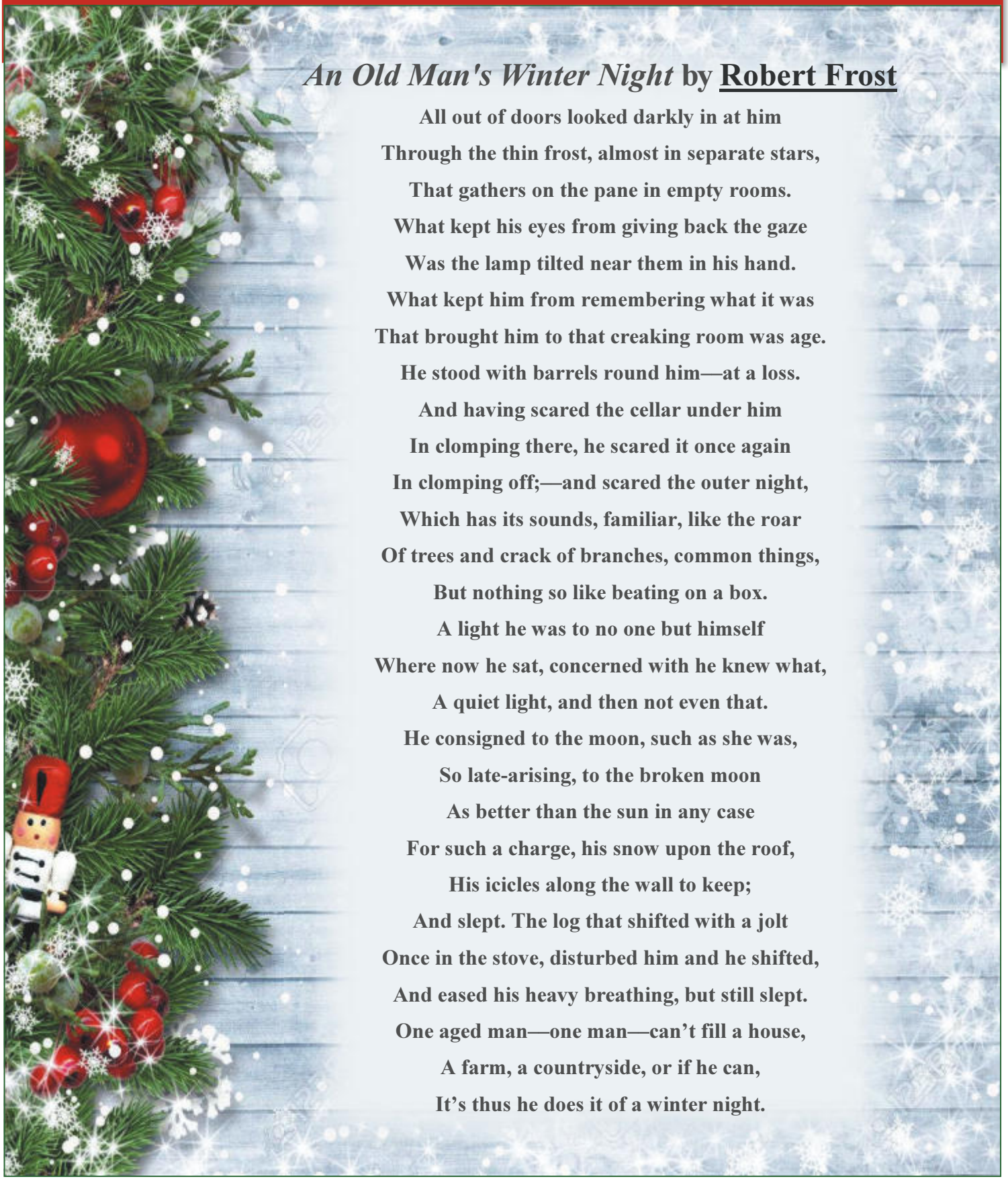
THE SENIOR EDITION

DECEMBER
2020



An Old Man's Winter Night by Robert Frost

All out of doors looked darkly in at him
Through the thin frost, almost in separate stars,
That gathers on the pane in empty rooms.
What kept his eyes from giving back the gaze
Was the lamp tilted near them in his hand.
What kept him from remembering what it was
That brought him to that creaking room was age.
He stood with barrels round him—at a loss.
And having scared the cellar under him
In clomping there, he scared it once again
In clomping off;—and scared the outer night,
Which has its sounds, familiar, like the roar
Of trees and crack of branches, common things,
But nothing so like beating on a box.
A light he was to no one but himself
Where now he sat, concerned with he knew what,
A quiet light, and then not even that.
He consigned to the moon, such as she was,
So late-arising, to the broken moon
As better than the sun in any case
For such a charge, his snow upon the roof,
His icicles along the wall to keep;
And slept. The log that shifted with a jolt
Once in the stove, disturbed him and he shifted,
And eased his heavy breathing, but still slept.
One aged man—one man—can't fill a house,
A farm, a countryside, or if he can,
It's thus he does it of a winter night.

LENDER'S CLOSET

We are accepting limited Durable Medical Equipment. Please **DO NOT** drop off equipment at the Senior Center.

If you're in need of any equipment please call us. We'd be happy to make arrangements.

