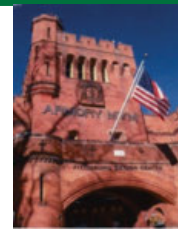




FITCHBURG SENIOR FOCUS



14 WALLACE AVENUE • FITCHBURG, MA 01420 • TEL:978-829-1790

MARCH 2022

Council on Aging Board Members: William Walsh-Chairperson, Joe Byrne-Vice Chairperson, Josie Wood-Treasurer, Michele Morin-Secretary, Annie DeMartino, Bonnie Hautala, Jim Craigen, Margaret Padovano, George Bourque, Debbie Dion, George Rodriguez

THE FITCHBURG SENIOR CENTER

8:30am - 4:30pm Monday - Friday

The center is closed holidays and

during inclement weather.

SENIOR CENTER STAFF

Executive Director: Joan Goodwin

Principal Clerk: Jennifer Brennan

Receptionist: Kathy Deery-Cote

Building Maintenance: Michael Brown

SENATOR'S OFFICE 2ND FL

John Cronin, Mass State Senator

Phone:(617) 722-1230

John.Cronin@masenate.gov

COMMUNITY RESOURCES

We have a list of elderly resources and information on page 3. Please call the

Senior Center for more information

(978) -829-1790.

OUR NEWSLETTER ONLINE:

MyCommunityOnline.com

Thank you to our advertisers who make our newsletter possible and to LPI for prompt delivery every month.

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Fitchburg, MA

Senior Center



Tax Return Information

Unfortunately, again this year there will be a very limited supply of openings for AARP and VITA free tax preparation appointments. At this time there is no free tax help in Fitchburg. As it might be more difficult to complete your taxes this year, please try to start the processes as soon as possible.

Leominster Library 978-534-7522

Leominster Senior Center 978-534-7511

Westminster Senior Center 978-874-7402

Gardner Senior Center 978-630-4067

Pepperell Senior Center (Albert Harris Center) (978) 433-0326

Townsend Senior Center (978) 597-1710

MOC VITA (Volunteer Income Tax Assistance) 978-345-7040

IRS Website: File Your Federal Taxes Online for Free

irs.gov/filing/free-file-do-your-federal-taxes-for-free

Tax Information for Seniors & Retirees

irs.gov/individuals/seniors-retirees

Below are some local places that do tax preparation for a fee \$\$.

Laramie & Coder Accounting-Tax (978) 345-4802, 114 Summer St, Fitchburg, MA 01420

Liberty Tax (978) 342-2997 30 John Fitch Hwy Suite 3, Fitchburg, MA 01420

Lee Ann Nault, CPA (978) 290-6903 977 South St, Fitchburg, MA 01420

Kenneth P. Posco, CPA, CFP (978) 343-3344 14 Oliver St, Fitchburg, MA 01420

Crys Tax Services (978) 466-7797 53 Merriam Ave, Leominster, MA 01453

Senior Tax Solutions (978) 537-3787 14 Monument Square, Leominster, MA 01453

Fratlicelli & Co., Inc. (978) 537-0709 40 West St, Leominster, MA 01453

UPCOMING EVENTS FOR FEB:

March 2nd: Sound of Music Bingo Game! w/ Fitchburg HealthCare

March 7th: Movie: The Missing (2003)

March 7th: Mixed Media Journal w/ Kathy

March 8th: Felted Leprechauns w/ Laura

March 9th: Celtic Celebration

March 14th: Watercolor w/ Carolyn & Bill

March 16th: Virtual Trip: Ireland w/ Michele Gardner Rehab

March 17th: G&G St. Patrick's Day Dinner

March 21st: Daffodil Day Lunch

March 21st: Movie: Dante's Peak (1997)

March 22nd: Alcohol Ink Painting w/ Laura

March 23rd: Mixed Media Journal w/Kathy

March 28th: Watercolor w/ Carolyn & Bill

March 30th: Vincent Van Gogh w/ Michele Gardner Rehab



The Armory Cafe

More info on page 7!



Garry our SHINE Counselor is available for appointments

Please call (978) 400-0690 or the Regional SHINE Office at 508-422-9931

News from SHINE for March 2022

Prescription Advantage is a state-sponsored prescription drug program administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs for seniors and people with disabilities. Joining this program can help with your prescription costs.

