

# SENIOR HAPPENINGS



**March/April 2022 ~ "It's Our Time"**

**Clinton Senior Center**  
271 Church Street

Tel: 978-733-4747  
Fax: 978-365-9416  
Email:  
seniorcenter@clintonma.gov

## **Staff Directory**

**Exec. Director, Ext. 302**  
Debra Goodsell

**Asst. Director, Ext. 304**  
Sherri Brown

**Nutritional Serv., Ext. 305**  
Stephanie Cerutti

**Programs, Ext. 303**  
Shannon Giansanti

**Dispatcher, Ext. 309**  
Christine Ladner

**Outreach, Ext 307**  
Melissa Sargent

## **Clinton Council on Aging Mission Statement**

"To serve as the Resource Center for the community's elders and their caregivers. We will provide services and programs that include health, education, nutrition, recreation, transportation and advocacy for elders."



We recently had the honor of being presented a check in the amount of One Hundred Thousand dollars by Senator John Cronin & State Representative Megan Kilcoyne.

This money has been earmarked to help with much needed physical improvements to our beautiful senior center.

A couple of the improvements will include making our front porch, front and side entry ways ADA accessible, and painting the exterior of the building.

We are truly grateful and very excited for work to be underway.

Top photo, L-R: Chairman of the Board for the C.O.A., Jolisa Chouinard, COA Board Member, Jim Leblanc, Executive Director of the Clinton Senior Center, Debra Goodsell, Senator John Cronin & State Representative, Megan Kilcoyne

We were also blessed by the Clinton Hospital Guild with a donation of Ten Thousand dollars.

This money will help us to continue transportation options for people receiving life saving treatments, such as chemotherapy or dialysis.

This is an amazing gift which is an enormous relief to the patients and/or their caregivers.

Bottom photo, L-R: Clinton Senior Center Executive Director, Debra Goodsell, Clinton Hospital Guild President, Anne Gaughan, Clinton Hospital Guild Treasurer, Ellie Dubie, and Clinton Senior Center Assistant Director, Sherri Brown



## **Clinton Council on Aging Board**

**Chairman**—Jo Lisa Chouinard (seated-R) **Vice Chairman**—Debra McMahon-Cote (seated-L)

### **Board Members (L-R)**

Sheila Azorandia, Henry Tencati, James LeBlanc, Steven Mendoza, Jr. & Claire Lent,

Clinton Council on Aging meets the 2nd Thursday of each month at 12:00 pm at the Clinton Senior Center.





176 WATER STREET | CLINTON, MA 01510

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**Matthew Moreno, Au.D.**  
DOCTOR OF AUDIOLOGY



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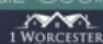


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# CENTER PROGRAMS by Shannon Giansanti, Program Coordinator

**REGISTRATION REQUIRED FOR ALL PROGRAMS.**

**CALL 978-733-4747 EXT. 303**

*Programs subject to change without notice.*

**Meditation**

Instructor: Jeff Cote

Every Wednesday 2:15 PM

Teaches us the art of mediation to lessen anxiety and stress.



**Line Dancing**

Instructor: Joanne Daley  
Mondays at 9:30 AM

Parks & Rec. Building  
560 High Street

**Tai Chi**

Instructor: Jeff Cote

Every Wednesday 1 PM

During the winter months Tai Chi will be held at the Parks & Rec. building  
560 High Street



**POOL ROOM IS OPEN!!!**



Call Shannon to reserve a time!

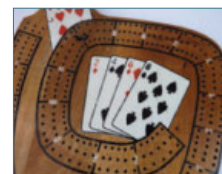
978-733-4747 Ext 303

Newly painted and freshened up  
by  
Dziczek Painting

**CRIBBAGE IS BACK!**

THURSDAYS  
9am-11am  
Call to Register!

NEW PLAYERS WELCOME!



Every Wednesday from  
9:30 AM-10:45 AM

Share challenges, goals & successes!

Contests & awards for weekly/monthly winners!

T.O.P.S. gives each chapter engaging, professionally prepared programs covering a variety of health and wellness topics

Call Shannon for more information or to register.  
978-733-4747 Ext. 303

**Cake Decorating**

Thursday, March 17th  
Wednesday, April 27th  
1 PM

Instructor: Dianne Rockwell  
The Cake Lady

\$5.00 fee includes frosted cake, frosting & guided instruction.

