We need your program ideas, thoughts and suggestions!  
**Thursday, June 6, 10:00**

Come on down to the senior center and discuss your programming ideas with Amy Beck, Director, and Ashley Shaheen, Assistant Director, over a cup of coffee and light refreshments. They look forward to hearing about your ideas for new programs, activities, and services offered at the center. Bring your ideas, suggestions and comments or just join them for some lively conversation! *Don’t miss out!*  

**PIZZA PARTY AND SUMMER SING-A-LONG**  
**Thursday, July 11, 12:00**

Swing into summer with Jacques LeDuc and his karaoke machine as we have our annual summer sing-along pizza party! If you have stage fright, just come for the lunch and enjoy great entertainment! Lunch includes pizza, salad, and cool beverages! Pre-registration required; limit 100. Cost: $5.00 per person. **NO regular lunch.**

**OUTDOOR GAMES AT THE SENIOR CENTER**

Grab your friends and participate in a friendly game of Bocce or Horse Shoes behind the senior center. Games are available for you to play at anytime during the senior center’s business hours.
Summer! Seems like it was cold and snowy here just yesterday...well actually it was...but according to the calendar we are heading into the warmer months. Please remember the Senior Center is a great place to get a nice meal, stay cool as the days really get warmer and catch up with good friends. Even though people are on summer vacation, we will continue to bring great programs, classes and meals (check our calendar) throughout the summer.

We heard your comments about the exercise program payment plan and we will try something new this summer. A number of attendees have expressed their concern about paying for classes that they may not be able to attend for various reasons. Most have stated that they would be willing to pay more per class to have a “pay-as-you-go” program instead of paying by the month. Starting in June we will be offering “pay as you go” ($5 per class) or continue to pay for the month at $3 per class - usually 4 classes, so about $12.

We respect and understand the concern you have about costs and do try to keep our fees low. We are grateful to the Town and The Friends of the Hopkinton Senior Citizens who continue to supplement our costs to keep these classes available to you. For those in need we do have a few scholarships available, please speak privately to a member of the staff.

We will continue to look at this and your feedback is always welcome.

As a reminder, we will be closed July 1 - 5 for bi-annual cleaning and the 4th of July holiday, but will reopen on July 8 with our usual schedule. Outreach services will continue to be available during that week but please call ahead if you are in need of assistance.

Stay cool and relaxed at the Senior Center this summer!

Amy Beck, Director

STAFF
Amy Beck, Director ..................................Ext. 1613
Ashley Shaheen, Assistant Director .......... 1617
Judi Allessio, Administrative Assistant ..1614
Lisa D’Eon, Outreach Coordinator .......... 1615
Marlene Troupes, Outreach Coordinator ..1616
Susan Stewart, Volunteer Coordinator.....1618
Lisa Deneen, Receptionist ................. 1619
George Robinson, Bus Driver
Louis Mongiat, Bus Driver
Pat Lynch, Custodian
Alice Rotfort, S.H.I.N.E Counselor

FOOD SERVICE STAFF
Zahra Ali
Maureen Aylward
Ruth Warner
Richard Munroe

and numerous Volunteers who make it all happen!

COUNCIL ON AGING BOARD
Don Wolf, Chairman
Eunice Inman, Vice Chairman
Jack Palitsch, Treasurer
Marilyn Palmer, Secretary
John Gardner

Open Board meetings held 1st Wed. of month at 1:00

DOWNSIZING
Make it a Smoother Transition
Moving is never easy, especially when it is your long time family home. This two part series will show you the pathway to making it a smoother transition.

Thursday May 30 at 12:30 - “The Realtor’s Role - Your first step” with Cori Oehley, SRER, and “Simplify the move” with Next Stage Associates

Thursday June 6 at 12:30 (Part 2)
Hear from Attorney Mary Kathleen Nealon, MBA, J.D., an Estate and Elder Law Attorney and Planning for your financial future with Oasis Financial Services.