Prescription Advantage is available to Massachusetts residents who are:

- Age 65 or older, eligible for Medicare, and have a gross annual household income less \$64,400 for a single person or \$87,100 for a married couple.
- If your annual household income is below \$38,640 for a single person and \$52,260 for a married couple you get Prescription Advantage at **NO COST**.
- 65 years of age or older and not eligible for Medicare, or
- Under age 65, work no more than 40 hours per month, earn no more than the maximum of \$24,214 for a single person or \$32,750 for a married couple.

Individuals with comprehensive MassHealth programs or MassHealth Buy-In programs, also known as Medicare Savings Programs (MSP) are not eligible for Prescription Advantage.

Prescription Advantage members are entitled to a one-time Special Election Period (SEP) each year that allows members to join or switch their Medicare drug plan outside of Medicare's open enrollment period. **THIS WILL HELP IF YOU ARE ERRONEOUSLY ENROLLED IN A PLAN OR YOU NEED TO CHANGE YOUR PLAN DURING THE YEAR FOR ANY REASON!**



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COMMUNITY SERVICES & INFORMATION

Aging Services of North Central Mass: (978) 537-7411/(800) 734-7312 Community Resources and referrals

Twin City Area Memory Cafe: (978) 400-8778
Leominster Senior Center. Contact: JoAnn Valois

TeleCheck: Telephone check-in service for older adults living at home (508) 573-7200 Intake Dept.

Call2Talk: (508) 532-2255 confidential emotional support

Community Legal Aid of Central MA (free): (978) 516- 5155 www.communitylegal.org | 515 Main St, 3rd Floor

Elder Helpline: Mon-Fri 9a-8pm, Sat 9am-1pm
(800) 243-4636 | TDD/TTY (800) 872-0166

Executive Office of Elder Affairs: (800) 922-2275 Report Elder Abuse Open 7 days a week 24 hours a day.

Fuel Assistance: Salvation Army (978) 342-9407
New England Farm Worker's Council: 473 Main Street, 3rd Floor, Fitchburg (978) 342-4520

MassOptions: Free referral service (844) 422-6277
www.MassOptions.org

MOC Meals on Wheels: (978) 345-8501 Home delivered meals

SNAP Assistance: DTA office (978) 665-870, see Jennifer in Senior Center office for more information

Senior Housing-Fitchburg Housing Authority:
(978) 342-5222 fitchburghousing.org

Social Security Office: (877) 319-0728
881 Main St #1, Fitchburg

Spanish American Center: (978) 534-3145
112 Spruce St, Leominster

Local Adult Day Care: Active Life Adult Day Center 783 Water St, Fitchburg (978) 400-7604

Local Food Pantry: Ginny's (978) 537-1387, Catholic Charities (978) 840-0696, Salvation Army (978) 342-3300, Spanish American Center (978) 534-3145

Mart Transportation: (978) 345-7711 ext. 3
ADA Transportation: www.mrta.us/services/ada-van-service
Routes: <http://www.mrta.us/routes-schedules>

Veterans: (978) 829-1797 City Hall 718 Main St.

Fitchburg Homeless Shelter: (978) 345-2256
Our Father's House 55 Lunenburg St.

In-Home Hairdresser Services: Glam on the Go-Please see her ad in this newsletter for more info (978) 868-0742



RIDE REGISTRATION AND SCHEDULING

New van riders residing in Fitchburg must register by calling the Senior Center at (978) 829-1790. To qualify for a discount, you must call and have us register you. Must be 60 years or older. Call MART at (978) 345-7711 ext. 3 to schedule local rides, questions, schedules and rates. Monday-Friday 8:30am - 4:30pm. \$.50 each way to Fitchburg and \$.75 each way to Lunenburg or Leominster.

MART OUT OF TOWN SCHEDULE

MART provides out of town transportation to Worcester & Boston. The shuttle service departs from Fitchburg Intermodal Center on lower Main St. across from Dunkin Donuts. **Worcester** shuttle leaves at 7:30am, 11:30am and 3:30pm. Cost is \$8.00 one way with Mart ID. **Boston** shuttle leaves at 7:30am, Noon and 3:00pm. Cost is \$10.00 one way with Mart ID. If you need a **return ride** please call MART at (978) 345-7711 (ext. 3) when you get on the bus. They will give you the different time options and you will be asked to call MART **one hour** before the time of your pickup.

