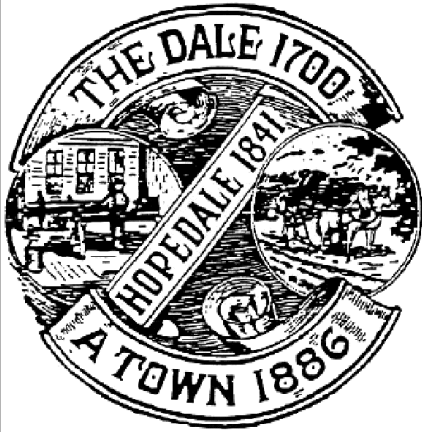


February 2019



# HOPEDALE SENIOR NEWS

*Published by the Hopedale Council on Aging*

43 Hope Street • Hopedale, MA, 01747  
(Located inside the Community House)

Sr. Center Phone: 508-634-2208 • Fax: 508-473-6189  
Outreach Message Line: 508-478-2858 • E-mail: [hopedalecoa@comcast.net](mailto:hopedalecoa@comcast.net)  
Monday-Thursday 9:00 am - 3:00 pm and Friday 9:00 am - 12:30 pm

## Join us for a Victorian Courtship Tea Performance

**Thurs. Feb. 14, 2019  
11:30 am**

**Hopedale  
Sr. Center**

**Lunch : 11:30 am  
Assorted  
Sandwiches  
Desserts, Tea &  
Coffee**

**Performance:  
12:15 pm**

**\$5.00 p.p.  
Reservations by:  
2/8/19**

**(508)634-2208**



**Rita Parisi will bring to life, the character of  
Mrs. Michael Gordon, a middle-class wife  
from 1908.**

**Join her afternoon tea as she tells stories  
about her experiences as a young girl being  
courted, during the early 1890's. Learn  
about courtship rituals, fan language, deal-  
ing with a scoundrel, and an experience at a  
ball.**

**Share your own romance stories, ask Mrs.  
Gordon questions.**

**\*This performance is made possible through a  
grant from The Hopedale Cultural Council.**

## WORRIED ABOUT WINTER DRIVING?



**Use the Hopedale Sr. Center van!**

**The van is available Monday, Wednesday  
and Thursday for your errands. Book your  
transportation requests at least 48 hours  
ahead. We are happy to help you. Check-  
out Page 2 of this newsletter for details.**

## COME PLAY MAH JONGG WITH US !

**NEW PLAYERS WELCOME.  
WE WILL TEACH YOU HOW  
TO PLAY.**

**TUESDAYS - Hopedale  
Sr. Center**

**1:00 pm to 4:00 pm. Call (508)634-2208.  
Call to reserve your spot at the table.**



## Heating Assistance Available for home owners and renters!



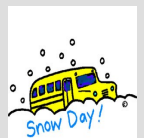
**Income eligibility guidelines:  
Minimum gross income :**

**1 person: \$35,510 - 2 people: \$46,437**

**Don't be cold this winter. All forms of heating  
accepted. Call (508)634-2208 for assistance.**

## Please note:

**The Sr. Center will closed if the Hopedale  
Schools are cancelled due to a storm or  
snow.**



# TRANSPORTATION SERVICES

## MEDICAL TRANSPORTATION VAN SERVICES

### Medical and prescription transportation services available through the Hopedale Sr. Center:

#### Hopedale, Milford and Upton only:

Call the Hopedale Sr. Center at (508)634-2208

- Appointments between 9:00 am 2:30 pm - Monday - Friday
- *No transit between 11:30 noon and 1:00 pm daily*
- \$2.00 one way / \$3.00 round trip
- Handicapped Accessible Van Curb to Curb service only.