Registration required

**“Yarn It All” Knitting**

Every Wednesday from  
9:00 to 11:00 AM  
Instructor: Elaine Patterson

**Art Class**

Watercolor, Acrylic & other Mediums

Every Monday at 1:00 PM  
Instructor: Sharon Marini

Registration required

**Book Club**

**“No Way To Treat A First Lady”**

By  
Christopher Buckley  
Wednesday, March 16th 1:00 PM

&

**“The Night Watchman”**

By  
Louise Erdrick  
Wednesday, April 20th 1:00 PM

Every Friday at 12:30 pm



Seats are limited

New players welcome  
Call to register!

CARDS



Every Tuesday at 12:30 pm

New players welcome  
Call to register!!

IS IT YOUR BIRTHDAY MONTH?

**Lets celebrate with CAKE!!**  
11:45 AM

Wednesday, March 2nd  
Wednesday, April 6th



*Happy Birthday!!*



1. Ariat
2. Johnathan Livingston Seagull
3. Disco
4. School House Rock
5. Tattoo
6. Jimi Hendrix
7. American Pie (Don McLean)
8. Jim Henson
9. Jaws
10. Carrie

Trivia Answers



**Exercise with Kristin Higgins**

Hybrid BoomMind  
Monday 9:00 am

Chair Yoga  
Tuesday & Friday 12:30 pm

Strength & Balance  
Thursday 8:30 am

## CENTER PROGRAMS by Shannon Giansanti, Program Coordinator

### Bingo at Turner Hall

Thursdays at 1:00 PM

Registration is required for Bingo every week prior to Thursday

Easy slide window cards  
\$0.25 / 3 cards per game



**Winner takes the pot!**



### AMERICAN BANDSTAND

With Paul Daley

Please join us for a morning of Music, trivia & fun!

Friday, March 4th  
Friday, April 1st

9-11 AM



Please call Shannon to register  
978-733-4747 Ext. 303

### Caregiver's Connect

Reasons for Caregivers to Connect

-Learn Tips from Experienced Caregivers

-Make New Friends

-Know You're Not Alone

-Build a Bigger Support Circle

Monday, March 16th &  
Monday, April 20th 9:30 AM

Please Call Shannon to register  
978-733-4747 Ext. 303



### Bereavement Support

with Clyde Wheatley

Wednesday, March 30th  
Wednesday, April 27th  
1-3 PM

A safe place for you to share and express your grief and loneliness while discussing ways to find hope.

**Prior Registration is required.**

Please call Shannon to register  
978-733-4747 Ext. 303

### AMERICAN BANDSTAND

With Paul Daley

Please join us for a morning of Music, trivia & fun!

Friday, March 4th  
Friday, April 1st

9-11 AM



Please call Shannon to register  
978-733-4747 Ext. 303

### DULL MEN'S CLUB

"Proud To Be Ordinary"



### TOWN GOVERNMENT "WHAT'S HAPPENING"

Tuesday, March 1st, 9 AM

### OLD PATHS, TRAILS, STAIRWAYS & SHORTCUTS

Tuesday, April 5th, 9 AM

### WILD WOMEN

"Gather, Forage, Connect"



### PAJAMAGLAM DANCE PARTY

Wednesday, March 2nd, 1 PM

*T.B.A.*

Wednesday, April 6th, 1 PM

Call Shannon to register 978-733-4747 Ext. 303

Answer key

### Down

#### Across

- |                |           |
|----------------|-----------|
| 1. Leaps       | 1. Lacy   |
| 6. Span        | 2. Echo   |
| 10. Achoo      | 3. Ahoy   |
| 11. Kane       | 4. Popo   |
| 12. Chopsticks | 5. SOS    |
| 14. Yoyo       | 6. Skimp  |
| 15. Smelt      | 7. Paces  |
| 16. Lapses     | 8. Ankle  |
| 17. Harbor     | 9. Nests  |
| 21. Usurp      | 13. Tsar  |
| 22. Gobi       | 16. Lops  |
| 26. Milestones | 17. Humid |
| 28. Idea       | 18. Aside |
| 29. On Tap     | 19. Rules |
| 30. Desk       | 20. Break |
| 31. Peony      | 22. Gone  |
|                | 23. Onto  |
|                | 24. Bean  |
|                | 25. I spy |
|                | 27. Top   |



**Visit With A Nurse  
From The Oriol  
Health Care Team**

Come on in to get your free  
"Blood Pressure Check" & discuss any  
concerns you may have

Every 3rd Wednesday of each month  
9:30 am to 10:30 am.

Call Shannon to register  
978-733-4747 Ext. 303



## Hair I Go

Beauty Services at Your Door

with Kathy Wilson

978-875-1482

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The Wild Women are at it again!

