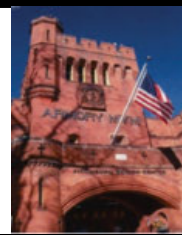




FITCHBURG SENIOR FOCUS



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

AUGUST 2022

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

THE FITCHBURG SENIOR CENTER

8:30am - 4:30pm Day - Friday
The center is closed holidays and during inclement weather.

SENIOR CENTER STAFF

Executive Director:
Principal Clerk: Jennifer Brennan
Receptionist: Kathy Deery-Cote
Building Maintenance: Michael Brown

SENATOR'S OFFICE 2ND FL

John Cronin, Mass State Senator
(617) 722-1230
John.Cronin@masenate.gov

COMMUNITY RESOURCES

We have a list of senior 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.

Follow us on Facebook!

Search for:

Fitchburg, MA Senior Center



Happy Summer Everyone!



Hope you are enjoying this beautiful, warm, sunny weather. Try to stay hydrated and in air-conditioning if at all possible. Remember, you can always come down to the Senior Center to spend time here with us. Many of our rooms are air-conditioned and *you are always welcome*.

As most of you know, Joan Goodwin has retired as Executive Director of the center. The Search Committee, as well as the Human Resource Department, is in the process of interviewing and subsequently hiring her replacement. While these will be big shoes to fill, there's no doubt that her replacement will be a great fit for our center. Stay tuned!!!

We still have many events happening here on a daily basis. The Armory Café is a huge success and serves lunches on Monday, Wednesday and Fridays. With the warm weather here, who feels like heating up a kitchen? No need to as our lunches are in-house cooked and always delicious. (And, you can't beat the price of \$3.00 per meal). On any given day, you can be as actively involved or simply come in and walk laps in our air-conditioned hall; make a puzzle; or pick up a book from our library. We continue to offer Bingo on Wednesdays, with +/-40 folks who try their luck at winning. Some of the jackpots are up there!! And we can't forget the Highlands who provided us a delicious BBQ (thank you Highlands) and they have plans to provide a Grab 'n Go Breakfast on August 10th. So many things happening here. Read through this newsletter and as we always say, "SIGN-UP EARLY! YOU WON'T WANT TO MISS A THING!"

Kathy, Jen and Mike – currently holding down the fort

HIGHLIGHTED EVENTS FOR AUGUST:

August 1: Movie: American Graffiti
August 3: Blueberry Social w/Ashley
August 4: Watercolor Class
August 8: Mixed Media w/ Kathy
August 9: Seashell Craft w/ Laura
August 10: Breakfast w/LifeCare Centers
August 11: Watercolor Class
August 11: Lions Club Wachusett Presentation and Picnic Meal Tickets \$25
August 15: Movie: Smokey & the Bandit
August 16: Mixed Media w/ Kathy
August 17: Living in the "Blue Zone" w/ Michele Morin
August 24: Tea Time w/Therapy Gardens
August 30: Felted Sunflower w/Laura
Other Notes: Stay safe in the HOT weather, if needed come to the center to COOL down:)

Big Thanks!!



To The Highlands
& Life Care Center
Summer BBQ



***NEW* Tai Chi / Qigong Exercise Class**
Sifu George Chase, Certified Taiji Instructor
Every Wednesday at 10:30 am



Medicare Questions??

Call our local **SHINE** Counselor

Garry at
(978) 400-0690
or the regional
SHINE office at
(508) 422-9931.



World Senior Citizens Day - August 21st

President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21 as the day seniors will be celebrated.

“Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land”.

“For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.”

Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation’s history.



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COMMUNITY SERVICES & INFORMATION

Aging Services of North Central Mass: (978) 537-7411/(800) 734-7312 Home Care 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



RIDER REGISTRATION

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.

TO SCHEDULE A RIDE

Call MART at (978) 345-7711 ext. 3 (option 1 for English, 2 for Spanish) to schedule local rides, questions, schedules and rates. Monday-Friday 8:30am - 4:30pm. \$.50each 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

-You must be outside at the time of pickup. Usually the bus has a swing of 15 minutes before to 15 minutes after your pick up time. If you are not visible when the van arrives, you will be considered a **"no show."**

-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.