WOODTURNING DEMONSTRATION
Thursday, June 20 at 12:30
Mike Smith has been a wood turner for over 40 years. Mike will be giving a demonstration on the craft of wood turning. Come see what he will create from a simple block of wood.

PROTECT YOURSELF FROM MEDICARE FRAUD
Thursday, June 27, 12:30
Pat McMillen, a representative of the Massachusetts Senior Medicare Patrol (MASMP) Program, will lead a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at 800-892-0890. Pre-registration required. Minimum of 10.
CRAFT CLASSES
(Pre-registration Required)

Play and Program with LEGO

Tuesday, June 25, 12:30

Stephen Green, Massachusetts First Lego League Partner, will show participants how to build and program mini-LEGO robots. We will use the interlocking LEGO bricks to build and program our robots. If you remember the fun of playing with LEGOs or if you have never experienced LEGOs, then this class is for you! If you are curious about legos and programming consider attending too!

Photography Course: Taking Better Pictures With Your Digital Camera

Wednesdays, July 10 - August 7, 2:30 - 4:00
Cost: $40.00 Min: 4 Max: 15

Steve McGrath, award winning professional freelance photographer and photography teacher will offer a 5-part digital photography class. This class is intended for beginners. Bring your camera and learn how to use its special features including program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro and landscape photography. Students are encouraged to print one or two sample prints of previous work to share with classmates.

THE WORLD OF DOLLS

Thursday, July 18, 12:30

Janice McIntyre, owner of Jenny Baby’s Doll Hospital in Hopkinton, will share the history of dolls with a display of collectible and antique dolls from the late 1800’s through modern day. Recently featured on Chronicle, she will provide information on the hospital where sick and injured dolls and other beloved toys go to recover, recuperate, or even relax. You will also discover a variety of clothing styles throughout the centuries, hairstyles and how to identify a doll and look for markings.

IN A HURRY TABLE TOPPER

Tuesday, June 18, 10:00 - 12:00
Meet Deb Robbins, Volunteer and member of the Vintage Quilters, for an easy to make craft activity. In a hurry table topper is the perfect centerpiece, trivet, or hostess gift. No sewing experience necessary. Pre-made kits will be provided. Cost: $5.00 Limit 7

CULINARY HERB BOWL

Tuesday, June 18 at 1:00 Cost $10
Who doesn’t want to stroll out onto the deck and snip a few sprigs to toss in your soups, stews, or omelet? You can bring it inside in November and it will keep producing until the following spring!

PILLOWCASE

Tuesday, July 23, 10:00 - 12:00
Create a one of a kind pillowcase for yourself, a friend or grandchild. This activity organized by Deb Robbins, Volunteer and member of the Vintage Quilters, is quick, easy, fun and perfect for beginners. There will be different fabrics available for this project. The cost of the class includes one pre-made kit. The only thing that you need to bring is your own pillow! Cost: $5.00—Limit 7

ZENTANGLE
BLACK TIE DANGLING

Tuesday, June 4 at 12:30

Elisa Murphy, Zentangle Instructor, will show you how to dress up your Zentangle skills by experiencing the impact of drawing with white ink on jet black paper tiles. Finish your art by using a white charcoal pencil to bring a brightness that is sure to surprise you! Please bring supplies if you have them. Cost: $5

ZENTANGLE - TRANZENDING

Tuesday, July 16 at 12:30
Learn this surprisingly easy technique that brings a new depth and transparency to your Zentangle art. If you like creating optical illusions with shading and tangles, this is the class for you! Cost: $5

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Mahjong Lessons at the Senior Center?
June 19 from 3:00 p.m. - 5:00 p.m.
Are you interested in learning how to play American Mahjong? Mahjong is a tile-based game that was developed in China during the Qing dynasty and has spread through the world since the early 20th century. Trudy Houde, COA Volunteer, and avid Mahjong player, would love to show you how to play the game! Call the COA at 508-497-9730 and add your name to an interest list. In order for this class to run, we need at least four people interested. Once the class is scheduled you will be the first to know! If you are curious about the game or would like to talk to Trudy, consider visiting her on Wednesday, June 19 from 3:00 p.m. - 5:00 p.m. at the Senior Center.