### Out of town limited medical transportation with the Hopedale Sr. Center and Travelers' Transit

#### Boston, Worcester, Providence, Framingham, Franklin, Uxbridge, Mendon, Medway, Bellingham only:

Call the Hopedale Sr. Center at (508)634-2208

- *Appointments no earlier than 10:30 am and ready for return pick-up by 1:00 pm*
- \$25.00 - round trip - Boston, Worcester, Providence
- \$10.00 - round trip - Framingham, Natick, Westboro
- \$ 5.00 – round trip - Franklin, Bellingham, Uxbridge
- Handicapped Accessible Van - Curb to Curb service only. Car also available.

Call the Hopedale Senior Center at (508)634-2208 for reservations at least three (3) business days in advance of your appointment. We stress the importance of scheduling your request for transportation far in advance of your appointment.



**HOPEDALE SR. CENTER VAN FOR RIDES TO: THE SR. CENTER, GROCERY SHOPPING, HAIR SALONS, ERRANDS AND MORE!!!**

**You must register to use the Hopedale Sr. Center Van. Call the Sr. Ctr. at (508)634-2208.**

Hours of Operation are:	Monday	9:00 am - 3:00 pm
	Wednesday	8:30 am - 3:00 pm
	Thursday	9:00 am - 1:00 pm



**Transportation to the following towns: Hopedale, Milford Mendon, Bellingham**

**\$3.00 Roundtrip**

**Uxbridge, Franklin, Holliston, Hopkinton \$5.00 Roundtrip**

*This van can be used for all requests other than medical.*

*Requests must be made 48 hours in advance (weekends not included.)*

**MONDAY**

**WEDNESDAY**

**THURSDAY**

**Open to your request**

**Open to your request**

**Open to your request**



**We need you!**

**Serve meals, help with activities, deliver meals to home-bound seniors! Call us at (508)634-2208 for details.**

## ASSISTANCE PROGRAMS AVAILABLE AT THE SR. CENTER

### ***ALL OUR SERVICES ARE CONFIDENTIAL - WE CAN MAKE HOME VISITS***

#### **OUTREACH SERVICES**

Confidential counseling, caregiver support, information and referral services are available on aging issues for seniors and caregivers.



#### **VETERANS' SERVICES FOR VETERANS AND SPOUSES OF VETERANS**

Confidential counseling with our Veterans' Agent, Pat Morris. Individuals issues or medical conditions do not have to be "service-related".



#### **MEDICARE, MEDICAID AND HEALTH AND DRUG INSURANCE COUNSELING**

##### **SHINE PROGRAM**

Information and assistance is available on all aspects of Medicare coverage and assistance plans available through Medicare & Medicaid. Supplemental health and drug insurance coverage information and assistance for Medicare eligible individuals.

#### **HOME REPAIR**

Any senior age sixty (60) and older, who owns and resides in their home, can apply for home repair assistance. *The repair must be deemed a safety concern* in order to qualify for this service. There is no income guideline for this program.

For more information or to apply you can call Central Massachusetts Housing Alliance Elder Home Repair Program at (774)243-3815.

You can also check- out the website at [www.cmhaonline.org](http://www.cmhaonline.org) and click on "Read more about our organization" to access the information on Elder Home Repair. Contact the Hopedale Senior Center for additional assistance.

#### **FOOD STAMP APPLICATION ASSISTANCE**

Information and application assistance for the Food Stamp Program is available at the Sr. Center or [projectbread.org](http://projectbread.org)

#### **FILE OF LIFE PROGRAM - FREE**

The Sr. Center will provide you with a magnetic card that can be placed on your refrigerator or carried in your purse. The pre-printed card has space for emergency contact numbers, your current medications as well as you attending physicians' names and phone numbers. In the event of an emergency if you are unable to communicate, the card may provide information critical to your care.

#### **HOUSE NUMBER SIGNS PROGRAM - FREE**

A wooden number sign is available to all Hopedale residents. As a public safety measure, all residences are required to display house numbers. The TRIAD program will provide you with **free** house number sign. Please contact us for more information on how to obtain a free house number sign.

