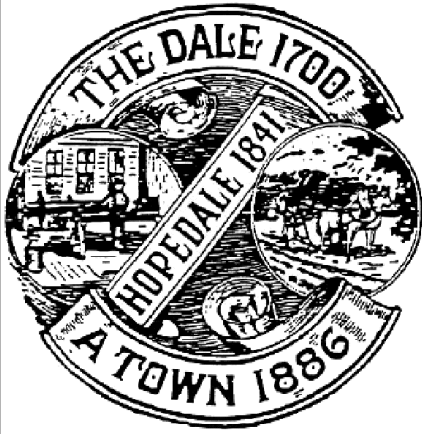


October 2018



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
Monday-Thursday 9:00 am - 3:00 pm and Friday 9:00 am - 12:30 pm

A VAN IN SEARCH OF RIDERS

After years of waiting and wishing, the Sr. Center finally has a van! Now it's up to the seniors of Hopedale to use the van.



Our van is available on Mondays, Wednesdays and Thursdays. Currently, seniors are using the van to go grocery shopping and errand shopping at Shaws, Market Basket, Walmart and Target. We are taking folks to hair salons and barbers, Planet Fitness (gym) and banks as well as trips to visit friends. And of course, we can bring you to the Sr. Center. Our drivers are friendly and helpful. Don't sit home.

Where would you like to go? Call us with questions.

ANNUAL VETERANS' BREAKFAST

Thurs. Nov. 8, 2018
9:00am - Hopedale
Sr. Center

We are honored to serve you!

Free to all Veterans. Please call
(508)634-2208 by 10/05/18
to reserve your seat.



TRIP TO BOLTON ORCHARDS & LUNCH AT THE HORSESHOE PUB

It's cider season!!

Take a day trip with The Hopedale Sr. Center to the Bolton Orchards Farm Stand store. There's something for everyone. After you browse and shop, we'll be eating lunch at The Horseshoe Pub in Hudson, MA.

Depart Sr. Center: 9:30 am / Return : 2:00 pm

School Bus Transportation \$10.00 p.p.
Sign-up Required by 10/15/18.



Rise and Shine!

NEW EARLY AM EXERCISE CLASS
Tues. – Main Hall Community House
7:00 am to 8:00 am - \$25.00 for 6 weeks.
6 week class starting 10/23/18 – 11/27/18.
9 participants needed to hold class.
Fun & Functional



Increase your performance and decrease injury risks, or just improve your ability to move more easily through your daily activities.

This class will improve core stability, muscular strength, and cardio-vascular fitness with progressive exercises. Upbeat music & variety make for a fun and motivating experience. Our instructor is Christine Bositis.

This class is funded through a collaboration between The Hopedale Community House and The Hopedale Council on Aging. **Sign-up by 10/19/18.**

DON'T MISS OUT!
FREE
HOPEDALE FLU
CLINICS



Mon. Oct. 1 & Mon. Oct. 15

4:00 pm to 6:00 pm - Hopedale High School

Bring insurance card and wear short-sleeved clothing. No sign-up required.

Sponsored by: The Hopedale Board of Health

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 \$6.00 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

The Hopedale Sr. Center needs more volunteers to help us serve at our monthly lunches. Call (508)634-2208. We have fun!!!



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 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

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 to join us!



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!

We have loads of free yarn and beautiful patterns to share.

****We donate all items we make to local charities.**

*****We need help to create items for sale at The Hopedale Holiday Stroll in December of 2018.**

GENTLE YOGA

Meets at the Sr. Center

Tues. & Thurs.

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

Instructor : Lara Wahl

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 Lunch with us on:

Monday Oct. 1, 2018

11:30 am at the Hopedale Sr. Center

Meal is: Roast Turkey Dinner



IF YOU LIKESTAY FOR BINGO after lunch at 12:45 pm

\$3.00 Suggested Donation Tri-Valley Inc. Caterers

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



HALLOWEEN LUNCH AT HOPEDALE SR. CENTER

COME IN COSTUMES OR NOT....

**HOPEDALE SR. CENTER
THURSDAY OCTOBER 31, 2018
11:30 AM**

**\$3.00 SUGGESTED DONATION
PASTA BAR - DESSERT - TRIVIA
SIGN-UP BY 10/23/18.**

**THE HOPEDALE SR. CENTER IS
LOOKING FOR MEALS ON WHEELS
DRIVERS**

**1 - 2 days per month.
PLEASE CALL (508)634-2208.**



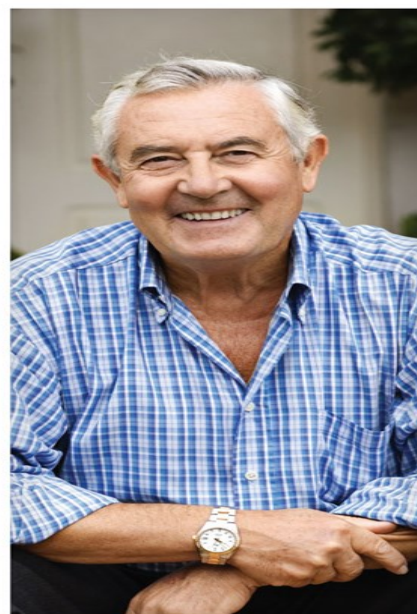
AN IMPORTANT MESSAGE FROM MEDICARE



"I found a better deal on prescriptions."



"We found lower co-pays."



"I found a plan that works better for me."

WHAT WILL YOU FIND DURING MEDICARE OPEN ENROLLMENT?

You'll never know unless you go. Compare your current plan to new options. See if you can lower some costs or find a plan that better suits your needs. Many people do. Even if you like your current plan, check to see if the costs or coverage are changing at medicare.gov. Or call 1-800-MEDICARE for help.

Medicare Open Enrollment Oct. 15 - Dec. 7

WWW.MEDICARE.GOV
1-800-MEDICARE (TTY 1-877-486-2048)



MEETING FOR MEDICARE OPEN ENROLLMENT AT THE HOPEDALE SR. CENTER

THURS. OCT. 25, 2018 - 1:00 pm

***YOU CAN ALSO MAKE AN INDIVIDUAL
APPOINTMENT. CALL (508)634-2208.***



WELLNESS CLINICS WITH NURSE MARY WATSON

Weds. - Oct. 10 and Oct. 24
Hopedale Sr. Center 10:30 am - 11:30 am

Free, confidential vital signs screening, medication questions and more.

Sponsored by: The Hopedale Board of Health



PODIATRY CLINIC WITH DR. BIANCAMANO

Friday Oct. 26, 2018

By appointment only.
8:30 am - 12:00 pm

The Clinic is held at the Griffin-Dennett Housing Authority Recreation Hall on Hopedale St.

Call (508)634-2208.



Experience the Benefits of Reiki
with Mary from Reiki Spirit & Sound
Fridays - 10:00 am to 12:00 pm

By Appointment Only 15 minutes / \$5.00
Call the Sr. Center - (508)634-2208



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

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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 _____

**The Hopedale Friends of Elders want to thank Jeanne Heath for her recent
donation in memory of Joan McMullen.**

