

June 2023

HOPEDALE SENIOR NEWS

Published by the Hopedale Council on Aging

43 Hope Street • Hopedale, MA, 01747
(Located inside the Community House)

Senior Center Phone: 508-634-2208 • Fax: 508-473-6189
Outreach Message Line: 508-478-2858 • E-mail: hopedalecoa@comcast.net
Monday-Thursday 9:00 am - 3:00 pm and Friday 8:30 am - 12:00 pm



THE HOPEDALE COMMUNITY HOUSE'S 100th BIRTHDAY CELEBRATION

SAT. JUNE 24, 2023
10:00 am to 6:00 pm
43 Hope Street

Join the entire town in the festivities.

Live music, great food, local vendors and competitive games. This is a family event!

ANNUAL SENIOR CENTER BBQ

Thursday June 22, 2023

12:00 pm - Main Hall
\$10.00 p.p.



Entertainment and Free Raffles.

We have a lot to celebrate!

Kick off the start of summer with delicious food and great company.

Our BBQ menu is: hot dogs, hamburgers, chicken, salads, drinks and desserts.

Reservations required no later than June 20, 2023. Call (508)634-2208.



Dear Friends,

The mailing of this Newsletter was delayed this month due to the pending outcome of the Override vote. The COA is grateful to residents who overwhelmingly voted to support the COA, the Library the Parks and the Schools.



facebook

Classes in June/July

Series of 5 Classes Start date June 27

Tuesdays 10:00 am - \$45.00 for Series

Steve McGrath -Instructor

Are you new to Facebook or just getting started? Learn how to use the popular social media site to safely connect with family and friends. You will leave this hands-on class with knowledge on how to upload pictures and videos, and how to share them with your friends and family. We'll also review the recommended privacy settings and learn how to navigate confidently through the website. If you don't have an account we will create one. If you have a pre-existing account that is fine too! Also bring your Laptop or Tablet so you can access FB during the classes! Sign-up Required. Please call 508.634.2208.

Free Panera Bread & Pastries

on Mondays - 9:30 am

Hopedale Senior Center

Not available on Monday holidays.



The Senior Center is closed on Mon.
June 19, 2023 for Juneteenth..





NEWS FROM SHINE: June 2023 IMPORTANT UPDATES

MASS HEALTH RENEWALS ARE BACK!!

Starting April 1, 2023, MassHealth has returned to its standard annual eligibility renewal process. All 2.3 million members will be reviewed over the following 12 months. Members who need to provide information to MassHealth will receive a redetermination package in a large blue envelope.

In preparation for this it is important that you:

Report any address changes or status updates to MassHealth as soon as possible.

Update MassHealth by calling the Customer Service number at 800-841-2900.

REMEMBER!! IF MASSHEALTH CAN'T REACH YOU..
.THEY WILL DROP YOU.

Open and read any communications from MassHealth as soon as it arrives in the mail.

Follow the instructions in the letter and return any forms and required documentation.

Make sure you reply well in advance of the deadline.

DO YOU PAY \$164.90 FOR YOUR MEDICARE PART B PREMIUM?

THE INCOME LIMITS FOR THE MASSACHUSETTS MEDICARE SAVINGS PROGRAM HAVE INCREASED SIGNIFICANTLY AND **YOU** MAY BE ELIGIBLE. The Massachusetts Medicare Savings Program pays your monthly Part B Premium that is deducted from your Social Security income. The 2023 monthly Part B premium is \$164.90. If eligible, you will also be eligible for Extra Help from Social Security. This program will help pay your prescription drug costs. **You may be eligible if your income and assets are at or below these values.**

Individual Gross Income: \$2,734/month
Assets: \$18,180

Couple Gross Income: \$3,698/month
Assets: \$27,260

For assistance call the Senior Center at (508)634-2208.

*Hesitant to drive or have
you stopped driving?*



*Let the Senior Center
van take you to your medical
appointments.*

MEDICAL TRANSPORTATION

Local (Hopedale and Milford)

Monday - Thursday

8:30 am - 2:30 pm (appointments)

Friday no appointments after 11:30 am

No transit between 11:15 am - 1:00 pm
\$3.00 Rd. Trip

Schedule appointments 3 business days in
advance.

LIMITED OUT OF TOWN MEDICAL TRANSPORTATION

Monday - Thursday (Subject to Change)

No appointments earlier than 10:30 am

Ready to return home by 1:00 pm

Framingham \$10.00 Rd. Trip

Boston / \$25.00 Rd. Trip

Natick / Westboro / Worcester

Franklin / Bellingham / Uxbridge \$5.00 Rd. Trip

Schedule appointments 3 business days in
advance.

Errand Van

Transportation

Every other week

Tuesdays & Thursdays

Appointments between 9:30 am and 1:00 pm.

No service after 2:00 pm. See the Calendar
for transit days.



Free Wellness Clinic

Drop-in for a blood pressure check!

*Our nurse, Mary Watson, RN can also
help with health, medication and wellness ques-
tions and concerns. Hopedale Senior Center*

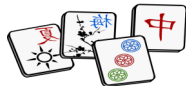
June 21, 2023 - 9:30 am to 10:30 am.