### **NEED A WAY TO PAY FOR HOME REPAIRS? HAVE AN EMERGENCY REPAIR OR A REPAIR THAT'S A SAFETY ISSUE? HOME REPAIR LOAN PROGRAM**

#### **Bellingham-Hopedale Housing Rehabilitation Program**

Leaking roofs, failing heating systems, etc. requiring immediate emergency assistance may be eligible for this grant. Call the Sr. Center for eligibility requirements and more information.



#### **SHREDDING PROGRAM - FREE**

Seniors may use the COA paper shredder free of charge. Please call for an appointment. The COA has the right to limit your quantity of documents.

#### **COPY /FAX SERVICES - 10 cents per page**



#### **COMPUTER, TABLET OR CELL PHONE TECHNICAL ASSISTANCE - Help with basic questions/problems.**





## GROUPS, EXERCISE PROGRAMS AND UPCOMING ACTIVITIES

### KNITTERS' GROUP

*Meets at Sr. Center*

*We are looking for new participants !*

The Knitters' Group meets on the 3<sup>rd</sup> 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!

*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.

*\*The Knitters recently made a donation to The Milford Food pantry from the proceeds of items sold at the 2018 Hopedale Holiday Stroll.*



### GENTLE YOGA

Meets at the Sr. Center

Tues. & Thurs.

9:00 am to 10:00 am \$5.00 / class

Instructor : Crystal Lee

All skill levels welcome. Try a class for free.

Pay instructor directly. Drop-ins welcome



### MEDITATION CLASS

Meets at Sr. Center

Wed. 11:45 am to 12:45 pm

Instructor - Deb McGonnell

Meditation Made Easy.

\$5.00 / class Drop-ins welcome.



### TAI CHI CLASS

Meets at the Sr. Center

Thurs. 1:00 pm Upstairs

Instructor: Jean O'Connor

Try this low impact exercise.

Gain a sense of well-being, flexibility, strength and better balance.

\$5.00 / class Drop-ins welcome.



### ARTHRITIS EXERCISE w/ SUE

Come see how this program can help you! Feel- good, gentle exercise program mostly done while seated.



Fridays - 9:00 am Community House Main Hall

Sue Sgambato Instructor

Sign-up with Hopedale Community House.

Enjoy a hot Lunch with us on:

**Monday , Feb. 4, 2019**

**11:30 am at the Hopedale Sr. Center**

**Meal is: Meatloaf & Mashed Potatoes**

\$3.00 p.p.

\$3.00 Suggested Donation Tri-Valley Inc. Caterers

Sign-up Required. Call (508)634-2208.

**IF YOU LIKE ....STAY FOR BINGO after lunch at 12:45 pm**



**Wednesday, Feb. 20, 2019**

**11:30 am at the Hopedale Sr. Center**

**Meal is: Potato Crunch Fish**

\$3.00 Suggested Donation Tri-Valley Inc. Caterers

Sign-up Required. Call (508)634-2208.

**TRIVIA with Nancy follow our meal.**

**Reservations required by 2/15/19.**

**Call (508)634-2208**



**A FEW SPECIAL PEOPLE ARE GOING TO LUNCH AT LUCIANO'S IN WRENTHAM, MA Thursday Feb. 28, 2019**

Our COA Van is going to Luciano's restaurant . We can take 9 sign-ups on a "first-come" basis. Order "on-your-own" off the lunch menu. \$5.00 p.p. for van ride.

Call to reserve your spot by 2/22/19. Depart Sr. Center at 11:00 am.



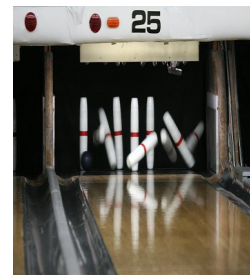
**Candlepin Bowling**

**Just for Seniors !!!**

**Hopedale Community House**

**Mondays - 1:00 pm - 3:00 pm**

**\$3.00 per String. Includes shoes. No reservations required.**



The Sr. Center is closed on 2/18/19 for the Presidents' Day holiday.



