

# What's Next? at 60 North Bow

Town of Milford MA, Ruthanne Bleakney Senior Center

January / February

# 2018

## NEWS FROM Sue Clark

I can't believe it's time to say goodbye to 2017. To me, it seems like it just started. It's true what they say... "time does fly by as we age." That is why we have to make every minute count for each and every blessing. With the new year approaching, let's take time to reflect on all the wonderful things that happened in the past year. Moving forward let's try to make a difference in our own personal lives and to help make a difference in the lives of others.



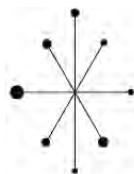
So many things have happened here at the Center in the past year... too many to mention. We continue to welcome new members daily who come in and enjoy the many services and activities that are offered. Sadly, we also had to say good-bye to several of our

members, but find comfort in knowing that we spent quality time together and hopefully made as much of an impact on their lives as they made in ours.

So, as we look forward to making a difference in 2018, let's be kind to one another, help those who need it, share the joys, and console those with sorrows. Let's not let another year fly by without making positive changes.

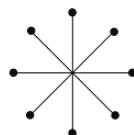
In closing, I would like to thank everyone who impacts my life. I am truly blessed to have this opportunity to work with all the great folks here at the Center and so grateful for all of you who make this a great Senior Center.

Wishing you and your loved ones health and happiness in this coming year.



## HAPPY NEW YEAR

DIRECTOR, Sue Clark



## At a-Glance

### Monday, January 1

*CLOSED*

*New Year's Day Observed*

### Wednesday, January 3

*Breakfast*

### Thursday, January 4

*Low Vision Support Group*

### Tuesday, January 9

*Red Hat Society*

### Sunday, January 14

*CLOSED – NO BINGO*

### Monday, January 15

*CLOSED – Martin Luther King Jr. Day Observed*

### Tuesday, January 16

*Book Club*

### Thursday, January 18

*Healthy Living Luncheon*

### Thursday, January 25

*Men's Group*

### Friday, January 26

*Movie*

### Thursday, February 1

*Low Vision Support Group*

### Wednesday, February 7

*Breakfast*

### Tuesday, February 13

*Valentine's Tea Party*

### Tuesday, February 13

*Red Hat Society*

### Thursday, February 15

*Healthy Living Luncheon*

### Sunday, February 18

*CLOSED – NO BINGO*

### Monday, February 19

*CLOSED – Presidents' Day Observed*

### Tuesday, February 20

*Book Club*

### Thursday, February 22

*Men's Group*

### Friday, January 23

*Movie*

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



## FREE Fall PREVENTION Program

This class is 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.**  
*No sign up necessary; you can attend any class!*



## Winter Storm Policy

Please remember: If the town closes schools due to inclement weather, the Senior Center will also be closed. All activities will be cancelled. Bread and pastry will **not** be available. *Stay home, be safe!*

Voice (508) 473-8334

email: [sclark@townofmilford.com](mailto: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](http://milfordmaseniorcenter.com)

## ACTIVITY ROSTER – 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	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	Last 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 8:15 – 9:15 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)

**IMPORTANT!**  
PLEASE SIGN UP EARLY  
FOR EVENTS!

## BREKfast



**Wednesday, January 3**

*Presentation by Tri-Valley*

- Topic: Low Sodium

**Wednesday, February 7**

*Presentation sponsored by Comfort Zone Home Care, topic TBD*

**Cost: \$3 / Time: 9:00 am**

**Tuesday, January 16**

*The Floating World*

Author: Morgan Babst

**Tuesday, February 20**

*The Woman in Cabin 10*

Author: Ruth Ware

**FREE / Time: 10:00**



## Valentine's Tea Party

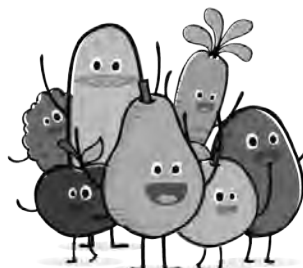
**Tuesday, February 13**

- Finger Sandwiches & Pastries
- High School Quartet
- Wear your finest hat and bring your favorite tea cup

**Cost: \$5 / Time: 1:00 pm**



## HEALTHY Living LUNCHEON



**Thursday, January 18**

*Presentation by Care One, topic TBD*

**Thursday, February 15**

*Presentation TBD*

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

## Road Trips Schedule 2018!



## FREE Friday MOVIES

**Friday, January 26**

*La La Land, Rated PG-13*

**Friday, February 23**

*Hidden Figures, Rated PG*

**Movie Time: 12:30 pm**

**Bring your own lunch**



## NEWPORT PLAYHOUSE

**Maine's Famous  
"Bull and Claw"  
Lobster Bake**

## SPIRIT OF Boston

## Block Island

These are just some of the trips lined up for 2018.