MART RIDER REMINDERS

The regular schedule Club Return Van is scheduled at 3:45pm. You are responsible for scheduling your own ride if not riding the Club Return Van. You must be outside at this time. If you are not visible when the van arrives, you will be considered a **"no show."**

Integrity Medicare Advisors

Don't Navigate Medicare Alone

With over 20 years experience, we are licensed and AHIP certified to help you make sense of all the choices you are faced with.

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- Assistance applying for Frail Elder Waivers/DSNP
- Advisory on available extra help programs

Keith Aubin (978) 479-2351

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Friday Appointments Available here at the Senior Center call (978) 829-1790

~ Exercise/Health ~

Blood Pressure: Wednesdays 11am with Crystal Ledford, LPN from The Highlands

Zumba Gold: Mondays at 11am, led by Jenny Fava, O'Neill Hall

Chair Yoga: Tuesdays at 10am, led by Vicki Brunelle

EZ Movement: Thursdays at 11am –12pm led by Susan Lepore

Walking Club: Monday – Friday in O'Neill Hall while hall is not in use



Free
\$5/class
\$5/class
\$5/class
Free

~ Life Enrichment Programs ~

Creative Writing Group: Mondays at 1pm

Tech Support with Jen: By appointment Only Call 978-829-1790

Lending Library: Lots of books (including large print), puzzles, games, DVD's and Books on Tape/CD's.

Busy Hands: Thursdays at 10:30am All busy hands are welcome to craft, chat & have fun!

Spanish: Fridays Level I-11am, Level II-10:30am; Linda Bourque and Richard Cormier Class Room 2nd fl.

Computer/Wi-Fi: Bring your own laptop or our computer available in the Library

~ Activities ~

Shuffleboard - Mondays at **10am** in O'Neill Hall (*New Players Welcome!*)

Movie Club - 1st & 3rd Mondays at **1:00pm** in the Fireplace Room (check calendar)

Coed Cribbage - Tuesdays from **1:00pm - 3:30pm** in the Dining Room

BINGO - Cards are sold from 12:30pm until the start of Bingo **1pm- 3:15pm**

Playing Cards - Wednesdays at **1:15pm**

Mah-jongg - Thursdays at **12:30pm** Playing American Mahjongg (experienced players)

Dominoes - Thursdays at **1:00pm**.

Men's Cribbage - Fridays at **1:00pm**

Ladies' Cribbage - Fridays at **1:00pm**

Puzzle Table - All are welcome to work on the puzzle, found in the dining room.

Pool Table- Bring your cue stick or use one of ours. The pool table is available on most days.



Free
Free
\$\$\$
\$.50/card, \$1/coverall
Free
Free
Free
\$\$\$
\$\$\$
Free
Free



March 7th 1pm

March 21st 1pm

Movie Mondays w/Snacks



Mixed Media Art Journal w/ Kathy S.

Monday, March 7th 10am

Felted Leprechauns w/ Laura Darrow

Tuesday, March 8th 10am

Watercolor w/ Carolyn & Bill

Monday, March 14th 10am

Alcohol Ink Painting w/ Laura Darrow

Tuesday, March 22nd 10am

Mixed Media Art Journal w/ Kathy S.

Wednesday, March 23rd 10am

Watercolor w/ Carolyn & Bill

Monday, March 28th 10am

March Art & Craft Classes

Please make sure to pre-register for all art classes as space is limited.

All classes are \$5/person.





**Change your
Clock on
Sunday,
March 13th**



**on Sunday,
March 20th**

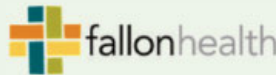
Tips

to help your body adjust to daylight saving time

1. **Don't change your schedule**
Stick to regular waking, eating, sleeping and exercise times.
2. **Have a nighttime routine**
Prepare your body for sleep by engaging in a few relaxing activities before hitting the hay.
3. **Avoid long naps**
Keep naps short (between 20-30 minutes) to avoid disrupting your sleep schedule.
4. **Get some natural sunlight**
Sunlight helps regulate your body's internal clock.



