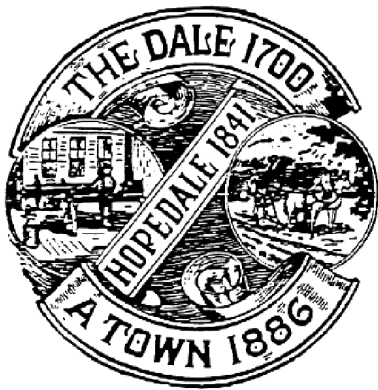


February 2023

HOPEDALE SENIOR NEWS

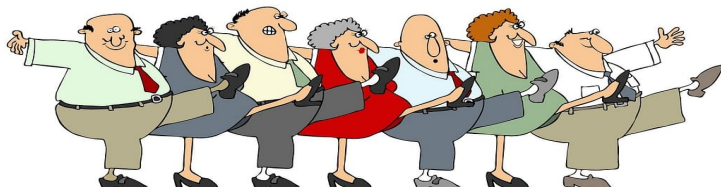


Published by the Hopedale Council on Aging

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



How will you stay active in 2023?

Hopedale seniors are so fortunate to have wonderful and affordable activity choices so close to home. Please consider one of the many wellness or exercise programs offered by the Hopedale Senior Center or the Hopedale Community House. A listing of Senior Center programs can be found on Page 3 in this newsletter. We are open to suggestions as well.



Would you be interested in a discounted membership to BJ's Warehouse?

If we receive a significant response, the Hopedale Friends of Elders **will consider buying** an "umbrella" discount for **Hopedale** seniors (age 60 +). The membership discount would be for a one (1) year period. Future renewals would be subject to Club rules. Interested seniors should call (508)634-2208.

Senior Center Valentines' Day

Lunch & Karaoke Party

Thursday Feb. 16, 2023 - 12:00 pm

Bossy's Catering : Stuffed Chicken Breast,

Salad, Roasted Potatoes,

Vegetables, Dessert - \$6.00 p.p.

Sign-up by 2/13/2023.

Party people wanted!!!!



FREE AARP TAX CLINICS AT THE HOPEDALE SENIOR CENTER



AARP will return to the Hopedale Senior Center for free Tax Aide filing assistance on the following dates:

February 9, 16, 23 and March 2 and 9

Appointments are required. You must speak to a Senior Center staff member to confirm an appointment. We cannot accept voice message requests. We will provide you with the required forms that need to be completed prior to your appointment.

Don't Miss out on the Circuit Breaker Tax Credit

As a senior citizen (65 or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2022 is \$1,200. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest. **Please see the back of the enclosed February activity calendar for details on the Circuit Breaker Credit.**



Free Panera Bread & Pastries on
Mondays at the Senior Center
9:30 am

(Not available on Mon. holidays.)



Lunch at the Hopedale Senior Center
Monday February 27, 2023-12:00 pm



Lunch is a \$3.00 p.p. Suggested Donation
BINGO after Lunch. Lots of Fun! - Cash Prizes!!!



Chicken salad sandwiches
Pasta salad, coffee and dessert.
Sign-up required by 2/21/23.

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. Free of cost until 2/23.



Need Help Paying for Heating Costs this Winter?

All sources of heating (Oil, Gas, Propane, Elec-
tric & Wood) are eligible. Additional weather-
ization and heating system repair/appliance replacement ser-
vices 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 de-
tails. All applications are confidential. We can help you man-
age high home heating costs.



Drop-in for a blood pressure check.
Our nurse, Mary Watson, RN can
help with health, medication and
wellness questions and concerns as
well. Hopedale Senior Center
Wednesday February 15, 2023
9:30 am - 10:30 am

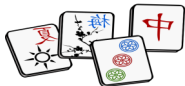


The New Mental Health Hotline is 988

Available 24/7, 365 days/year

You or a loved one can dial 988 from any-
where at anytime, you or a loved one is

in emotional distress or having suicidal thoughts. Trained,
qualified call takers, (not licensed clinicians), are available to
provide free, confidential emotional support to all callers. You
do not need to be suicidal to call 988. Text is also available
through 988. When someone texts to 988, they will complete
a brief survey before connecting to a group of lifeline crisis
centers that respond to chats or texts.

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.

**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 Stein-
mann - Instructor

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.

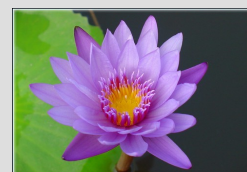
**MOVE,GROOVE, SCULPT****Cancelled****MEDITATION (Seated in Chair)**

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 & 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 Sr. Center is
closed on:
Mon. Feb. 20, 2023
for the
Presidents'
Day Holiday.

*The Hopedale Friends of
Elders thank Eva Silvetti for
her donation in memory of her
husband Kenneth G. Piercesaw Sr.*