508-841-8640

Veteran's Services Are Available

Due to COVID-19, our veteran agents are working remotely and taking appointments by phone only at this time. You can call the Shrewsbury office at **508-841-8386** and leave a message. Mike Perna will return your call as soon as possible.

COMING THIS WINTER

January

Build a Snowman at Dean Park

Cardboard Sled Event at Dean Park

February

Ice Fishing Program

Weather & COVID Permitting

Canna-Wise
ALTERNATIVE MEDICINE
MMJ Certification
Cannabis Education
Personalized Care
You are not alone on your journey to optimal health!
cannawisemed.org
774-321-6057

Molly Lukason
LICSW, C-ASWCM
Milestones Unlimited
Geriatric Care Management & In-Home Therapy
508-659-9391 • Molly@MilestonesUnlimited.biz
www.MilestonesUnlimited.biz

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THAT SUPPORT OUR COMMUNITY

RESOURCES FOR SENIORS

AARP
888-227-7669

Alzheimer's Association
800-272-3900

SHINE
508-422-9931 or 508-841-5151

SMOC Energy & Financial Assistance
508-620-1230
(Toll Free) 800-286-6776

Elder Services of Worcester
508-756-1545

St. Anne's Food Pantry
508-523-4619

Shrewsbury Housing Authority
508-757-0323

Shrewsbury Youth & Family Services
508-845-6932

SELCO
508-841-8500

Professional Hearing Healthcare
508-366-8686

Shrewsbury Public Library
508-841-8533

Assessor's Office
508-841-8501

Health Department
508-842-0587

Town Clerk
508-841-8507

COA Van Transportation
508-841-8640

South Middlesex Opportunity Council
508-872-4853

Cold Relief Heatline
800-632-8175

Hello.
I hope you are doing well and you and your family have been able to stay safe and healthy. Unfortunately, 2020 has been a very difficult year for seniors in Massachusetts. With COVID-19 sweeping through Massachusetts, seniors have had to contend with many challenges including the high risk of contracting this illness, increased food costs on a fixed income, and changes to how they can safely purchase groceries. For many seniors, these expenses and changes can put pressure on their budgets and we want to help by connecting them with the food resources in their area.

Project Bread's FoodSource Hotline (1-800-645-8333) is able to provide SNAP application assistance over the phone and help them identify all of the allowable expenses such as housing and medical costs to ensure they receive the full amount of benefits that they are entitled to. We can also answer the questions of current SNAP recipients including using their SNAP funds to purchase groceries for delivery, navigating the Healthy Incentive Program (HIP), and providing information about other local food resources. The Hotline allows seniors to apply for SNAP or best utilize their SNAP benefits without leaving their home.

Our hotline is open **Monday through Friday from 8:00am to 7:00pm and Saturdays from 10:00am to 2:00pm.** We are able to assist callers in 180 languages through our interpreter service. We also offer assistance through our TTY line at 1-800-377-1292. Clients are also encouraged to connect with us via our Live Chat feature on www.gettingsnap.org!

Leah Schenkel
FoodSource Hotline Counselor & Outreach Coordinator
Leah_Schenkel@projectbread.org
1-617-239-2588 (Direct Line)
1-800-645-8333 (FoodSource Hotline)

THE OUTPATIENT CENTER
WHITTIER
Rehabilitation Hospital
WESTBOROUGH
A MEMBER OF THE WHITTIER HEALTH NETWORK
DEDICATED TO YOUR WELL-BEING

FALLS PREVENTION
ZOOM VIRTUAL PROGRAM
Thursday December 17th @ 12:30PM

Presented by: Mike Griffin, MSPT,
Outpatient Center at Whittier Rehabilitation Hospital

RSVP: 508-841-8640 with your name and email
We will email login information.
This will be recorded.

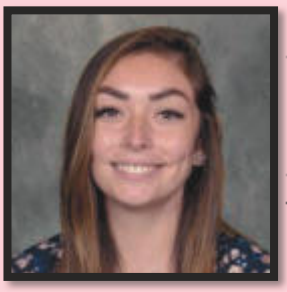
December 22 is
National Cookie Exchange Day
A glorious occasion when festively-decorated cookie tins filled with delicious cookies are exchanged for another.

This year think about baking those cookies for a neighbor.

3 Ingredient
Peanut Butter Cookies

1 cup peanut butter
1 cup white sugar
1 egg
Preheat oven to 350
Mix all ingredients. Roll into small balls. Place on baking sheet. Cook 10 minutes.

Meet the NEW Outreach Coordinator! — Elisabeth Peterleitner



A native of Shrewsbury, MA, Lis is a passionate Social Service professional, earning her BS in Developmental Psychology from Worcester State University in 2016 and her MS from Boston University Graduate School of Social Work in August 2020. Lis attended Worcester Academy for middle school and graduated with distinction for both academics and varsity athletics from the Bancroft School. Lis has been a long standing active member of the Shrewsbury community:

having attended Lilliput School and St. Mary's School; been an active member of St. Mary's parish; participated in the Girl Scouts, Shrewsbury Youth Soccer, and the Ski Ward Race Team; and volunteered at both Shrewsbury Nursing Home and as a tutor for core subjects – specializing in mathematics and science.