Join us for a super fun dance party  
in our jammies!

Wednesday, March 2nd at 1:00 pm

Bring your favorite snack or appetizer to  
share!

Register w/Shannon at 978-733-4747



You can now have the Senior  
Happenings newsletter emailed to  
you!

Just let us know by calling Shannon  
978-733-4747 Ext. 303



# NUTRITIONAL SERVICES by Stephanie Cerutti, Meal Site Manager



HA! HA! HA!

It's time for  
WE FOOLED YOU LUNCH  
DAY!

Who knows what the meal will  
bring this day  
It could be silly, it could be  
sweet...  
Just know you're in for a great  
big treat!

Friday, April 1st  
"Lunch" is served at 11:30 AM

Please sign up with Shannon  
978-733-4747 Ext. 303

## FALLON FRIDAY!

- 3/4-Immunity Support
- 3/11-Johnny Appleseed Day
- 3/18-Saint Patty's Treat
- 3/25-Pecan Cheese Crisp
- 4/1-April Gardening Month
- 4/8-Know Your Numbers
- 4/15-Eating Healthy for Heart Attack Prevention
- 4/22-Earth Day.....T.B.A.
- 4/29-Eating Smart & Fitness Tips

Subject to change with no prior notice



Call Shannon to register by noon on prior  
Wednesday! 978-733-4747 Ext 303

## WEDNESDAY CENTER MEALS

- 3/2-Vegetable Lasagna
- 3/9-National Meatball Day
- 3/16-Sheppard's Pie
- 3/23-Modern Tuna Casserole
- 3/30-Greek Pasta Bake
- 4/6-Penne Pasta, Vegetable & Black Beans
- 4/13-Spinach & Cheese Gnocci Casserole
- 4/20-Stuffed Zucchini
- 4/27-Norwegian Meatballs

**\*\*\*All meals include a drink and dessert\*\*\***

**\$5.00 per person/registration required.**  
Reservation due by noon the prior Monday

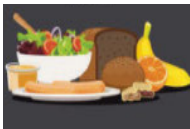
All meals may be subject to change with no  
prior notice.

## GROUP DINING

Every Monday, Wednesday &  
Friday at the  
Clinton Senior Center

Reservations must be made by  
noon the day prior by calling

Stephanie at 978-733-4747 Ext.  
305.



## COFFEE CHAT

Join us every  
Friday 9-11 AM

Delicious coffee,  
Great conversation  
& the best of company



## "Back-Up" Meals on Wheels drivers needed

If you'd like to help  
Please call Sherri at

978-733-4747 Ext. 304

**Must have valid driver's  
license & be agreeable to  
CORI**



If you, or a loved one, could  
benefit from having  
Meals On Wheels  
delivered to your door,

Please call Montachusett  
Opportunity Council (MOC)  
For more information

978-345-8501 Ext. 2



## TECH TIME with David Derezsinski

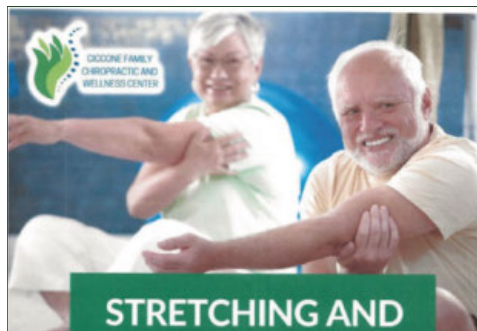
Are you having difficulty with your devices?  
Smart phones, laptops, desk tops, ipads, etc.

Let David help!

Saturday, March 12, 9-11 AM  
Saturday, April 9, 9-11 AM

Appointments are required

Call Shannon for your appointment time  
978-733-4747 Ext. 303



## STRETCHING AND CHIRO CARE EDUCATION CLASS

hosted by Dr. Vito from Occone Chiro & Wellness Center  
Come and learn about the many benefits for seniors from  
regular chiropractic care

**MONDAY, MARCH 7TH  
12:00 - 1:00 PM  
CLINTON SENIOR CENTER  
2ND FLR ACTIVITY ROOM  
Contact Shannon to register  
978-733-4747 Ext. 303**




