

September 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*



A SALUTE TO HOPEDALE VETERANS

Don't forget!!

Free trip to the
American Heritage Museum
in Hudson, MA

Friday October 27th

We will gather at the Hopedale Community House, Senior Center at 9:15 AM for a departure by coach bus at 9:30 AM. On our return to Hopedale, we will enjoy a box lunch in the Community House, Main Hall and share thoughts about our experience.

Reservations are required by : 10/20/2023.

Open to all Hopedale Veterans regardless of age. Limited to the first fifty (50) sign-ups. Please call (508) 634-2208. This amazing trip is generously offered by the Hopedale Community House in celebration of their 100th birthday.

Mary Phillips
will
celebrate her
100th
birthday
in
September.



Join us at the Hopedale
Senior Center for a
celebration of this momentous achievement.
Thursday September 14, 2023 - 1:00 pm
If you would like to attend please call us at
(508)634-2208.



WELCOME BACK BBQ!!!

The Hopedale Firefighters'
Association, (HFFA) is
hosting a barbecue for
Hopedale seniors. Hot dogs,

hamburgers and all the fixings. This activity is a great way to get back into the "swing". We can't wait to see all of you.

Thursday September 28, 2023

12:00 pm - Main Hall Community House

Free of Charge

Sign-up required by 9/22/23.

Did you know the "Hopedale
Senior News" is available
online?



You can help the Friends of Elders, save on mailing costs by choosing to read the paper online. The paper is posted on the town's Website under the Council on Aging tab. Please let us know if you would like your name removed from the mailing list.

Also, if your Newsletter is returned to the Senior Center with a "Temporarily Away" designation, your name will be removed from our mailing list. Please call us at (508)634-2208 when you return if you wish to resume mailing of this Newsletter.

SCAMS

TARGET YOU

PROTECT YOURSELF

Pizza Lunch at Senior Center
Following Lunch a
Presentation by Julie Rinehart
Cyber Security Expert

Unmasking Cybersecurity Scams:
Friendship/Love and Gift Cards
Thursday September 21, 2023

Lunch: 12:00 pm Presentation : 1:00 pm

As technology advances, so do the tactics used by cybercriminals, making it crucial for you and your loved ones to stay informed and vigilant. Join us as we demystify these scams, explore their inner workings, and equip you with practical knowledge to protect yourself and your community. Learn to identify red flags and a few best practices that can help safeguard against these threats.

Lunch: \$3.00 p.p. - Presentation: No cost
Sign-up Required by: 9/15/2023 .

FREE HOPEDALE FLU SHOT CLINICS

Thurs. Oct. 12, 2023 and

Thurs. Oct. 26, 2023

**4:00 pm- 6:00 pm Hopedale High
School Cafeteria**



- **Please bring your Health Insurance and or Medicare Cards.**
- **Wear Short-Sleeved Top.**
- **You will be required to complete registration information at the Clinic.**
- **Pre-registration is not available.**

The Over 65 vaccine will also be available.

Vaccines administered by: Central Pharmacy of Milford.

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.



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. Sept. 20, 2023 - 9:30 am to 10:30 am.

COME PLAY WITH US !!!

MAH-JONGG TUESDAYS 12:30 pm

BRIDGE MONDAYS 9:00 am

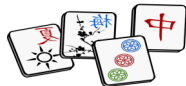
TUESDAYS 12:30 pm

CRIBBAGE WEDNESDAYS 1:00 pm

THURSDAYS 1:00 pm

(Call for Thursday lessons)

We have very active groups. Join us!



KNITTERS' GROUP

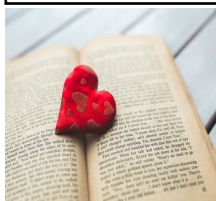
Meets at Senior Center

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

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. Classes start Sept. 14, 2023. \$45.00 p.p. 3 week session.



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 _____

*The Hopedale Friends of Elders thank
Charlotte Dec for her donation in memory of
Monica Connors.*

Free Panera Bread &
Pastries

Mondays - 9:30 am
Hopedale Senior Center
Not available on Mon. holidays.

