



May 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

Dear Friends,

The last few weeks have been challenging. I can certainly tell you that in prior years the Senior Center has faced budget cuts. **However, we have never faced the possibility of the total elimination of all services and programs.**

In an effort to provide clear information, the enclosed flyer details the town-wide services that will be lost without an Override. Residents must decide what they value.

Town Meeting May 16, 2023 HS Auditorium 7 pm

*Ballot Vote May 23, 2023 Draper Gym

*If the Override passes at Town Meeting, a Ballot vote will also be required.

HONORING OUR VOLUNTEERS

This month we extend a heart-felt thank-you to the almost fifty individuals who make up our team of Senior Center Volunteers. We simply could not operate the Senior Center without the efforts of these wonderful people. Our Volunteers serve as Meals on Wheels Drivers, Senior Center Congregate Meal Servers, Grandfriends, Activity Helpers and Newsletter Collators. You all make senior life in Hopedale a little sweeter. We will see you at our "by invitation only" Breakfast on May 11th!



EAT LUNCH AND ENJOY GOOD COMPANY AT THE SENIOR CENTER

Monday May 15, 2023

12:00 pm

Smothered Chicken
w/ Swiss Cheese &
Mushrooms

Stay for BINGO after lunch!

Wednesday May 24, 2023

12:00 pm

Turkey w/ Supreme
Sauce



facebook

Classes in June
6, 13, 20, 27

Tuesdays 10:00 am - \$45.00 for Series
Steve McGrath -Instructor

Are you new to Facebook or just getting started? Learn how to use the popular social media site to safely connect with family and friends. You will leave this hands-on class with knowledge on how to upload pictures and videos, and how to share them with your friends and family. We'll also review the recommended privacy settings and learn how to navigate confidently through the website. If you don't have an account we will create one. If you have a pre-existing account that is fine too! Also bring your Laptop or Tablet so you can access FB during the classes!

Sign-up Required.

Free Panera Bread & Pastries
on Mondays - 9:30 am
Hopedale Senior Center
Not available on Monday holidays.



NEWS FROM SHINE: MAY 2023

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 redetermination 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.
- 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.

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.

To make an appointment, call the Hopedale Senior Center at (508)634-2208 or call the Central Mass Regional SHINE Office at 508-422-9931. A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom), email, or postal mail. We also offer excellent resources online through our website at www.shinema.org, our Medicare 101 webinars, and our Facebook page: [SHINE Central MA](https://www.facebook.com/SHINECentralMA).



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
Wednesday May 10, 2023
9:30 am - 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.

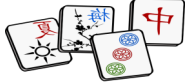
Errand Van

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.



Use it or loose it!

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 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.

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**\$5.00 p.p.**

Pauline Wright - Instructor

Stretch, dance, ballet, jazz and more.**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
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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 _____

The Hopedale Friends of Elders thank the following individuals for their recent donations:

Gladys Henderson in memory of her husband of 69 years, Edward Henderson

Toni DiGioia in memory of Nina Laudicina