

One of my favorite places to be is in **Suspense**! It really gets the adrenaline flowing and pumps up the old heart! At my age, I need all the stimuli I can get!

I may have been in **Continent**, but I don't remember what country that was in. It's an age thing. They tell me it is very wet and damp there.

GENEalogy Classes

Monday's, OCTOBER 16TH – NOVEMBER 20TH

10:00 – 11:30 am

Start, Organize, Research and Write your Family History.

Starting with the forms common in genealogical research, we will explore research techniques, census reports, researching at repositories, internet research, organizing and writing in order to help you create a lasting family heirloom!

- Six 90 minute sessions
- Cost \$20 (*for all six sessions*)

This class will have something for both the beginning and experienced family researcher. Sign up at the Senior Center.

DEMENTIA LIVE

FRIDAY, SEPTEMBER 15

10:00 am – 12:00 PM



Dementia Live offers a unique inside-out understanding of dementia and aging. Participants will gain a heightened awareness of the challenges faced by those who live with dementia. Learn tips and tools to improve communications and care. Please allow 30 minutes for this engaging and remarkable experience. This opportunity is being offered at no charge to participants.

Please call Catherine Ziesmer, LSW at 508-473-8334 for more details and to sign up.

DO YOU LIVE ALONE?

In case of an emergency, do you have a family member or friend to call? If the power goes out are you able to stay with a family member or friend or are you left in a dark house by yourself?

Please let us know; we will be able to send someone to check on you. Call us with your information and we will be able to keep track of who is alone and needs help.

Remember, if the power goes out you might not be able to call us, let us know **now** so we can be prepared to help you when you need it.



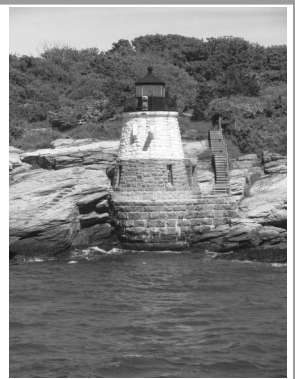
CHESS GROUP

A free chess group meets every Wednesday from 1-5 pm. We teach and play, so whether you're interested in learning the game or playing it, you are welcome to participate. New members of any age are welcome.

SALMEM, GLOUCESTER & ROCKPORT



NARRAGANSETT Lighthouse Cruise



FOSTERS Lobster Bake



13th Annual Luncheon

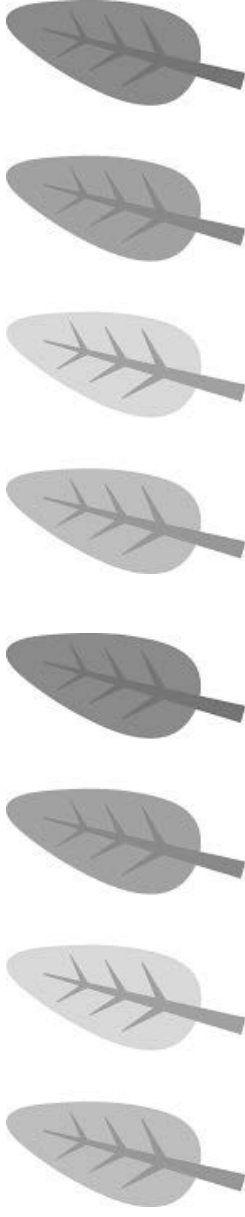





Acknowledgments

13th Annual Luncheon – Bobby DeVita and Crew for organizing and serving at our 13th Annual Luncheon