## Pancake Breakfast





**PANCAKE BREAKFAST**  
Monday, March 21st at 9:00 AM

\$2/per person  
Call Shannon to sign up at  
978-733-4747 Ext. 303

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>MARCH</b></p> <p>All Programs require advance sign-up and are subject to change with NO prior notice.</p>	<p>1</p> <p>9:00 Dull Men's Club 12:30 Chair Yoga 12:30 Cards 1:15 Advanced Spanish</p>	<p>2</p> <p>9:00 "Yarn It All" 9:30 Oriole B.P. Check 9:45 T.O.P.S. 11:30 Center Meal 11:45 Monthly Birthday Celebration 1:00 Wild Women 1:00 Tai Chi 2:15 Meditation</p>	<p>3</p> <p>8:30 Strength &amp; Balance 9:00 Cribbage 10:00 Beginner's Spanish 1:00 Bingo @ Turner's</p>	<p>4</p> <p>9:00 Coffee Chat Crew 9:00 American Band Stand 9:00 Fallon Friday 10:00 Intermediate Spanish 11:30 Group Dining 12:30 Chair Yoga 12:30 Mahjong</p>
<p>7</p> <p>9:00 Hybrid BoomMind 9:00 Line Dancing 11:30 Group Dining 12:00 Stretching &amp; Chiro Care w/Dr Vito of Ciccone Family Fitness 1:00 Art Class</p>	<p>8</p> <p>12:30 Chair Yoga 12:30 Cards 1:15 Advanced Spanish</p>	<p>9</p> <p>9:00 "Yarn It All" 9:45 T.O.P.S. 10:00 Politics with J&amp;J 11:30 Center Meal 1:00 Tai Chi 1:00 Ireland to America 2:15 Meditation</p>	<p>10</p> <p>8:30 Strength &amp; Balance 9:00 Cribbage 10:00 Beginner's Spanish 1:00 Bingo @ Turner's</p>	<p>11</p> <p>9:00 Coffee Chat Crew 9:00 Fallon Friday 10:00 Intermediate Spanish 11:30 Group Dining 12:30 Chair Yoga 12:30 Mahjong</p> <p>----- Saturday, March 12th 9:00 Tech Time</p>
<p>14</p> <p>9:00 Hybrid BoomMind 9:00 Line Dancing 11:30 Group Dining 1:00 Art Class</p>	<p>15</p> <p>12:30 Chair Yoga 12:30 Cards 1:15 Advanced Spanish</p>	<p>16</p> <p>9:00 "Yarn It All" 9:30 Oriole B.P. Check 9:45 T.O.P.S. 11:30 Center Meal 1:00 Book Club 1:00 Tai Chi 2:15 Meditation</p>	<p>17</p> <p>8:30 Strength &amp; Balance 9:00 Cribbage 10:00 Beginner's Spanish 10:00 Irish Music w/Sean Fullerton 1:00 Bingo @ Turner's 1:00 Cake Decorating</p>	<p>18</p> <p>9:00 Veteran's Breakfast 9:00 Fallon Friday 10:00 Intermediate Spanish 11:30 Group Dining 12:30 Chair Yoga 12:30 Mahjong</p>
<p>21</p> <p>9:00 Pancake Breakfast 9:00 Hybrid BoomMind 9:00 Line Dancing 9:30 Caregiver's Connect 11:30 Group Dining 1:00 Art Class</p>	<p>22</p> <p>12:30 Chair Yoga 12:30 Cards 1:15 Advanced Spanish</p>	<p>23</p> <p>9:00 "Yarn It All" 9:45 T.O.P.S. 11:30 Center Meal 1:00 Cake Decorating 1:00 Tai Chi 2:15 Meditation</p>	<p>24</p> <p>8:30 Strength &amp; Balance 9:00 Cribbage 10:00 Beginner's Spanish 1:00 Bingo @ Turner's</p>	<p>25</p> <p>9:00 Coffee Chat Crew 9:00 Fallon Friday 10:00 Intermediate Spanish 11:30 Group Dining 12:30 Chair Yoga 12:30 Mahjong</p>
<p>28</p> <p>9:00 Hybrid BoomMind 9:00 Line Dancing 11:30 Group Dining 1:00 Art Class</p>	<p>29</p> <p>12:30 Chair Yoga 12:30 Cards 1:15 Advanced Spanish</p>	<p>30</p> <p>9:00 "Yarn It All" 9:45 T.O.P.S. 11:30 Center Meal 1:00 Bereavement Support Group 1:00 Tai Chi 1:00 Take Me Out To The Ball Game 2:15 Meditation</p>	<p>31</p> <p>8:30 Strength &amp; Balance 9:00 Cribbage 10:00 Beginner's Spanish 1:00 Bingo @ Turner's</p>	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>All Programs require advance sign-up and are subject to change with NO prior notice.</b>	<p style="text-align: right;">1</p> <b>9:00</b> Dull Men's Club <b>11:30</b> April Fool's Day Lunch <b>12:30</b> Chair Yoga <b>12:30</b> Cards <b>1:15</b> Advanced Spanish	<p style="text-align: right;">2</p> <b>9:00</b> "Yarn It All" <b>9:30</b> Oriole B.P. Check <b>9:45</b> T.O.P.S. <b>11:30</b> Center Meal <b>11:45</b> Monthly Birthday Celebration <b>1:00</b> Tai Chi <b>2:15</b> Meditation	<p style="text-align: right;">3</p> <b>8:30</b> Strength & Balance <b>9:00</b> Cribbage <b>10:00</b> Beginner's Spanish <b>1:00</b> Bingo @ Turner's	<p style="text-align: right;">1</p> <b>9:00</b> Coffee Chat Crew <b>9:00</b> American Band Stand <b>9:00</b> Fallon Friday <b>9:30</b> Intermediate Spanish <b>11:30</b> April Fool's Day Lunch <b>12:30</b> Chair Yoga <b>12:30</b> Mahjong