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to all of our sponsors!



Worcester County Sheriff's Office
Sheriff Lewis G. Evangelidis



**Interested in joining a Chess Club
here at the Senior Center?
Give us a call!! 978-829-1790**

We are collecting tabs for the Shriners!



Drop off in the Kitchen or Office. *Thank you!!*

**Teddy Bears, Blankets, Coloring
Books, Toiletries & Socks**

Just one little stuffed animal and/or blanket will give so much comfort to these children. Leave your donations in the designated drop boxes. Proceeds will be delivered to appropriate organizations.

Any Questions feel free to call Cheryl @ J.J.'s Helping Hands Network (978-855-1712)



Monday	Tuesday	Wednesday	Thursday	Friday
	1. No Chair Yoga 1pm Coed Cribbage	2. 9 Closet Boutique 11-12 BP Clinic 12 Lunch 12:30pm Bingo 57th Anniversary The Sound of Music Special Bingo Game	3. 11 EZ Movements 10:30 Busy Hands 12:30pm Mah-Jongg 1pm Dominos	4. Keith Medicare 9 Closet Boutique 10:30 Spanish 12 Lunch 1pm Men's & Ladies Cribbage
	7. 10Shuffleboard 10am Mixed Media Art Journal 11am Zumba \$5 12 Lunch 1pm Writing 1pm Movie: The Missing	8. 10a Chair Yoga 10am Felted Leprechauns 1pm Coed Cribbage	9. 9 Closet Boutique 10:30am Celtic Celebration 11-12 BP Clinic 12 Lunch 12:30pm Bingo	10. COA Board 1pm 11 EZ Movements 10:30 Busy Hands 12:30pm Mah-Jongg 1pm Dominos
14. 10Shuffleboard 10am Watercolor 11am Zumba \$5 12 Lunch 1pm Writing 	15. 10a Chair Yoga 1pm Coed Cribbage	16. 9 Closet Boutique 11-12 BP Clinic 10:30am Virtual Trip: Ireland 12 Lunch 12:30pm Bingo	17. 11 EZ Movements 10:30 Busy Hands 11:45am Grab & Go St Pats Dinner  12:30pm Mah-Jongg 1pm Dominos	18. Keith Medicare 9 Closet Boutique 10:30 am Spanish Special Surprise from Sterling Village!! 12 Lunch 1pm Men's & Ladies Cribbage
21. 10Shuffleboard 11am Zumba \$5 12p Daffodil Day Lunch 1pm Writing 1pm Movie: Dante's Peak	22. 10a Chair Yoga 10am Alcohol Ink Painting 1pm Coed Cribbage	23. 9 Closet Boutique 10am Mixed Media Art Journal 11-12 BP Clinic 12 Lunch 12:30pm Bingo	24. 11 EZ Movements 10:30 Busy Hands 12:30pm Mah-Jongg 1pm Dominos	25. Keith Medicare 9 Closet Boutique 10:30 Spanish 12 Lunch 1pm Men's & Ladies Cribbage
28. 10Shuffleboard 10am Watercolor 11am Zumba \$5 12 Lunch 1pm Writing	29. 10a Chair Yoga 1pm Coed Cribbage	30. 9 Closet Boutique 10:30am Vincent Van Gogh 11-12 BP Clinic 12 Lunch 1230pm Bingo	31. 11 EZ Movements 10:30 Busy Hands 12:30pm Mah-Jongg 1pm Dominos	

NEW! The Armory Cafe NEW!



The Fitchburg Senior Center will be opening "The Armory Café" for lunches starting in March.



We are excited to be open 3 days a week! Mondays, Wednesdays & Fridays. Meals will need to be reserved one week in advance, please call (978) 829-1790 . All meals will be \$3 payable that day and meals will be served between 11:45am - 12:30pm (no later). All meals will include coffee / tea or milk.