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.

-Help choosing a Medicare advantage or supplement plan

-Assistance applying for Frail Elder Waivers/DSNP

-Advisory on available extra help programs

Keith Aubin (978) 479-2351

Hassle Free

ZERO Cost - Straight Answers

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

~ Exercise/Health ~

Blood Pressure: Wednesdays 11am with Crystal Ledford, LPN LifeCare Centers

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

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

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

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

Tai Chi /QiGong: Wednesdays 1030am, led by Sifu George Chase

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

~ Life Enrichment Programs ~

Creative Writing Group: Tuesdays 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.

Crafting Group: Thursdays at 10am All busy hands are welcome to craft, chat & have fun!

Spanish: Fridays Level I w/ Linda-11am-12pm, Level II w/ Rick-10:30am-11:30am; Linda Bourque and Richard Cormier Class Room 2nd fl., start at any time of the year!

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

~ Activities ~

Chorus w/ Anne Silverman: Mondays from 11-12pm **No August 1st Meeting**

Chess Club: Mondays starting at 1pm beginner and experienced players welcome

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 - 60+ only, 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 **1:00pm**

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

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

Friday Cribbage - 60+ only, Fridays at **1:00pm**

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

\$2/class
Free
Free
Free
\$2.25
\$.50/card, \$1/coverall
Free
Free
Free
\$1.25
Free



August 1st 1pm
Movie Mondays w/ Snacks
August 15th 1pm



Watercolor w/ Carolyn & Bill
Thursday, August 4th 10am \$5

Mixed Media w/ Kathy
Monday, August 8th 10am \$5

Seashell Craft w/ Laura
Tuesday, August 9th 10am \$5

Watercolor w/ Carolyn & Bill
Thursday, August 11th 10am \$5

Mixed Media w/ Kathy
Tuesday, August 16th 10am \$5

Felted Sunflower w/ Laura
Tuesday, August 30th 10am \$5

August Art & Craft Classes

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

All classes are \$5/person.



Are you interested in taking a

Tai Chi Class?

**Wednesdays at
10:30am *FREE***



Joan Goodwin presents...

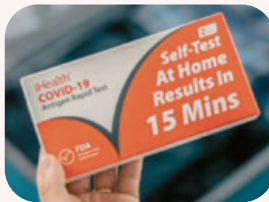
Iceland's Magical Northern Lights

March 21-27th 2023

Join Joan on this 5 night, 6 day tour in Iceland. Highlights include: Reykjavik, Northern Lights Cruise, Golden Circle, Lava Exhibition Center, Thingveiller National Park, Vik, Glacial Lagoon, Skaftafell National Park and the Blue Lagoon. Also Seljalandsfoss, one of Iceland's most famous and unique water falls.

Cost: Double \$3,398, Single \$3,898 price includes travel safety insurance.

For more information call Fitchburg Senior Center for Joan Goodwin's phone number .



At Home Covid-19 tests are available in many locations throughout the city including the Senior Center. Please see the office staff for more info.

**IS IT TIME
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COVID-19
BOOSTER?**



Vaccine Clinic
Every 2nd and 4th Friday
2:30pm-4:30pm at the
Fitchburg Public Library

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We are in need of
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and
Shower Chairs!
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We are collecting tabs for the Shriners!

Drop off in the Kitchen or Office.

*Thank you to all the wonder people who have
been dropping of the tabs, this is the most we
have ever received!*



Thank you!

Join Anne Silverman
as she hosts chorus
club here at the Senior
Center. No pressure, sing-alongs. No class 8/1



**Every Monday at
11am * \$2/person**

Chorus!