Lis is mom to Cooper Alan (born August 2019), and has two fur-children, Bailey and Kali. She is an avid traveler, animal-lover, fitness ambassador, and sports enthusiast. She has extensive experience providing professional and direct services through her undergraduate and graduate training and internships. She is especially interested in coordinating efforts in support of intergenerational opportunities. Her authentic spirit, courage, and exceptional interpersonal skills are her brand. She has always led her and her students' journeys through the lens of Social Emotional Learning (SEL) – long before SEL became a mandate for today's educational experience. Lis has a natural capacity to influence, to connect, to empower and to impact — revealed in her notable achievements as an educator, advisor, coach, case manager, and clinician. Lis is now growing her personal radius, by sharing the tenets of her own transformative journey with her clients. She believes that only through the growth of others, can she continue to grow herself. This opportunity to work for the town of Shrewsbury's Council on Aging will allow Lis to continue to move forward in achieving her goal of social justice while engaging the intergenerational communities within the Shrewsbury community. CONTACT-508-841-8647

Britton Funeral Homes, Inc.

Britton-Shrewsbury Funeral Home
648 Main Street, Shrewsbury, MA 01545
Shannon M. Henry
508-845-6226
www.brittonfuneralhomes.com

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T: 508.393.0500
KPR@ESTATEANDELDERLAWYER.COM

Feeling Lonely or Isolated?

Christopher Heights Can Help!

During this ongoing pandemic, isolation is a big concern for seniors. Through social distancing and effective infection control practices, we can offer community dining and activities, as well as the quality care and service we are known for.

Come be a part of our communities, and feel the comfort of being in an environment where social support makes a difference in the quality of your life.

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www.christopherheights.com

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Shrewsbury Council on Aging

508-841-8640

TRANSPORTATION SERVICES AVAILABLE

MEDICAL, WORK, GROCERY, PHARMACY, PERSONAL, LEISURE

ALL RIDES ARE FREE UNTIL FURTHER NOTICE

SAFETY IS OUR NUMBER ONE CONCERN
ONLY ONE RIDER IS ALLOWED AT ONE TIME
MASKS MUST BE WORN AT ALL TIMES
VANS SANITIZED BETWEEN EACH TRIP

We're here for your transportation needs. Some stores have senior only shopping hours– see below. If you would like to book a ride please call us. We'll get you there safely.

Walmart- 6:00 to 7:00AM - Seniors
7:00 Regular hours
Target- 8:00 TO 9:00AM - Seniors
8:00 Regular hours
Wegman's - 7:00 to 8:00AM - Seniors
7:00 to 12:00 Regular hours
BJ's -8:00 to 9:00AM - Seniors
9:00 to 10:00 - Regular hours
Kohl's - 10:00 to 9:00 - Regular hours - First hour Wednesday for seniors
TJMaxx - 10:00 - 8:00- Regular hours
9:00 TO 10:00AM - Tuesday & Thursday Senior hours
Dicks Sporting - 9:00 to 9:00 - Regular hours - No early hours for Seniors
Michael's - 9:00 TO 9:00 - Regular hours
No early hours for Seniors
Ocean State Job Lot - 9:00 to 7:00 - Regular hours
9:00 to 10:00 Senior hours

GROCERY

Price Chopper - 7:00 to 12:00
6:00AM to 7:00AM - Senior hours

Stop & Shop - 7:30AM to 10:00pm
6:00AM to 7:30AM - Senior hours

Shaw's - 7:00AM to 10:00pm
6:00AM to 7:00AM Senior Hours

Trader Joe's - 9:00 to 9:00pm
8:00AM to 9:00AM Friday's

508-841-8640

St. Anne's Food Pantry

Drive thru pickup available for Shrewsbury residents

every Monday from 10:30AM until supplies last

130 Boston Turnpike (Rt 9), Shrewsbury

Information line:
(508) 799-4169

Shrewsbury Council on Aging Mission Statement:

To advocate for and to develop programs and services that enhance the well-being and quality of life, and to create a welcoming, secure and inclusive community for seniors.

STAY WARM THIS WINTER

We want to make sure that you're staying safe and warm this winter.

Your information will remain confidential.

Our wonderful

Outreach Worker

Elisabeth is here for you.

Call her direct

508-841– 8647

"State Representative Hannah Kane
11th Worcester District

My office is open and here for you during these difficult times. Please feel free to reach out with any questions, concerns, or help connecting with resources. While the State House is closed, my Legislative Aide Anna and I are working remotely and are fully accessible via email and we are constantly checking our office voicemail. You can reach our office number at 617-722-2810, my cell number is 617-448-7304, and my email is Hannah.Kane@mahouse.gov. Anna's email is Anna.Darrow@mahouse.gov and her cell number is 802-373-2294. Please do not hesitate to contact us, we are here to help. I hope you are well and staying safe and healthy."

Memory Lane Videos – Mike Elliott: The Fabulous 40's – Part1

The Memory Lane shows were constructed as a combination of music therapy, reminiscence therapy, and cinema therapy—an interactive multimedia show described as "nostalgia on steroids", the best of best of the pop culture in any particular year. Rare, live performances of the original artists singing the top songs of the year, the most memorable scenes from the highest grossing films, and the funniest scenes from the most popular TV shows. The specialty shows narrow the field to such performers as Sinatra and Elvis, or holidays such as Bob Hope and the USO shows (Veterans and Memorial days) and the Christmas special.