Monday

Annie & Chris

March 7th: Stuffed Baked Chicken, Peas & Dessert

March 14th: Ribs, Home Fries, Salad & Dessert

March 21st: New England Boiled Ham Dinner

March 28th: Cottage Pie, Rolls & Desert



Wednesday

Pat & Elaine

March 2nd: Shepherd's Pie, Bread & Dessert

March 9th: Ham Slices w/ Pineapple, Mashed Potatoes, Veggie & Bread

March 16th: Mac & Cheese w/ Hot Dogs & Rolls

March 23rd: Sloppy Joes w/ Potato Chips

March 30th: Pork & Pasta Bake w/ Salad

Friday

Mike & Sharon

March 4th: Roast Beef Dinner w/ Potatoes, Mixed Veggies & Dessert

March 11th: Turkey w/ Mashed Potatoes, Gravy, Green Beans & Dessert

March 18th: Roast Pork w/ Sweet Potatoes, Veggie & Dessert

March 25th: Beef Stroganoff w/ Noodles, Salad, Garlic Bread & Dessert

TODAY by Billy Collins

If ever there were a spring day so perfect, so uplifted by a warm intermittent breeze

that it made you want to throw open all the windows in the house and unlatch the door to the canary's

cage, indeed, rip the little door from its jamb,

a day when the cool brick paths and the garden bursting with peonies

seemed so etched in sunlight that you felt like taking

a hammer to the glass paperweight

on the living room end table, releasing the inhabitants from their snow-covered cottage so they could walk out, holding hands and squinting into this larger dome of blue and white, well, today is just that kind of day.



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Coed Cribbage

12/16 Rowye Sears 1st Place
Dick Doucette 2nd Place
Darrel Hopkins High Hand

1/25 Rowye Sears 1st Place
Hal Dennen 2nd Place
Belden DiVito High Hand

2/1 Charlie Lowe 1st Place & Tied
High Hands
Mary Miceli 2nd Place
Belden DiVito Tied High Hands

2/8 Dick Doucette 1st Place
Ida Kymalainen 2nd Place
Al Krapf, Charlie Lowe, Eileen
Scipione Tied High Hand

Men's Cribbage

1/21 Leon Rouleau 1st Place
Kevin Loiselle 2nd Place
Leon Rouleau High Hand

1/28 Darrel Hopkins 1st Place
Belden DiVito 2nd Place
Hal Dennen High Hand

Ladies Cribbage

1/22 Beverly DeCosta 1st Place
Mary Miceli 2nd Place
Jeannine Jeffrey High Hand

1/28 Judy Scipione 1st Place
Mary Miceli 2nd Place
Mary Miceli, Eileen Scipione Tied
High Hand



Worcester County District Attorney's Office
Joseph D. Early, Jr.



Community News Brief: March is National Nutrition Month

National Nutrition Month is an educational campaign focusing on the significance of physical fitness as well as eating nourishing meals. Taking charge of your health contributes to overall well-being. Nutrition is about eating a healthy balanced diet so your body will get the proper nutrients it needs to function. Nutrition is an important component of lifestyle regardless of age, and it may be a factor in the prevention of some diseases including osteoporosis, high blood pressure, heart disease, type 2 diabetes, and even certain cancers.

What makes it harder for me to eat healthy as I age?

- Change in home life such as suddenly living alone or change in the home environment
- Health problems that make it harder for you to cook or feed yourself
- Difficulty with mobility
- Medications that may alter appetite, cause gastrointestinal issues, or change how food tastes
- Change in income
- Change in sense of smell or taste
- Problems chewing or swallowing your food

What steps can I take to maintain a healthy diet?

- Eat foods that are nutrient-dense, without lots of extra calories. This includes foods such as fruits and vegetables, whole grains like oatmeal, fat-free or low-fat dairy products, seafood, lean meats, poultry, eggs, beans, nuts, and seeds
- Pick foods that are low in cholesterol and fat. This includes avoiding/limiting fried foods, and food from fast-food restaurants.
- When dining out, choose from the lighter side of the menu. If the portions are large, limit yourself to half the meal and save the rest for later.
- Avoid empty calories. This includes foods that are limited in their nutritional value including chips, candy, baked goods, soda, and alcohol.
- Try a meal kit program, prepackaged meals can assist with portion control.
- Drink lots of liquids, especially water.
- Be physically active. If you notice you do not have an appetite, exercise is a great way to boost the feeling of hunger.

How can I maintain a healthy eating schedule?