Chess Club

**Mondays at 1pm
in the Dining
Room after
Lunch**



Monday	Tuesday	Wednesday	Thursday	Friday
1. 10 Shuffleboard 11am Zumba \$5 NO Chorus 12pm Tacos 1pm Chess Club 1pm Writing 1pm Movie: American Graffiti	2. 10a Chair Yoga 1pm Coed Cribbage 	3. 9a Closet Boutique 10:30 Blueberry Social w/Ashley  *NEW* 10:30am Tai Chi/QiGong w/ Sifu George Chase 11-12 BP Clinic  12pm Sandwiches 12:30pm Bingo	4. 10 Crafting Group 10am Watercolor 11 EZ Movements 12:30pm Mah-Jongg 1pm Dominos	5. Medicare Advisors 9 Closet Boutique 10:30 Spanish 12pm Beef Stew 1pm Friday Cribbage 
8. 10 Shuffleboard 10am Mixed Media w/ Kathy 11am Zumba \$5 11am Chorus \$2 12pm Hot Dogs 1pm Chess Club 1pm Writing 	9. 10a Chair Yoga 10am Seashell Craft w/ Laura 1pm Coed Cribbage	10. 9a Closet Boutique 9-10am Breakfast  *NEW* 10:30am Tai Chi/QiGong w/ Sifu George Chase 11-12 BP Clinic 12pm Chicken Alfredo 12:30pm Bingo	11. 10 Craft Group 10am Watercolor 11 EZ Movements 12:30pm Mah-Jongg 1pm Dominos 3:30pm Ticket \$25 Lions Club Wachusett Presentation 	12. Medicare Advisors 9 Closet Boutique 10:30 Spanish 12pm BLT 1pm Friday Cribbage
15. 10 Shuffleboard 11am Zumba \$5 11am Chorus \$2 12pm Pizza 1pm Chess Club 1pm Writing 1pm Movie: Smokey and the Bandit	16. 10a Chair Yoga 10am Mixed Media w/ Kathy 1pm Coed Cribbage	17. 9a Closet Boutique 10:30 Living in the "Blue Zone" w/ Michele  *10:30am **Tai Chi/QiGong 11-12 BP Clinic 12pm Sliders 12:30pm Bingo	18. 10 Crafting Group 11 EZ Movements 12:30pm Mah-Jongg 1pm Dominos	19. Medicare Advisors 9 Closet Boutique 10:30 am Spanish 12pm Corned Beef 1pm Friday Cribbage
22. 10 Shuffleboard 11am Zumba \$5 11am Chorus \$2 12pm Chicken Salad 1pm Chess Club 1pm Writing	23. 10a Chair Yoga 1pm Coed Cribbage 	24. 9a Closet Boutique 11-12 BP Clinic 10:30 Tea Time w/ Dave Therapy Gardens  *10:30am **Tai Chi/QiGong 12pm Sausage & Veggie 12:30pm Bingo	25. 10 Crafting Group 11 EZ Movements 12:30pm Mah-Jongg 1pm Dominos	26. Medicare Advisors 9 Closet Boutique 10:30 Spanish 12pm Roast Chicken 1pm Friday Cribbage
29. 10 Shuffleboard 11am Zumba \$5 11am Chorus \$2 12pm 1pm Chess Club 1pm Writing	30. 10a Chair Yoga 10am Felted Sunflower w/ Laura  1pm Coed Cribbage	31. 9a Closet Boutique *10:30am **Tai Chi/QiGong  11-12 BP Clinic 12pm Spanish Meal 12:30pm Bingo		



The Armory Cafe

Mondays, Wednesdays & Fridays



Meals need to be **reserved at least one week** in advance, please call (978) 829-1790.

All meals will be \$3 payable that day and meals will be served between **11:45 pm - 12:10 pm** (no later). All meals include coffee/tea, water and dessert.



Limit of 25 people per meal. So sign up ASAP, spots fill up fast.

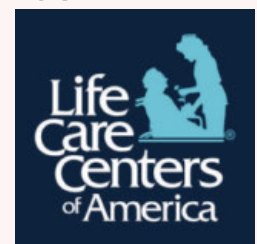


Lunch Now Starts at 12pm, seating begins at 11:45pm.