Online type: **https://vimeo.com/406979710**

The New York Philharmonic
NY Phil Plays On is a new portal for free digital content to provide comfort and connection to millions of classical music fans worldwide.
Online: **https://nyphil.org/playson**

Healthy Bones and Balance video
The class consists of seated strength training exercises and standing strength training and balance exercises with a warm up and cool down. The program is lead and demonstrated by Healthy Bones and Balance leaders for this area.

Online: **https://youtu.be/Gs3GFI8hnz8**

Always consult a doctor before starting any exercise routine.

Come explore Shrewsbury Parks

Submitted by Angela Snell, Superintendent of Public Facilities and Parks.

Each month we will highlight one of the town's parks. Many people know Dean Park but did you know there are many other locations in town that you can use to walk, enjoy nature or go fishing at? This month we will highlight Lake Street Park, 430 Lake Street.

Parks Facilities

Facility	Address
Arrowwood Park	Arrowwood Ave, off S Quinsigamond Ave
Dean Park	Main Street
Edgemere Park	Edgemere Blvd, off Route 20
Gauch Park	Corner of N. Quinsigamond and Main St
Greylock Park	off N. Quinsigamond to Phillips Ave, to Avon Ave
Hillando Park	Hillando Drive, off Walnut
Hills Farm	Corner of Stoney Hill and Deer Run
Hills Farm Pond	Stoney Hill Road, off Route 20
Ireta Road Park	Ireta Road, off West Main Street
Jordan Pond	Florence St, behind Coolidge School
Lake Street Park	Lake Street
Maple Ave Fields	Maple Ave
Melody Lane	Melody Lane, off Route 140 South
Municipal Fields	Municipal Drive, Near Paton School
Northshore Fields	Parker Road, off North Quinsigamond
Prospect Park	Prospect Street (Formerly Masonic Property)
Rotary Park	Pond View Drive, off Old Mill Rd
Tobin Hills	Tobin Hill, off Walnut Street
Tomberry	Audubon, off Old Colony

This park features a short paved walking path and a network of natural terrain trails. The park also features an athletic fields and picnic tables. There is plenty of parking. It is currently the home of the Story Walk on the paved trail. Look for the entrance, which is next to the SAC Park, which is private.

For a map of the Lake Street Trails visit this link: shrewsburyma.gov/DocumentCenter/View/5003/Lake-Street-Park-Trails-Map-2018

Take a tour of our National Parks:

Visit Bryce Canyon in Utah, Kenai Fjords National Park in Alaska, Volcanoes in Hawaii, Dry Tortugas in Florida, and Carlsbad Caverns in New Mexico.

https://artsandculture.withgoogle.com/en-us/national-parks-service/parks

Dear All,

INTERGENERATIONAL
PEN PAL PROGRAM
Bridging the generation gap, one letter at a time!

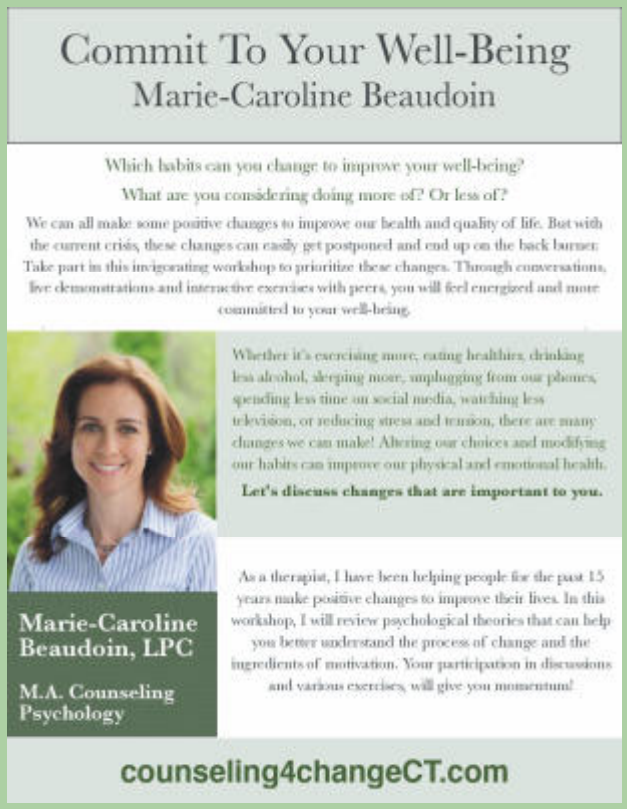
Looking for a meaningful activity while remaining socially distant? Shrewsbury Council on Aging & Sherwood Middle School 6th grade students are introducing a Pen Pal Program.
For more information call the Senior Center @ 508-841-8640.

The Shrewsbury Council on Aging is seeking writers of all ages for
The Senior Edition

The Senior Edition is a 16 page, colorful monthly newsletter that targets those in our community 60+.

Please call 508-841-8640
For more information!

