

October 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



A SALUTE TO HOPEDALE VETERANS

Last call!

Free trip to the
American Heritage Museum
in Hudson, MA

Friday October 27th

We will gather at the Hopedale Community House, Senior Center at 9:15 AM for a departure by coach bus at 9:30 AM. On our return to Hopedale, we will enjoy a box lunch in the Community House, Main Hall and share thoughts about our experience.

Reservations are required by : 10/20/2023.

Open to all Hopedale Veterans regardless of age. Limited to the first fifty (50) sign-ups. Please call (508) 634-2208. This amazing trip is generously offered by the Hopedale Community House in celebration of their 100th birthday.



MEDICARE PLANS

OPEN

ENROLLMENT

Oct. 15 - Dec. 7

Medicare plans change every year! SHINE (Serving Health Insurance Needs of Everyone) counselors can Help!

Our SHINE counselors provide free Medicare counseling to help you compare options. Health plans and Drug plans are included in the Open Enrollment period. Call us at (508)634-2208 for an appointment. Don't miss out on this important opportunity.

FREE HOPEDALE FLU SHOT CLINICS

Thurs. Oct. 12, 2023 and

Thurs. Oct. 26, 2023

4:00 pm- 6:00 pm

Hopedale High School Cafeteria



- Please bring your Health Insurance and or Medicare Cards.
- Wear Short-Sleeved Top.
- You will be required to complete registration information at the Clinic.
- Pre-registration is not available.

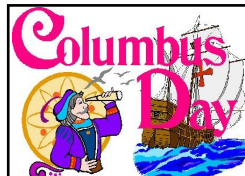
The Over 65 vaccine will also be available.

Vaccines administered by: Central Pharmacy of Milford.



Halloween Party at the Senior Center
Monday Oct. 30, 2023 - 12:00 pm
Meal: Lasagna with Meatballs
\$3.00 Requested Donation
Come in costume if you like.
BINGO follows lunch at 1 pm.
Special Coverall prize.
Reservations by 10/26/23.





The Hopedale Senior Center is closed on Monday October 9, 2023 for the Columbus Day Holiday.

*have
a good
time*

Lunch at the Senior Center

Join us for good food and
great company!

Thursday October 19, 2023 - 12:00 pm

Menu: Potato Crunch Fish

\$3.00 p.p. Suggested Donation

Reservations by : 10/16/2023



FUEL ASSISTANCE THROUGH SMOC

The Fuel Year starts on Nov. 1, 2023.

Maximum Income guideline:	1 person	\$45,392
	2 people	\$58,359
	3 people	\$73,326

SMOC is delayed in sending out Recertification letters to prior year clients. We will hopefully have applications for the 2023 – 2024 fuel season by November 1, 2023.

VOLUNTEER

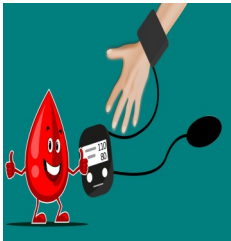


The Senior Center has several Volunteer Opportunities:

- Grandfriends Program at The Bright Beginnings Pre-school
- Help us collate our Newsletter
- Deliver Meals through Meals on Wheels Program
- Assist with Senior Center Activities/Teach a class
- Train to be an AARP Tax Aide Volunteer

All positions are Monday - Friday, daytime hours.

Call us at (508)634-2208 for details on these wonderful ways to fill your spare time.



Free Wellness Clinic

Drop-in for a blood pressure check!

Our nurse, Mary Watson, RN can also help with health, medication and wellness questions and concerns.

Hopedale Senior Center

Wed. Oct. 25, 2023 - 9:30 am to 10:30 am.

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.

Call us for shopping and other errands.

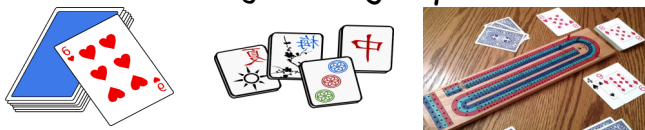


COME PLAY WITH US !!!

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

(Call for if you want to take lessons
for Mah-Jongg)

We have very active groups. Join us!



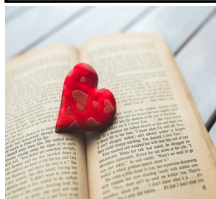
KNITTERS' GROUP

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
\$3.00 p.p.*

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
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.

Pay monthly (\$15.00 per class).



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.



MEDITATION (Seated in Chair)

Meets at Senior Center

Wednesdays

11 am to 12:00 pm

Debra McGonnell Instructor

\$5.00 p.p.



Adult Dance & Stretch

Meets at Hopedale Senior Center

Tuesdays

3:30 pm to 4:30 pm

\$5.00 p.p.

Pauline Wright - Instructor

Stretch, dance, ballet, jazz and more.



Low Impact Exercise

This is not a Senior Center class.

This is a Community House Class.

Monday, Wednesday & Friday

10:00 am to 11:00 am

Instructors: Shirley Areano

Christine Bositis (Fridays)

Community House membership and registration required for this class. See Tara Chambers.



Got suggestions for a class?

Let us hear from you!



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 _____

*The Hopedale Friends of Elders thank
Sheila Fitch for her donation in memory of
James H. Fitch.*

Free Panera Bread &
Pastries

Mondays - 9:30 am
Hopedale Senior Center
Not available on Mon. holidays.

