

December 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*

## Tax Credit Program 2024 Applications Available at the Hopedale Sr. Center



Applications are available for the Senior Citizen Real Estate Tax Credit Program. This 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. Please note, there are a limited number of positions.

Program participants will work in various town departments. Qualified seniors' job skills are matched to job requirements. In lieu of pay, seniors who complete the required 84 hours of service will receive a \$1000.00 real-estate tax credit (minus required taxes and withholdings). Please see the program application for complete requirements and policy details.

## Attention Senior Homeowners & Renters Don't miss out on the Massachusetts "Circuit Breaker" Tax Program!!!!



Whether or not you owe taxes or file taxes, qualifying individuals may receive cash or a tax credit of up to \$2,590. However, to obtain the benefit you must file for the 2023 tax year beginning in January 2024.

Please review the *Circuit Breaker* flyer included with this Newsletter. The flyer is on the back of the monthly calendar. Free AARP Tax Assistance Clinics will be held in February of 2024.



Free Panera Bread & Pastries

Mondays - 9:30 am

Hopedale Senior Center

Not available on Monday holidays.

## Senior Center Annual Holiday Party

Thursday December 14, 2023

Main Hall Community House

Join us for the food, the friends the  
entertainment and the free  
raffle prizes!!!

Menu Choices:

Baked Haddock or Chicken Piccata

Catered by Olivas

\$10.00 per person

Entertainment by:

The Elderly Brothers

Check for space on the waiting list.

Call (508)634-2208.

## FUEL ASSISTANCE THROUGH SMOC

The Fuel Year started on

Nov. 1, 2023.

Maximum Income guideline:

1 person - \$45,392, 2 people - \$58,359

3 people - \$73,326.

We are now processing applications for old and new clients for the 2023 - 2024 fuel season. All forms of heating included. We can help!!!





## Holiday BINGO Party and Lunch

Monday December 18, 2023

12:00 pm - Main Hall

Pizza, salad, and dessert

\$5.00 pp. - Sign-up by 1/14/23.

Everyone bring a wrapped or bagged gift from the dollar store.



## AARP Free Income Tax Clinics return to Hopedale

The Hopedale Senior Center will host AARP Income Tax Clinics from 2/8/23 – 3/7/23. Registration is required. You must speak to a person at the Senior Center. No phone messages for appointments will be accepted. Further details coming in the January 2023 Newsletter.

*Stop by the Senior Center on*

*Thurs. Dec. 7th at 9:30 am*

Help us trim our tree and decorate the Senior Center for the Holidays! Hot chocolate, coffee and baked goodies.



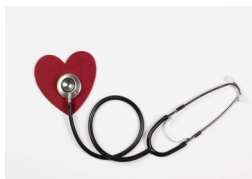
## Free Wellness Clinic

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. Dec. 13, 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.*

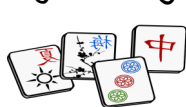


## COME PLAY WITH US !!!

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!*



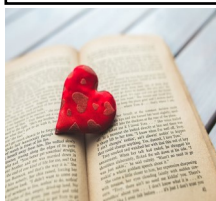
## KNITTERS' GROUP

Meets at Senior Center

The Knitters' Group meets on the 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  
\$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.

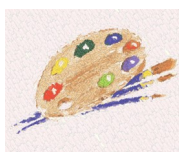
## WATERCOLOR CLASSES

(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  
Michael and Elizabeth Loftus  
for their recent donation.

Check-out the Friends Shoppe on  
Depot Street (under Town Hall)  
for wonderful holiday gifts!