Making Positive Changes In Your Life
December 8th
10:00 - 11:00
Join us with Google Meet
meet.google.com/imq-foyz-mmr
Join by phone
DIAL 1 219-778-6076 PIN: 640 904 802#



Shrewsbury Council on Aging Mission Statement:

To advocate for and to develop programs and services that enhance the well-being and quality of life, and to create a welcoming, secure and inclusive community for seniors.

Are you familiar with Senior Tax Work-Off?
Those 60 and over may benefit from a type of program designed to help lessen the burden of local property tax payments. The program is known as the

Senior Citizen Property Tax Work-Off Abatement Program
The tax work-off abatement law allows a city or town to establish a program giving property owners 60 or older the opportunity to volunteer services to the city or town in exchange for a reduction in property tax.
The city or town, not the state, administers the program, keeping track of hours worked and crediting for each hour worked. Shrewsbury is up to $750 at $11.00 an hour. Regulations for the program vary from community to community. Income limits for eligibility may vary. Participants may be asked to do anything from painting fire hydrants to answering phones to stacking books in the local library. In return, they receive a record of their work which is also sent to the local assessor in order to reduce the volunteer's property tax bill. The value of the work is not considered to be wages and therefore is not taxable.
Income Limits for owners or renters are:
$57,000- single person
$72,000- head of household
$86,000- married couple filing a joint return

Senior Tax Work-Off positions available.
Department Public Works- Customer Service Representative– responsible for administrative and customer service work.

Council on Aging- Bilingual Assistant to assist with translating many of our resources, flyers, newsletters and other material into other languages to better reach our local seniors.
Council on Aging- Program Coordinator– assist in researching creative programming ideas while operating under the status of the Senior Center.
Council on Aging– Grant Writer– search appropriate grant opportunities that pertain to the mission of the COA. Assist in writing of those grants.

CALL SENIOR CENTER 508-841-8640 OR VISIT OUR TOWN WEBSITE FOR MORE INFORMATION

Would you like to receive updates on Council on Aging happenings before you receive the newsletter?

Sign up for COA Newsflash.

Go to **shrewsburyma.gov/list.aspx**

Type your email and "sign in"
Click emails you want to receive

Confirm in you email in-box

If you have any difficulty please call us.
We're happy to help.

Periodically the Senior Center receives opportunities from outside organizations to receive frozen, fresh and delicious prepared meals– at no cost. If you're interested please call the Senior Center at 508-841-8640 and the center staff will gladly put you on our reservation list. We will then call you to make arrangements for pick-up or delivery.

All information is confidential with Council on Aging paid staff.

Commit To Be Fit

WALKING CLUB with the Shrewsbury Council on Aging

WALKING IMPROVES HEART HEALTH * LOWERS BLOOD SUGAR * REDUCES PAIN * BOOSTS MENTAL HEALTH

GET ACTIVE IN 2021
WHETHER YOU WALK INSIDE OR OUTSIDE
ALONE , WITH A PARTNER OR A PET
ITS TIME FOR YOU TO ***COMMIT TO BE FIT***

PARTICIPANTS WILL RECEIVE A PEDOMETER, WATER BOTTLE, AND 2021 CALENDAR TO TRACK YOUR PROGRESS

JANUARY- APRIL
Random monthly drawing for all participants who track their progress.
CALL THE SENIOR CENTER 508-841-8640 TO GET YOUR FREE GIFTS AND *COMMIT TO BE FIT*

Always consult your physician before beginning any exercise program.

AARP offers a 10-minute indoor walking workout with Denise Austin.
Go to: **https://videos.aarp.org/category/videos/fitness**
for this and other video exercise routines.

AARP

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE

The YMCA offer free Health and Fitness Videos for Active Older Adults:

https://ymca360.org/on-demand#/category/14

includes 6 different workout routines.

Available for pickup at the Senior Center now are the

Senior Resource Guides!

These booklets are a comprehensive publication designed to provide a wide variety of information to both senior citizens and their service providers. The guide serves as a vital tool to seniors and their families by helping them navigate and take advantage of the many services and programs that are available. Printed copies are available for a suggested donation of $2.

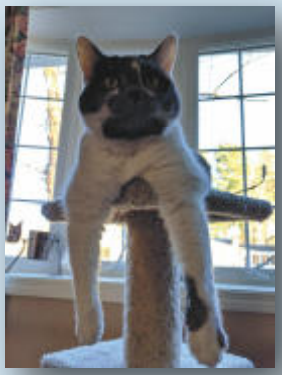
Call the Senior Center at 508-841-8640
to get yours today!

MASSACHUSETTS ELDER AFFAIRS

MA Elder Affairs promotes independence, empowerment, and well-being of older people, individuals with disabilities and their families. We ensure access to the resources you need to live healthy in every community in the Commonwealth. 617-727-7750

Executive Office of Elder Affairs

October Cat Contest Winner
GRAYC! - Louise Hale

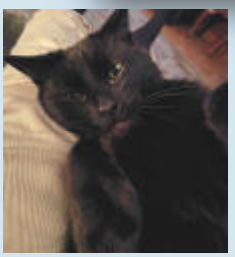


GrayC won a PETCO gift card and a basket of cat toys!!

Watch for January's newsletter to see the next winner!

BENNY

QUINSI



RASCAL

GREY

Friends of Shrewsbury Senior Center

The Friends of the Shrewsbury Senior Center, Inc. is the fundraising arm of the organization that can also supplement the department's budget and offer other support. This vital organization allows the Senior Center to purchase equipment, pay for special events and offer various programs.