Monday	Wednesday	Friday
August 1st: Tacos, Mexican Rice	August 3rd: Turkey & Ham Sandwiches, Chips	August 5th: Beef Stew, Bread
August 8th: Hot Dogs & Beans, Coleslaw	August 10th: Chicken Alfredo	August 12th: BLT Sandwiches, Macaroni Salad, Dessert
August 15th: Espressos Pizza, Salad	August 17th: Ham & Cheese Sliders	August 19th: Corned Beef Dinner, Dessert
August 22nd: Turkey Pot Pie	August 24th: Baked Sausage & Veggies	August 26th: Roast Chicken Dinner, Baked Potato, Bread
August 29th: Chicken or Tuna Salad Sandwiches	August 31st: Spanish American Center Authentic Lunch *FREE*	<u>SPOTS GO FAST</u> Sign up ASAP!



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Coed Cribbage

6/21 Pauline LeBlanc 1st Place
Charles Lowe 2nd Place
Judy Scipione High Hand

6/28 Dan Austin 1st Place
Ginny Myers 2nd Place
Mary Miceli High Hand

7/5 Darrel Hopkins & Eileen Scipione Tied 1st Place
Judy Scipione High Hand

7/12 Ann Younie 1st Place
Gary LeBlanc 2nd Place
Barbara Reynolds & Mary Miceli Tied High Hand

Friday Cribbage

6/17 Pat Doucette 1st Place
Beverly DeCosta 2nd Place
Darrel Hopkins High Hands

6/24 Mary Miceli & Pat Doucette Tied 1st Place
Judy Scipione & Kevin Loiselle Tied High Hand

7/1 Eileen Scipione 1st Place
Mary Miceli 2nd Place
Jim Reynolds High Hand

7/8 John Avant 1st Place
Charlie Lowe 2nd Place
Pat Doucette & Sally Michell Tied High Hand

6/17 Eileen Scipione 1st Place
Barbara Reynolds 2nd Place
Judy Scipione & Robert Heinle Tied High Hands

For players 60+



OFFICE OF SENATOR JOHN J. CRONIN

Need Assistance?



Our team is here and ready to help on a variety of issues including fuel assistance, COVID-19 booster shot appointments, unemployment, housing insecurity, SNAP benefits and more! You can reach us by phone at (617) 722-1230 or by email at John.Cronin@masenate.gov.

Why is Fall prevention so important?

Falls are a major threat to the health and independence of older adults. Each year, one in three older adults aged 65 and older experiences a fall, and people who fall once are two to three times more likely to fall again.

Falls can be devastating. Falls are the leading cause of nonfatal injuries among older adults. One out of ten falls causes a serious injury, such as a hip fracture or head injury, which requires hospitalization. In addition to the physical and emotional pain, many people need to spend at least a year recovering in a long-term care facility. Some are never able to live independently again.

Falls can be deadly. Among older adults, falls are the leading cause of fatal injuries. Each year, at least 25,000 older adults die as a result of falls. And the rate of fall related deaths among older adults in the United States has been rising steadily over the past decade.

Falls are preventable. People are living longer and falls will increase unless we make a serious commitment to providing effective fall prevention programs. Fortunately, the opportunity to help reduce falls among older adults has never been better, because research has demonstrated that falls can be prevented.

Understanding fall risk factors

Falls are not an inevitable consequence of aging. However, falls do occur more often among older adults because fall risk factors increase with age. A fall risk factor is something that increases a person's chances of falling. These risk factors include:

Behavioral risk factors

- *Inactivity
- *Risky behaviors such as standing on a chair in place of a step stool
- *Alcohol use

Environmental risk factors

- *Clutter and tripping hazards
- *Poor lighting
- *Lack of stair railings
- *Lack of grab bars inside and outside the tub or shower
- *Poorly designed public spaces

Biological risk factors

- *Muscle weakness or balance problems
- *Medication side effects and/or interactions
- *Chronic health conditions such as arthritis and stroke
- *Vision changes and vision loss
- *Loss of sensation in feet



NEW**Tai Chi / Qigong*****NEW*****Sifu George Chase, Certified Taiji Instructor*****Free* Every Wednesday at 10:30 am *Free***

Qigong is a comprehensive series of exercise that involves all areas of the body, including muscles, joints organs, ligaments and tendons.

