

March 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*



*Learn how to Take  
Better Pictures with  
your Smartphone*

Professional photographer, Steve Mc Grath will hold a five (5) class series that will enable you to broaden your understanding of Smartphone photography. Learn how to create great Images on your phone, use editing apps., and share and print your images. The class will also teach you how to use essential phone controls as well as show you the best free and low-cost tools for editing and image managing photographs.

**Classes are on : Tues. at the Hopedale Senior Center**

**10:00 am to 11:30 am**

**March 14, 21, 28 and April 4 and 11**

**\$25.00 for series of five (5) classes.**

**Registration by 2/10/2023. Call (508)634-2208.**



## Turning 65

Medicare Basics

Avoid delays and penalties with your medical and prescription coverage! SHINE (Serving Health Insurance Needs of Everyone) can help you with decisions that you need to make about Medicare now. Certified SHINE Medicare counselors provide unbiased, free Medicare information and education. Call the Senior Center at (508)634-2208 for a confidential conversation. Phone or in-person meetings are available.

**My Life, My Health**  
**Free Six Week Workshop**  
**Sponsored by Tri-Valley Inc.**  
**Wed. March 15 - April 26, 2023**  
**1:00 pm - 3:00 pm Mendon Senior Center**  
**62 Providence St. Mendon, MA**



**This class is for individuals living with a Chronic disease and those caring for someone with a chronic disease. Learn how to; eat well, control pain, start an exercise program, handle stress, relax and increase your energy level. Interested? Call Gina at (508)949-6640 ext. 3339. Seniors from all towns are welcome to enroll. (See flyer in this Newsletter).**

**Active Adult Dance  
and Stretch  
for Fun and Fitness**

Hopedale's own, Pauline Wright, former professional Dance teacher and Choreographer will offer active adult dance classes which will incorporate Ballet and Jazz movements. These classes are for all levels of experience regardless of abilities. Come dance for fun and personal fitness!



Two **free** trial classes are being offered on the following dates: **Tuesday March 14 and 28, 2023**  
**Hopedale Senior Center - 3:30 pm 4:30 pm**  
**Registration required. Please call (508)634-2208.**

If there is enough interest in classes will continue on a weekly basis starting in April . The cost will be \$5.00 per class.



**St. Patrick's Day Lunch at the  
Hopedale Senior Center**

**Thursday March 16, 2023**

**12:00 pm**

**Corned Beef Dinner/\$3.00 p.p.**

**\$3.00 - Suggested Donation**

**Reservations by: 3/13/2023.**

**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.



**It's not too late to apply for help  
with your home heating costs!**

All sources of heating (Oil, Gas, Propane,  
Electric & Wood) are eligible. Additional  
weatherization and heating system repair/appliance replace-  
ment services 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 March 15, 2023**

**9:30 am - 10:30 am**

**MORE MEDICARE INFORMATION**

**When is my Medicare enrollment period?**



**65**



**3 months before  
your 65th birthday**

**The month of your  
65th birthday**

**3 months after  
your 65th birthday**

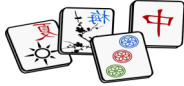
**\*Special enrollment period applies for Part B if working  
and/or covered under a qualified health plan.**

## 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.

## 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.



### Adult Dance & Stretch

Meets at Hopedale Senior Center

Tuesdays

3:30 pm 4:30 pm

2 free classes -

March 14 and 28

Sign-up Required.

**New**

### 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

Return Service Requested

NON-PROFIT  
RATE  
U.S. POSTAGE  
PAID  
HOPEDALE, MA

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

We have loads of paperback books you can check-out for free. Many best seller titles. Stop by the Senior Center for a look!