**Dates TBD.** We will post updates to our website and put out flyers at the Center when more information becomes available.

*You must sign up at the Senior Center for all trips. Checks and cash accepted, we cannot accept credit cards. If signing up for multiple trips, one check per trip is required.*



## MEN'S GROUP

**Thursday, January 25**

*Presentation by  
Milford Fire Department*

**Thursday, February 22**

*Presentation TBD*

**Time: 10:00 am / FREE**



## Support Group FOR Low Vision/Blind Adults

THURSDAY, JANUARY 4 & THURSDAY, FEBRUARY 1  
9:30 – 10:30 am

The Milford Senior Center holds a monthly support group meeting and welcomes those who are experiencing vision loss or blindness. We can discuss any concerns or difficulties you are having with everyday life. We encourage everyone to share their concerns and solutions they may have in coping with vision loss. All discussions are kept within the group. On occasion, we have speakers attend our meetings with information and new technology for visually impaired individuals.

If you would like to attend, please come to the Senior Center the first Thursday of each month.

You may contact Marie O'Leary at 508-473-8334, Monday through Thursday between 9a.m. and 1p.m. if you have further questions.

*Meets the first Thursday of the month. Meetings extended to 11:00 am when we have a speaker.*



## ORCam DEMONSTRATION

The Franklin Senior Center is having a demonstration of the OrCam Glasses. These glasses have a camera on the arm of the glasses that takes a picture of documents and then reads the document into the ear

of the person wearing the glasses. Vision impaired seniors will now be able to do a lot more with the aid of these glasses. This demonstration will be held January 9<sup>th</sup>, 2018 at 1:00. Please RSVP by Friday January 5<sup>th</sup>, 2018 508-520-4945. Call Milford Senior Center 508-473-8334 if you need a ride to Franklin.



Are you interested in joining a Weight Watchers Program?  
Call the Center for details.

## NEWS FROM THE Town Clerk's Office

### Nomination PAPERS FOR TOWN ELECTION

Nomination Papers for the April 3<sup>rd</sup> Town Election will be available on Monday, January 8<sup>th</sup> at 8:30 am.



On December 8 over 170 filled stockings were delivered to the Milford Senior Center to be distributed to Milford area seniors for the holidays. This "Stockings for Seniors" initiative was launched four years ago by Cornerstone at Milford, Assisted Living and Compass-Memory Support with the generous support of many local businesses and organizations who have donated time and materials

year after year to fill stockings with useful items including socks, mittens, beauty care products, stamps, batteries, gift cards, and other tokens of love and support.

The holidays can be a difficult time for many seniors who may not have family nearby or may have experienced personal losses this year. Stockings for Seniors is an effort to be able to reach out to these individuals to let them know they are not forgotten and provide them with the true gifts of the season – *Peace, Joy and Hope*.

Stockings for Seniors supports local Seniors with holiday stockings and cheer. Pictured Above Left to Right: Scott Scales, Milford National Bank, Catherine Ziesmer, Milford Senior Center, and Christine Mateer from Cornerstone at Milford.

Not pictured but supporting this initiative are: Aging Space, Inc.; Countryside Health Care; Department of Developmental Services-Milford; Dean Bank; Franklin DCU; Genesis Health Center-Milford; Milford National Bank; Milford Regional Medical Center; Milford Regional Auxiliary; Mulligan Family; Nealon & Nealon; Premeer Real Estate; Santa's Helpers; Smooth Transitions of MA; Tri-County Regional Vocational Students; Tri-Valley United Health Care.

## NEWS FROM THE Board of Assessors

The Board of Assessors offers tax exemptions for qualified property owners. Please call Liz at the Assessors' Office at 508-634-2306 to discuss your eligibility.

