

November 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

Honoring Hopedale's Veterans

Thurs. Nov. 9, 2023

Hopedale Community House - 9:00 am



The entire community is invited to attend a ceremony conducted by the Hopedale Council on Aging in remembrance and honor of our Hopedale Veterans. We will serve refreshments in the Senior Center following the ceremony.



MEDICARE PLANS OPEN ENROLLMENT

Oct. 15 - Dec. 7

Medicare plans change every year! SHINE (Serving Health Insurance Needs of Everyone) counselors can Help! Our SHINE counselors provide free Medicare counseling to help you compare options. Health plans and Drug plans are included in the Open Enrollment period. Call (508)634-2208 for an appointment.



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



Senior Center Annual Holiday Party

Thursday December 14, 2023

Main Hall Community House

Join us for the food, the friends the entertainment and the free raffle prizes!!!

Menu Choices:

Baked Haddock or Chicken Piccata

Catered by Olivas

\$10.00 per person

Entertainment by:

The Elderly Brothers

Reservations by 11/27/2023.

Call (508)634-2208.

FUEL ASSISTANCE THROUGH SMOC

The Fuel Year starts on Nov. 1, 2023.

Maximum Income guideline:

1 person - \$45,392, 2 people - \$58,359

3 people - \$73,326.

We are now processing applications for old and new clients for the 2023 - 2024 fuel season. We can help!!!



The Hopedale Senior Center is closed on Friday November 10th for the Veterans' Day Holiday.





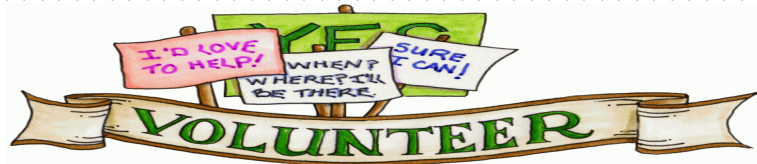
Mah Jongg Lessons Anyone?

We are looking for a few more people in order to hold free lessons. Our instructors are fabulous. Lessons will most likely be held on Wednesdays at the Senior Center. Call (508)634-2208 for details.



Looking for Volunteers for the AARP Tax Filing Program

This important program has a critical need for additional volunteers. Full training will be provided. Please call (508)634-2208.



The Senior Center has several Volunteer Opportunities:

- Grandfriends Program at The Bright Beginnings Pre-school
- Help us collate our Newsletter
- Deliver Meals through Meals on Wheels Program
- Assist with Senior Center Activities/Teach a class
- Train to be an AARP Tax Aide Volunteer

All positions are Monday - Friday, daytime hours.

Call us at (508)634-2208 for details on these wonderful ways to fill your spare time.

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

Wed. Nov. 15, 2023 - 9:30 am to 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.

Call us for shopping and other errands.



COME PLAY WITH US !!!

MAH-JONGG	TUESDAYS	12:30 pm
BRIDGE	MONDAYS	9:00 am
	TUESDAYS	12:30 pm
CRIBBAGE	WEDNESDAYS	1:00 pm

(Call for if you want to take lessons
for Mah-Jongg)

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
\$3.00 p.p.*

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
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. Pay monthly (\$15.00 per class).



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
Debra McGonnell Instructor
\$5.00 p.p.



Adult Dance & Stretch

Meets at Hopedale Senior Center
Tuesdays
3:30 pm to 4:30 pm
\$5.00 p.p.
Pauline Wright - Instructor
Stretch, dance, ballet, jazz and more.



Low Impact Exercise

This is not a Senior Center class.
This is a Community House Class.
Monday, Wednesday & Friday
10:00 am to 11:00 am
Instructors: Shirley Areano
Christine Bositis (Fridays)

Community House membership and registration required for this class. See Tara Chambers.



Got suggestions for a class?

Let us hear from you!



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 _____

DON'T FORGET !

THE FRIENDS OF ELDERS SHOPPE HAS WONDERFUL ITEMS FOR

HOLIDAY GIFT GIVING. CHECK THEM OUT. THURS. - SAT. 9:30 am-12:30 pm.