

August 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

The trustees of the Hopedale Community House, extend a thankful invitation, as part of our 100th birthday, to Hopedale residents who served as members of the United States Armed Forces. We want you to be our guest to travel to Hudson, Mass and visit the American Heritage Museum where you will see the military history of our nation through a series of compelling exhibits from the Revolutionary War to the present. This trip brings the history of all veterans to life. This is a can't miss opportunity and a warm thank you for serving our country and representing Hopedale. Space is limited and offered to **Hopedale** veterans on a first-come-first-served basis.

The trip is scheduled for: **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 require by : 10/20/2023.

Please call (508) 634-2208.

AARP Tax-Aide Is Looking for Volunteers



The AARP Tax-Aide program is looking for compassionate and friendly people to join our team of volunteers. You will receive training and support to help you learn new skills, and you'll get a great feeling from helping elderly and low-moderate income people complete their tax returns.

In addition to preparing taxes, volunteers are needed to greet clients, do administrative tasks, and help with technology.

You will be part of a dedicated team of volunteers who work at local senior centers and libraries in: Bellingham, Franklin, Holliston, Hopedale, Hopkinton, Medway, Milford and Upton.

As a Tax-Aide volunteer, you will work in a team of 3 to 6 people. Team members are always available to help you. We help taxpayers and we help each other.

Volunteers work between one and three days a week during February and March. Training is in November, December and January and is primarily online.

If you are interested in becoming a volunteer, contact our local coordinator Kirk Joslin at KirkNJoslin@gmail.com

You can also sign up for more information at: <https://mataxaide.org/interest/>



Senior Center Trips Are Back!!! Call the Senior Center for details!

**New Hampshire Foliage Trip - \$129 p.p.
10/4/23**

**Dancing Dream ABBA Tribute - \$115 p.p.
Lake Pearl, Wrentham, MA - 11/15/23**

Join us for Lunch and More!

**Monday August 21, 2023
12:00 pm**



**Chicken Picatta, rice, vegetables and
Dessert. \$3.00 p.p. requested donation.
Stay for BINGO after lunch. Reservations
required by 8/16/2023.**

*Dance classes with Pauline Wright
return in September. Join in the fun!.*



*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.



Senior Safe Program *Attention seniors with battery operated smoke alarms...*



The Hopedale Fire Department has a program to assist seniors who need their smoke alarms checked and/or batteries replaced. You may call the Safe officer at the Fire Department for assistance.

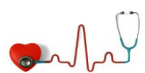
Firefighter Jeffrey Cote is the Safe Officer. He can be reached at (508)473-1050. Let's get this task off the "to do" list.



FUEL ASSISTANCE CLIENTS

Recertification papers should be coming via the mail towards the middle of August. Please do not delay in returning your paperwork. Call the senior center at (508)634-2208 for assistance.

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

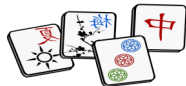
August 23, 2023 - 9:30 am to 10:30 am.

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

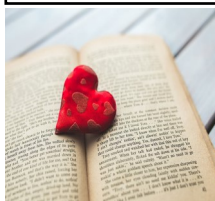
Meets at Senior Center



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. **(We're taking the summer off. Classes resume in September.)**

WATERCOLOR CLASSES

(All Levels) - Meets at Sr. Center
Thursdays - 10:00 am - 12:00 pm
Next class August 17, 2023.

Mari Steinmann - Instructor
\$15.00 for this class.

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.



MEDITATION (Seated in Chair)

Meets at Senior Center

Wednesdays 11 am to 12:00 pm
Yvonne Frohn 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 improving strength and endurance. We will provide all equipment.



Just for the summer

Calling All Walkers

Fridays. Meet at the Senior Center at 8:30 am. Check calendar for dates.

Need a walking buddy for inspiration? Easy walks around town and Pond area.



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 Colaanni

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 _____

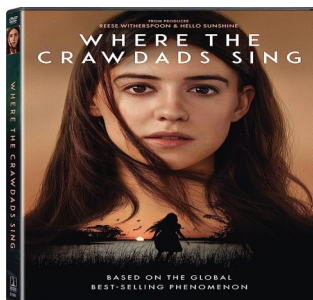


Join us for a free
movie

Thurs. Aug. 31, 2023

10:00 am

Sign-up required. 5 people needed.



Free Panera Bread &
Pastries

Mondays - 9:30 am

Hopedale Senior Center

Not available on Mon. holidays.