**Deadline to file is April 1<sup>st</sup>.**

### Clause 41C - Elderly Exemption

Must be 66 years of age by July 1<sup>st</sup>  
Income and assets considered;

### Clause 37 - Blind

Must be considered legally blind as of July 1<sup>st</sup> ;

### Clause 22 - Disabled Veterans/Surviving Spouses

Certification of disability from VA required;

### Clause 18 - Financial Hardship

Aged and infirmed or activated military;

### Clause 18A - Financial Hardship Deferral

Activated Military or hardship;

### Clause 41A - Tax Deferral

Must be 65 years of age by July 1<sup>st</sup> Income is considered

# Fitness!



## Winter Health

by *Daniel Harlow*

Winter is here, and now is the most important time of year to get the essential vitamins your body needs to stay healthy and happy until the spring.

- Given the lack of daylight, mixed with cold temperatures, it's critical your body gets an adequate amount of vitamin D. Vitamin D is important for bone health, mood, and immune system. Vitamin D is found in eggs, beef, almond milk, dairy groups, and many cereals.
- Iron is next. If your body is low on iron, you will feel extra sluggish come winter. Good sources of iron come in kale, spinach, and most green vegetables.
- Omega 3 fatty acids will complement your Vitamin D levels. These healthy fats will help boost your mood, improve your mental focus, and help prevent the sniffles. Sources of omega 3 are salmon, nuts (such as almonds, cashews, and peanuts), sardines, and brussel sprouts.
- The next one is for those who suffer from irritating dry skin. Vitamin E is an antioxidant, which helps moisturize to avoid flaky, red, brittle, and itchy skin, hair, and nails. Sources can be found in tomatoes, wheat germ, avocados, broccoli, and almonds.
- To complement your iron levels, we can't forget about our Vitamin B. These energetic vitamins help us convert our carbohydrate, fats, and proteins into energy to fuel us through the long cold winter days. Vitamin B can be found in meat, fish, poultry, and egg products.
- Lastly is zinc. Zinc will help fight off colds in the winter. Most think Vitamin C is what they need, but zinc will help ward off and fight viruses. Sources can be found in whole grains, red meat, oysters, and poultry.

## 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 January/February calendar!**

## TRAINERS CORNER by *JEFF KNOX*

We frequently say to ourselves..."I don't feel like exercising today" or "I'm too tired." or "I'm too stressed." to go work out... I'll do it tomorrow. We've all had those thoughts from time to time.

Are you letting your emotions control your moods? We can't always control our thoughts, but we can control how long we let those thoughts linger. Here are some things to do when your 'bad' mood is getting the better of you!

1. Make molehills out of your emotional mountains. Just asking yourself "So What?" can quickly bring things into perspective... 'so what if it's raining and cold today.' 'So what if I didn't sleep well last night,' 'so what if there was a lot of traffic this morning.' You get the idea, right? **Move ON, Move UP and Move AWAY**



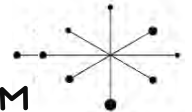
from that bad mood with your mental toughness.

2. Eat a healthy snack, ... before you get hungry!
3. Turn up the Music... Music is great medicine!
4. Exercise! In addition to working out, schedule a short 10 minute walk or some other exercise... daily.
5. Rest and Recovery! You can rest and recover from one activity by engaging in another.
6. Use your best body language and posture to manage your energy and control your emotions!

By being aware of your emotions and the impact they can have on you is Step 1 in getting those emotions and bad moods under control.

Wait! Still need some help? Well, come on up to the Dance studio and watch Rebecca and the 'Happy Tappers' or the 'Zumba Folks' workout... they're always in a good mood!

## FREE Fitness Program

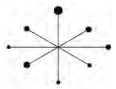


Please drop in and have our Fitness Specialists develop an individualized fitness plan designed to meet your specific needs. Either Rebecca, Daniel or Jeff are available Monday – Friday 8:00 am to 1:00 pm. Stop in so they can meet you and establish a plan to accomplish your health and fitness goals. *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.

# Thanksgiving Dinner



## Poinsettia Breakfast & Caroling Party



## A SPECIAL Thank You to ALL FOR Your GENEROSITY in 2017

**Mike Szczepan of Republic Waste Services and Milford Board of Health** for donating turkeys for our Thanksgiving Luncheon.

**Brenda Needleman, Bobby DeVita, Ross Mazzerelli and Billy DeVita** for preparing a most delicious Thanksgiving feast for all!!

**State Representative Brian Murray, Selectmen Will Kingcade and Mike Walsh, Scott Crisafulli, Chief Tom O'Loughlin, Charlie Skaff, Rick Villani, John Erickson, Chris Pilla, Mark Nelson, Zach Taylor, Chris Morin, Attorney Fran Small, Tom Brown, Kara Geromini, Jennifer Cenedella, Kelly Capece, Ken Evans, Gerry Hennessey, District and Constituent Services Director Mark Reil, Karen Grady and Amy Neves** for graciously serving our Thanksgiving meal.

