

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 Sr. 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. This is for adults of all ages and all work will be done in class with no prior preparation or homework. This is not a book club, but rather, a deep dive into writing and discussion of our challenges and insights.

WATERCOLOR CLASSES

(All Levels) - Meets at Sr. Center
Thursdays - 10:00 am - 12:00 pm
\$40.00 for 4 week session New classes
each month. Mari Steinmann - Instructor

**DROP-IN EXERCISE PROGRAMS****GENTLE YOGA**

Meets at the Sr. Center
Tuesdays

9:00 am to 10:00 am
Crystal Lee - Instructor
\$5.00 p.p.

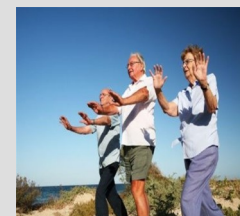
You may be seated in a chair or on a mat. Try this wonderful movement class.

**Tai Chi**

Meets at Sr. 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 Sr. 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.**

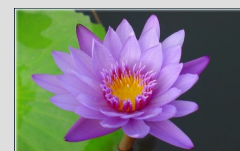
**MEDITATION (Seated in Chair)**

Meets at Sr. Center

Wednesdays

11:00 am to 12:00 pm

Deb McGonnell Instructor/\$5.00 p.p.

**Low Impact Exercise**

This is not a Sr. 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.

**Free Panera Bread & Pastries on**

Mondays at the Sr. Center

9:30 am

(Not available on Mon. holidays.)





S.A.F.E. Program

Smoke Detector Replacement (Battery Powered)

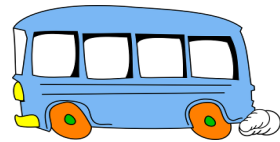
The Hopedale Fire Department with the support of the Hopedale Council on Aging is happy to offer smoke detector replacement for qualified Hopedale residents who have battery-powered smoke detectors in their home. This typically applies to homes built prior to 1975 without significant changes. **Unfortunately, the department cannot replace or install hard-wired detectors.** We can assist with seasonal backup battery replacement for these devices. We are available to assess the detectors in your home and provide guidance on appropriate assistance. **Battery-powered detector and battery replacements are offered on a first-come first served basis.**

Smoke alarms should be replaced 10 years after manufacture, and carbon monoxide alarms 5-7 years after manufacture. The manufacture dates printed on the back of your smoke alarms can be used to determine if it is time to replace them. Seniors who need help testing, maintaining, or replacing smoke alarms are encouraged to contact the Hopedale Fire Department for assistance. This service is offered to ensure the safety of our community and is supported by the Senior S.A.F.E. program.

To request an assessment or discuss questions about your home's smoke detectors, please contact FF Cote at 508-473-1050 x227 -or- email jcote@hopedalefire.org. Expect a response within 48 hours to schedule a visit.

Hopedale FF/Medic Jeff Cote
SAFE Coordinator

Hesitant to drive or
have you stopped
driving? Let the Sr.



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

Tuesdays
Appointments between 10 am and 1:00 pm.
No service after 2:00 pm.

Veterans' Services are Available through the Senior Center



The Vets.' Agent can help with many different services. Assistance ranges from addressing issues and questions on medical or prescription drug assistance, exploring questions regarding service-connected disability, or searching for missing awards and medals. Vets.' Agents can also help determine whether an individual is eligible for broadened financial assistance for medical care, prescriptions, real estate tax abatement, obtaining Veterans' license plates, and or burial benefits. Agents can sometimes help individuals decide how to plan for their funerals and whether the veteran is due full military honors. Agents can obtain grave markers for Veterans' final resting place either locally, or in a state or federal Veteran's cemetery.

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

The COA Board meets on the 3rd Thursday of
each month at 1:00 pm at the Sr. Center.



*The mailing of this newsletter
is funded by the Hopedale Friends
of Elders.*

HOPEDALE FRIENDS OF ELDERS, INC.

Box 318
Hopedale
Massachusetts 01747

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

Return Service Requested



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 Sr. Center acknowledges an anonymous donation in memory of:

Joseph Leoncini, George Bushnell, Robert Moore and Albo Vitali