Bocce and Horse Shoes are available for use until closing at 7 pm

Gin Rummy anyone?
Wednesdays at 4:00 pm.
Sign-up at front desk if you are interested. Let us know if you prefer a different card game.

Variety Show
STAY TUNED FOR THE OCTOBER DATE OF THE ANNUAL VARIETY SHOW, START THINKING ABOUT HOW YOU MIGHT WANT TO PARTICIPATE. REMEMBER, IT'S VARIETY NOT NECESSARILY TALENT.
**DAY TRIPS**

*Out-of-town and non-senior residents (-60) as space available.*

Heritage Gardens & Museums (Sandwich)
*Monday, June 3rd at 9:00*
Seafood Sam's for lunch or bring your own.
Bus & Admission $24—Buy Lunch

Hampton Beach Sand Sculpting Classic
*Thursday, June 20th at 9:00*
Buy or bring lunch, bus will go to Markey's at 12:00-1:00. Leave beach at 3-3:30 Bus $15

Museum of Fine arts (Free Friday) Toulouse-Lautrec and the Stars of Paris
*Friday, July 12th at 9:15.*
Bus $8—Eat at one of Museum's 4 locations or bring lunch and eat at Snack Bar.

Scarboro Beach Point Judith
*Monday, July 22nd at 12:30*
Beach from 2:00 to 5:30 Dinner at George’s Restaurant Galilee. 5:30—7:00. 20 min stop in Narragansett. Home by 9:30-10  Bus $15

Mt. Washington Cruise on Winnipesaukee
*Friday, August 9th at 9:00*

**Remember you must have your emergency contact information available when making your reservations.**

**BUS SCHEDULE**

**Monday - NO Bus Transportation**

**Tuesday**
9:00 - 12:30 Local errands and Center activities
12:45 - 3:00 Shopping (various discount stores)
Approx. 3:30 rides home from Center

**Wednesday**
9:00 - 12:30 Local errands and Center activities
1 - 3:30 Mall Walking –Solomon Pond, bus departs Center at 1:00 returning 3:30 - rides home

**Thursday**
9:00 - 12:30 Local errands and Center activities
12:30-3:00 Market Basket - Bellingham

**Friday**
9:00 -12:30 Open for your requests when available.
Early reservations requested
1 - 2 Bread/Milk Run to Price Chopper
Suggested ride donation (unless otherwise stated)
$1 Round trip within Hopkinton
$3 Round trip outside of Hopkinton

**REGULARLY SCHEDULED EVENTS**

**TED TALKS**
Mondays at 12:30 in the Library
Interesting topics and stimulating conversation follows.

**WOW (WEIGHT OFF WISELY)**
Tuesdays at 10:00 Library. All are welcome.

*2nd & 4th Thursday, Chair Massage 9:30-12:30.* Sign up required; $1 per minute (5 min. minimum) Subject to change—check calendar

2nd Thursday – Birthday lunch on us for Hopkinton Seniors and volunteers whose birthday falls in this month. Please call to reserve your free lunch.

Thursdays 12:30-3:30 & Fridays 9:00-1:30

**Hairdresser** by appoint; $10 cut, $15 wash/cut/ dry

1st Friday at 9:00 – Hopkinton Veterans Breakfast

**LEGAL CLINIC AT THE CENTER**
1st Friday, 10-12 (Not July)
Elder Law Attorney, Arthur Bergeron of Mirick O’Connell, provides individual free 15 minute clinics. Appointment at the front desk required.