**Rebecca Tredeau, Peter Long, Sandy Haddon and Kathryn Kaufman** for volunteering to entertain and get the seniors singing at our Poinsettia Breakfast & Caroling Party.

**Milford Regional Medical Center** for being a great partner of the Senior Center.

**Milford Board of Health** for providing the Wellness Nurse.

**Big Y** for the daily bread and pastry donations.

**Roche Brothers** for bread, and pastry donations.

**Bob DeVita & Crew** for their delicious appetizers and punch for our New Year's Party.

**Myfm 101.3 Media & Consigli & Ruggerio Funeral Home** for donating beautiful poinsettias.

**TD Bank and Mary Test (our special Bingo caller)** for the free giveaways and the raffle donation at our Super Bingo.

**Milford Senior Center Sewing & Knitting Club** for their generous donation of homemade blankets.

**All the volunteers who spend so much of their time here at the Senior Center doing whatever needs to be done!**



## SUPPORT GROUP FOR GRANDPARENTS Raising Grandchildren

If you or someone you know is interested in participating in a support group for Grandparents Raising Grandchildren, please contact: Milford Senior Center at 508-473-8334 or Holly Morand at Community Impact at 508-377-3180 or email [hmorand.communityimpact@gmail.com](mailto:hmorand.communityimpact@gmail.com). Group will be starting in February 2018.

*The Milford Senior Center is partnering with Community Impact, Inc. for a monthly support group for grandparents who are raising or living with their grandchildren.*



## APPOINTMENTS FOR TAX SEASON

AARP will be providing free tax preparation to all Milford seniors (by appointment only). Appointments begin in February. Please call to set up an appointment at 508-473-8334.

## 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.*

## OPERATION SNOWSTORM



### Need Help Shoveling?

A Milford high school student may be able to help. A program between senior citizens and high school students has been developed in which a high school student volunteers to shovel and/or salt a path for senior citizens.

**Rules & Regulations apply between Senior and Student Volunteer.** Contact the Senior Center at 508-473-8334 for more information.



## FUEL ASSISTANCE

Appointments for 2018 Fuel Assistance Program (SMOC) are available. Call the Center to book an appointment.

## 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](http://www.communitylegal.org) or you can visit Milford District Court the first and third Wednesdays of the month from 2:00 – 4:00 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](mailto:sclark@townofmilford.com) or call 508-473-8334.



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



# FOR CONGREGATE MEALS AT MILFORD SENIOR CENTER

CALL DENISE AT 508-478-8102 TWO DAYS PRIOR TO RESERVE A MEAL

January / February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>JANUARY 2</b> 8:00 Walking Group <b>8:15 TAP DANCE! (MAKEUP)</b> 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg	<b>JANUARY 3</b> 8:00 Walking Group <b>9:00 BREAKFAST</b> 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>American Chop Suey</i>	<b>JANUARY 4</b> 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise <i>Chicken Pesto</i>	<b>JANUARY 5</b> 8:00 Walking Group <b>8:15 ADVANCED TAP DANCE</b> 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® <i>Beef Burgundy</i>
<b>JANUARY 8</b> 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise <i>Ranch Chicken</i>	<b>JANUARY 9</b> 8:00 Walking Group 9:30 Strength & Stretch <b>10:00 COA MEETING</b> 10:30 Zumba Gold® 11:00 Whist <b>12:00 RED HAT SOCIETY</b> 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Beef with Onions &amp; Peppers on Roll</i>	<b>JANUARY 10</b> 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>Hot Dog on Bun</i>	<b>JANUARY 11</b> 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise <i>Spaghetti &amp; Meatballs</i>	<b>JANUARY 12</b> 8:00 Walking Group <b>8:30 BEGINNER TAP DANCE</b> 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® <i>Macaroni &amp; Cheese</i>
	<b>JANUARY 16</b> 8:00 Walking Group <b>8:15 TAP DANCE! (MAKEUP)</b> 9:30 Strength & Stretch <b>10:00 BOOK CLUB</b> 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Greek Chicken</i>	<b>JANUARY 17</b> 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>Meatloaf &amp; Gravy</i>	<b>JANUARY 18</b> 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing <b>12:30 HEALTHY LIVING LUNCHEON</b> 1:15 Safe Exercise <i>Chicken Pot Pie</i>	<b>JANUARY 19</b> 8:00 Walking Group <b>8:15 ADVANCED TAP DANCE</b> 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® <i>Fish Victor on Bun</i>
<b>JANUARY 22</b> 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise <i>Beef Stew</i>	<b>JANUARY 23</b> 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Vegetable Cheese Bake</i>	<b>JANUARY 24</b> 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>	<b>JANUARY 25</b> 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga <b>10:00 MEN'S GROUP</b> 10:30 Line Dancing 1:15 Safe Exercise <i>Salisbury Steak with Gravy</i>	<b>JANUARY 26</b> 8:00 Walking Group <b>8:30 BEGINNER TAP DANCE</b> 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® <b>12:30 MOVIE</b> <i>Catch of the Day</i>
<b>JANUARY 29</b> 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise	<b>JANUARY 30</b> 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist	<b>JANUARY 31</b> 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class	<b>FEBRUARY 1</b> 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse	<b>FEBRUARY 2</b> 8:00 Walking Group <b>8:15 ADVANCED TAP DANCE</b> 9:00 Hairdresser 9:15 Tap Dance