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Is It Time to Sign Up for Medicare?

See if an eternalHealth Medicare Advantage Plan could be right for your 65th Birthday!

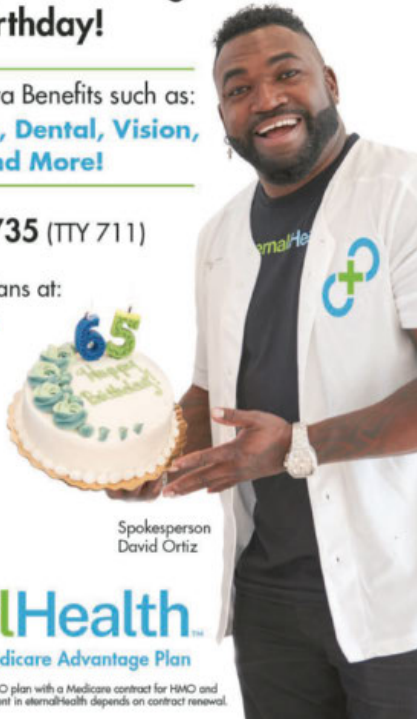
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Spokesperson David Ortiz

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Blueberry Social w/ Ashley

Wednesday, August 3rd 10:30am

There will be a blueberry trivia game including questions about all things blue, blueberry refreshments and sharing fun facts about history and use of blueberries! Sign up required, space limited



Monthly Highlands Breakfast

Wednesday, August 10th 9-10am

Wonderful Grab n' Go Breakfast. Sign up required, space limited



Wachusett Presentation

Thursday, August 11th 3:30pm

Tickets \$25 per person

& Picnic Dinner

To support the Fitchburg Lions Club

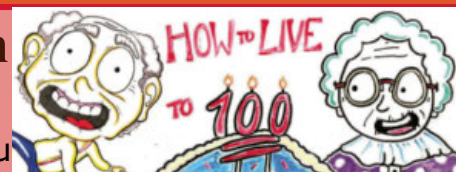
An hour slideshow presentation by William "Bud" Brooks from the Princeton Historical Society. The Fitchburg Historical Society will have items & articles on exhibit. A picnic meal of hot dogs, hamburgers, corn, salads & desserts from the Wachusett Summit House will be served by the Fitchburg Community Lions Club.



Living in the "Blue Zone" w/ Michele Morin

Wednesday, August 17th 10:30am

Join Michele for a presentation about How to Live to 100. You will learn secrets of centenarians from around the world to help you to live to 100 and beyond! Sign up required, space is limited.



Herbal Teas and Infusions w/ Therapy Gardens

Wednesday, August 24th 10:30am

There's no comparison between store-bought and fresh made tea. Learn how to make herbal teas, water infusions, and infused olive oil. Everyone leaves with recipes, drawstring tea bags, or infused oils. Samples provided. Limited to 1 per household/couple



Authentic Meal from the Spanish American Center

Wednesday, August 31st 12pm

The Fitchburg Senior Center, in collaboration with MOC and the Spanish American Center, invites you to enjoy a free Spanish dine-in or take out Meal. Please make sure to sign-up by 8/22 in the office or by calling 978-829-1790



Watercolor w/ Carolyn & Bill
Thursday, August 4th 10am \$5

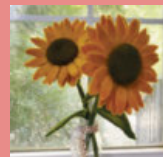
August Art & Craft Classes

Watercolor w/ Carolyn & Bill
\$5 Thursday, August 11th 10am

Mixed Media w/ Kathy
Monday, August 8th 10am \$5

Mixed Media w/ Kathy
\$5 Tuesday, August 16th 10am

Seashell Craft w/ Laura
Tuesday, August 9th 10am \$5



Felted Sunflower w/ Laura
\$5 Tuesday, August 30th 10am