

July 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*



**Join us for lunch at the Senior Center July 2023**

Join us for good company and good food on both or either of these dates.

**Wednesday July 12, 2023 - 12:00 pm**

**Garlic Herbed Chicken (Hot Meal)**

**Monday July 24, 2023 - 12:00 pm**

**Chicken Salad Sandwich, chips and dessert**

**Stay for BINGO following this meal.**

**Reservations required. \$3.00 suggested donation .  
Pay at the meal. Call (508)634-2208.**

**Farmers' Market Season is Here!**



Tri-Valley Elder Services will be able to distribute a limited number of Farmers' Market coupons in late July or August.

To be eligible you must be over 60 and have an income of no more than \$26,973 per year for a single person or \$36,482 per year for a couple.

Please contact the Hopedale Senior Center at (508) 634-2208 if you are interested in receiving a coupon. This program will be "first come first serve" for those who meet the program guidelines.

**Memory Builders Workshops**



Everyone can use a little exercise. We're building our "memory" muscles with some fun activities for everyone.

**Thursday July 13, 2023 - 10:00 am TRIVA**

**Thursday July 27, 2023 - 10:00 am Crosswords**  
**Bring a friend. Call us to let us know you will attend.**

**Free Matinee Movie**

**at the Hopedale Senior Center**

**Thurs. July 27, 2023-2:00 pm**

Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady play in the 2017 Super Bowl. Staring Jane Fonda, Rita Moreno, Sally Field, and Lilly Tomlin. Sign-up required. We need 5 people to show movie.



**Mocktails on the Patio**

**Thurs. July 13, 2023 - 2:00 pm**  
**Patio at the Community House**

Have one or two, non-alcoholic "specialty drinks" with us this afternoon. Bring a friend. Let's relax as we listen to some jazz music and socialize. Reservations required by 6/11/23. If it rains we will move our social hour indoors. If you have a favorite jazz CD please bring it.



**Senior Center Trips Are Back!!!**

Look for flyers enclosed in this newsletter for all the details:

**New Hampshire Foliage Trip - 10/4/23**

**Dancing Dream ABBA Tribute**

**Lake Pearl, Wrentham, MA - 11/15/23**

The Senior Center is closed  
on Tuesday July 4, 2023.  
Happy Birthday America!!!



## NEWS FROM SHINE: July 2023

### ★ MASS HEALTH RENEWALS ARE BACK!!

Starting April 1, 2023, MassHealth has returned to its standard annual eligibility renewal process. All 2.3 million members will be reviewed over the following 12 months. Members who need to provide information to MassHealth will receive a re-determination package in a large blue envelope.

In preparation for this, it is important that you:

Report any address changes or status updates to MassHealth as soon as possible.

Update MassHealth by calling the Customer Service number at 800-841-2900

**REMEMBER!! IF MASSHEALTH CAN'T REACH YOU! THEY WILL DROP YOU**

Open and read any communications from MassHealth as soon as it arrives in the mail.

Follow the instructions in the letter and return any forms and required documentation.

Make sure you reply well in advance of the deadline.

### ★ MEDICARE PREVENTIVE BENEFITS

Did you know that Medicare Part B covers approximately two dozen preventive benefits, often at no or low cost to you? These benefits include services such as your flu and pneumonia shots, COVID shots, screenings for various health conditions (e.g., heart disease and certain types of cancer), and options to help you stop smoking.

Preventive care may help to keep you healthier by preventing illness or detecting medical conditions. For more information on covered preventive benefits, see Section 2 of the *Medicare & You 2023* handbook or call your local SHINE office with questions. Also, talk to your health care provider about how Medicare preventive services can help you.

**SHINE (Serving the Health Insurance Needs of Everyone)** has certified counselors available to assist you with questions about Medicare. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans. The program is federally funded and state administered. Call the Hopedale Senior Center at (508)634-2208 for help.

*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 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*

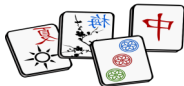
*July 26, 2023 - 9:30 am to 10:30 am.*

## 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 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  
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  
**No classes in July.**

**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)*

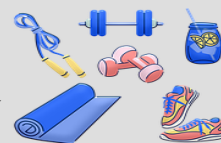
Wednesdays

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 July 14, 21, 28

Meet at the Senior Center at 8:30 am.

**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 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 Senior Center thanks Marylou Usher  
for a donation in memory of her children:  
Dana and Candy Usher*

Free Panera Bread &  
Pastries

Mondays - 9:30 am  
Hopedale Senior Center  
Not available on Mon. holidays.