<p style="text-align: right;">4</p> <b>9:00</b> Hybrid BoomMind <b>9:00</b> Line Dancing <b>11:30</b> Group Dining <b>1:00</b> Art Class	<p style="text-align: right;">5</p> <b>12:30</b> Chair Yoga <b>12:30</b> Cards <b>1:15</b> Advanced Spanish	<p style="text-align: right;">6</p> <b>9:00</b> "Yarn It All" <b>9:45</b> T.O.P.S. <b>10:00</b> Politics with J&J <b>11:00</b> Tai Chi <b>11:30</b> Center Meal <b>1:00</b> Wild Women <b>2:15</b> Meditation	<p style="text-align: right;">7</p> <b>8:30</b> Strength & Balance <b>9:00</b> Cribbage <b>10:00</b> Beginner's Spanish <b>1:00</b> Bingo @ Turner's	<p style="text-align: right;">8</p> <b>9:00</b> Coffee Chat Crew <b>9:00</b> Fallon Friday <b>9:30</b> Intermediate Spanish <b>11:30</b> Group Dining <b>12:30</b> Chair Yoga <b>12:30</b> Mahjong <hr/> <b>Saturday, April 9th</b> <b>9:00</b> Tech Time
<p style="text-align: right;">11</p> <b>9:00</b> Hybrid BoomMind <b>9:00</b> Line Dancing <b>9:30</b> Caregiver's Connect <b>1:00</b> Art Class	<p style="text-align: right;">12</p> <b>12:30</b> Chair Yoga <b>12:30</b> Cards <b>1:15</b> Advanced Spanish	<p style="text-align: right;">13</p> <b>9:00</b> "Yarn It All" <b>9:30</b> Oriole B.P. Check <b>9:45</b> T.O.P.S. <b>11:00</b> Tai Chi <b>11:30</b> Center Meal <b>1:00</b> Book Club <b>1:00</b> Tai Chi <b>2:15</b> Meditation	<p style="text-align: right;">14</p> <b>8:30</b> Strength & Balance <b>9:00</b> Cribbage <b>10:00</b> Beginner's Spanish <b>1:00</b> Bingo @ Turner's	<p style="text-align: right;">15</p> <b>9:00</b> Veteran's Breakfast <b>9:00</b> Fallon Friday <b>9:30</b> Intermediate Spanish <b>11:30</b> Group Dining <b>12:30</b> Chair Yoga <b>12:30</b> Mahjong
<p style="text-align: right;">18</p> 	<p style="text-align: right;">19</p> <b>12:30</b> Chair Yoga <b>12:30</b> Cards <b>1:15</b> Advanced Spanish	<p style="text-align: right;">20</p> <b>9:00</b> "Yarn It All" <b>9:45</b> T.O.P.S. <b>11:00</b> Tai Chi <b>11:30</b> Center Meal <b>1:00</b> Cake Decorating <b>11:00</b> Tai Chi <b>2:15</b> Meditation	<p style="text-align: right;">21</p> <b>8:30</b> Strength & Balance <b>9:00</b> Cribbage <b>10:00</b> Beginner's Spanish <b>1:00</b> Bingo @ Turner's	<p style="text-align: right;">22</p> <b>9:00</b> Coffee Chat Crew <b>9:00</b> Fallon Friday <b>9:30</b> Intermediate Spanish <b>11:30</b> Group Dining <b>12:30</b> Chair Yoga <b>12:30</b> Mahjong
<p style="text-align: right;">25</p> <b>9:00</b> Hybrid BoomMind <b>9:00</b> Line Dancing <b>11:30</b> Group Dining <b>1:00</b> Art Class	<p style="text-align: right;">26</p> <b>12:30</b> Chair Yoga <b>12:30</b> Cards <b>1:15</b> Advanced Spanish	<p style="text-align: right;">27</p> <b>9:00</b> "Yarn It All" <b>9:45</b> T.O.P.S. <b>11:00</b> Tai Chi <b>11:30</b> Center Meal <b>1:00</b> Cake Decorating <b>1:00</b> Bereavement Support Group <b>11:00</b> Tai Chi <b>2:15</b> Meditation	<p style="text-align: right;">28</p> <b>8:30</b> Strength & Balance <b>9:00</b> Cribbage <b>10:00</b> Beginner's Spanish <b>1:00</b> Bingo @ Turner's	<p style="text-align: right;">29</p> <b>9:00</b> Coffee Chat Crew <b>9:00</b> Fallon Friday <b>9:30</b> Intermediate Spanish <b>11:30</b> Group Dining <b>12:30</b> Chair Yoga <b>12:30</b> Mahjong