2nd Saturday - Hopkinton Recycling Center – redeemable bottles and cans

**LET’S EAT OUT**

New England Steakhouse in Mendon
*Monday, June 24th at 4:30 pm (leave time)*

Stone’s Public House in Ashland
*Tuesday, July 23rd at 4:30 pm (leave time)*
Bus cost $1 in town, $3 outside of Hopkinton

Please let us now if you are not taking the bus so we can make reservations.
**HEALTH SERVICES**

**Podiatry Clinic** – Aug. 19th at 9:00 with Dr. Cooper; Appointment needed; $30.
Next date is October 28th.

**Blood Pressure Clinic** – Thursdays, 10:30 – 11:30 No charge - Drop in!

**Durable Medical Equipment for Hopkinton residents use only**, as available, to be loaned out free of charge (walkers, bath seats, canes, crutches).  
(We no longer issue used commodes)

**Wheelchairs**, both standard and transport, require a $25 refundable deposit and are limited to 2 months.

**MEDITATION & MOVEMENT CLASS**
*Fridays, June 7 & 21 and July 12 & 26 At 12:00 noon*

**HEARING AID CLEANING**
*Thursday, June 13 at 12:30 (no July)*

**NUTRITION COUNSELING**
*NO June, July & August*  
You must sign-up in advance for a 1 hour appointment, which is **FREE**.

**OUTREACH SERVICES**

**Our Time Memory Café**  
Hopkinton Public Library  
*Tuesday June 11th & July 9th at 1:00—3:00 Monthly every 2nd Tuesday*

Our Time Memory Café is a welcoming gathering for those experiencing forgetfulness, mild cognitive impairment, or living with dementia, and their care partner, family and friends. The monthly events are free, offering conversation and refreshments in a relaxing atmosphere. The café is a place to socialize, share experiences with others going through similar changes and form friendships. Celebrate life and share happiness at Our Time Memory Café. A care partner must accompany anyone who requires assistance. Registration is requested but not required.

*For more information or to register call (508) 497-0108 or email info@ourtimememorycafe.org*

Our Time Memory Café is a joint venture between The Hopkinton Senior Center and the Hopkinton Library.

**MEDICAL TRANSPORTATION**

Rides for most local medical appointments are provided by volunteer drivers. This is a curb to curb service; no assistance can be offered. Due to the limited number of volunteer drivers the service is only offered to seniors not residing in congregate senior living facilities. We need 3 business days notice.

A companion may accompany the individual needing this service.  
Contact Marlene Troupes, ext. 1616 for assistance.

**BayPath Elder Services, Inc.**

BayPath provides an array of services and programs for older adults, caregivers and persons with disabilities to support their independence and dignity. Some programs have eligibility criteria, such as age, need, income and/or insurance. To find out more, please visit our website www.baypath.org or call 508-573-7200 and ask for the Information and Referral Department.

**BOOK CLUB**

*The Hopkinton Senior Center Book Club* meets the first Monday of every month at 10:30. All are welcome to participate.

June 3 – *Pachinko* by Min Jin Lee  
A *New York Times* Top Ten Book of the Year and National Book Award finalist, *Pachinko* is an "extraordinary epic" of four generations of a poor Korean immigrant family as they fight to control their destiny in 20th-century Japan (*San Francisco Chronicle*).

July 8 – *Sisters First* by Jenna Bush Hager & Barbara Pierce Bush  
"Stories from Our Wild and Wonderful Life"

Aug 5 - *Fly Girls*: How Five Daring Women Defied All Odds and Made Aviation History. by Keith O’Brien  
*A NEW YORK TIMES BESTSELLER*
**JUNE**

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PLEASE NOTE WE WILL BE CLOSED TO THE PUBLIC THE FIRST WEEK IN JULY FOR BIENNIAL CLEANING AND 4TH OF JULY HOLIDAY.
THOMAS F. CRONIN, Director
34 Church Street, Hopkinton
508-435-3951
www.callanancronin.com

Get Back In The Conversation
Compassionate & Quality Care to Help You Hear Better

Darcy Repucci, MS, CCC-A
(508) 936-3277
1 Lumber Street
Hopkinton
Tues and Wed: 12:30 - 5:30 | Sat: 10 - 3
Or By Appointment
www.baystateaudiology.com

