

HOPEDALE SENIOR NEWS January 2023

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*



*Give me less than a minute of your time
and read this little note...*

First, "Happy New Year" from all of us at the Hopedale Senior Center. As you contemplate all that a new year brings we offer the following for your consideration. Look to the Senior Center as a "place to come learn, exercise, socialize and benefit from a variety of services." We want you to think of the Senior Center as a place for active engagement. So, to further that thinking, what kind of additional programs and classes would you like us to offer? We are eager to hear your thoughts. *Carole*



*Our Senior Center Van is
back on the road!*

*We welcome our new van driver
Michael Colaianni. Our Senior Center*

van will be available for local errand transportation every other week on Tues. and Thurs. between the hours of 9:30 am to 2:00 pm. This transportation service is in addition to the separate medical transit we share with the Milford Senior Center. Errand transportation days are listed on the monthly calendar. Your wheels await...Where would you like to go????



AARP FREE TAX CLINICS AT 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. More details will follow in our February newsletter.

Taking Control of Your Legal Future ... a Legal Check-up with Attorney Paula Nedder



Thursday Jan. 12 - 1:00 pm - Sr. Center

Are your legal affairs in order? So many of us are putting off critical decisions regarding our wills, estate planning, healthcare proxies and so much more. Come get important information to finally tackle these legal issues. Q & A follows the presentation. Sign-up required. Call (508)634-2208.



New Years' Pizza Party

at the Hopedale Senior Center

Thurs. Jan. 5, 2023 - 12 pm

Pizza, Salad and dessert - \$5.00 p.p.

Sign-up required.

**The Hopedale Senior Center is closed:
Monday Jan. 16 for the Martin Luther King Holiday**

**"Our lives begin to end
the day we become silent
about things that
matter."**

Martin Luther King, Jr.





Pasta and Meatball Lunch

Hopedale Senior Center

Monday Jan. 23 at 12:00 pm

Lunch- \$3.00 Suggested Donation

BINGO after Lunch. Lots of Fun! - Cash Prizes!!!

Sign-up for lunch required.



Move, Groove and Sculpt

This is the class to start your year off right. Free trial class. Low impact movement class. Ann Masse - Instructor
Thursdays 10:00 am -10:45 am / \$5.00



Fuel Assistance Help Available for Home Owners and Renters

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 508)634-2208 for full details.

THE HOPEDALE SR. CENTER IS ALWAYS

LOOKING FOR VOLUNTEERS



Will you consider being a Hopedale Sr. Center volunteer? It's meaningful work and a lot of fun! Individuals who have as few as two (2) hours a month

can help out at the Senior Center.

Volunteers help us between the hours of 9:00 am to 3:00 pm weekdays. Help serve meals or assist with activities or special programs. We also have intergenerational volunteer opportunities through the Grandfriends program at Hopedale's Bright Beginning Pre-school. Let's talk!

Attention Grandparents

The Senior Center wants to hear from Grandparents who would like to participate in programming with their grandkids. Is there any interest in a group or a monthly activity? Call the Sr. Center.



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

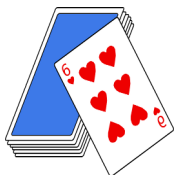
Every other week

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.



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 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.


**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**

Meets at Senior Center
Thursdays

10:00 am

Ann Lynch-Masse

\$5.00 p.p.

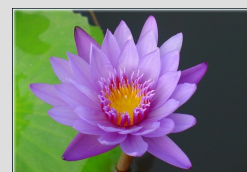
A fun class that combines movement, stretching and Strengthening for both upper and lower body.

Free trial class.
**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 _____



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

*The Hopedale
Senior Center thanks
Wayne & Linda Lord
for their most generous donation..*