<p style="font-size: 2em; margin: 0;">THIS SPACE IS</p> <p style="font-size: 4em; font-weight: bold; margin: 0;">AVAILABLE</p>	<p style="font-size: 2em; margin: 0;">LET US PLACE</p> <p style="font-size: 2em; margin: 0;">YOUR AD HERE.</p>
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## TRANSPORTATION by Christine Ladner, Dispatcher

### Clinton Senior Center Van Services - WRTA



Hours of operation are 8:15 AM to 2:30 PM

**In Town-** Clinton trips Monday-Friday, are “no fee” for Clinton seniors and those w/disabilities.

**Out of Town-** Please schedule your Out of Town appointments between 9 am-12 pm

Monday: Lancaster, Sterling, Leominster, Oakdale Nursing Home

Tuesday: Bolton Primary Care Physicians & Berlin/Highland Commons

Wednesday and Friday: Worcester

**ALL VAN SERVICE REQUIRES A MINIMUM OF 48 HOURS ADVANCE NOTICE** excluding weekends & holidays.

Limited seating-Curb to Curb-First Come/First Serve

**WRTA has suspended all fares through 12/31/22**



By our partnership with the Clinton Livery, Inc and through grant funding from Mass Development, we are now able to schedule rides to address the “UNMET” needs for non-emergency medical appointments. Please call Christine for more information.

**THIS PROGRAM ENDS WHEN ALL GRANT FUNDS ARE EXHAUSTED**

IF YOU NEED A RIDE TO APPOINTMENTS, PICK UP GROCERIES, GET YOUR HAIR DONE, RUN ERRANDS, OR WHAT EVER YOU MAY NEED TO DO, WE CAN HELP.

PLEASE CALL CHRISTINE FOR MORE INFORMATION.

978-733-4747 EXT 309

PLEASE BE ADVISED: Monday, April 18, 2022

THERE WILL BE NO VAN SERVICE ON THE FOLLOWING HOLIDAYS.

In observance of PATRIOT'S DAY

PLEASE BE SURE TO MAKE OTHER ARRANGEMENTS AS NEEDED



### MARCH FUN FACT

March's birthstone is aquamarine. The cool colored aquamarine makes you think of it's namesake, the sea.



Are you on our **EMAIL LIST?**

We send “Email Blasts” when we have new programs and special events. Don't miss out! Sign up today!

Call Shannon 978-733-4747 Ext. 303



TO EVERYBODY AT THE SENIOR CENTER;  
I WANT TO THANK YOU ALL FOR YOUR HELP IN MANY WAYS, YOUR CARING AND KINDNESS, THROUGH THE YEARS.  
THANK-YOU FOR THE FARM FRESH FRIDAYS, ALL YOUR GOODIES, GROCERY ITEMS, ETC.  
THE LIBRARY YOU HAVE TO HELP ME WITH READING MATERIAL, ESPECIALLY WHEN THE BIGELOW LIBRARY WAS CLOSED)  
IT IS SURE NICE TO HAVE THE CLINTON SENIOR CITIZEN CENTER.  
HERE IS TO HOPING 2022 WILL BE MUCH HEALTHIER AND SAFER THAN 2021.  
P.S. ALSO THANK-YOU FOR THE COFFEE, IT IS SURE NICE TO ENJOY A CUP.

Although they are not expected or necessary, we thank YOU from the bottom of our hearts, D.G. of Clinton, for the kind words and warm wishes! 2022 can only get better and brighter!