HELP PROTECT YOUR FAMILY & HOME
CALL NOW! 1-888-862-6429

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### July

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**MONDAY**
- 9:00 Yoga for Seniors
- 9:30 Pencils & Painting
- 10:30 Book Club
- 10:12 Computer Assist.
- 10:30 Exercise/Linda
- 12:30 TED Talks
- 1:30 Zumba

**TUESDAY**
- 9:00 Stretch
- 9:12 SHINE Appoint.
- 10:00 WOW
- 10:12 Computer Assist.
- 10:30 Pillow Case/Craft
- 10:30 Plan B Widows
- 12:30 Exercise w/Joni
- 12:30 Women’s Billiards
- 1:00 Memory Café
- 2:00 Tap Dancing

**WEDNESDAY**
- 9:30 Tai Chi
- 10-12 Computer Assist.
- 1:00 Mall Walking
- 12:30 Movie/Beale Street Could Talk
- 5:00 Pound (exercise)
- 6:00 Yoga
- 2:30-4 Photo Course

**THURSDAY**
- 9:30 Quilting & Knitting
- 10-12 Computer Assist.
- 10:30-11:30 Blood Pres.
- Noon Pizza Party
- 12:30-3:30 Hairdresser
- 12:30 Women’s Billiards
- 1:00 Pitch

**FRIDAY**
- 9:15 MFA Trip
- 9:00 Veterans Breakfast
- 9-1:30 Hairdresser
- 10-12 Computer Assist.
- 10:30 Chi Gong
- 12:00 Meditation
- **Saturday the 13th**
- 9:00 Redeemable cans & bottles @ Hop Recycle Center

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**Are you ...**
- Over 65?
- A veteran with a service-connected disability?
- A widow or widower, or over 70?
- Legally blind?

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**CHESMORE FUNERAL HOME**

57 Hayden Rowe Street, Hopkinton, MA 01748 • 508-435-6444

Family Owned • Cremation Services • Pre-need Arrangements

On-property Parking • Handicap Accessible

www.ChesmoreFuneralHome.com ~ Keefe M. Chesmore

**Timothy Daniels House**

"POST ACUTE REHABILITATION & SKILLED NURSING"

84 Elm Street, Holliston, MA

508-429-4566
**Friends of the Hopkinton Seniors, Inc.**  
(a 501c3 organization) Monthly Meeting on the 4th Monday at 10:00 am. 
Friends of Hopkinton Seniors

**Button Battery Collection (New 2019 Collection Has Begun)**
Hopkinton Senior Center (28 Mayhew Street) is collecting your used Button Cell batteries to be recycled. All proceeds will be used to benefit Health programs at the Senior Center. Button cell batteries can be found in hearing aids, watches, and cameras and should not be thrown into a landfill.

**Bottle & Can Drive** ongoing. A receptacle is available by the staff entrance near the garage. Or bring redeemables to the Hopkinton Recycling Center, 2nd Saturday of the month.

Other fund raisers: **Cell phones** and small hand held electronics.

**Thrift Shop Hours:** Wed. till 7:00pm  
M-Th 9:00-3:00 and Fri. 10:00-1:00  
All donations support the daily activities and needs of the Senior Center that are not covered by Town Budget.

Friends of the Hopkinton Senior Citizens, Inc.  
(Better Business Bureau)  
Barbara Beale, President  
Sally Almy, Vice President  
Marion Intinarelli, Secretary  
Dolores Ivester, Treasurer  
Directors: Elizabeth Swenson  
Mary McLeod  
Mindy VanSchaick  
Juliet Smith  
Gail Tonelli  
Patricia Srodawa  
Sheila Frackelton

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Did you know that the Hopkinton Senior Center has a Facebook page? “Like us” and stay informed and updated on senior center happenings! If you do not have a Facebook page, but would like one consider dropping by the computer lab Monday through Friday from 10-12:00 and one of our technology experts will help you!