Words from the Friends, December 2020

First, I hope everyone was able to enjoy their Thanksgiving in these chaotic times. My heart goes out to any of you who have loved ones who have succumbed to covid-19. I, myself, am very grateful and thankful that so far, my family and I have been spared from the virus. But we are not complacent yet. We are still following all the guidelines – wearing masks, washing hands, maintaining social distancing.

As Christmas, Hanukkah and other seasonal Holidays approach, many of us will be separated from loved ones due to social distancing and difficulties with traveling this year. Many of us will observe the Holidays in solitude. We have to keep a positive attitude that the crisis will pass and that we will soon be reunited with our families.

Recently, several members of the Friends' Board met with our Director, Hollie Lucht. Hollie has some intriguing ideas that we are contemplating putting in place when the Senior Center finally opens sometime in 2021, we hope. We talked about holding monthly catered dinners, some in the evening, which will be open to all. Friends members will have their meals discounted, similar to our annual meeting luncheons. There will be, I am sure, many more exciting activities once we are able to get together once again.

The Friends' Board wishes you all safe and happy holidays, whichever ones you celebrate. We hope you all are and stay safe and healthy! Wash your hands and wear your masks.

Central Massachusetts Agency on Aging, Inc.
www.SeniorConnection.org

CMAA & Worcester Sheriff's Office 'Gifts for Seniors' Ceremony Recap!

This past Thursday (11/12), the Central Massachusetts Agency on Aging and the Worcester County Sheriff's Office presented bags of gifts as part of Shrewsbury Senior Center's "Gifts for Seniors" program. Staff, volunteers, and community members gathered to celebrate the item donations and explain the importance of this collaboration. There was even an online shout out by the Bombas sock company afterwards!

508-852-3205
Ext 290

DECEMBER 2020

Elder Services of Worcester Area Nutrition Program

www.eswa.org

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE *Your $2.50 Donation is Appreciated!*	1 **Vegetable Cheese Bake** Seasoned Potatoes Mixed Vegetables Fresh Fruit Italian Bread	2 **Chicken Milano** Wild Rice Spinach Peaches Pumpernickel Bread	3 **Salisbury Steak** Gravy Garlic Mashed Potatoes Glazed Carrots Cookie Sandwich Roll	4 **Fish w/ Crumb Topping** Rice Pilaf California Blend Vegetables Butterscotch Pudding SF Vanilla Pudding Marble Rye Bread Tartar Sauce
7 **Chicken Picatta** Seasoned Rice Herbed Broccoli & Carrots Lemon Pudding Diet = SF Tapioca Pudding Pumpernickel Bread	8 **Meatballs w/Onion Gravy** Bowtie Pasta Chuckwagon Corn Fruited Ambrosia Peasant Bread	9 **Macaroni & Cheese** Stewed Tomatoes Green Beans Cookie Italian Bread	10 **Marinated Pork Loin** Herbed Stuffing Winter Blend Vegetables Baked Cinnamon Pears Muffin	11 **Chicken w/BBQ Sauce** Mashed Potatoes Glazed Carrots Fresh Fruit Whole Wheat Bread
14 **Beef Stew** Rice Corn Niblets Pineapple Italian Bread	15 **Lasagna w/ Meatballs** Green Beans Chocolate Pudding Diet = SF Chocolate Pudding Whole Wheat Bread	16 **Chicken Fajitas** Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	17 **Hot Dog** Baked Beans Mixed Vegetables Fresh Fruit Hot Dog Bun Mustard	18 **Roast Turkey w/Gravy** Mashed Sweet Potatoes Peas Fruited Ambrosia Pumpernickel Bread
21 **Shepherd's Pie** Carrots Peas Mixed Fruit Marble Rye Bread	22 **Chicken Cordon Bleu** Cranberry Stuffing Roasted Broccoli & Carrots Cream Puff Italian Bread	23 **Beef w/Onions & Peppers** Potato Wedges Summer Corn Strawberries Sandwich Roll	24 **Baked Potato** w/ Chili & Cheese Broccoli Sour Cream Vanilla Mousse Pumpernickel Bread	25 **Holiday** *No Meals Served*
28 **Chicken Mornay** Couscous Roman Blend Vegetables Tapioca Pudding Diet Tapioca Pudding Marble Rye Bread	29 **Meatloaf w/Gravy** Garlic Mashed Potatoes Carrots Cookie Whole Wheat Bread	30 **Fish with Parmesan Cream Sauce** Wild Rice Jardiniere Vegetables Fresh Fruit Pumpernickel Bread	31 **Roast Pork** Herbed Stuffing California Vegetables Cinnamon Pears Muffin	

Our caterer is working hard to fulfill menu items as printed. Thank you for your patience, as we do anticipate menu changes due to vendor shortages and product availability at this time.

MEALS ON WHEELS

Meals on Wheels can be ordered once or twice a week, or every week day!
Whatever your schedule, Elder Services can accommodate.

Call 508-756-1545

or go online www.eswa.org
Hot & cold meals delivered to your home by Shrewsbury volunteers.