COME PLAY WITH US !!!

MAH-JONGG	TUESDAYS	12:30 pm
BRIDGE	MONDAYS	9:00 am
	TUESDAYS	12:30 pm
CRIBBAGE	WEDNESDAYS	1:00 pm
	THURSDAYS	1:00 pm

(Call for Thursday lessons)

We have very active groups. Join us!



KNITTERS' GROUP

Meets at Senior Center



The Knitters' Group meets on the 3rd Thursday of each month at 10:00 am at the Hopedale Sr. Center. Bring a bag lunch and we will provide dessert. All levels of knitters and crocheters welcome! Our group is very welcoming and eager to help newer knitters.

We have loads of free yarn and beautiful patterns to share.

* We donate all items we make to local charities. We welcome quilters and sewers too.



*Literature Class at the
Hopedale Senior Center
Wed. 12:30 pm to 2:00 pm
Free of Charge*

Taught by Deb McGonnell, certified, retired high school teacher with over 35 years of experience. In this class, we examine short pieces of literature from a variety of genres, to help us to better understand what we read and increase our enjoyment of reading, itself.

WATERCOLOR CLASSES

(All Levels) - Meets at Sr. Center
Thursdays - 10:00 am - 12:00 pm
Monthly series (pay by the month
\$10.00 per class).

Mari Steinmann - Instructor

This class allows individuals at all levels to learn and grow their talents in the watercolor medium. All supplies provided. Sign-up required.



DROP-IN EXERCISE PROGRAMS

GENTLE YOGA

Meets at the Senior Center
Tuesdays

9:00 am to 10:00 am

Crystal Lee - Instructor

\$5.00 p.p.

You may be seated in a chair or on a mat. Try this wonderful movement class.



Tai Chi

Meets at Senior Center

Thursdays

1:00 pm to 2:00 pm

Faith Kennedy - Instructor

\$5.00 p.p.

Gentle movement class that incorporates breathing and meditation.



Adult Dance & Stretch (No classes July & Aug.)

Meets at Hopedale Senior Center

Tuesdays

3:30 pm 4:30 pm

\$5.00 p.p.

Pauline Wright - Instructor

Stretch, dance, ballet, jazz and more.

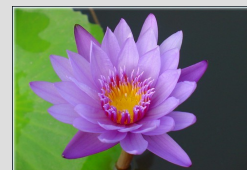
MEDITATION (Seated in Chair)

Meets at Senior Center

Wednesdays

11 am to 12:00 pm

Deb McGonnell Instructor/\$5.00 p.p.



SUMMER EXERCISE PROGRAM

Move, Groove & Sculpt

(starts Wednesday July 12- August 30)

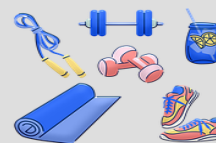
Wednesdays

10:00 am - 10:45 am

Ann Masse Instructor/ 8 Class Series/\$8.00 per class

July \$24/August \$40.00

A class that fuses together movement, stretching, and strengthening while having fun. This class alternates upper body and lower body strength work with low-impact cardio exercises. It is designed to teach body awareness for fall prevention and exercises to increase cognitive function and balance all while improve strength and endurance. We will provide all equipment.



Chairperson Cheryl Moreci
Vice Chairperson Bob Casali
Secretary Dan Malloy

MEMBERS

Eileen Milaszewski
Karen Kuligowski
Julia Manning
Arlene Williams
David Guglielmi
Charles Duczakowski

Director Carole Mullen
Outreach Nancy Mosher
Staff Assistant Jennifer Bethel
Van Driver Michael Colaianni

The COA Board meets on the 3rd Thursday of
each month at 1:00 pm at the Senior Center.

★ *The mailing of this newsletter
is funded by the Hopedale Friends
of Elders.*

HOPEDALE FRIENDS OF ELDERS, INC.

Box 318
Hopedale
Massachusetts 01747

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BE A FRIEND!
HELP SUPPORT HOPEDALE'S SENIORS
Hopedale Friends of Elders
PO Box 318 - Hopedale, MA 01747



In lieu of flowers or other gifts, please consider making a tax-deductible donation in memory/
honor of a loved one to the Friends of Elders, by using this form.

Your gift will go directly to services for senior citizens for today and tomorrow. Donations can be made in honor of
births, birthdays, and anniversaries as well as in memory of loved ones. No minimum donation is required. We will
acknowledge all donations.

Donations can also be dropped off at the Curiosity Shoppe of Hopedale on Depot Street in Hopedale

Curiosity Shoppe hours are Thursday, Friday and Saturday 9:30am to 12:30pm

We always need volunteers to work in The Friends' Shoppe

I am enclosing \$ _____ (Please make checks payable to the Hopedale Friends of Elders.)

Donor's Name _____ Donor's Address _____

In Memory of _____ In Honor of _____

OUTDOOR PHOTOGRAPHY GROUP CLASS COMING IN JULY.

*OUTDOOR EXCURSIONS TO LOCAL PLACES. CLASSES WILL BE LED BY
PHOTOGRAPHER STEVE McGRATH. CALL THE SENIOR CENTER FOR
DETAILS.*