# OUTREACH by Outreach Program Resource Coordinator, Melissa Sargent ext. 307

## Fuel Assistance Eligibility

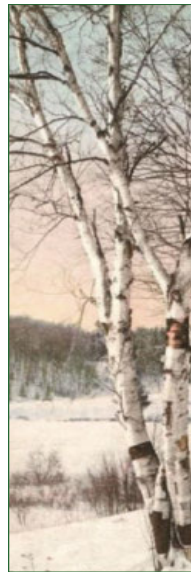
Applications will be taken November 1st through April 30th for households applying for the first time.

Applications for those households eligible for Fuel Assistance last winter and have not received a renewal form, please contact Melissa 978-733-4747 ext. 307

or you may contact New England Farm Workers' Council at:



New England Farm Workers' Council  
**Fuel Assistance Program**  
 473 Main St., 3rd Floor,  
 Fitchburg, MA 01420  
**978-342-4520**



## IN MEMORIAM

*In Loving Memory Of*

**GEORGE A. PRICE**

*Requested by*  
 Clinton Rotary Club  
 Charles & Judith Pingitore  
 Deborah Price  
 Aimee St. Jean

*In Loving Memory Of*

**JOHN ASHLINE**

*Requested by*  
 Ruth Poynton  
 Marc & Sharon Windward  
 George & Joanne Veracka

*In Loving Memory Of*

**EDGAR WATSON**

*Requested by*  
 Cathy (Halloran) & David Dreslinski

*In Loving Memory Of*

**PAUL J. MELEEN  
 &  
 EDITH W. MELEEN**

*Requested by*  
 Jeffrey P. Meleen

*In Loving Memory Of*

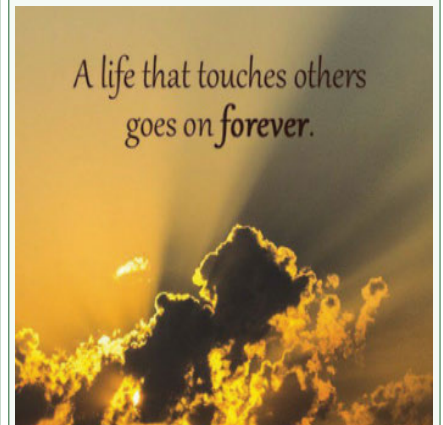
**MARIA SAKELLARION**

*Requested by*  
 Doris "Dot" Santangelo

*In Loving Memory Of*

**MARGARET "PEG" MURPHY**

*Requested by*  
 Mary M. O'Toole



If you are a senior and are receiving SNAP benefits and want more information on earning MORE SNAP Dollars,

please call Melissa at 978-733-4747 Ext. 307

### Earn More SNAP Dollars

If you're having a hard time navigating all of the elements of Medicare, MassHealth, or private insurance, make an appointment with Integrity Medicare Advisor, Keith Aubin, today.

Call Melissa to schedule your appointment.  
 978-733-4747 Ext 307



## Report Elder Abuse & Neglect

24/7 Hotline

1-800-922-2275

Mass.gov/how-to/report-elder-abuse

## DO YOU NEED HELP APPLYING FOR SENIOR HOUSING??

### C.H.A.M.P.

Common Housing Application for Massachusetts Programs online can help.

For help with online application  
 Please contact Melissa 978-733-4747 Ext. 307

CMHA operates an array of programs ranging from homelessness prevention to affordable homeownership and services for elder homeowners.



The cornerstone of CMHA's mission is to not exist simply to continue to provide more services, but to get to the root causes and reduce the need for our services in the long run.

Take a look at just a few of the things CMHA can assist you with:

- **Donations Clearinghouse**- DCH provides donated furniture and household goods to those in need, free of charge.
- **Elder Home Repair & Maintenance**- EHRM supports the age network concept of AGING IN PLACE by helping assure a physically safe and healthful home.
- **Housing Counseling**- Housing Counseling works to prevent homelessness and to promote safe, stable and affordable housing.
- **Family Shelter, Housing Placement, & Stabilization**- CMHA provides emergency shelter in coordination with DHCD with programs designed to provide families with the opportunity to develop a plan for housing and employment, allowing them to get back on their feet and obtain a home as soon as possible.