<div>Chicken Sausage Jambalaya</div> <div><div><div><div><div>8:00</div><div>Walking Group</div></div><div><div>9:15</div><div>Tap Dance</div></div><div><div>9:30</div><div>Cribbage</div></div><div><div>10:30</div><div>Zumba Gold®</div></div><div><div>1:15</div><div>Safe Exercise</div></div></div></div><div>TBA</div></div>	<div>Meatballs with Onion Gravy</div> <div><div><div><div><div>8:00</div><div>Walking Group</div></div><div><div>9:30</div><div>Strength &amp; Stretch</div></div><div><div>10:30</div><div>Zumba Gold®</div></div><div><div>11:00</div><div>Whist</div></div><div><div>12:30</div><div>Turkey Foot Dominoes</div></div><div><div>1:00</div><div>Mah Jongg</div></div></div></div><div>TBA</div></div>	<div>Marinated Pork Loin</div> <div><div><div><div><div>8:00</div><div>Walking Group</div></div><div><div>9:00</div><div>BREAKFAST®</div></div><div><div>9:00</div><div>Zumba Gold Toning®</div></div><div><div>9:00</div><div>Wellness Nurse</div></div><div><div>10:00</div><div>Water Color Class</div></div><div><div>10:15</div><div>Fall Prevention</div></div><div><div>11:15</div><div>Muscle Conditioning</div></div><div><div>1:00</div><div>Bingo</div></div><div><div>1:00</div><div>Chess</div></div></div></div><div>TBA</div></div>	<div>TBA</div> <div><div><div><div><div>8:00</div><div>Walking Group</div></div><div><div>9:00</div><div>Knitting &amp; Sewing</div></div><div><div>9:00</div><div>Wellness Nurse</div></div><div><div>9:00</div><div>Yoga</div></div><div><div>10:30</div><div>Line Dancing</div></div><div><div>1:15</div><div>Safe Exercise</div></div></div></div><div>TBA</div></div>	<div>TBA</div> <div><div><div><div><div>9:00</div><div>Yoga</div></div><div><div>10:30</div><div>Line Dancing</div></div><div><div>1:15</div><div>Safe Exercise</div></div></div></div><div>TBA</div></div>	<div><div><div><div><div>8:00</div><div>Walking Group</div></div><div><div>8:30</div><div>BEGINNER TAP DANCE</div></div><div><div>9:00</div><div>Hairdresser</div></div><div><div>9:15</div><div>Tap Dance</div></div><div><div>10:30</div><div>Zumba Gold®</div></div><div><div>12:30</div><div>Zumba Gold®</div></div></div></div><div>TBA</div></div>
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**MEALS ON WHEELS HOME DELIVERY CALL: TRI VALLEY 1-800-286-6640**



## Can I Still Change MY Medicare Plan?

The 2017 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans.