**Reflection for June and July**  
*by Mary McLeod*

June introduces us to July 4th  
Together, May we keep  
The beautiful words  
“My Country Tis Of Thee  
Sweet Land Of Liberty  
Of Thee I Sing” in our hearts.  
Let’s do it!

**SENIOR VIEW**

**JUNE**  
**Better Business Bureau**  
Guest: Amy Schram, Comm. Relations Manager

**JULY**  
**Our First Repeat For the Summer**  
“The Book Club”  
Guest: Mary Arnaut

**Host:** Mary McLeod  
Sr. View is shown on local cable HCAM TV Mondays: 6:30 pm - Wednesdays: 5:30 pm - Thursdays: 11:00 am.
Thank you for giving us an overall 99% on our Resident Satisfaction Survey! Voted #1 Assisted living and memory care community in Milford, MA and one of the best senior communities in Central MA by reader of the Milford Daily News for the past FOUR years. Call or visit us online today for more information!

An Assisted Living and Memory Care Community
WHITCOMB HOUSE
245 West Street, Milford, MA 01757
508-634-2440   whitcombhouse.com

Susanne Carpenter to place an ad today!
scarpenter@lpiseniors.com or (800) 477-4574 x6348
JUNE & JULY Lunch Menu
Home Style Cooking prepared here with our own Chefs

Daily: In addition to the main meal, a variety of sandwiches, salad plates, soup and desserts are available.

JUNE
WEEK 1
6/3 Oliva’s Focaccia
6/4 Catch of the Day
6/5 Baked Ham & Scalloped Potatoes
6/6 American Chop Suey
6/7 Chef’s Special
WEEK 2
6/10 Chicken Stir Fry
6/11 Meatloaf
6/12 Ziti w/Italian Sausage
6/13 Fish of the Day
6/14 Chef’s Special
WEEK 3
6/17 Fettuccini Alfredo
6/18 Catch of the Day
6/19 Pork Roast
6/20 Taco Salad
6/21 Chef’s Special
WEEK 4
6/24 Lasagna
6/25 Fish w/ Mango Salsa
6/26 Honey Mustard Chicken
6/27 Shepherd’s Pie
6/28 Chef’s Special
JULY
WEEK 2
7/8 Macaroni w/Broccoli
7/9 Chicken Biriyani
7/10 Catch of the Day
7/11 Pizza/Karaoke Party
7/12 Chef’s Special
WEEK 3
7/15 BBQ Chicken
7/16 Shrimp Scampi
7/17 Pasta & Meatballs
7/18 Taco Salad
7/19 Chef’s Special
WEEK 4
7/22 Chicken Parmesan
7/23 Chili
7/24 Catch of the Day
7/25 Steak Tips
7/26 Chef’s Special
WEEK 5
7/29 Oliva’s Focaccia
7/30 Chicken Vindaloo
7/31 Pasta Primavera
8/1 Pork Roast
8/2 Chef’s Special

VETERANS BREAKFAST
Friday, June 7 and July 12, 2019 at 9:00 (CLOSED week of July 4th)

All Hopkinton veterans are invited to a breakfast in their honor on the first Friday of every month. If you or your organization would like to financially sponsor and honor veterans in this way, please contact Amy Beck for information, at extension 1613. In June the breakfast will be sponsored by Richard and Virginia Brault and in July The American Legion Post 77 Auxiliary of Ashland. The veterans and staff greatly appreciate all our generous contributors.

Paperless Hilltopper anyone? email jallessio@hopkintonma.gov or call 508 497-9730

Friends of the Hopkinton Senior Citizens, Inc. 501c3
Membership & Donation Form
2019 Dues - $5 per year

Name: ____________________________________________
Address: _________________________________________
Phone: ___________________________________________
Email: ___________________________________________

Checks may be made payable and mailed to:
Friends of the Hopkinton Senior Citizens, Inc.
28 Mayhew St., Hopkinton, MA 01748

Membership $ ___________________________
Donation  $ ___________________________
Total  $ ___________________________
PAPERLESS EMAILED HILLTOPPER? Y N
Membership does not include mailing outside Hopkinton