

April 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](mailto:hopedalecoa@comcast.net)  
Monday-Thursday 9:00 am - 3:00 pm and Friday 8:30 am - 12:00 pm



## Scam Proof Your Life

They say they want to help you.

Their voices are so nice and friendly. They call and email from phone numbers and emails that look legitimate. They tell you that you have won a prize or money. They scare you and tell you that there is a problem with a family member, your bank account, Social Security benefit, retirement pension, your credit card, EBT card, a package or your home.

**THEY ARE TRYING TO SCAM YOU! SLOW DOWN! STOP! THEY ARE LYING.** Seniors please don't:

- Respond to that strange threatening phone call
- Send money or store gift cards to someone who says a family member is in trouble or under arrest or that you need to send money in order to collect your "prize"
- Provide any bank or other personal information to someone who says you have won money
- Click that email link
- Give out any of your security codes
- Give your Social Security number or Bank account number to anyone over the phone
- Give out code numbers that have been texted or emailed to you
- Pay anyone who comes to your door randomly offering to do repair work on your home
- Open your door to someone you do not know

These scammers are trying to steal your personal information. Scammers can make it look like they are calling from a real number. Don't trust your Caller ID! · Slow down and get help from the COA, Police or a friend if you are worried about a call, letter or email. The Hopedale Police Department will NEVER call you demanding money or threaten that you are going to be arrested! Even if the number says it is the Hopedale Police Department, it is NOT. If you encounter something suspicious and believe it may be a scam, call the Hopedale Police. The Council on Aging is here to help as well .

Hopedale is facing critical financial decisions. There is a great deal of information to be digested. All Select Board and Finance Committee meetings can be attended in person, ZOOM or viewed on Cable television. You can't wait until the Annual Town Meeting to gain an understanding of the current issues. Whether in-person or via ZOOM, each of us has the opportunity to pose questions and comments to our town leaders and Boards. Being informed is the first part of the process. The second part is showing up at the **Annual Town Meeting on May 16, 2023**. Your vote has never been more important.



## Senior Center Lunches for April 2023

*Wed. April 19, 2023*

Salmon with Primavera Sauce  
Sign-up by 4/14/23



*Mon. April 24, 2023*

Breaded Chicken Filet  
Sign-up by 4/20/23.



Join us for these delicious meals and good company. \$3.00 requested donation.

Free Panera Bread & Pastries  
on Mondays - 9:30 am  
Hopedale Senior Center





**April is the last month to apply for help with your home heating costs!**

All sources of heating (Oil, Gas, Propane, Electric & Wood) are eligible. Additional weatherization and heating system repair/appliance replacement services may be available as well.

Income Guidelines:

1 Person: \$42,411

2 People : \$55,461

Call the Senior Center at (508)634-2208 for full eligibility details. All applications are confidential.



**Celebrate Earth Day**  
during the entire month

Join us on 3 guided walks around Hopedale:

April 13, 2023 - Hopedale Parklands

Meet at 9:30 am Hopedale Bath House

(Pondside) Hopedale Street

April 20, 2023 - Hopedale Cemetery

Meet at 9:30 am Meet at Hopedale Senior Center

Walk is on paved surfaces.

April 27, 2023 - Hopedale Parklands

Meet at 9:30 am Parklands, Freedom St. Entrance

Sign-up is required. Call (508)634-2208.

No walk in the event of rain. All participants must be able to walk more than 2.5 miles.



### 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. April 19, 2023

9:30 am - 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

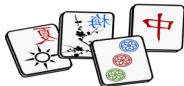
Tuesdays & Thursdays

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

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



**Use it or loose it!**

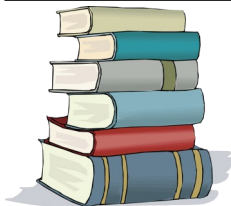
**COME PLAY WITH US !!!****MAH-JONGG TUESDAYS 12:30 pm****BRIDGE MONDAYS 9:00 am****TUESDAYS 12:30 pm****CRIBBAGE WEDNESDAYS 1:00 pm****THURSDAYS 1:00 pm****(Call for Thursday lessons)***We have very active groups. Join us!***KNITTERS' GROUP**

Meets at Senior Center

The Knitters' Group meets on the 3<sup>rd</sup> 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 tal-

ents 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**

Meets at Hopedale Senior Center

Tuesdays

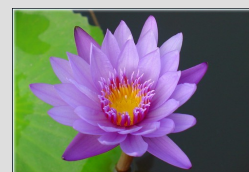
**3:30 pm 4:30 pm****Sign-up Required.****New****MEDITATION (Seated in Chair)**

Meets at Senior Center

Wednesdays

11:00 am to 12:00 pm

Deb McGonnell Instructor/\$5.00 p.p.

**Low Impact Exercise*****This is not a Senior Center class.***

This is a Community House Class.

Monday, Wednesday &amp; Friday

10:00 am - 11:00 am

Instructors: Shirley Areano

Christine Bositis (Fridays)

**Membership and registration  
required for this class. See Tara  
Chambers.**

**COME CHECKOUT OUR CLASSES.**

**MEET OUR FABULOUS INSTRUCTORS. WE  
ARE CLOSE TO HOME AND LOW COST!**



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 the following individuals for their  
recent donations:*

*Gail Brown*

*Herbert Potter in memory of Richard Baily Potter*