For Plan year 2018, the Tufts Medicare Preferred Plan continues to be designated as Five Star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to, one of the Tufts Medicare Preferred Plans at any time between December 8, 2017 and November 30, 2018. Blue Cross/Blue Shield Part D Plans have also been designated as Five Star and the same enrollment guidelines apply. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a **Medicare Advantage Plan**: Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to upgrade your coverage if you failed to make a change during the Open Enrollment Period.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

**If you want to take advantage of any of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process and any consequences of changing plans.**

**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](mailto: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

- ♥ Henry (Husband) in memory of my wife Frances Bertulli
- ♥ The Usher Family in memory of Blanche Boutwell
- ♥ Grace Lavallee in memory of Paul Lavallee on our 60th anniversary
- ♥ Ruth O'Connor in memory of Blanche Boutwell
- ♥ Carol Ann Bates in memory of Frank & Betty Feccia
- ♥ Sue Giampietro in memory of the Villani Family
- ♥ Ruth O'Connor in memory of Alma Baci
- ♥ Alice Kinahan in memory of my brother Frank Powers
- ♥ Nancy DiPietro in memory of the DeIeso & DiPietro families
- ♥ His wife Barbara in memory of Joseph W. Miller
- ♥ Joe Arcudi in memory of my wife Helena Arcudi by husband and children
- ♥ Tom Davey in memory of Ralph Steeves
- ♥ Dr. Noel & Evelyn Bon Tempo in memory of Michael J. DeCesare
- ♥ Ron & Margaret Lumi in memory of Matthew O'Connor (Son-In-Law)
- ♥ Sue Giampietro in memory of Dante & Connie Villani
- ♥ Sandy Comastra in memory of Raymond Auger, Jr.

- ♥ Henry Bertulli in memory of Alan Bertulli
- ♥ Dot Besozzi in memory of Blanche Rizoli
- ♥ Gail Brown in memory of Richard DePaolo
- ♥ Ed & Joan Motuzas in memory Blanche Rizoli
- ♥ The Red Hats in memory of Blanche Rizoli
- ♥ Jay & Pat Crowley in memory of Louis Bucci
- ♥ Joe & Mary Arcudi in memory of deceased members of our families
- ♥ Mary & Sandy Sannicandro in memory of Elinor Quirk
- ♥ Ann Bernardi in memory of Mary & Mike Zarenne
- ♥ Joan & Ed Motuzas in memory of John Richard DePaolo
- ♥ Ruth O'Connor in memory of Robert Lamora
- ♥ Ruth O'Connor in memory of Richard DePaolo
- ♥ Rosie Belisle in memory of Robert Lamora
- ♥ Gilbert Conforti, Mark Conforti, Stephen Conforti & James Conforti in memory of Uncle Pat & Aunt Blanche Boutwell
- ♥ Rosalba Domskey in memory of Anna Luibly

### DONATIONS

- ♥ Dawrette Larose, Richard Jonasch, Louis Dittami, Bruce Stratton and Kenny Clark for their kind donations

### FRIENDS OF THE MILFORD SENIOR CENTER

Dino B. 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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\* Memberships are renewed annually

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**Program Coordinator:** Nancy Potter  
**Client Services (Outreach) Coordinator:** Catherine G. Ziesmer, LSW  
**Transportation Coordinator:** Marie O'Leary  
**Weekend Coordinator:** Claudia Cormier  
**Coordinator of Volunteer Services:** Jean Dudley  
**Van Driver:** Robert Remy  
**Custodian:** Burt Cormier  
**Volunteer Proofreaders:** Gail Brown & Sherry Alleman  
**Fitness/Wellness Instructors:** Rebecca Tredeau  
Daniel Harlow & Jeff Knox  
**Fitness Volunteer:** Stanley Parker  
**Volunteer Chef:** Brenda Needleman

### Volunteer Support Staff (alphabetically)

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Sherry Alleman	Joan Motuzas
Nancy Barnes	Rose Mary Natelson
Patricia Berry	Linda Pedini
Peggy-Ann Berube	Gerard Patulak
Virginia Brenna	Joanne Rosen
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Margie Gala	Kim Weaver
Linda Gosselin	Chris Wyspianski
Theresa Mazzarelli	Pam Zabchuk
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### MILFORD COUNCIL ON AGING

Edwin Roth	<b>Chairperson</b>
Charles Skaff	<b>Vice Chairperson</b>
Vincent Squiciari	<b>Secretary</b>

### Council on Aging Members

Dino DeBartolomeis  
Regina Ferrera  
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\*Council on Aging Meetings are held the **2nd Tuesday every other month** in the COA Board Room at 10:00 am  
**except for the months of July and August – Public Invited**

Production/Distribution of this newsletter is funded by the Friends of Milford Senior Center,  
the Executive Office of Elder Affairs and from generous donations from the community.

**Thank You!**