

HOPEDALE SENIOR NEWS November 2022

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



Turkey Dinner at the Hopedale Senior Center Tuesday Nov. 22, 2022 12:00 pm

MEDICARE HEALTH INSURANCE

1EG4-TE5-MK72

HOSPITAL (PART A) 03-01-2016 MEDICAL (PART B)

We can always find something for which to be thankful. Let's gather together and share good food and good company.

> Menu: Sliced Turkey and Gravy **Cornbread Stuffing Butternut Squash** French Bread

Double Chocolate Cake and Coffee

Sign-up required by 11/17/2022. Call (508)634-2208.

Medicare Open

Enrollment

Remember, you have from October 15 through December 7, 2022 to make changes to

your insurance coverages for

2023. Please call us with any questions at (508)634-2208. Our SHINE counselor is available for one-onone meetings on the phone or in person.

Don't miss this important deadline!

THE SR. CENTER IS CLOSED ON:

November 11, 2022 (Veterans' Day)

November 23, 2022 Closed at 12 pm (Thanksgiving)

November 24 and 25, 2022 (Thanksgiving)



Tax Credit Program Applications Available at the Hopedale Senior Center



Effective November 1, 2022 applications are available for

the Sr. Citizen Real Estate Tax Credit Program. This highly successful program is open to seniors age sixty (60) and older who reside in their Hopedale homes and pay real estate taxes to the town of Hopedale.

Qualified program participants work in various town departments. In lieu of pay, seniors who complete the required 84 hours of service will receive a \$1000.00 real estate tax credit (minus required taxes and withholdings). Participants receive the tax credit in the following fiscal year. Please note that there are a limited number of positions and only one application per household. The Tax Credit Policy can be found online on the Town's Webpage under the Council on Aging's tab. Applications are available at the Hopedale Senior Center. The application deadline is December 19, 2022.

★ Veterans' Day Ceremony ★ Thursday Nov. 10, 2022 9:00 am

🕏 Hopedale Community House **VETERANS DAY**

🏌 The Hopedale Sr. Center invites ₹ the community to our outside

ceremony (if weather is inclement we will hold the ★ ceremony inside) honoring our deceased and living veterans. Please join us for coffee and pastries ★ in the Senior Center following the ceremony.

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

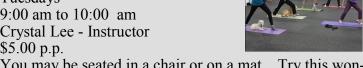
(All Levels) - Meets at Sr. Center Thursdays - 10:00 am - 12:00 pm \$40.00 for 4 week session New classes each month. Mari Steinmann - Instructor



DROP-IN EXERCISE PROGRAMS

GENTLE YOGA

Meets at the Sr. Center Tuesdays 9:00 am to 10:00 am Crystal Lee - Instructor



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.



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 area 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 icote@hopedalefire.org. Expect a response within 48 hours to schedule a visit.

Hopedale FF/Medic Jeff Cote

SAFE Coordinator

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 individuals 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.

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.

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	HOPEDALE FRIENDS OF ELDERS, INC Box 318 Hopedale Massachusetts 01747 Return Service Requested	NON-PROFIT RATE U.S. POSTAGE PAID HOPEDALE, MA
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.	L	لـ
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In lieu of flowers or other gifts, please consilhonor of a loved one to the Friends of Elders Your gift will go directly to services for senior births, birthdays, and anniversaries as well a acknowledge all donations. Donations can also be dropped off Curiosity Shoppe hours are T	der making a tax-deductible donation in memory/	is required. We will
Donor's Name In Memory of	make checks payable to the Hopedale Friends of Elde Donor's Address In Honor of	

Joseph Leoncini, George Bushnell, Robert Moore and Albo Vitali

The Hopedale Sr. Center acknowledges an anonymous donation in memory of: