



HOPEDALE SENIOR NEWS December 2022

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*



Join us at the
Hopedale Senior Center
for a Holiday Party on
Thursday December 15, 2022
12:00 pm - Main Hall
\$12.00 p.p.
Lunch Menu Choices:
Chicken Marsala
or
Baked Haddock
Roasted Potatoes, Green Beans,
Rolls, Coffee and Dessert.
Catered by: Olivas' Market
Entertainer: Awesome D.J. Mike
Free Raffle Gifts!!!!
Payment required by 12/9/2022.



From all of us at the Council on Aging and the Hopedale Senior Center, we wish everyone a most joyous holiday. And, as we go about our days, let's remember that kindness is the gift everyone can afford to give.

As always, good health and happiness in the coming year.



Tax Credit Program Applications Available at the Hopedale Senior Center



Applications are available for the Sr. Citizen Real Estate Tax Credit Program. This highly successful program is open to seniors age sixty (60) and older who reside in their Hopedale homes and pay real estate taxes to the town of Hopedale.

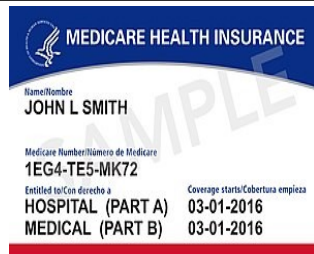
Qualified program participants work in various town departments. In lieu of pay, seniors who complete the required 84 hours of service, receive a \$1000.00 real estate tax credit (minus required taxes and withholdings). Participants receive the tax credit in the following fiscal year. Please note that there are a limited number of positions and only one application per household. The Tax Credit Policy can be found online on the Town's Webpage under the Council on Aging's tab. Applications are available at the Hopedale Senior Center. **The application deadline is December 19, 2022.**

Medicare Open Enrollment

**Remember, Open Enrollment
ends on December 7, 2022.**

Please call us with any questions at (508)634-2208. Our SHINE counselor is available for one-on-one meetings on the phone or in person.

Don't miss this important deadline!



Lunch at the Sr. Center Monday Dec. 12, 2022

12:00 pm - \$3.00 p.p.

If you like stay for BINGO which follows lunch at 1:00 pm. Cash prizes. We have fun!

Menu is: Chicken Pot Pie

Sign-up required by: 12/8/2022.



BINGO				
1	27	33	48	75
8	19	45	56	61
3	18	FREE SPACE	49	69
15	26	41	53	66
2	21	37	46	65

Help the Sr. Center Trim our Tree

Thursday December 8, 2022

1:00 pm - Refreshments Served

Sign-up Requested.



Fall Prevention Workshop

Wed. Dec. 7, 2022 - 11:00 am

Hopedale Sr. Center

1 out of 4 older adults will fall each year. Come join Deb Froehlich (OTR/L) from Complete VNA as she shares some simple things we can do to reduce falling risks. Refreshments served. Sign-up requested. Call (508)634-2208.



REAL ID is a
Federal Security
Standard for IDs

Real ID is
coming in
May Of

2023! We will have more information in the Jan. 2023 Newsletter. May will be here sooner than you think. Start gathering information.

Fuel Assistance Help Available for Home Owners and Renters \$\$\$\$

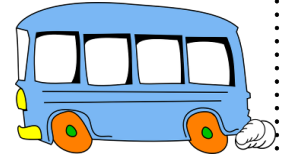


Oil, Gas, Propane, Electric & Wood. Additional weatherization services may be available as well.

Income Guidelines: 1 Person: \$42,411

Call the Sr. Center. 2 People : \$55,461

Hesitant to drive or
have you stopped
driving? Let the Sr.



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. Call the Sr. Center

for transit days. Free of cost until 2/23.



COME PLAY WITH US !!!

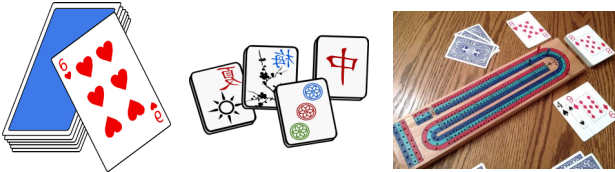
MAH-JONGG **TUESDAYS** **12:30 pm**

BRIDGE **MONDAYS** **9:00 am**

TUESDAYS **12:30 pm**

CRIBBAGE **WEDNESDAYS** **1:00 pm**

We have very active groups. Join us!



KNITTERS' GROUP

Meets at Sr. 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.



Literature Class at the

Hopedale Sr. 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
\$40.00 for 4 week session New classes each month.

Mari Steinmann - Instructor

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



DROP-IN EXERCISE PROGRAMS

GENTLE YOGA

Meets at the Sr. 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 Sr. Center

Thursdays

1:00 pm to 2:00 pm

Faith Kennedy - Instructor

\$5.00 p.p.

Gentle movement class that incorporates breathing and meditation.



MOVE,GROOVE, SCULPT

Meets at Sr. Center

Thursdays

10:00 am

Ann Lynch-Masse

\$5.00 p.p.

A fun class that combines movement, stretching and Strengthening for both upper and lower body.

Free trial class. \$5.00 discount for monthly enrollment.



MEDITATION (Seated in Chair)

Meets at Sr. Center

Wednesdays

11:00 am to 12:00 pm

Deb McGonnell Instructor/\$5.00 p.p.



Low Impact Exercise

This is not a Sr. Center class.

This is a Community House Class.

Monday, Wednesday & 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 Sr. 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
Mike and Libby Loftus for their generous
donation.

Free Panera Bread & Pastries on
Mondays at the Sr. Center
9:30 am
(Not available on Mon. holidays.)