**EMERGENCY PREPAREDNESS**

It's that time of year again!

We want to remind everyone about the need to plan ahead. Have a discussion with your family or friends about your plan to remain safe during a major storm or a power outage.

Are you registered with the town's *Code Red* alert system which provides residents with updated emergency information? If not, please call the Sr. Center and we will help you put your phone number into the system. You may call the Sr. Center with any other winter related concerns.



Our Sr. Center van gets you places.

During the month of January we are going to the following places:

**Market Basket - Wed. Feb. 13  
Wed. Feb. 27**  
**Walmart - Thurs.  
Feb. 14**

Check the monthly calendar inside this Newsletter.

**You may go other places for errands on Mondays, Wednesdays and Thursdays as well.** Remember, you need to book a ride 48 hours in advance (not including weekends)!

Call us with any questions.

*Do you know that the Sr. Newsletter is available online?*

*If you go to The Town of Hopedale website we are located under The Council on Aging tab. Let us know if you prefer to read our paper online. Call (508)634-2208.*

**MATINEE MOVIE**

**ON:**

**WEDNESDAY Feb. 27, 2019**

**1:00 pm - Free of charge**

**Wed. Feb. 27, 2019 - Sr. Center**  
**Feature Movie: Robert Redford in**  
***The Old Man and the Gun***  
**(Comedy/Drama)**



**FREE WELLNESS CLINICS  
WITH  
NURSE MARY WATSON**

**Wed., Feb. 6, 2019**  
**Hopedale Sr. Center**  
**10:30 am - 11:30 am**

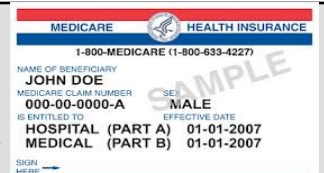
Free, confidential vital signs screening, medication questions and more. Stop in for a friendly visit.



**Turning 65 soon?**

Do you have questions about Medicare plans and coverages?

We have the answers! Schedule a confidential appointment with us. Call (508)634-2208.



***Come Share Your  
Thoughts with other  
Inquisitive People  
on Current  
Events &  
Timely Topics***



***Newly Forming  
Discussion Group***

**Hopedale Sr. Center**  
**10:15 am - 11:30 am**  
**Every other Friday**  
**Feb. 8 & Feb. 22, 2019**  
**Call us to participate.**  
**(508)634-2208.**

**THE HOPEDALE SR.  
CENTER IS  
LOOKING FOR  
CRIBAGE PLAYERS**

**PLAY CRIBBAGE ON  
WEDNESDAYS**  
**1:00 pm - HOPEDALE  
SR. CENTER**  
**43 HOPE ST (Inside the  
Community House)**  
**Call to reserve a spot.**  
**(508)634-2208**  
**FREE COFFEE & FUN!**



**ATTENTION PLEASE!**  
**We have delicious free baked  
goods from Panera on Mondays.**  
**Come early for the best selection.**



Chairperson Cheryl Moreci  
Vice Chairperson Bob Casali  
Secretary Dan Malloy

**MEMBERS**

Pat Johnson  
Claudette Hughes  
Nancilee Fuller  
Diane Frazier  
Rebecca Wild-Wesley  
Eileen Milaszewski

Director Carole Mullen  
Outreach Nancy Mosher  
Staff Assistant Jennifer Bethel

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  
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HOPEDALE, MA

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**SUPPORT THE HOPEDALE FRIENDS OF ELDERS**

**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 acknowledgement 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 \_\_\_\_\_

**OUTDOOR ADVENTURE GROUP FORMING AT HOPEDALE SR. CENTER**

**Tuesday Feb. 26, 2019 - 1:00 pm - Sr. Center**

**We're seeking active adults who want to participate in group hikes, canoe and kayak trips, and more. Meet to discuss planning a few trips for 2019. Call (508)634-2208 to let us know you're interested.**