GRAB & GO MEALS

Available Monday-Friday *(excluding holidays)*

Call the Senior Center by 10AM two days (48 hours) in advance to reserve a meal and provide your name, address and date of birth at time of order.

Monthly menus and nutrition information available on

COA webpage: shrewsburyma.gov/941/Grab-Go-Meals

Meal pickup is M-F 11:15 AM - 11:45 AM in front of Senior Center
Grab & Go Meals are prepared by Elder Services of Worcester who also prepares the Meals on Wheels.

MEALS ARE A SUGGESTED $2.50

Grab & Go Meals are not eligible for delivery at any time. If you need delivery please contact Elder Services 508-756-1545 and tell them you would like to apply for Meals on Wheels.

#1 Medicare Advantage plan provider in America

1-855-844-2078, TTY 711
ExploreUHCMedicare.com

United Healthcare

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ReNet Member

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SHREWSBURY PUBLIC LIBRARY

Residents can pick up requested materials, schedule an appointment for computer use and browse a selection of new books and check them out. Times and hours of our services:

Mondays, Wednesdays, and Fridays: 9:00 AM–12:00 PM; 2:00 PM–4:30 PM
Tuesdays and Thursdays: 9:00 AM–12:00 PM; 2:00 PM – 4:30 PM; 5:00 PM–7:00 PM
Saturdays: 9:00 AM–12:00 PM; 2:00 PM-4:30 PM
Sundays: 1:00 PM–4:30 PM

The library is offering an array of FREE virtual programs. Do join us. Please call 508-841-8609 x3 to register. Registrants will receive the Zoom link to join the presentation.

Virtual Talk by Dr. Cinzia Pica-Smith on Interracial Friendships

Wednesday, December 9th 7:00–8:00 P.M.

Dr. Cinzia Pica-Smith is the Associate Professor of Human Services and Rehabilitation Studies and is also the Director of the Women's Studies Program at Assumption University. She will give a presentation on the importance of interracial friendships. After a 30-minute presentation, she will answer questions from the public.

Peace of Mind Meditation

Thursdays, December 10th, January 14th, February 11th, 7:00–8:00 P.M.

This three-session series will instruct attendees in raja yoga meditation that will allow practitioners to understand their thinking patterns, remain mentally grounded during difficult times, and become more resilient throughout life changes Attendance at all three sessions is not required.

Winter Hair Accessory Take-Home Craft

Tuesday, December 15th, 10:00 A.M.

Make a Poinsettia and a holly berry hair accessory in a few easy steps! All supplies and instructions will be provided in a convenient take-home bag. Depending on the weather, the bags will be left on a table in front of the library or placed inside the library.

Please limit one bag per person; available until supplies run out. All materials are provided except the hot glue gun.

Questions? Contact Suzanne at sgorum@cwmars.org or 508-841-8609 x2

Winter Reading for Adults

Monday, January 4th–Friday, February 26th

Winter blues? Participate in our 8-week-long Winter Reading program!

Submit the title/author of a book or audiobook you've read to enter our weekly raffles; we will also have a grand prize raffle at the end! Prizes are gift cards.

How to Participate:

Option 1: Fill out our online form. The link can be found under the "Winter Reading" section of our website, or under the "Winter Reading" event on our Facebook page.

Option 2: Call the Reference Desk at 508-841-8609, x2, to submit your entry over the telephone. If you leave a voicemail, please include your name, title/author of the book, and your telephone number.

Homebound patrons will receive paper entry forms delivered with their items.

Questions? Contact Suzanne at sgorum@cwmars.org or 508-841-8609, x2.

English Conversation Circle

English Conversation Circle is on Zoom! Two weekly sessions are offered on *Tuesdays from 4:00–5:00 P.M. and on Saturdays from 10:30 A.M.–12:00 P.M. These sessions are for adults who wish to practice their conversational skills. The facilitators make the sessions engaging, interactive, and fun! To register for the classes, send an email to splreference@cwmars.org. This program is funded by a grant from the Greater Worcester Community Foundation.*

Memory Café

Our virtual Good Day Memory Café meets on the *first and third Friday of the month from 2:00–4:00 P.M. A memory café is a welcoming place for people at early stages of Alzheimer's or other forms of dementia AND their care partners. Facilitators and volunteers enliven the meetings with conversation, music or other activities to entertain guests. To receive a Zoom invite for this meeting, please email cbudge@cwmars.org. This program is funded by a grant from the Greater Worcester Community Foundation.*

Winter Wonderland
Presented By:
Southwick's Zoo

November 27th –
January 3rd

4:30 pm – 8:30 pm
Wednesday-Sunday: Drive Thru Only
Mon & Tues: Closed
Join us for our annual holiday themed event! This year's Winter Wonderland guests will stay warm and cozy in their vehicles as they drive through the zoo to admire light displays.
It wouldn't be Winter Wonderland without Santa Claus, so guests can also park and enjoy a socially distanced meet and greet with Santa

Magic of Lights™ is a unique and dazzling drive-through holiday lights experience to celebrate the season. Pile everyone into the car and experience Magic of Lights from the safety and comfort of your own car as you wind through the sparkling path. At every turn, the magical route is overflowing with spectacular light displays that bring your favorite holiday themes and characters to life. Tickets $25—$50
To buy tickets visit- magicoflights.com/events/foxborough/