FOR CONGREGATE MEALS AT MILFORD SENIOR CENTER
CALL DENISE AT 508-478-8102 TWO DAYS PRIOR TO RESERVE A MEAL

September / October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
	SEPTEMBER 5 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg	SEPTEMBER 6 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess <i>Chicken Milano</i>	SEPTEMBER 7 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 LOW VISION SUPPORT GROUP 10:30 Line Dancing 1:15 Safe Exercise <i>Salisbury Steak</i>	SEPTEMBER 8 8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® <i>Fish Victor</i>
CLOSED				
SEPTEMBER 11 8:00 Walking Group 9:00 APPRECIATION BREAKFAST 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 ZUMBA® <i>Chicken Sausage Jambalaya</i>	SEPTEMBER 12 8:00 Walking Group 9:30 Strength & Stretch 10:00 COA MEETING 10:30 Zumba Gold® 11:00 Whist 12:00 RED HAT SOCIETY 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Meatballs with Onion Gravy</i>	SEPTEMBER 13 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess <i>Marinated Pork Loin</i>	SEPTEMBER 14 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise <i>BBQ Chicken</i>	SEPTEMBER 15 8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:00 DEMENTIA LIVE™ 10:30 Zumba Gold® <i>Fish with Crumb Topping</i>
SEPTEMBER 18 8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 ZUMBA® <i>Sesame Beef</i>	SEPTEMBER 19 8:00 Walking Group 9:30 Strength & Stretch 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Salmon Boat/Dill Sauce</i>	SEPTEMBER 20 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess <i>Chicken Fajitas</i>	SEPTEMBER 21 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:30 HEALTHY LIVING LUNCHEON 1:15 Safe Exercise <i>Roast Beef</i>	SEPTEMBER 22 8:00 Walking Group 8:00 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 MOVIE <i>Lasagna</i>
SEPTEMBER 25 8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 ZUMBA®	SEPTEMBER 26 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg	SEPTEMBER 27 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 10:30 EVITA	SEPTEMBER 28 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 MEN'S GROUP 10:30 Line Dancing	SEPTEMBER 29 8:00 Walking Group 8:00 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 9:30 2017 EXPO 10:30 Zumba Gold®

11:15 Muscle Conditioning Bingo Chess	11:15 Safe Exercise	11:15 Muscle Conditioning Bingo Chess	11:15 Safe Exercise	11:15 Muscle Conditioning Bingo Chess	11:15 Safe Exercise
Roast Pork with Gravy	Hot Dog on Bun	Catch of the Day	Chicken Cacciatore	Potato Crunch Fish	
OCTOBER 2 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 ZUMBA®	OCTOBER 3 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg	OCTOBER 4 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 9:00 BREAKFAST 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess	OCTOBER 5 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 LOW VISION SUPPORT GROUP 10:30 Line Dancing 1:15 Safe Exercise	OCTOBER 6 8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®	
 CLOSED	OCTOBER 10 8:00 Walking Group 9:30 Strength & Stretch 10:00 COA MEETING 10:30 Zumba Gold® 11:00 Whist 12:00 RED HAT SOCIETY 12:30 Turkey Foot Dominoes 1:00 Mah Jongg	OCTOBER 11 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess	OCTOBER 12 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise	OCTOBER 13 8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®	
OCTOBER 16 8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:15 Tap Dance 9:30 Cribbage 10:00 GENEALOGY CLASS 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 ZUMBA®	OCTOBER 17 8:00 Walking Group 9:30 Strength & Stretch 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg	OCTOBER 18 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess	OCTOBER 19 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:30 HEALTHY LIVING LUNCHEON 1:15 Safe Exercise	OCTOBER 20 NORMAN ROCKWELL 8:00 ADVANCED TAP DANCE 8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®	
OCTOBER 23 8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:15 Tap Dance 9:30 Cribbage 10:00 GENEALOGY CLASS 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 ZUMBA®	OCTOBER 24 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg	OCTOBER 25 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess	OCTOBER 26 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 OPEN ENROLLMENT MEETING 10:30 Line Dancing 1:15 Safe Exercise	OCTOBER 27 8:00 Walking Group 8:00 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 MOVIE	
OCTOBER 30 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:00 GENEALOGY CLASS 10:30 Zumba Gold® 1:15 Safe Exercise 4:00 ZUMBA®	OCTOBER 31 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 12:30 OCTOBERFEST 1:00 Mah Jongg				

MEALS ON WHEELS HOME DELIVERY CALL: TRI VALLEY 1-800-286-6640

Don't Ignore Your Medicare Mail!



It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for **2018** including changes to the plan providers, network, and changes to the drug plan formulary that would let you know if your medications will continue to be covered and if the tier and cost is changing. This is important information and if you do not understand it, you should discuss it with your caregivers or schedule an appointment with a SHINE Counselor during the Medicare Open Enrollment Period.

During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

IMPORTANT INFORMATION

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

Trained SHINE counselors offer free, unbiased confidential counseling on all aspects of health insurance to anyone on Medicare. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3.

CongREGate MEals

The Tri-Valley Meals on Wheels program offers a Congregate Meal at the Milford Senior Center daily (Monday through Thursday) from 11:45 am-12:30 pm. To reserve your meal, please contact Denise two days in advance at 508-478-8102. A \$3 donation is requested. Meals on Wheels home delivery is also available by contacting Tri-Valley directly at 1-800-286-6640.