Central Massachusetts Housing Alliance (508) 752-5519

# Crosswords, Word Search, Poems, Coloring Page, Trivia & More.....

## 1970's Pop Culture Trivia

1. Which video game system debuted in the 1970's and featured now iconic games like Pong and Pac Man?
2. Which book about a bird on a journey of self-discovery topped The New York Times best-seller list for 38 weeks in 1970?
3. Which musical genre featuring a driving eight beat spawned a cultural phenomenon that peaked with the 1977 release of the film *Saturday Night Fever*?
4. Which series of musical cartoon shorts aired Saturday mornings and taught children lessons about math, grammar, government and more?
5. Name the character played by Herve Villechaize in the TV series, *Fantasy Island*.
6. What singer-songwriter, considered by many to be the greatest electric guitar player of all time, died in 1970?
7. What was the top selling song of the 1970's decade?
8. Who created the Muppets?
9. What movie from the 1970's made many people afraid to go swimming in the ocean?
10. What was the name of Stephen King's first published novel that came out in 1974?



Answers to Trivia & Crossword are hidden somewhere inside



### All The World's Alive Again

by Jennifer Gunner

The rabbit hops its gentle step  
The lark sings lyric songs  
All the world's alive again  
Spring rights the winter wrongs.



#### ACROSS

1. Frog movements
6. Stretch across
10. Sneeze sound
11. "Citizen \_\_\_\_"
12. Chinese takeout utensils
14. Toy on a string
15. Refine metal
16. Memory slips
17. Dockside area
21. Take forcibly
22. Dry Mongolian expanse
26. Significant achievements
28. Creative process output
29. Ready to pour
30. Cubicle furnishing
31. Indiana's state flower

#### DOWN

1. Like some lingerie
2. Amazon product that talks back to you
3. "Hello, captain!"
4. Cops, in slang
5. Distress letters sent telegraphically
6. Cut corners
7. Treasure map distances
8. Twist locale
9. Tree homes
13. Former Russian leader
16. Hacks off
17. Summer forecast
18. "All joking \_\_\_\_ . . ."
19. Pamphlet in a new board game
20. Bit of luck
22. No longer around
23. Cognizant of
24. Lentil or jelly
25. Guessing game during a car ride
27. Apex

#### Bone Breakers

1	2	3	4	5		6	7	8	9
10						11			
12						13			
14						15			
					16				
17	18	19	20						
21						22	23	24	25
26						27			
28						29			
30						31			

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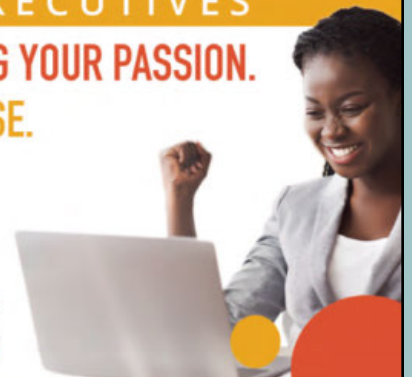


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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com) Clinton Senior Center, Clinton, MA 06-5078

**The Clinton Senior Center Presents:**

Roger Ticknell

**Ireland to America- Sing-alongs, ballads, instrumentals, step dancing and spoon playing.**

Wednesday March 9th, 1:00 PM

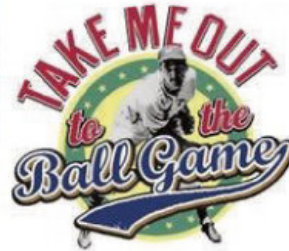
Call Shannon to register as space is limited



Join Us March 30th 1:00PM

Senior Center Dining Room

Big Smile Entertainment presents:



As American as apple pie, Baseball is known as **America's Favorite Past time**. In the format of a Baseball Game, this fun and interesting interactive musical show brings to light why we love the Game so much. Lots of Baseball songs, Routines and Classics like, *The Mighty Casey Comes to Bat*.

Lots of music, interactive fun, trivia and prizes.

Come on everyone, let's **PLAY BALL!**

Call Shannon to register 978-733-4747 EXT. 303

seanfullertonmusic.net

**CLINTON SENIOR CENTER**  
271 Church St in Clinton, MA  
Thursday March 17th, 2022  
10 - 11am

This program is sponsored by a grant from the CLINTON Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

Did you know?

**There is a 2 year WAIT LIST for Senior Housing in Clinton.**

Many seniors are shocked when they call our office to find out it is years, not weeks or months, before they can move into Senior Housing.

Our Outreach Coordinator can help by filling out the online application with you. This application is time stamped to ensure your place on the list.

If you feel that Senior Housing may be in your future, in the next couple of years, **NOW** is the time to complete the application.

Call Melissa at 978-733-4747 ext. 307 to schedule your appointment.