

HOPEDALE SENIOR NEWS

October 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

OUR GRANDFRIENDS PROGRAM IS LOOKING FOR ADDITIONAL VOLUNTEERS



The Bright Beginnings Center (BBC) in Hopedale and the Council on Aging (COA) are seeking additional volunteers for our Grandfriends program! We had a great school experience last year and want to continue this valued program. Seniors in Hopedale join our preschoolers in the classroom on a regular basis. They read stories, play with the students, work with small groups to reinforce skills, share their own life stories or share snacks or lunch with students. Grandfriends build relationships with the students that enrich the lives of all involved. If you are interested in volunteering for this program call Carole Mullen at the Sr. Center. All volunteers will have to submit to a CORI check prior to volunteering in the classrooms.

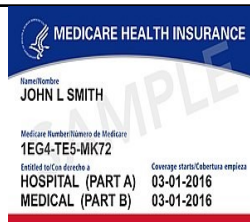
Medicare Open Enrollment Seminar

Monday Oct. 24, 2022

1:00 pm

Hopedale Senior Center

Whether you are new to Medicare or just want to know the changes for 2023, don't miss this informative meeting. Remember you have from October 15 until December 7, 2022 to make changes to your insurance coverages for 2023. Please call us with any questions at (508)634-2208.



Lunch and Halloween Party

Thurs. Oct. 27, 2022

12:00 pm

Hopedale Senior Center



Great company, food, costumes and candy!!!
Halloween is for everyone! Wear a costume if you like.

Our menu is Meatloaf dinner with mashed potatoes, vegetables, salad, dessert and coffee.
\$3.00 per person suggested donation.
Sign-up by 10/21/2022. Call (508)634-2208.

Veterans' Day Ceremony

Thursday November 10, 2022

9:00 am

Hopedale Community House



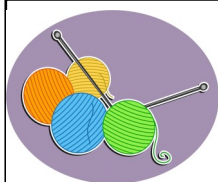
The Hopedale Sr. Center invites the community to our outside ceremony (weather permitting) honoring our deceased and living veterans. Please join us for coffee and pastries following the ceremony.

***Honor a living or deceased Hopedale Veteran with a sign on the Community House lawn. Names will be taken until 10/21/2022. We have prior years' signs.**



SR. CENTER IS CLOSED
ON
MONDAY OCT. 10



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

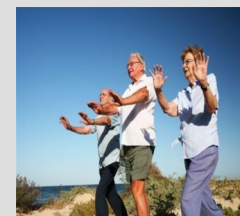
Thursdays

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.

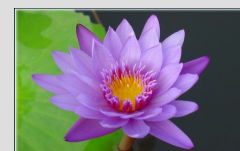
**MEDITATION (Seated in Chair)**

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)

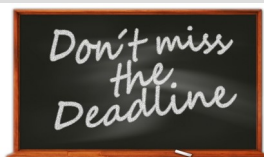
Membership and registration**required for this class. See Tara Chambers.****Free Panera Bread & Pastries on**

Mondays at the Sr. Center

9:30 am

(Not available on Mon. holidays.)

News from SHINE for October 2022



Medicare Open Enrollment begins on October 15th and ends on December 7th

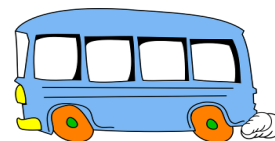
Every year, Medicare Prescription plans and Medicare Advantage (HMO, PPO) plans can change your costs (premiums, deductibles, and copays), covered medications, and provider networks may change from year-to-year. It's important to review your options EVERY year during open enrollment to make sure you have the plan that works best for you for next year. You will receive a document called the Annual Notice of Change (ANOC) by the end of September from your current plan. The ANOC is a summary of changes to your plan for 2023. Read this important document and determine whether your plan will continue to meet your needs. If you do not receive it in the mail, call your plan and request another copy. If you would like to change your plan for 2023, you may do so during the annual Medicare Open Enrollment Period between October 15th and December 7th, and the changes will take effect January 1st. SHINE counselors can help you understand changes to your current plan, as well as discuss other options you may have. If you would like to speak with a SHINE counselor about your open enrollment options, contact your local Senior Center.

MASS HEALTH MAILINGS

We want to remind you of the importance of opening and responding to any mail you get from MassHealth. Over the next several months as the Federal Public Health Emergency (PHE) ends MassHealth will be sending numerous notices reviewing and detailing the status of MassHealth coverage. These mailings often have deadlines involved and you need to respond to MassHealth by a specific date or YOU may lose your coverage. If you have not heard from MassHealth recently we suggest that you contact them to make sure they have your current address. If mail is returned to MassHealth you may lose your coverage as well. Finally, if you get mail from MassHealth that you do not understand you should contact a family member or friend for assistance. If neither is available you can contact the SHINE regional office and we will help you understand.

SHINE (Serving the Health Insurance Needs of Everyone) has certified counselors to help 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. To make an appointment, call the Hopedale Senior Center at (508)634-2208.

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
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
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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 Friends of Elders thank the following individuals for their donations:

Jane Maffia in memory of her husband Ken Maffia

Joan Pannichelli in memory of Irma McGee