WHAT HAS KEPT YOU POSTITIVE DURING COVID

What's gotten me thru this pandemic/virus has been my sewing machine...I've completed 2 full size quilts which will be given to my two older grandson's and their significant others for Christmas, and another one almost finished for a dear cousin...without my sewing machine I think I would have been a basket case. And having a "stash" of fabric at my disposal helps. I live in senior housing and most if not all of our in house activities have been discontinued and residents are requested to stay in their apartments except for necessary appointments, etc.. So this virus has been long and lonely. Hopefully it will be ending soon. I've also finished reading a series of books, 20 to be exact, which has also kept me busy. Books take you away from the stressors of every day. So, that's how I've spent my time coping with this virus. I hope others have faired well during this stressful time. **Eileen**

What has kept me positive through this pandemic is being able to keep myself safe. I always wear a mask and never get close to people. If I go for a walk I make sure I'm not too close to anyone. **Sandy**

Positive things for me during COVID:
projects, exercise classes, books, family, cooking. **Joy**

My dog, Shawnee has been a wonderful 24/7 companion thru these many months of social isolation. **Dan**

The new Shrewsbury Pickleball Courts at the Coolidge School. Pickleball is the fastest growing sport for seniors in the country. Special thanks to Town Manager Kevin Mizikar as well as Angela Snell and Gary Grindle for making it possible. **John**

I've been fortunate enough these last eight months to have the health and energy to tackle a number of tasks in my life that have put me on a more positive trek while facing the overwhelming stress of the Pandemic of 2020. Making cloth masks for hundreds of folks along with many other dedicated citizens has added much joy. I have also, although retired, been able to benefit from working part-time this year. which has made it possible to help put food on the table and take care of those never ending expenses. Most importantly, knowing that my closest friends and family – immediate and extended – have faired well helps to warm my heart and keep me going. Trying to keep busy and stay safe. **Gwen**

What has kept me positive is largely due to the fact that I had COVID last spring.
I was very ill for 5 1/2 weeks. During this time I received cards from members of my church, my book group and friends. I received offers to grocery shop and bring meals from people that I hardly knew. My aunt called regularly to get updates on my health from my husband and sent those updates along to other relatives. It made me feel very special to see the care and concern that was given to me. I do think that people are more caring these days and I hope it lasts. **Judy**
Eileen and Gwen each won a $25 Gift Card to Price Chopper. Drawings were random.

COLD WEATHER SAFETY TIPS **When you are outside, frostbite and hypothermia are possible so you need to protect yourself.** 1. Wear layers of loose-fitting, lightweight, warm clothing. 2. Wear a hat. Try to stay dry and out of the wind. 3. Cover your mouth to protect your lungs from extreme cold. 4. Mittens, snug at the wrist, are better than gloves.

To keep pipes from freezing on an outside wall: 1. Let hot and cold water trickle or drip at night from a faucet. 2. Open cabinet doors to allow more heat to get to un-insulated pipes under a sink or near an outer wall. 3. Make sure heat is left on and set no lower than 55 degrees. 4. If you plan to be away: (1) Have someone check your house daily to make sure the heat is still on to prevent freezing, or (2) drain and shut off the water system (except indoor sprinkler systems).

Carbon monoxide poisoning is a silent, deadly killer claiming about 1,000 lives each year in the United States. 1. Install a carbon monoxide detector. 2. NEVER run generators indoors. 3. Open a window slightly when using a kerosene heater and follow the manufacturer's instructions. 4. NEVER use a gas oven to heat your home. 5. If your heat goes out, you can keep warm indoors by closing off rooms you do not need, dressing in layers of lightweight clothing, and wearing a cap.

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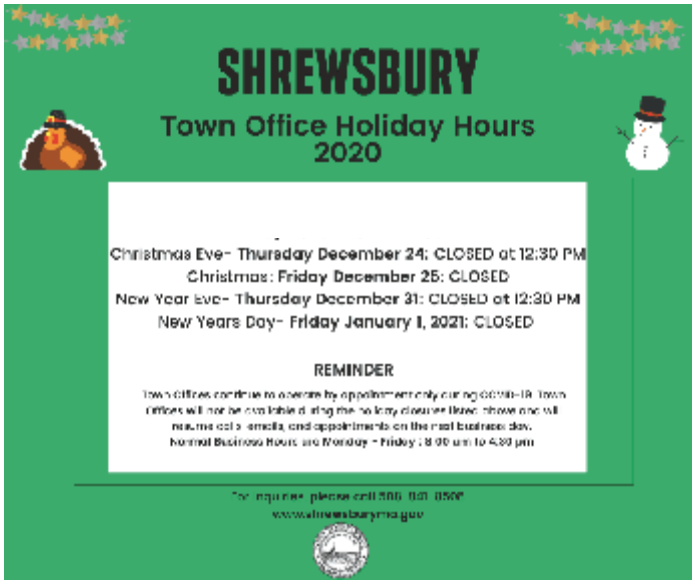
Town Offices will be closed for the following holiday schedule. Services will resume during normal business hours. As a reminder, Town Offices are open by appointment only. Staff can be reached during normal business hours by phone or email. Click here for the staff directory: https://www.shrewsburyma.gov/directory.aspx