- Organize some potluck meals or cook with a friend. You can also look into meals offered by senior centers or religious organizations to avoid eating alone.
- If you are having difficulty chewing, make an appointment to see your dentist.
- If you are having difficulty swallowing, make an appointment with your healthcare professional and try drinking plenty of fluids with every meal.
- Add healthy, easy snacks to your diet throughout the day.
- If an illness is making it hard for you to cook your meals, check with your health care provider regarding resources such as meal delivery or occupational therapy.

Information adapted from the National Institute on Aging

What Is the Spring Equinox?

In the Northern Hemisphere, the **March equinox** (aka **spring equinox** or **vernal equinox**) occurs when **the Sun crosses the equator line, heading north**. This event marks the start of the spring season in the northern half of the globe. After this date, the Northern Hemisphere begins to be tilted more toward the Sun, resulting in increasing daylight hours and warming temperatures. (In the Southern Hemisphere, it's the opposite: the March equinox marks the start of autumn, as the Southern Hemisphere begins to be tilted away from the Sun.)



Worcester County Sheriff's Office Sheriff Lewis G. Evangelidis House Numbering Program



The Worcester County Sheriff's Office House Numbering Program is designed to assist all emergency personnel in identifying residences that do not currently have a highly visible number on their homes. Our Community Outreach Department will create a custom wooden sign with your house number, free of charge, which may be placed on the front of the home or end of driveway.

If you are interested in getting a Free sign for your home please stop by the Senior Center office OR call (978) 829-1790 and we will mail you the form to fill out.

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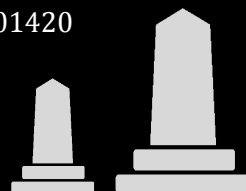
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Elizabeth Kalmansson, Attorney at Law

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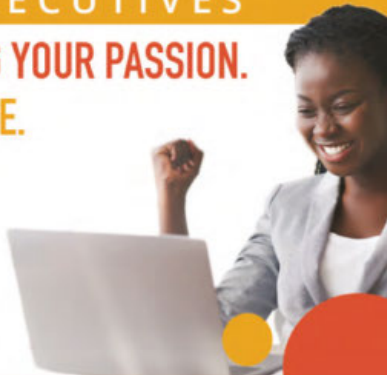
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57th Anniversary The Sound of Music Bingo Game

Wednesday, March 2nd during Bingo!

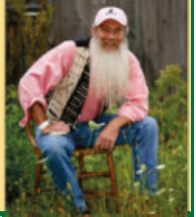
Come celebrate the 57th anniversary of the movie The Sound of Music with a special round of Bingo sponsored by Fitchburg HealthCare.



A Celtic Celebration

Wednesday, March 9th 10:30am

Celebrate St. Patrick's Day and the start of Spring with a lively participatory program by Davis Bates.



Virtual Trip: Ireland

Wednesday, March 16th 10:30am

Join Michele Morin, Community Relations for a virtual trip to Ireland. Featuring fact files, trivia, quizzes, music and more. RSVP by 3/9 *Limit of 20pp



Grab+Go St. Patricks Dinner

Thursday, March 17th 11:45am

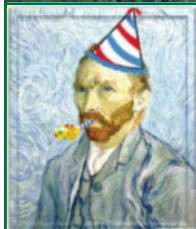
RSVP by 3/9 *Limit of 100pp



Daffodil Day Lunch

Monday, March 21st 10:30am

Join us for a lunch and receive a free bouquet of daffodils to celebrate spring. Lunch is \$3 * Please RSVP by 3/14 * Limit of 30pp



Happy Birthday Vincent van Gogh

Wednesday, March 30th 10:30am *Limit of 30pp

Join Michele Morin as we celebrate the art and life of Vincent van Gogh. Learn about his style of art, techniques and methods and dive deep into his talented and troubled life. RSVP by 3/23

Mixed Media Art Journal w/ Kathy S.
Monday, March 7th 10am

Felted Leprechauns w/ Laura Darrow
Tuesday, March 8th 10am

Watercolor w/ Carolyn & Bill
Monday, March 14th 10am



March Art & Craft Classes

Alcohol Ink Painting w/ Laura Darrow
Tuesday, March 22nd 10am

Mixed Media Art Journal w/ Kathy S.
Wednesday, March 23rd 10am

Watercolor w/ Carolyn & Bill
Monday, March 28th 10am