NEWS FROM OUTREACH

Our Client Services Coordinator, **Catherine G. Ziesmer, LSW**, provides assistance with the challenges of aging to those 60 and older, as well as to disabled adults younger than 60. If there is difficulty completing personal care, housework or food preparation, Catherine will make a referral to the VNA and/or Tri-Valley, Inc. Grief support and referrals to support groups are offered to help through the grieving process. She provides home visits, as well as telephone reassurance, and will also make referrals to support groups for other issues such as Alzheimer's disease, Parkinson's disease, strokes, etc. Many elders need help with completing applications for services such as SNAP (formerly food stamps), MassHealth, and Housing. Catherine provides referrals to protective services, the food pantry, legal assistance, and to charities including St. Vincent De Paul, Salvation Army, and Catholic Charities. She is trained in the SMART 911 program, a system that shares vital personal and medical information with response teams in the event of an emergency. Catherine works on Monday, Wednesday & Friday. You can reach Catherine at 508-473-8334 or via email at cziesmer@townofmilford.com.

Transportation Program



Milford residents over the age of 60, or under the age of 60 and disabled, are eligible to use our senior van for medical appointments within Milford or Hopedale, as well as for all errands or grocery shopping within Milford. Hopedale residents over the age of 60, or under the age of 60 and disabled may use our senior van for medical appointments only, within Milford or Hopedale. All MassHealth members must use the M.A.R.T. program provided through

MassHealth for all their medical transportation.

Out-of-town medical transportation service is for eligible Milford residents who are seeking a ride to a specialist. Contact our transportation coordinator, **Marie O'Leary at 508-473-8334** for more details and before making your appointment, as we have limitations on the use of our out-of-town service.

Please note: Hopedale residents must call the Hopedale Senior Center at 508-634-2208 to request the transportation.

DONATIONS & MEMORIALS

The Friends gratefully acknowledge these donations

IN LOVING MEMORY

- ♥ Rosie Belisle in memory of Marilyn Fletcher
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- ♥ The St. Johns in memory of Dr. & Mrs. Nick Micellotti & Mrs. Shirley Murphy

DONATIONS

- ♥ Violet K. Sherman, Paul Melanson, Gail Letourneau & Family, Robert J. Capuzziello, Alfred & Tina Foglio, Roy Greenland and Anonymous for their kind donations
- ♥ Red Hats for new coffee pot & coffee

SPECIAL OCCASION

- ♥ Grace & Girls for Paul A. Lavallee's Birthday
- ♥ Family to Celebrate Josephine Capuzziello's



FRIENDS OF THE MILFORD SENIOR CENTER

Dino DeBartolomeis, President; Jillian Celozzi Esq., Vice-President; Joseph F. Edwards, Jr., Treasurer; Melissa Tomas, Secretary.
Other members include: Brian Murray, Johnna O'Loughlin and Gary Castiglioni

The Friends is a private, non-profit organization whose donations provide funds for programs, services and equipment for the Milford Senior Center that cannot be provided by local or state government. Milford seniors do not need to join the Friends to receive services from the Senior Center.

Membership is open to all regardless of age or residency. A membership is \$5 per year. Out-of-town members subscribe to The newsletter for an additional \$5 per year to cover the postage.

Please consider making a donation to the Friends in memory of a loved one or in honor of a special occasion. An acknowledgment of your donation will be sent to whomever you designate and will be published in newsletter. **Please make checks payable to the Friends of the Milford Senior Center.**

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Our Senior Care Campus is a planned integrated care community that offers a variety of lifestyle choices to fit the needs of a loved one:

- Assisted Living Residence
- Adult Day Health with New Specialized Memory Care Center
- Nursing & Rehabilitation Center
- Home Care Services
- Respite Care
- Hospice Care
- Transportation Services

This enables a seamless transition from acute hospitalization to home health care, and everything in between. In other words, these flexible programs and living choices allow our residents to "age in place," without the disruption of moving from one facility to another as their health care needs change.

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For more information or to schedule a tour, please call Alissa Suitum, LSW, Director of Community Relations at 508.958.0301 or, TOLL FREE Central Admissions at 844.322.3648 or Fax 978.522.8329



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*Council on Aging Meetings are held the **2nd Tuesday of each month** in the COA Board Room at 10:00 am
except for the months of July and August – Public Invited

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the Executive Office of Elder Affairs and from generous donations from the community.

Thank You!